

Promoting Intergenerational Bonding in Asia



Mr. Quyen Tran, Regional Program Adviser
Ms. Tran Bich Thuy, Country Director

Presentation outline

- 1) Who are we
- 2) Rapid Ageing in Asia and Pacific
- 3) What and why Intergeneration Bonding (IB)
- 4) Some **IB** initiatives in the region
- 5) Benefits of **IB**



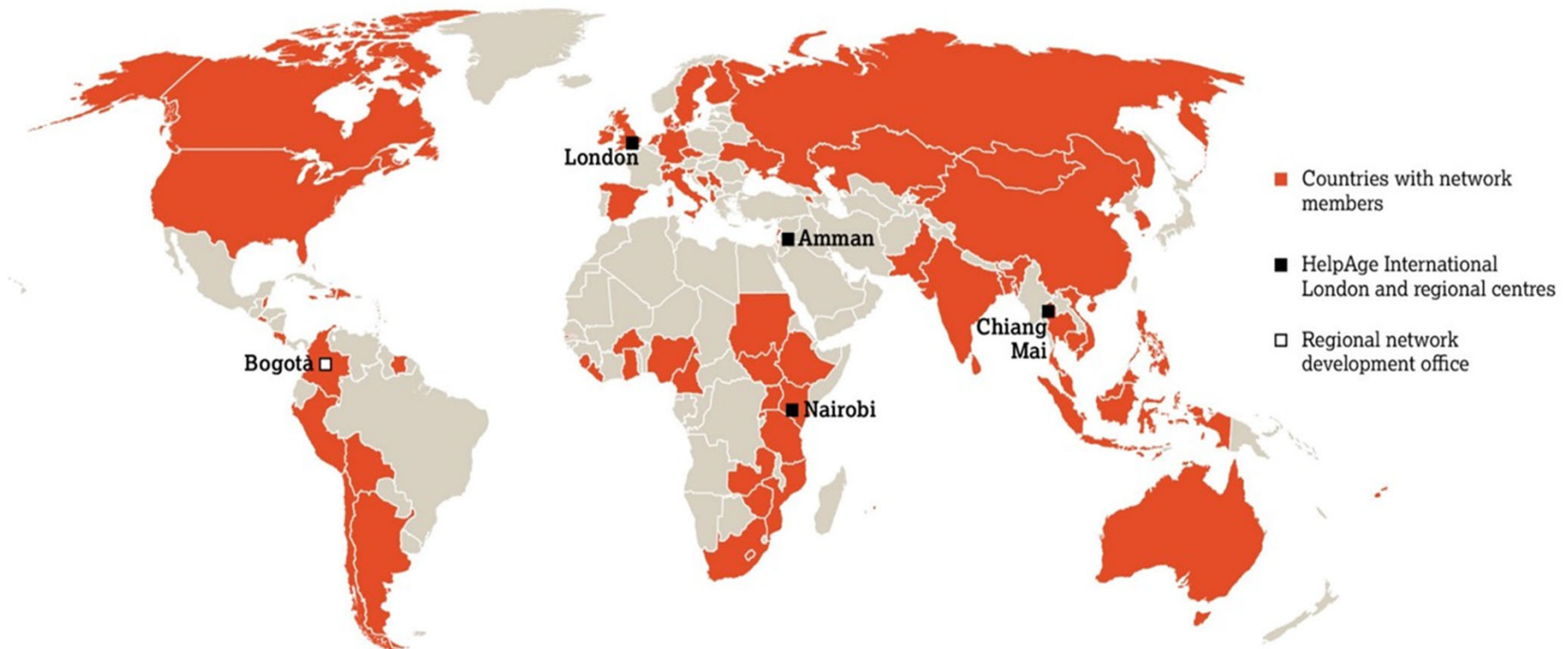
Who we are

HelpAge

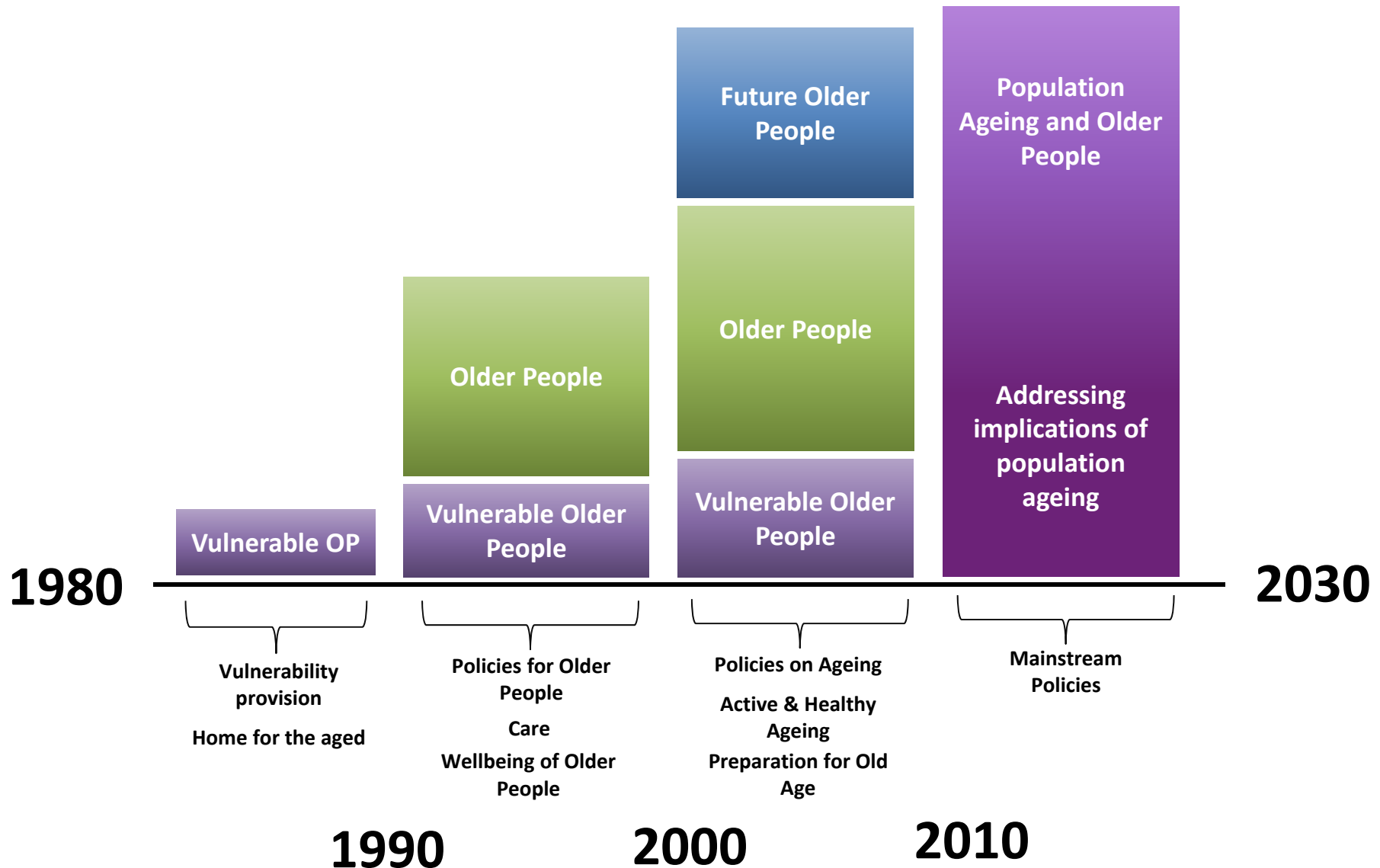
International

HelpAge International is the secretariat to a global network of organizations working for the rights of all older people to lead dignified, healthy and secure lives.

Our network has **148 members** in **86 countries** across the world.



