Honors PSL All Star

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1/21/19

Mrs. Trentanelli

**Topic:** Intergenerational Relationships

**Research Question:** What are the benefits of intergenerational relationships on both teenagers and the elderly, and what are the disadvantages of not having an intergenerational relationship?

**Popp, Cheryl. “How Intergenerational Connections Benefit Both Old & Young.” *Home Care Assistance*, 28 Nov. 2017,** [**homecareassistance.com/blog/intergenerational-connections-benefit-old-young**](https://homecareassistance.com/blog/intergenerational-connections-benefit-old-young)**.**

 In this article, author Cheryl Popp lists the benefits of intergenerational relationships and the drawbacks of not having them. The author often uses the term “age segregation” to describe the divide between generations, which can often lead to ageism, lack of relationships, and even severe health problems. The author uses many studies as reference to show that many people (young and old) want to make better connections and suggests this is the solution to the problems previously listed. Popp then goes on to list the specific health benefits to the elderly of these intergenerational (or multigenerational as the author puts it) relationships. Specifically, the author cites research that has found that social interaction increases life expectancy, improves brain function, and even strengthens the immune system of the elderly. The biggest factor discussed in the article is that of brain health and function as affected by intergenerational relationships. Elders are likely to live longer, feel happier, and fight off illness when they are more social, especially with individuals outside of their age group, according to the author. As well as elders, the author also discusses the benefits of intergenerational relationships on youth, stating that building these positive relationships can boost a child’s self-esteem, encourage a healthy lifestyle, and build important communication skills. Author Cheryl Popp concludes her article by citing cities across the country that actively promote intergenerational relationships and encourages everyone to do the same.

**Holmes, Wendy R, and Jennifer Joseph. “Social Participation and Healthy Ageing: a Neglected, Significant Protective Factor for Chronic Non Communicable Conditions.” *Globalization and Health*, vol. 7, no. 1, 28 Oct. 2011, p. 43., doi:10.1186/1744-8603-7-43.**

 In this journal authors Wendy Holmes and Jennifer Joseph emphasize the importance of relationships on both the young and aging populations. The authors show that there is significant evidence that lack of support, social isolation, and stress not only increase one’s morbidity (outlook on life and death) but also their risk of death related to chronic health conditions. The journal states that efforts to promote healthy aging are not being taken as seriously as they should be. The authors reference several successful instances of efforts to promote healthy aging such as “elders clubs” and state that groups like these increase social interaction, support, opportunities for learning, access to better health and welfare services, and many more benefits. The authors make it clear that intergenerational relationships are crucial to the aging process and that more time and resources should be spent to research and promote the benefits of these relationships on the young and the old. The authors conclude the journal by stating that when in good health, elders can greatly benefit their families and their communities.

**Parker, Clifton B. “Older People Offer Resources That Children Need, Stanford Report Says.” *Bringing Old and Young Together Benefits Both*, Stanford University News, 6 Sept. 2017,** [**news.stanford.edu/2016/09/08/older-people-offer-resource-children-need-stanford-report-says/**](https://news.stanford.edu/2016/09/08/older-people-offer-resource-children-need-stanford-report-says/)**.**

 In this article published by Stanford University, author Clifton B. Parker states that intergenerational relationships benefit both young and old equally as much. Much of the data presented by the author is compiled in an extensive research study on health benefits of intergenerational relationships conducted by Stanford University. Clifton states that as people age, their brains gain valuable resources and skills that youth could benefit from gaining, and that the best way to do this is through a close relationship. The author states that the underprivileged youth could benefit the most from these relationships due to the fact that they may be lacking close relationships at home. The author concludes the article by stating that more young and old people should volunteer with each other, and urges readers to view the study referenced in the article.

**Bosak, Susan V. “Benefits of Intergenerational Connections.” *Legacy Project*, Legacy Project,** [**legacyproject.org/guides/intergenbenefits.html**](http://www.legacyproject.org/guides/intergenbenefits.html)**.**

 In this article Susan Bosak lists the benefits of intergenerational relationships for both young and old people. The author starts by stating the reason why intergenerational relationships are so beneficial is because young people and the aging have many similarities. Neither young nor old are in a rush to go and to do, they can just relax and be in the moment, this connects them. The author describes the problem with society, which divides things by age and makes it difficult to form bonds between generations. When children, especially young ones receive the types of love you can only find from an intergenerational relationship, it helps them grow and form new relationship skills. The author states that building intergenerational relationships helps create a sense of community as well as family connections. The article states the benefits to children of close, long-term relationships with older adults and includes more than five specific benefits that last a lifetime. The author also lists both the physical and mental benefits to relationships with younger people. The article finishes off by stating the importance of community programs to connect the young and old for long-term intergenerational relationships.

**Fair, Cynthia D., and Emily Delaplane. “‘It Is Good to Spend Time with Older Adults. You Can Teach Them, They Can Teach You’: Second Grade Students Reflect on Intergenerational Service Learning.” *Early Childhood Education Journal*, vol. 43, no. 1, 2014, pp. 19–26., doi:10.1007/s10643-014-0634-9.**

 The authors of this article provide evidence to support service learning programs in schools as well as the specific benefits of intergenerational service experience. The article references a study done with a class of 31 second graders who participated specifically in intergenerational service and how recording their experiences benefitted them. The article describes how the children made monthly visits to a retirement home in the area to visit seniors, which they called “grandfriends”, and reflected on their visits. This was done in order to gauge how reflection benefits service as well as how building intergenerational relationships helps improve children’s relationships skills. The study referenced by the authors examined the children’s writing at the beginning and the end of their service and found the common theme that intergenerational relationships help to change the perceptions of what elderly people can and cannot do as well as the understanding of multiple perspectives. The children were better able to see things from the elders’ perspectives and learned a new appreciation for life. The authors conclude by restating the theme that allowing students to use journals to reflect on their service provides deeper understanding of intergenerational relationships and richer opportunities for both young and old.