Promoting Intergenerational Bonding in Asia

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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 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

1980
- Vulnerable OP
  - Vulnerability provision
  - Home for the aged

1990
- Older People
  - Policies for Older People
  - Care
  - Wellbeing of Older People

2000
- Older People
  - Policies on Ageing
  - Active & Healthy Ageing
  - Preparation for Old Age

2010
- Future Older People

2030
- Population Ageing and Older People
  - Addressing implications of population ageing

Mainstream Policies
Rapid Ageing in Asia and the Pacific

Situation and Implication of Rapid Ageing in Asia and the Pacific
The region is rapidly ageing
What are developing countries to do when the demand from rapid ageing are large and growing but the resources are still very limited?
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

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

VALUABLE UNTAPPED RESOURCES
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.
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.)

Thailand

Vietnam

Grandparents
1.1 Thailand

Grandparent and grandchildren day
1.2 Vietnam

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

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