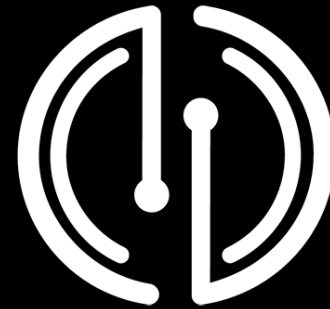


Intergenerational Approaches to Reducing Loneliness: Findings from an Interdisciplinary Workshop

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**GLOBAL
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INSTITUTE**

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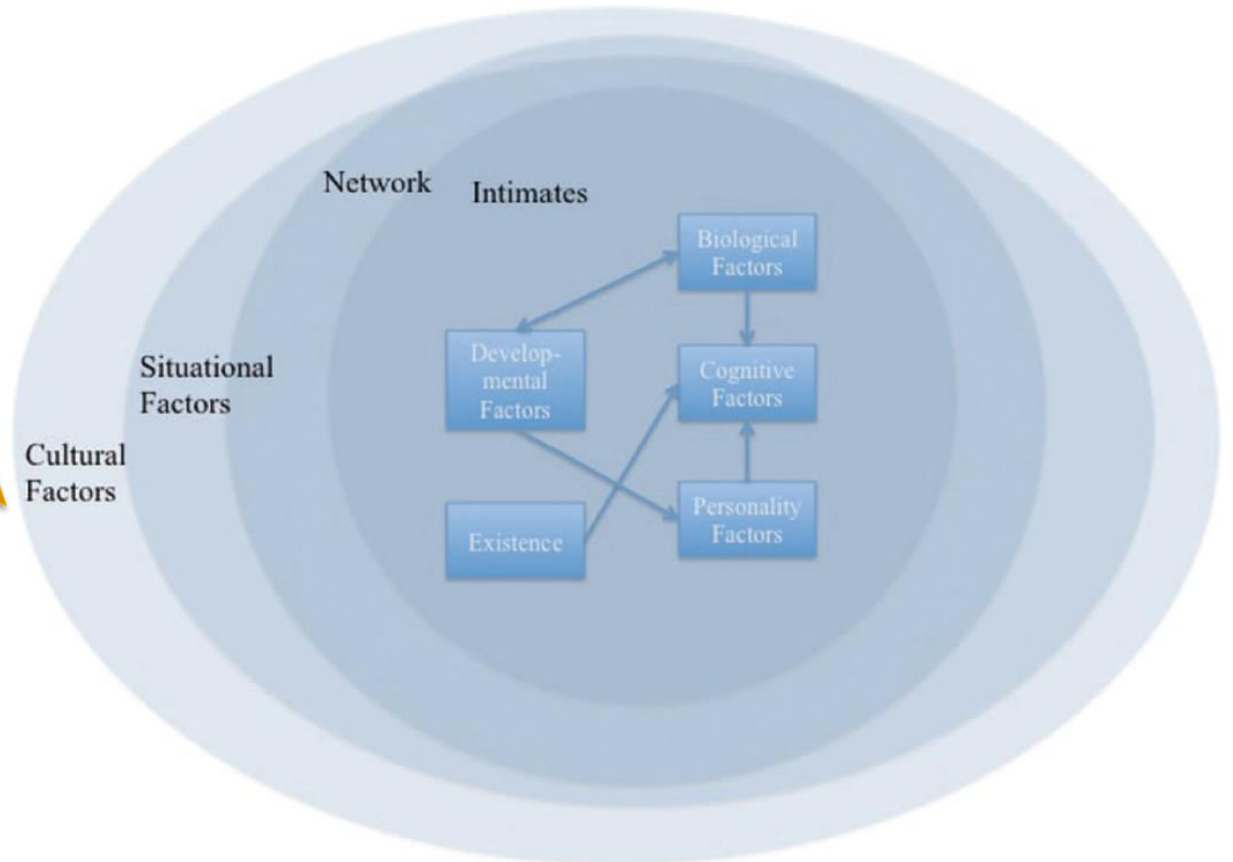


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Why Intergenerational?

- Loneliness is driven at many levels (McHugh Power et al., 2018):

