

Let's Adopt A Grandparent!



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Raising Awareness

- As of 2004, there were approximately 70,000 nursing home residents (*St. Petersburg Times Online*, 2004)
- In 2006 there were 682 nursing homes in Florida (*Center for Disease Control and Prevention*, 2007)
- Over 116,000 senior citizens over the age of 60 live in Osceola County (*Florida Dept. of Elder's Affairs*)
- Approximately 800 senior citizens reside in Osceola County's nursing homes (*Agency for Health Care Administration*)
- According to *Nursing Home Guide* there are 8 nursing homes in Osceola County; 54.8% of the county's senior citizens are females

Intergenerational Programming

“Activities or programs that increase cooperation, interaction, or exchange between old and young.”



National Council on the Aging



Intergenerational Relationships Research - Youth

- Learn about aging process (joy/difficulties)
- Continue volunteering even after graduating
- Help senior citizens with their chores
- Gain a new respect for the elderly
- Focus on their strengths when working with the elderly

Emanoil,P., 1999; Hoban, S., 2005; Zinn, L., 2004



Intergenerational Relationships Research - Youth

- Consider senior citizens a “grandparent,” specially if they don't have one of their own
- Able to make a difference, continue friendship upon completion of program
- Become sensitized to needs of senior citizens
- Learn about life from their interactions with older adults
- Influence positively youth's perception of school

Emanoil,P., 1999; Hoban, S., 2005; Zinn, L., 2004



Intergenerational Relationships Research - Elderly

- Enjoy the companionship of youngsters
- Need opportunities to give, as well as receive, care
- Serve as role models for at-risk youth and children with disabilities
- Able to share their knowledge, wisdom, and life experiences
- Appreciate being mentored by youth in computer skills

Christensen, R., & Soreff, S., 2006; Emanoil,P., 1999; Hoban,S., 2005; Zinn, L., 2004



Intergenerational Relationships Research - Elderly

- Able to make a connection with the community they left behind
- Impact youth's career choices
- Look forward to using their talents, and telling their stories
- Appreciate being mentored by youth in computer skills
- Acquire a greater sense of independence through the use of the Internet, and e-mail

Christensen, R., & Soreff, S., 2006; Grad, J., 2003; Stahl, J., 2005

Organizations Making a Difference

- Girl Scouts Adopt a Grandparent Program
 - Girls develop a relationship with senior citizens through service and friendship
- Exchange National Club's Adopt-A-Grandparent
 - Fifth through Eighth graders make monthly visits to nursing home

Organizations Making a Difference

- 4-H Generation Celebration Program
 - Promotes interaction between older youths with senior citizens 65 years or older
- The Salvation Army Grandparent Enrichment Program (SAGE)
 - Encourages rapport with elderly through recreational activities such as playing bingo, walking

Adopt a Grandparent Program Activities



Grow plants for nursing homes

Pen Pals- send notes, letters, cards

E-Pals- converse via email

Arts and crafts projects (i.e. collages, cards)

Create a poster with photos of an experience with older friend

Plan a special day for our adopted citizens

Serving Our Senior Citizens

Why should youth get involved?



- Opportunity to visit and meet senior citizens in local nursing homes / community
- Establish a youth-senior connection
- Learn about experiences, heritages, and values of other generations
- Nurture meaningful exchanges between youth and elderly
- Diminish negative stereotypes among youth and the aged
- Improve written and verbal communication skills

Positive Development Outcomes

- Personal development through social and personal responsibility to self and to others
- Improved school performance and aspirations to attend college
- Influence future through skill development
- Improved reading and writing skills, as well as communication of skills



Grad, J., 2003; Lynne, B., et al., 2006

Positive Development Outcomes

- Enhanced self-esteem
- Improved ability to overcome difficulties
- Increased willingness to help others
- Development of competence
- Sense of belonging
- Bonding with others



Grad, J., 2003; Lynne, B., et al., 2006

“Somehow, we have to get older people back close to growing children if we are to restore a sense of community, a knowledge of the past, and a sense of the future.”

- Margaret Mead

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