

Generations Working Together celebrate Older People's Day 2021



Today (1st October 2021) is **Older Peoples Day** around the World and Generations Working Together (GWT) want to celebrate the day and acknowledge that Older People have a very important part to play in our society. The world is getting older with more people living longer and we must celebrate this great success in our longevity and reach out across generations to find common bonds and links that bring us together.

Research shows that staying active remains the best way to preserve health for as long as possible. Along with physical exercise however, studies have highlighted the importance of encouraging older adults to be mentally active as well and looking at intergenerational interventions to bring young and old together. When people come to retirement it can be bewildering when social isolation and loss of purpose can cause anxiety in an individual.

Intergenerational volunteering

That's where volunteering and / or learning can make a real difference in getting involved in offering skills and experience that can help or support others in their working life or in their community. Much more attention is being paid to lifelong learning, so that people are equipped to change jobs throughout their lives and continue to learn in their retirement.

[The power of one to one connection](#) highlights that older people have an important part to play in volunteering and make a difference to both generations. Heather is an older person with an early diagnosis of dementia who offers her time in a children's nursery several times per week. The project aimed to embrace generations coming together by creating an environment for seniors and juniors to enjoy each other's company at a pace suited to all.

Intergenerational learning

There are the huge benefits of intergenerational learning in the community, and this is something that we at GWT want to share and celebrate. Older people have so much to offer in their experiences and skills and this is often overlooked in our modern society due to attitudes of being forgotten because they are no longer economically active. Our society hasn't caught up with the idea of older people being economically active much later in life and what this means for individuals, communities, and society.

GWT encourage older people to get involved and learn from younger people too. It's a two-way street and reciprocal so that both groups can share and learn together. There may be challenges for some older people using technology and learning again can be a chore but building confidence to keep up with new technology may assist them to build for their own future in an ever-changing world.

Learning and technology

[Get to Know Your Techno](#) is a good example of bringing generations together in the local community to support digital technology for older people and young people looking to do more volunteering. The project aimed to tackle isolation and reduce loneliness for older people in our community as well as addressing stereotypes between the generations.

Campaign to combat ageism

During October through to November a range of events run by stakeholders around the world will bring attention to ageism through the life-course. Beginning on Older People's Day and how it affects older people and moving through to how young people are affected by ageism too. Get involved with Ageism through the ages today by accessing the events, resources, activities, and knowledge featured [here](#) which will be regularly updated throughout the duration of this initiative.

Get in touch

We want to celebrate and shout out that older adults bring wisdom and experience to the workplace and any community. The young and old need each other, both now and especially in the future. Get in touch to share your thoughts or find out more and join GWT here, it's [FREE](#) to anyone living in Scotland.