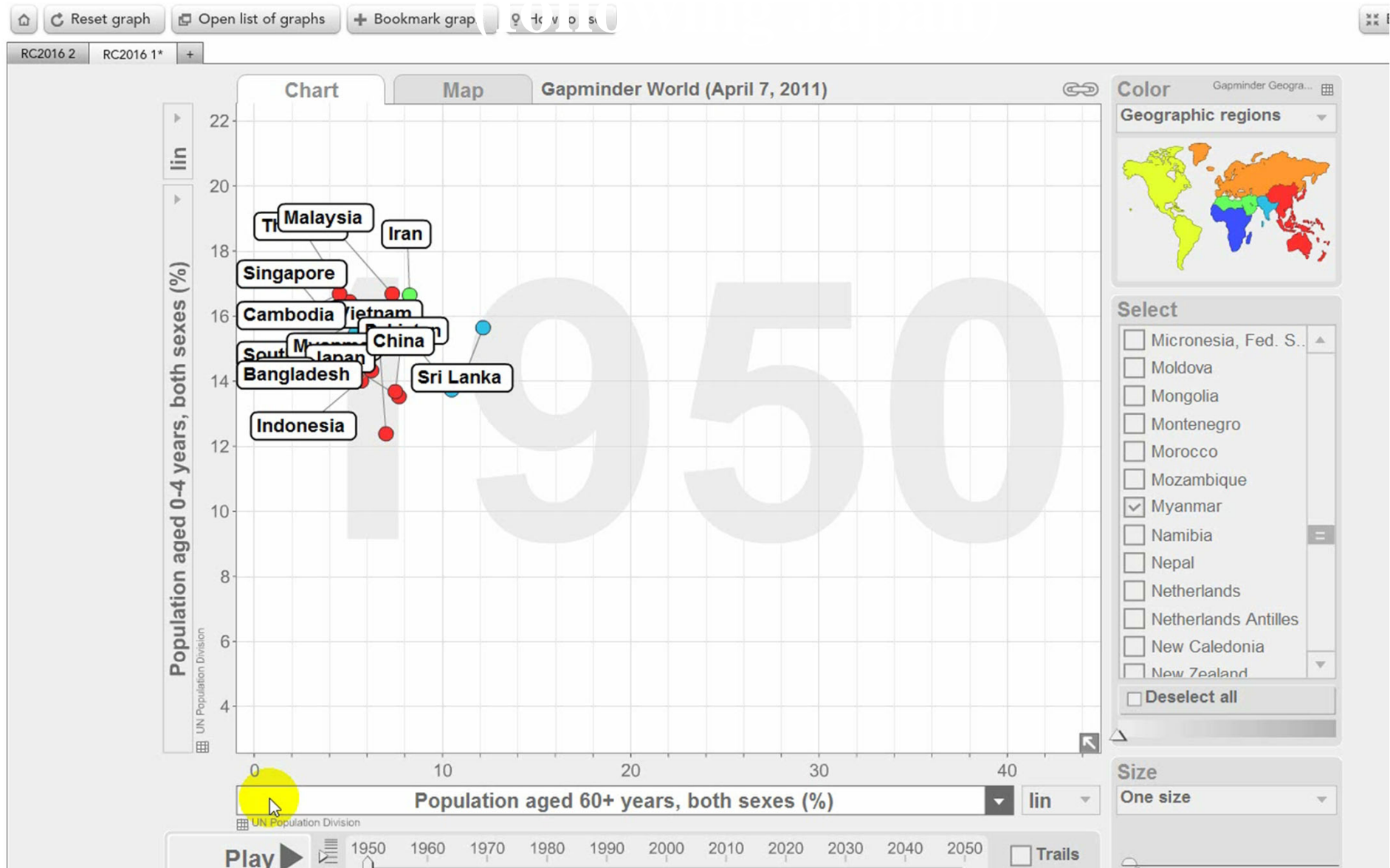
Our focus over the years



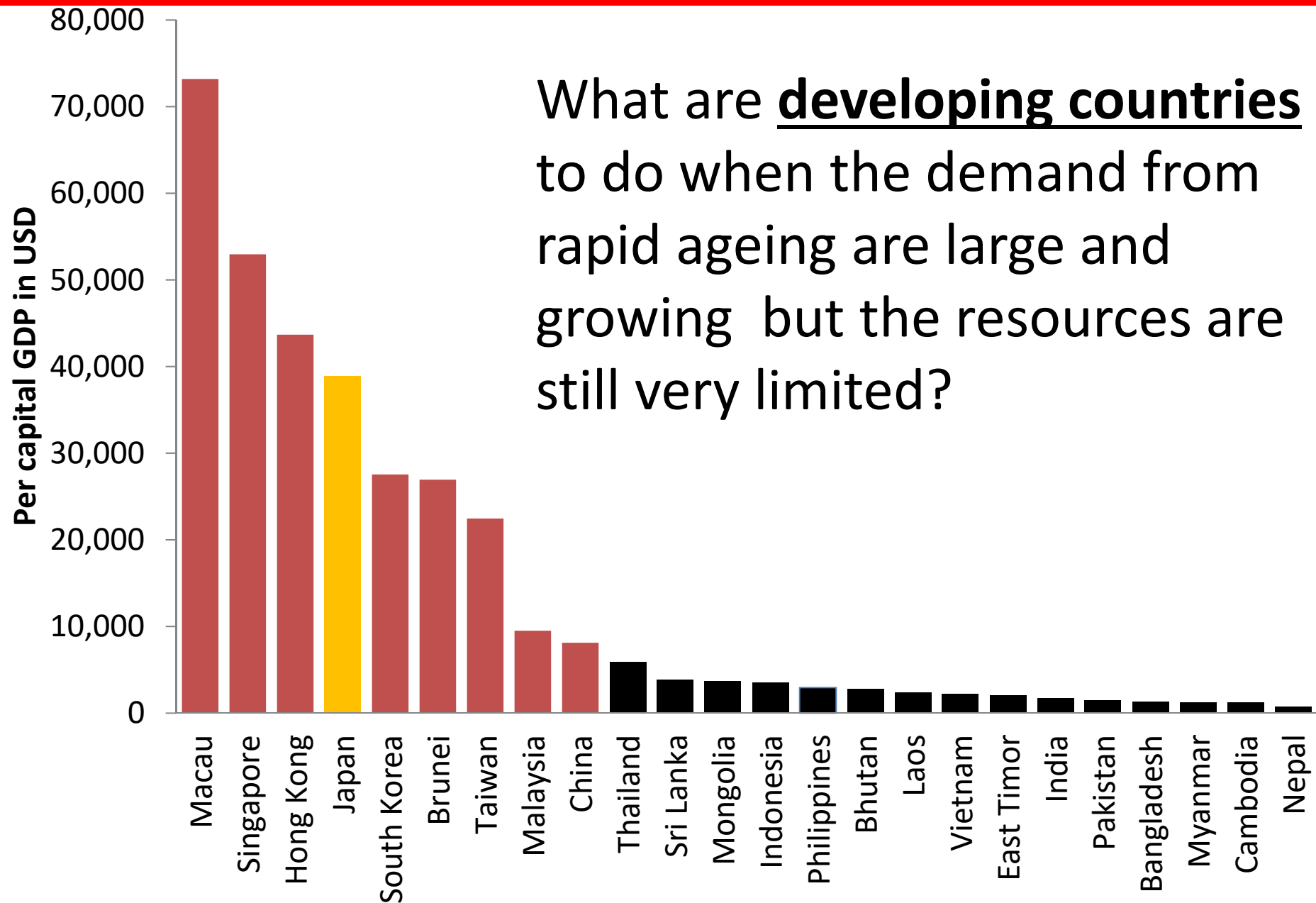
Rapid Ageing in Asia and Pacific

**Situation and
Implication of Rapid
