

# Funmilies

## Intergenerational Sport Solutions for Healthy Ageing

### Capacity building program for sports professionals

#### Module One: The Importance of intergenerational inclusion

# Learning objectives:

- 1) Increase the knowledge on the importance of intergenerational relations and inclusion
- 2) Develop the capacity to structure and design an intergenerational practice
- 3) Develop the capacity to activate and conduct a process of intergenerational inclusion



# What trainees will learn at the end of the module:



a) The importance of the intergenerational relations;



b) The needs to be addressed in an intergenerational process;



c) How to activate a process of intergenerational inclusion.

# The module is divided into three units:

(1) The importance of  
intergenerational inclusion

(2) Intergenerational practices

(3) Successful Intergenerational  
activities

# (1)The importance of intergenerational inclusion

- How is European population changing?



By 2060, European  
population aged 65  
years and above will  
be **29.5%**





The median age of the  
European population  
is **44 years** and live  
births are **decreasing**

# The change in the household composition



- There is a shift from the traditional nuclear family with different generations living together to the contemporary households with an average number of 2.3 family members.
- Older people reported that their satisfaction about life decreases with age (Eurostat, 2015), in particular **single older people report to be less happy** than those living in a household with two or more members.
- This data suggests the necessity of **promoting active ageing** of older people and of **promoting intergenerational inclusion** since the intergenerational exchange is not favored anymore by families composition and proximity.

# Older people in sport



# World Café – discussing together



Three groups:

- What is **active ageing** and how it can be achieved
- What is **social inclusion** of older people can be achieved in practice
- What is **intergenerational inclusion** and how can it be achieved through sport?

# Active ageing

Active ageing is the process of developing and maintaining the functional ability that enables well-being in older age

– WHO, 2020

The four identified dimensions for active ageing are:

- Employment
- Participation in society
- Independent, Healthy and Secure Living
- Capacity and Enabling Environment for Active Ageing (UNECE, 2018).

According to the last report of 2018, the southern European countries are those with the lowest AAI (UNECE, 2019).



The Index identifies as fundamental categories for active ageing: **Physical exercise; Lifelong learning; Mental wellbeing; Social connectedness.**

# Social inclusion of older people





# Intergenerational practice

- *“Intergenerational practice aims to bring people together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contributes to building more cohesive communities. Intergenerational practice is inclusive, building on the positive resources that the younger and older have to offer each other and those around them”* (Beth Johnson Foundation, 2011, p.4)
- What is important is that through intergenerational practice, **youth and older people mutually benefit from the exchange and are actively included in society, feeling valued, resourceful, part of a social group and respected.**

- For intergenerational inclusion to happen, it is not only important to find physical places for inclusion, but to create **spaces free of barriers that facilitate this mutual exchange.**



## (2) Intergenerational practices



- <https://www.youtube.com/watch?v=AfERQ-Riy2E>

# How did you feel about the video?



[Jamboard](#)

# Benefit of intergenerational activities – overcoming stereotypes

- For **youth**, to engage in an intergenerational activity, can increase their **sense of stability**, their **social skills** and help them in **reducing social anxiety**.
- While **elderly** can benefit from it, feeling **healthier**, **less lonely** and **more involved**. Elderly can find in their relationship with youth a new meaning and direction in life and, in turn, youth also find meaning in learning from older people and in developing their emotional stability (Standford Centre of Longevity, 2016).
- For both groups, to engage in an intergenerational activity contributes to **higher levels of self-esteem** (ECORYS, 2020).

# Benefit of intergenerational sport activities

Older people	Young people	Both
Enrich relationships / friendships	Reduce aging anxiety	Improve life satisfaction
Develop positive stereotypes / counteract negative stereotypes	Increased confidence in communicating with others	Build community and social cohesion
Improve physical wellbeing	Increasing learning motivation	Promote self-esteem
Develop skills and knowledge	Increased involvement in volunteering activities	Promote healthy ageing



*Source: Youth Sport Trust, (2019) Intergenerational project: desktop research*

# How to build youth-older people relationship?



Relation has to be  
**prolonged in time**

Choose a **neutral**  
space

Communication  
balanced

Match strenghts and  
needs

Build a **bi-directional**  
relationship - neither  
party is treated as  
stereotypically needy

Rights and duties are  
equally shared

**Principle of reciprocity-**  
mutual respect,  
learning, and  
understanding

# Creating Links

Group A – Sport Activity  
the organisers (2),  
the older people (5),  
the youth (5)



Group A – Recreational Activity  
the organisers (3),  
the older people (5),  
the youth (5)


