Intergenerational Research and Gentog Parkinson’s Program Development

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Intergenerational Research and Gentog Parkinson’s Program Development

**Description**
This Innovative Practice Project (IPP) sought to support the community partner Gentog, an intergenerational day program in Oregon, by researching the benefits of intergenerational day programs for older adults, children, and their families. This research was compiled into marketing resources by stakeholder interest. These interest groups included family or caregivers of older adults, family or caregivers of children, and a general audience of third-party payers. Research was compiled from academic journal articles and organizations servicing older adults. The outcomes included fact sheets for marketing to stakeholders, Parkinson’s resource binder, and an in-service presentation to Gentog staff.

**Disciplines**
Occupational Therapy

This innovative practice project is available at CommonKnowledge: [http://commons.pacificu.edu/ipp/47](http://commons.pacificu.edu/ipp/47)
Intergenerational Day Programs And Children

What is an Intergenerational Day Program?

- It is a program where “...children, youth, and older adults receive services at the same site. Both generations interact during regularly scheduled intergenerational activities, as well as through informal encounters.”

Parents and caregivers need them!

- 60% of children under six, not enrolled in kindergarten, receive primary care from someone other than their parent with 33% in center-based care.
- Changes in family structure and increased work hours have contributed to a higher demand for child care services over the last few decades and the ability to secure arrangements is becoming more difficult and costly.
- 14.3 million or 25% of school-aged children take care of themselves after school.
- 25-50% of adult children caring for elderly parents are also responsible for their own children's care.
- Of women caring for children and elderly persons, 73% report difficulty finding adult care, and 55% report difficulty paying for child care.

And children benefit as well!

- In schools where older adults were a regular fixture, children had more improved reading scores compared to peers in other schools.
- Young children who interact with older adults in a co-located facility, or shared site, experienced higher personal and social development by 11 months compared to children in non-intergenerational sites.
- Youth involved in intergenerational mentoring programs are 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, and 52% less likely to skip school.
- Children who regularly participate with older adults in a shared site program at a nursing home have enhanced perceptions of older adults, and persons with disabilities.

Children say...

- “I have joy with seniors, who I can only meet through this program.”
- “Seniors are wise.”
- “I learned many things from them.”
References:

What can I do?

- Visit www.gentog.com
- Bring your family member
- Volunteer your time
- Ask questions if needed
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Created by Leah Kresse, OTS, Abigail Ritter, OTS, and Rachael Baran, OTS as an Innovative Practice Project for Pacific University School of Occupational Therapy
Intergenerational Day Programs And Older Adults

Benefits of Day Program for Participants:
- Social support & opportunities for social interaction
- Therapeutic activities, community networking, and community belonging
- Improved health, well-being and life satisfaction.
- This assistance may allow older adult to remain at home until later in life. 9
- Improvements in psychosocial well-being and a perceived decrease in burden or dependence on the caregiver 1
- Provide them with a meaningful sense of place 6
- Improves quality of life in relation to mental health including decrease symptoms of depression 6
- Findings suggest that the use of adult day programs may help caregivers maintain their caregiver role, as well as allow the older adults to spend more time in the community as they age 9

Benefits of Interacting with Children at Day Program:
- Older adults who regularly volunteer with children burn 20% more calories per week, experience fewer falls, were less reliant on canes, and performed better on memory tests than their peers 3
- Older adults with dementia or other cognitive impairments experience more positive affect during interactions with children than they did during non-intergenerational activities 3
- Individuals with cognition and memory impairments are equally likely to join intergenerational activities and experience positive affect as those without 5
- Majority (97%) of adult participants at an intergenerational shared site, reported that they benefited from the programming and felt happy, interested, loved, younger and needed 2
- Show higher levels of social interaction and significantly lower levels of solitary productive behaviors when the children are present 7
- Engage in increased mobility, increased smiling and laughing when the children were present7

Benefits of Day Program for Caregivers:
- 90% of family caregivers indicated that their family member benefited from an intergenerational program 2
- Provides caregivers with respite from their caregiving responsibilities so they are able to devote attention to other areas of their lives and restore the psychological and social resources necessary for their own well-being
- Gitlin et al. (2006) found that adult day services provide respite opportunities for families, and enhance caregiver well-being
- Zarit et al. (1998) found that caregivers who had family members going to an adult day care service experienced decreased feelings of overload and strain, as well as a decreased feelings of anger and depression.
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Adult Day Programs and You

Day support programs focus on socialization needs of the clients while providing respite for the client’s family and caregivers. It has been reported by caregivers that the social aspect and improved health were benefits as well as improving their relationship with their loved one.  

The population of older adults in the United States continues to grow

- The 85 year old and older age group is the fastest growing portion of our population.  
- U.S. citizens age 65 and over are expected to double in number by 2032, almost 1 in 5 people.  
- Projections estimate that by 2020, 12 million older adults will need long-term care services.  
- 25-35% of all older are likely to spend some time in a nursing home.

Finding a solution to provide supportive care for all of our older adults is a critical social issue.

Limitations experienced by older adults

- An increasing portion of our population is being affected by dementia.  
- Data projects a 93% increase in dementia incidence in Oregon from 2000-2025 for those over age 65.  
- This means that by 2025, as many as 110,000 U.S. citizens will be living with Dementia.  
- As many as 1 million Americans currently live with Parkinson’s disease, a progressive neuromuscular disorder without a cure, that can lead to decreased functional ability with age.

Older adults living with illness or injury often miss out on opportunities to socialize and participate in community activities, which can inhibit their mental health and well-being.

How adult day programs and intergenerational care can benefit the whole community

- The use of adult day programs can reduce Department of Health and Human Services expenditures on things like equipment and administrative costs.  
- Positive outcomes result when adults with Dementia are able to engage in activities that allow them to achieve success.  
- Day programs provide out of home services of socializing, medical care, and therapeutic activities for the participants receiving care.  
- Caregivers are provided with a daily break from their caring responsibilities in order to focus on their personal well-being (physically, emotionally, socially, spiritually).  
- Clients have decreased complaints of perceived stress and anxiety.  
- Increased life satisfaction has been reported after using adult day care for one year.

Adult day programs can provide support and increase the mental health of older adults and their caregivers. This allows older adults to stay at their homes in the community for longer opposed to moving into a nursing home or other care facility away from their family and friends.

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