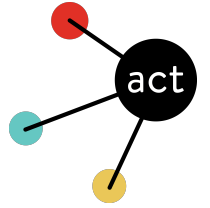


Engaging Generations Through Leisure: Opportunities and Challenges

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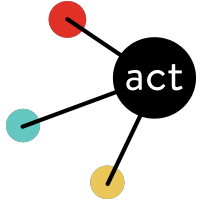


Purpose



- to explore the importance of leisure as a context for intergenerational interactions
- to examine the potential for technology as a medium for these intergenerational interactions

Defining Recreation and Leisure



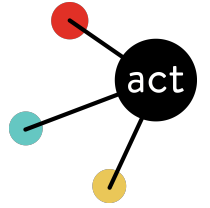
Recreation:

- activities occurring within leisure that have restorative properties

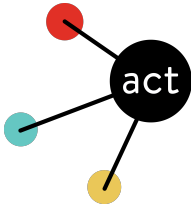
Leisure:

- activities, time, **state of mind**, lifestyle
- perceived freedom/control
- intrinsic motivation
- fun/enjoyment

Normative Assumptions



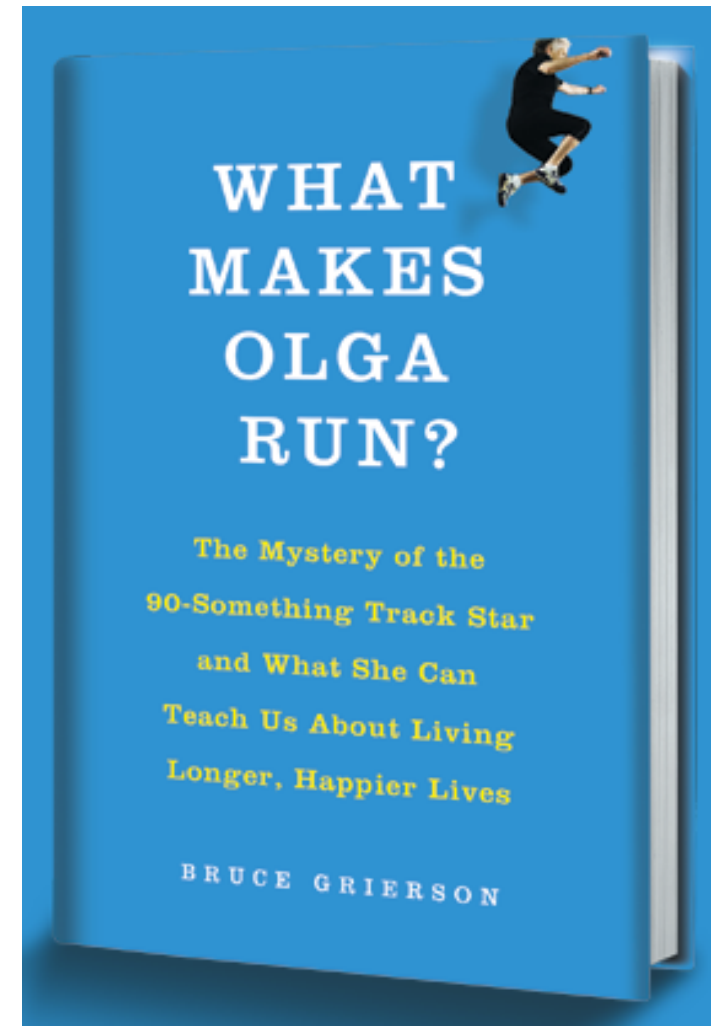
- Older adults don't have access to computers.
- Older adults are incapable of learning new things, including new technologies.
- Older adults are resistant to change.
- Successful, healthy, active aging discourses