Age segregation helps to propagate loneliness



Context: Our Intervention Work

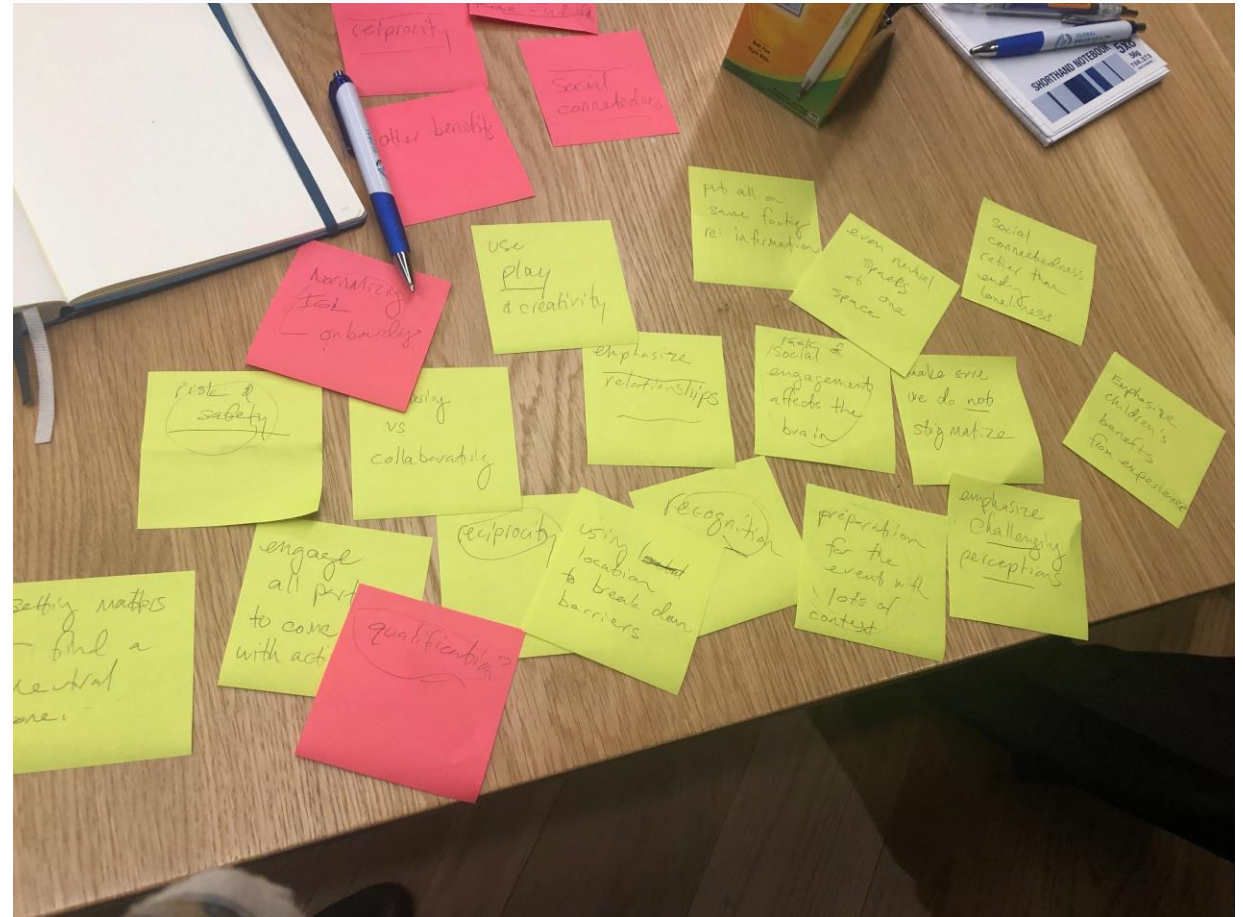
- **MISCI:** Multimodal
Intergenerational Social Contact
Intervention
- How do we encourage
intergenerational contact in
existing services?

Methods



Results

- Four key issues:
 1. Sustainability
 2. The rural setting
 3. Personalisation
 4. Preserving value



Sustainability: How do we avoid “one-offs”?

- **Redundancy:** Train multiple staff at each setting
- Add **intergenerationality** to existing services & programs
- Enshrine intergenerational practice **in policies**
- Careful engagement with **corporate responsibility**
- **Social skills development** for younger adults

Rural setting: How do we deliver services like befriending in rural areas?

- Co-opting **existing services** e.g. school buses, postal service, taxi donations
- **Optimising** the environment (seating, facilities)
- **Normalise** services using campaigns, prestige, community hubs

Personalisation

- **No single program** will be effective for everyone
- Identify those for whom a program is ineffective & offer **alternatives**
- **Shared** basis for empathic understanding?
- Qualitative methods of enquiry to help evaluate programs in a more granular fashion

Valuing Intergenerationality Per Se

- Reciprocity
- Positive focus – social connectedness, rather than loneliness
- Resolution of loneliness as added value

For Future Discussion

- Diversity in the intergenerational setting
- Encouraging self-referrals
- Individuals with dementia?
- Retrofitting
- Comprehensive risk assessments

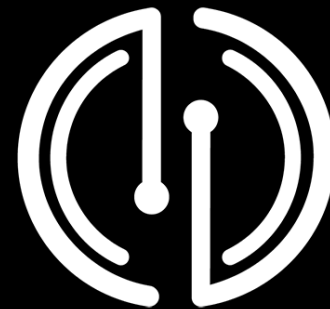
Implications

- **For research:** many open questions in relation to effectiveness of intergenerational contact for resolving loneliness (MISCI)
- **For services:** challenges identified to consider in service delivery
- **For policy:** promotion of intergenerational “test” in policy development

Thanks to our participants...

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Thanks for your time!



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