## (3) Successful Intergenerational activities

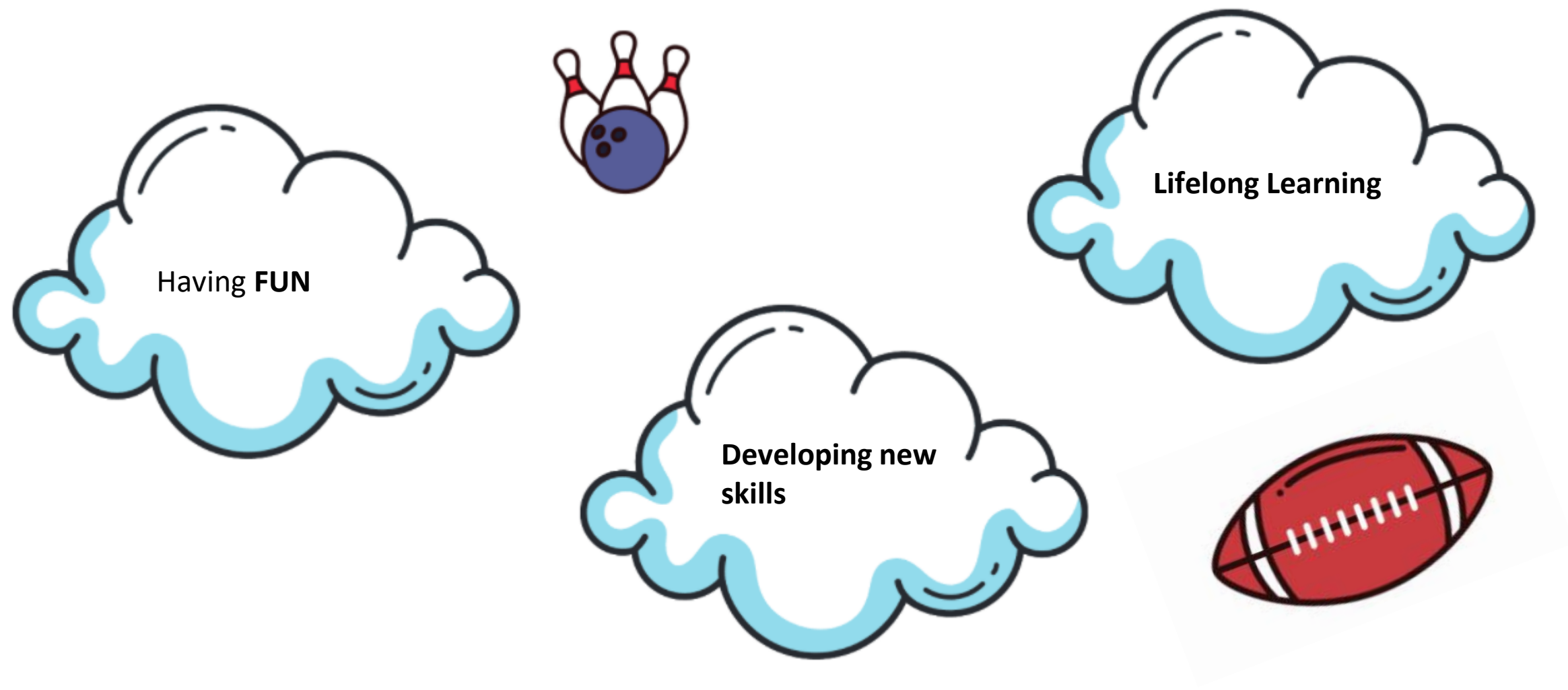
- It is important to **co-create the activity with the participants** to ensure its success but also their participation in the program

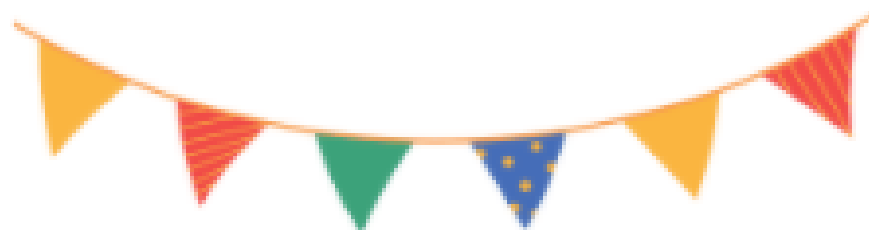


Constant **feedback** on the activities from the two age groups



- Since the initial engagement is not straightforward, it is important to analyse also which can be **common interests** among the participants.
- **Involving families** may be beneficial because older components of the families may increase the participation of youths in the program
- Certain level of **disclosure** between the age groups  it can be achieved through **ice-breaking** activities, or **informal meetings** before or after the activity





# EVALUATION