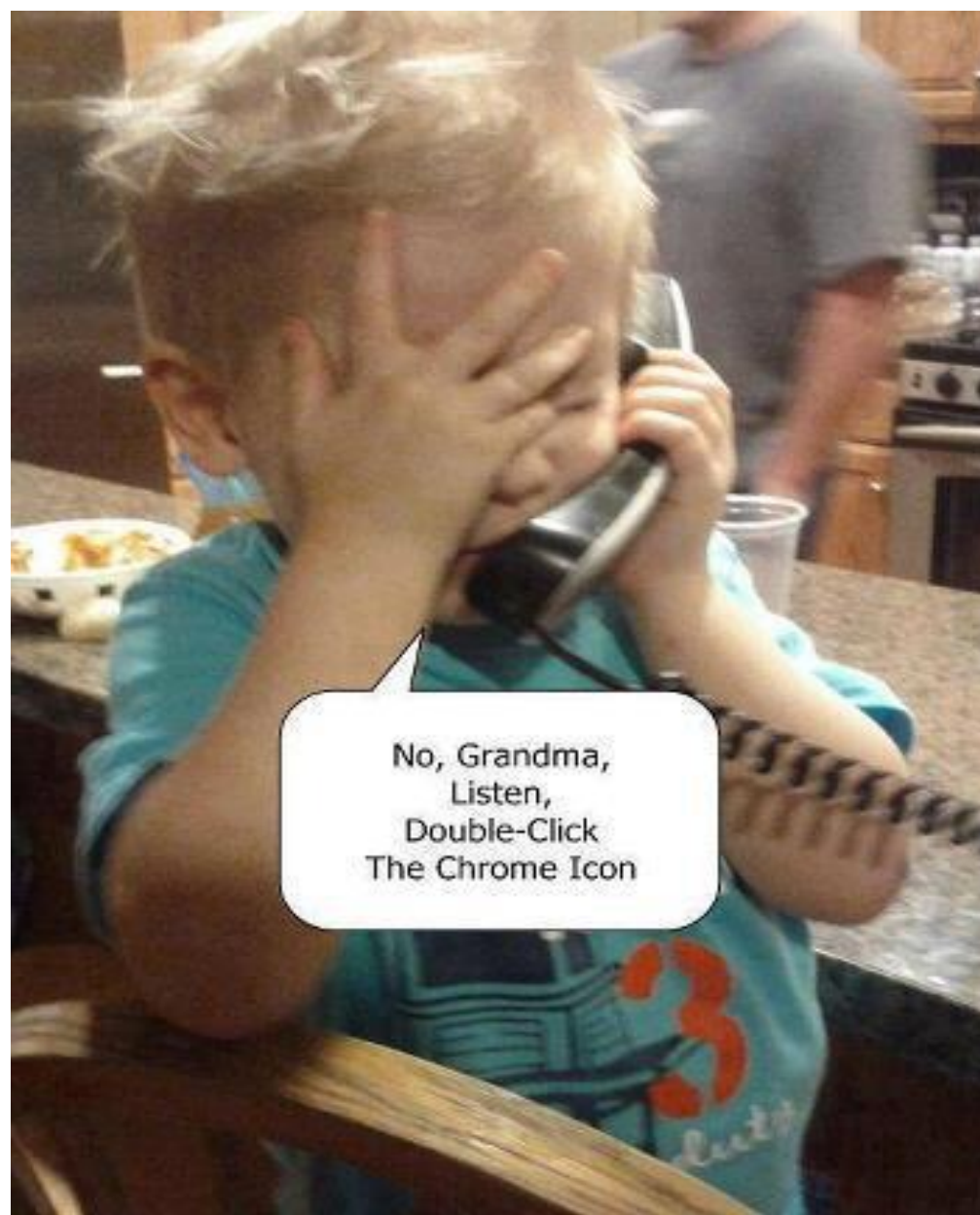
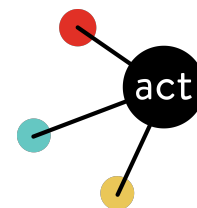