Ageing in Asia and
the Pacific**

The region is rapidly ageing



World Bank's 2016 Per Capita GDP for Asia Region



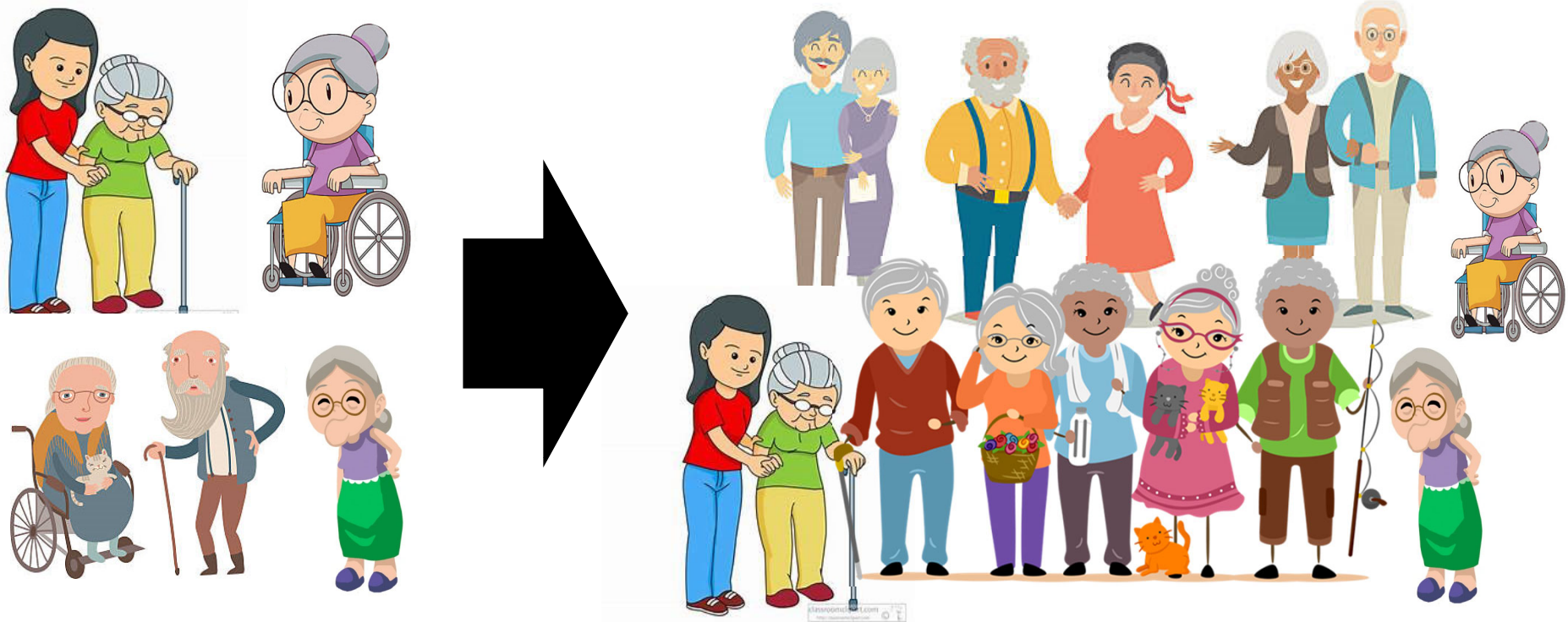


Being UNWANTED,
UNLOVED
UNCARED For
FORGOTTEN
BY EVERYBODY

I think that is a much
GREATER HUNGER,

A Much
GREATER POVERTY
Than the PERSON who has
NOTHING TO EAT.

