

INTERGENERATIONAL PROGRAM MANAGEMENT TRAINING & SKILLS SEMINAR

**Supportive communities are defined by their helping relationships.
Each of us, regardless of age, depends on others in our lives for care and support. The
interdependence between individuals is an essential part of family and community life.
Understanding, cooperation and respect between
Generations are the ties that hold supportive communities together.**

With the generous funding and support of the Rural Alberta's Development Fund, Linkages Society of Alberta is offering an opportunity to develop local community Intergenerational Programs throughout rural Alberta. Through the provision of a 7 hour training program and resource disk, our goal is to encourage and inspire community members to implement and manage a program under the guidance and support of the LINKages Society of Alberta.

LINKages has been successfully operating Intergenerational Programs in Calgary for the past 14 years. Our mission is to foster friendship between youths and seniors through shared visits and activities. In the 2007-2008 program year LINKages recruited, trained and mentored 355 students and 175 seniors in relationships that bridged the generations. LINKages remains 'leading-edge' in the creation, implementation and evaluation of intergenerational programs and strategies by offering structured programs in a meaningful, outcomes-oriented manner.

Intergenerational Programs Uniquely meet Community Needs

Benefits to Youth:

- Increase in self-esteem, communication and leadership skills
- Acquisition of community service, job experience and a social consciousness
- Increased understanding, empathy and compassion for the challenges of aging
- Open themselves to gain life skills and unique experiences

Benefits to Seniors:

- Opportunity to share life experiences, history and wisdom with a younger generation thereby providing an increased sense of purpose and worth and value to the larger community
 - Alleviation of loneliness and social isolation
 - Overall improvement in health and well-being, motivation, energy, feelings of self-esteem and often cognitive, psychological and physical health
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Benefits to the Community:

- Stereotypes of both generations are diminished
- Supportive and positive relationships and opportunities to help each other are established
- Constructive option for youth and senior activities
- Awareness of seniors and aging that will positively influence the future caregivers, builders and architects of the future.

**You are invited to attend an
Intergenerational Program Management
& Skills Training Seminar**

This opportunity will provide:

- training in all aspects of the startup and delivery of an Intergenerational Program
- a detailed resource disk to assist in the design and delivery of the project along with various resource and training materials
- LINKages support for a minimum of 6 months with professional advice, resources, activity suggestions and information as the project gets underway
- an association of IGP providers, which will provide ongoing networking, information, research and collaboration

The Participants will possess:

- excellent interpersonal, organizational and communication skills
- demonstrated interest in teens and seniors and the value of Intergenerational Relationships
- the ability to take initiative and become a champion for the development of Intergenerational Programming in their community
- a strong interest in the organization, start-up and design of an intergenerational program in the community and the ability to promote and sustain it in future years
- the ability to access community funding or work as a volunteer to roll out the project

We welcome your questions or comments.
Please direct any enquiries to: Colleen Davies
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If we fail to educate teens about senior's issues and help them develop compassionate and informed experiences- we are not preparing them wisely for the future.