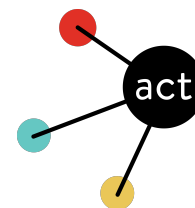
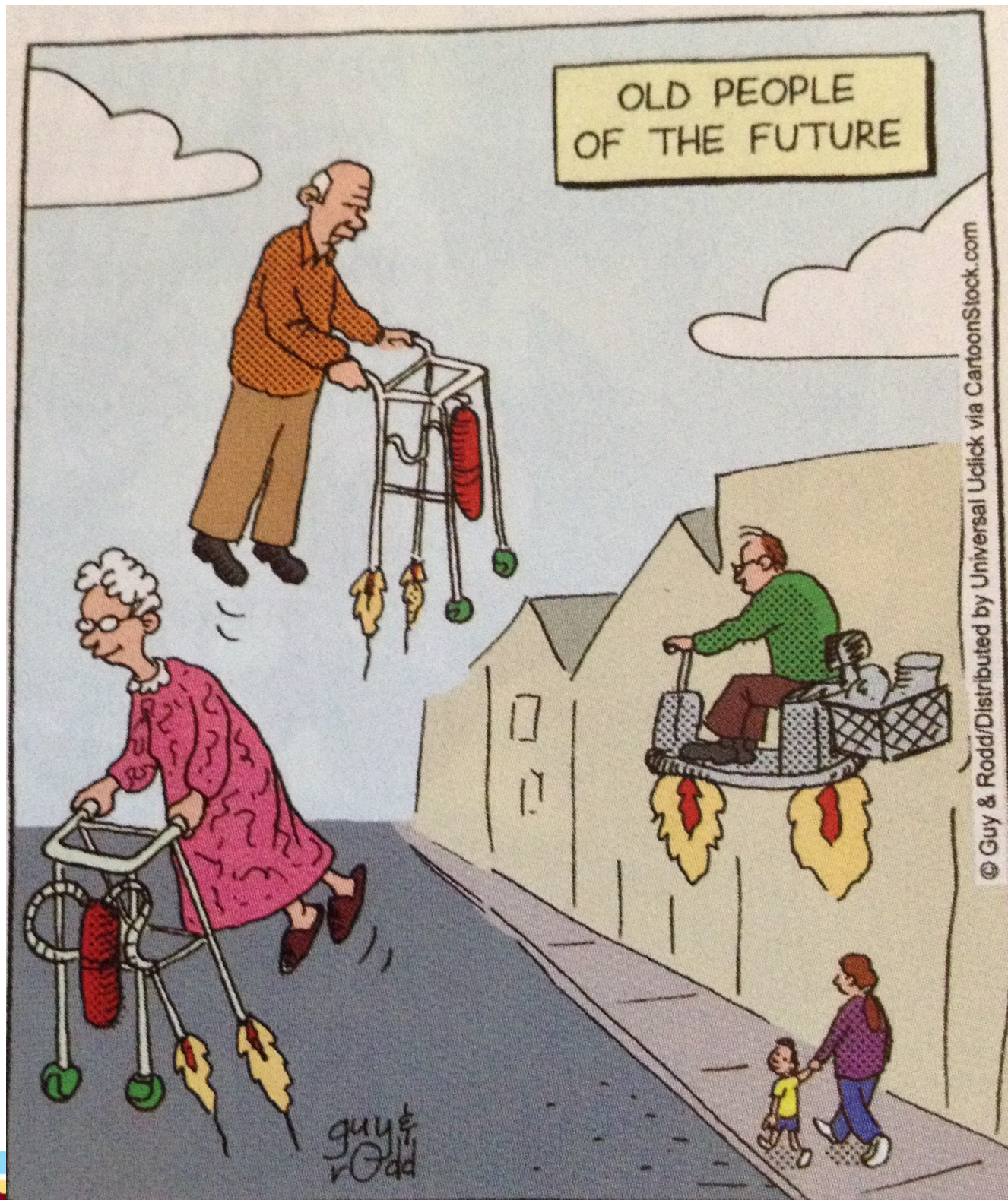
A 94-year-old track star from West Vancouver has become a poster child for staying active and is the subject of a new book about aging.

Olga Kotelko took up running at 77-years-old. Nearly two decades later, she still does aquafit three times a week, bowls, gardens, lifts weights at the gym, and trains for track-and-field competitions — including 100-metre races, javelin and shot put.

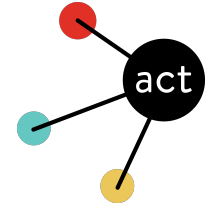
"I chose to be a young at heart athlete rather than an old woman. And I love doing what I'm doing, so there's no reason to stop," said Kotelko. (CBC News, January 21, 2014)





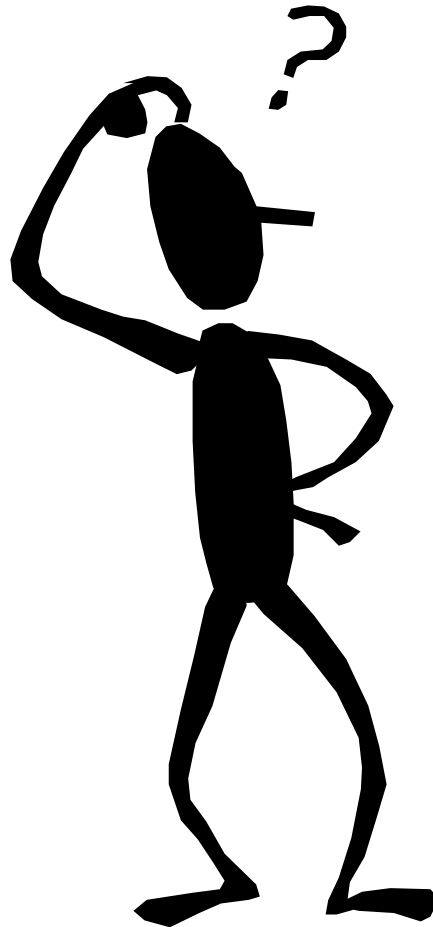
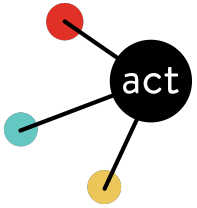