Aged Awareness



**NEEDY/
BURDEN**

**VALUABLE UNTAPPED
RESOURCES**

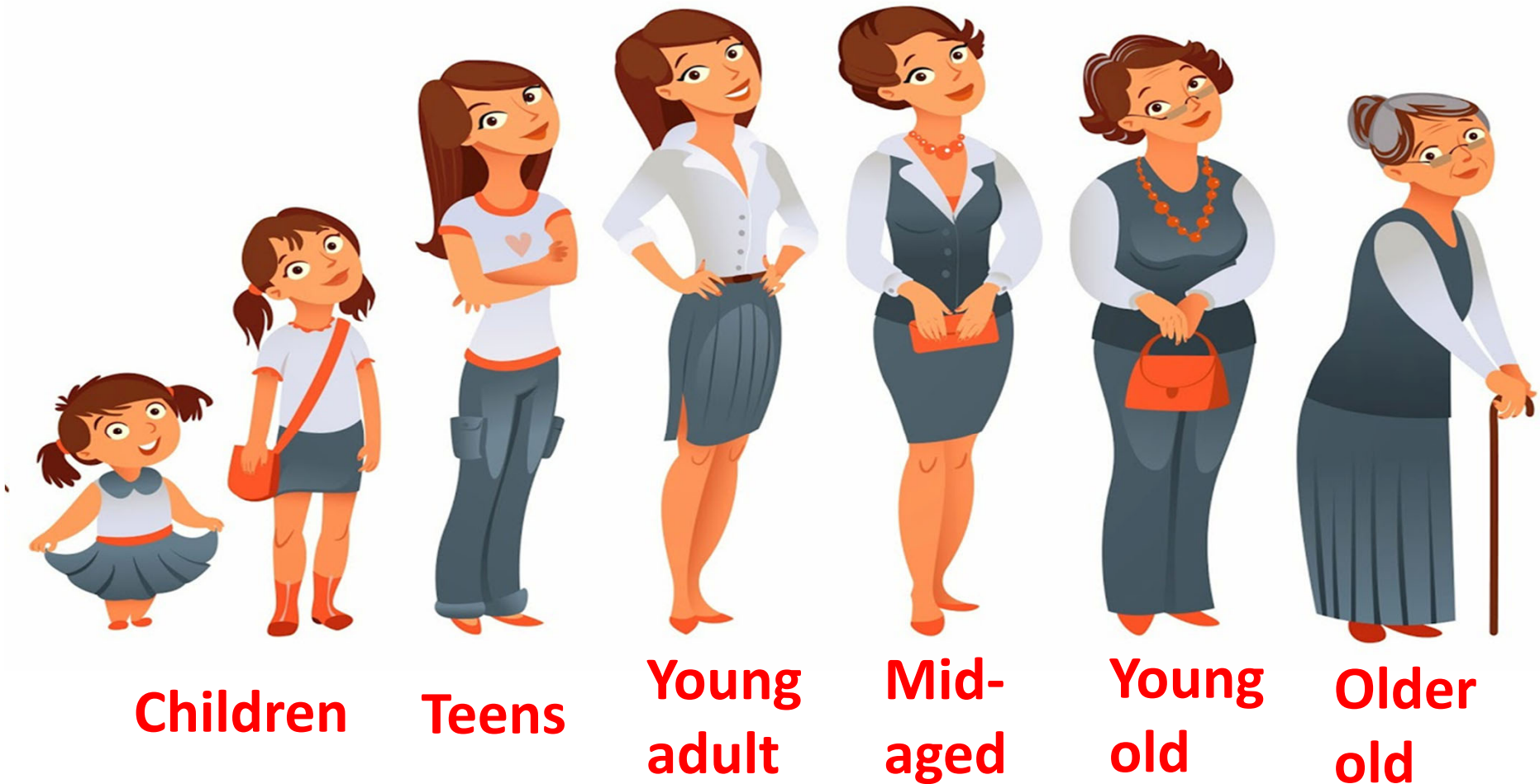
- Most OP are aged under 75 yrs
- Less than 5% of OP are frail (Thailand and Vietnam)

Why Intergenerational Bonding (IB):

1. When people are raised in different time periods and are at different stages in their life, their values and perceptions of the world can be quite different. This can lead to reduce interaction, misunderstanding and even conflict with one another.
2. The generation gaps are widening due to fast changing lifestyle, globalization, migration and diverse ideologies.
3. Because of this widening gaps, it is important to have special effort to promote greater understand and improved bonding between the generations.



Promoting Intergenerational bonding (IB)



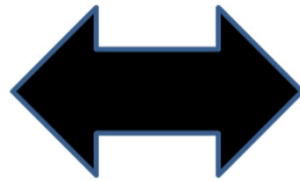
For over twenty years, HelpAge has conducted many IB initiatives to promote improved understanding and relationship between the various aged groups.

Some intergenerational bonding initiatives in the region



1 IB initiatives between grandparent and their grandchildren

**Grandchildren
(5-18 yrs.)**



**Grand-
parents**



Thailand



Vietnam

1.1

Thailand



Grandparent and grandchildren day

1.2

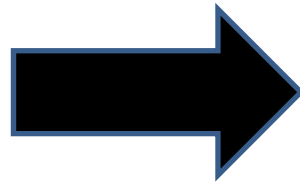
Vietnam



Writing contest for high school student “ I and my grandparent”

2 IB initiatives between high school students and older people

High school students



Older old (mostly needy OP)



