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Intergenerational Connection Improves Social Health & Reduces Ageism

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What is social health?

And why is it important?

- Social health is the dimension of our well-being that comes from connection and community.
- Lack of sufficient social connection leads to loneliness & its resulting negative impacts to mental and physical health.

The power of social connection.

2023

'The more we get together, the happier we'll be.'



- ✓ Connecting socially reduces loneliness & isolation and improves our sense of belonging, increasing our happiness.
- ✓ Quality relationships provide support and build self-worth.
- ✓ Adults with a strong social support network have a reduced risk of many mental and physical health problems.

Intergenerational connection *amplifies* social health benefits while reducing ageism.

Older people

- Find a sense of purpose as they share their acquired wisdom, improving views of their own aging
- Feel good about their ability to ‘pay it forward’ by helping someone younger learn as they did
- Feel invigorated and energized

Younger people

- Receive support and mentoring that helps them succeed
- Have the opportunity to work with positive role models while sharing what they know
- Improve their views on older adults and aging

Both younger and older people experience an increased appreciation for the other generation.

Cross-generational collaboration sparks innovation & creativity and strengthens communities.

For All Ages creates positive, collaborative experiences between the generations that:

- Showcase the wisdom and vibrancy of older adults
- Improve views on aging by both younger and older people
- Encourage respect across age groups
- Counter loneliness that is at an epidemic level across most age groups & improve health

