

Become a Care Home Friend! Intergenerational Challenge

Care Home
FaNs
Intergenerational
Linking

WEEK 2

This week we are going to think about how connected we are with people of different ages. This is called 'age-integration'.

Connecting with different ages

Often, we aren't a very 'age-integrated' society. This means we aren't as connected to people of different ages as we could be. This might mean that some people feel isolated from others and quite lonely.

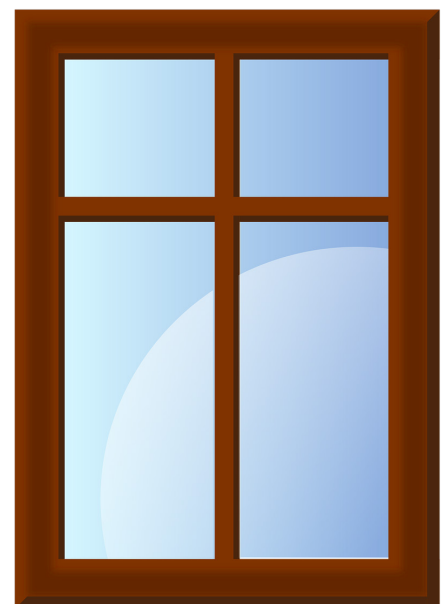


★ Can you think of any places where lots of different age groups mix together?

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Let's look through the window into **your** life and think about the people **you** spend time with.

★ Look at the 'Window of Ages' activity below and have a go at filling this in. You could do this by yourself, with a partner or as a whole class.



Window of Ages: example



Think about the people you spend time with. List some examples in each of the age boxes.

Then think about where you spend time with these people and make a note of this too.

You can use words and/or pictures to complete the activity.

Have a look at the completed example to help you.

Older children and young people

Amir, my brother and his friends
I see them at home

My cousins
I see them at my house or at family parties. Sometimes we go to the park or cinema together.

Some of the people at Karate
I see them at the sports club where Karate is.

Adults

My mum and dad and their friends. I see them at home all the time!

Teachers. I see them at school (and sometimes in the supermarket!)

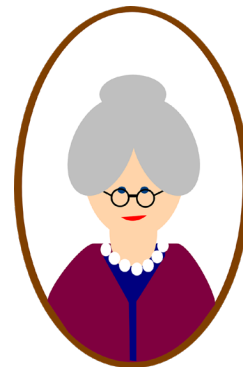
My friends' parents. I see them when I go to my friend's house or if they give me a lift to karate.

Harry who teaches karate.
I see him in the sports club.

Older adults

Grandparents – one lives in a care home and sometimes we visit them there

Older adults at mosque



Window of Ages: template



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Older children and young people

Adults

Older adults

Spending time with older people

Look at your Window of Ages.

What age group do you spend most time with?

Who are the older adults you spend time with? Where does this take place?

Who's the oldest person you know? How is their life different to yours?

★ Why might it be a good idea to spend time with people of different ages?

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★ What's your favourite memory of spending time with an older person? Draw or write about it below:

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In this photo, a younger person is spending time with an older person who lives in a care home. They are having fun doing a jigsaw together.

In the last two weeks we have thought about people of all different ages and how we spend time together.

Sometimes when people get older, they choose to live in somewhere called a care home, like the gentleman in the photo. Next week we will learn all about care homes!