

# Intergenerational interactions

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## Your experience of life is precious!

A key factor in health is a strong sense of identity and purpose within society – that is, the feeling that you are valuable and appreciated contributor. In fast-paced, technology-driven modern societies, ageism (discrimination because of age) can negatively affect older adults. As a result, they may experience a loss of self-worth and identity, which may lead them to withdraw from once loved activities. This withdrawal is linked with decline in physical and mental wellbeing. The United Nations' "Decade of Healthy Ageing" calls for action to combat ageism. We want to address ageism by exploring ways to engage older and younger adults in mutually beneficial interactions, where experience of a long life and that of modern life complement each other.



Pictured: Veronique Chachay

## Our questions for you

1. Do you think there is a people would be interested in participating in a program that linked older and younger adults in mutually beneficial interactions? Why or why not?
2. How do you suggest we connect with a diverse range of older adults (65 to 85 years) who would like to co-design this program?
3. How do you suggest we connect with a diverse range of younger adults (18-30 years) who would like to co-design this program?

## Future involvement opportunities

- Who:** Adults between 65 and 85 years who have retired from professional life, and younger adults (18-30 years), from diverse backgrounds. We are looking for 1 to 3 from each group for the initial co-design stage.
- What:** Focus groups to identify the best interventions, and co-design the project
- When:** Throughout 2023 for funding application writing.
- Where:** In the design phase: flexible interactions via email, Zoom and in person as best fits. Preliminary data gathering via focus groups can be via Zoom or in person on UQ St Lucia campus.
- How:** Time commitment is expected to be 2-3 hours monthly up until submission of funding application in mid-2023. Reward by gift cards for time commitment is expected to be available.
- Why:** Collaborating with people with lived experience will help us ensure that we develop a program that will be fun and beneficial to both older and younger adults. When we get to the evaluation stage, a codesign approach will also mean that we measure success in ways that are meaningful to both groups.



Scan the QR Code to get in touch with Veronique about consumer involvement on this project.

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 Veronique Chachay

*I acknowledge the Traditional Custodians of the land where I work and live. I pay respect to Elders past, present and emerging.*

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