India



Sri Lanka



Indonesia

2.1

Sri Lanka



Sponsor a Granny



Day for OP



Volunteering for OP

2.2

India



Sponsor a Granny



Volunteering for OP



Intergenerational theatre



Day for OP

2.3 Indonesia

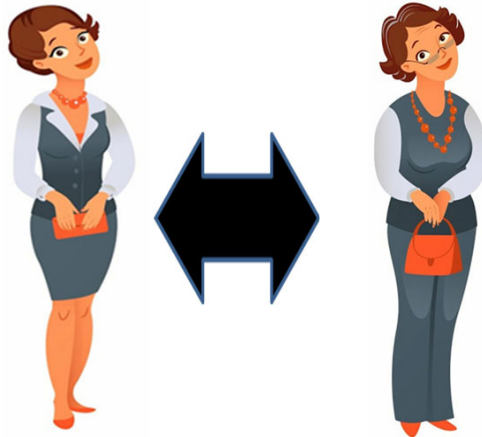


- Exchange visits
- Intergeneration activities

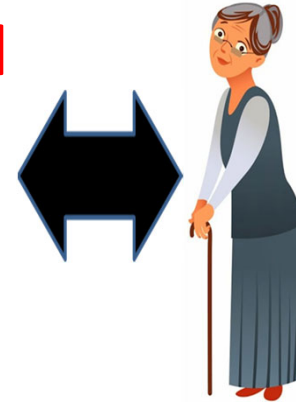
3

IB initiatives between future and current old

Near old
(40-54 yrs.)



Young old
(55-79 yrs.)



Older old
(80 yrs. & above)



Bangladesh



Indonesia



Cambodia



Vietnam

3.1



ISHCs



- Intergenerational Self-help clubs (ISHC)
- 70% are OP aged 55 years or older
- 50-70 members per ISHCs
- Multi-functional:
 - 1) Social
 - 2) health
 - 3) Care
 - 4) Livelihood,
 - 5) Right,
 - 6) Resource mobilization
 - 7) Self-help
 - 8) Life-long learning

3.2 WOW groups



- WOW Groups
- 50% are OP aged 55 years or older
- 25-35 members per IG
- Around 80% of members are female
- Multi-functional
 - 1) Social 2) health 3) Care 4) Livelihood, 5) Right, 6) Resource mobilization 7) Self-help 8) Life-long learning

3.3

IG groups



- Intergenerational Groups (IG)
 - 50% are OP aged 55 years or older
 - 40-50 members per IG
 - Around 90% of members are female
 - Multi-functional
- 1) Social
 - 2) health
 - 3) Care
 - 4) Livelihood,
 - 5) Right,
 - 6) Resource mobilization
 - 7) Self-help
 - 8) Life-long learning

Benefits of Intergenerational bonding (IB):

1. **Increased understanding, and interaction**
2. It gives each generation a sense of purpose.
3. **Intergenerational sharing helps to keep local stories, history and custom alive.**
4. **It promote life-long learning:** younger generations share new technology, older generations share life skills & wisdom
5. **Enhance mutual support and collaboration**



Benefits to older people:

1. Engaging with younger generation invigorates and energizes older generations.
- 2. Physically and mentally healthier – feel younger**
3. Improved sense of purpose and meaning.
- 4. Increases their self-esteem**
5. Have a better outlook on aging.
- 6. Reduce feelings of isolation and loneliness.**
7. Provide opportunities to pass along life lessons and personal stories
- 8. Provides opportunity to learn new skills, especially communication and technology skills.**

Benefits to young people:

- 1. Better sense of who they are and where they've come from: their roots, history, and sense of continuity and better perspective in life.**
2. Helps develop life skills and builds self-esteem and confidence
- 3. Provide assurance: having someone that care and love them: unconditional is not easily found.**
4. Gives them a safe person to talk with and confide in, especially when they face trouble or confusion.
- 5. Reduce ageist stereotypes.**
6. Have better relationship with their family and other
- 7. Helps them to understand and be better prepared as they get older.**

Evident of Benefits: Result from questionnaires conducted on 13,628 ISHC members from 256 ISHCs in Vietnam (2015-18)

95.9% more caring communities



92.7% happier



91.0% increased self-confident

89.8% improved overall well-being



88.6% healthier

70.8% higher income





Thank You

Contact details

For more information:

Mr. Quyen Tran
Regional Program Advisor

Ms. Tran Bich Thuy
Country Director

HelpAge International

East Asia/Pacific Regional Office
6 Soi 17, Nimmanhemmin Road,
Suthep, Muang Chiang Mai
Chiang Mai, 50200, Thailand

Tel:+66-53-225440

E-mail: quyen@helpageasia.org

Website: www.helpage.org

HelpAge International

HelpAge International in Vietnam
No.20, K80C, 376 Alley, Buoii Street
Ba Dinh, Hanoi, Vietnam, 10000

Tel:+84 24 32474145

E-mail: thuytb@helpagevn.org

Website: www.helpage.org