

# Become a Care Home Friend! Intergenerational Challenge

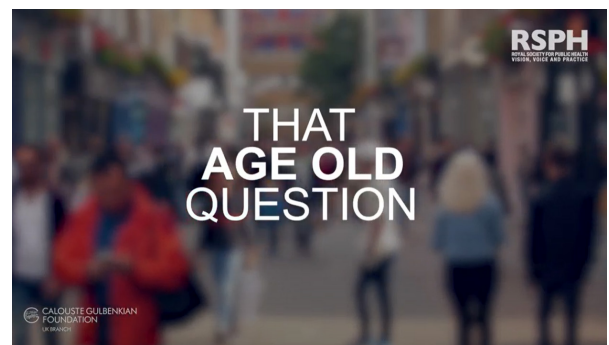
Care Home  
FaNs  
Intergenerational  
Linking

## WEEK 2

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

### That Age Old Question

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 disconnected and isolated from others.



Watch the video 'That Age Old Question' and discuss the questions below:

#### Group discussion

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

#### Group discussion

Why do you think some people in the video said it was hard to connect with people older than them?



# Window of Ages

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 and have a go at filling this in. You could do this by yourself, with a partner or as a whole class.

Once complete, 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?

.....  
.....



## Window of Ages: template

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.

**Older children and  
young people**

**Adults**

**Older adults**

## Connecting with different ages

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

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.....

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



In this photo a younger person is spending time with an older person who lives in a care home. They are enjoying doing a jigsaw together and talking about their lives.

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 a care home, like the gentleman in the photo.

Next week we will learn all about what a care home is and who lives there!