Digital media & leisure

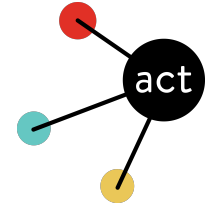


- Internet use for leisure as:
 - an instrument for learning, planning, purchasing leisure services
 - being an activity in itself (Nimrod, 2009)
- Older adults used the internet to:
 - manage health
 - nurture professional interests
 - maintain & extend social networks
 - appreciate the past
 - enjoy leisure (Khvorostianov, Elias & Nimrod, 2012)
- Tourism (Patterson & Pegg, 2011)

Intergenerational Programming

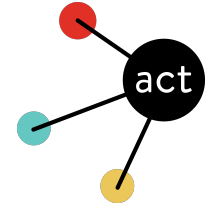


Examples



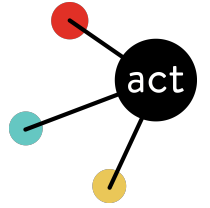
- mentoring programs
- foster grandparent programs
- long-term care facilities – music, gardening, baking
- exergaming (Wii, Xbox Kinect)
- intergenerational gaming
- computer groups – Cyber Seniors

Examples cont'd



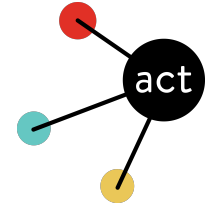
- book clubs
- recipe books
- family albums, life story books
- art, music, theatre
- intergenerational community service projects
(work together to study community issues,
improve local conditions & help people in
need)

Outcomes

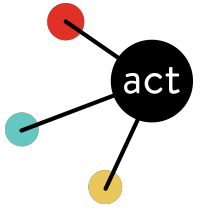


- ↑ motivation for healthy behaviour
- ↓ responsive behaviours
- ↑ positive affect, empathy & self-confidence
- ↑ life satisfaction, self-esteem
- ↑ mastery, empowerment
- ↑ balance
- ↓ depression

Outcomes cont'd



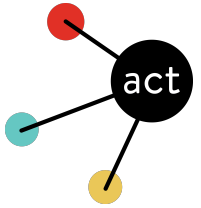
- facilitate bidirectional learning
- contribute to inclusion, decreases loneliness
- engender community
- foster positive attitudes & dispel negative stereotypes across generations
- enhance compassion & competence in relating to older adults
- increase focus on +ve intra-group interaction, less –ve attention on health



Multimedia Intergenerational Storytelling

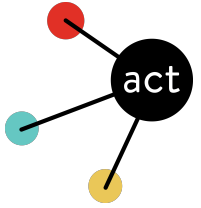
- life review, reminiscence:
 - mutual support
 - friendship
 - recreating meaning
 - reduce social isolation
 - improve quality of life
 - enhanced self-esteem
 - facilitate self-expression

(Chonody & Wang, 2012)



I like that our stories don't just sit here . . . it goes out to other people who see our stories.

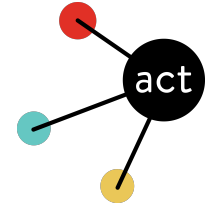
I almost couldn't believe it. My dad, on the computer screen—something didn't make sense. And then, when she began to explain what it was all about, my jaw dropped. And then, when we started reading his stories, my eyes filled with tears. His childhood unfolding before me, bit by bit, word by word.



Civility: Intergenerational Exchange

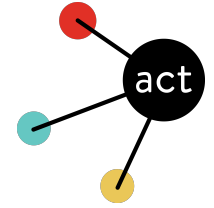
- <https://www.youtube.com/watch?v=gzxYgfZ1uNc>

Keep in mind...

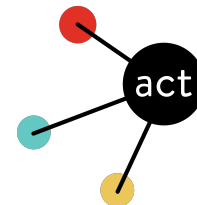


- avoid stereotypes
- design developmentally appropriate activities
- stimulate dialogue
- emphasize learning, leisure education
- plan for sustainability

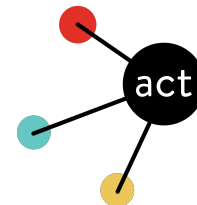
Be aware of...



- frustration from failure
- different learning styles
- individual differences in technology preferences
- motivation
- access & accessibility
- social benefits



“One thing that kind of bothers me about the new technology is the way, for instance, some of these people treat the older users. Just be a little more patient! Because I know I’m not a stupid person, you know, just tell me a simple way to do it.”



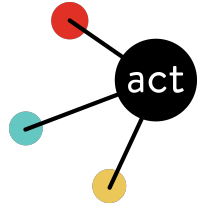
A girl tells an older woman authoritatively: *Let's get started!*

Older woman (smiling): *Of course, my dear teacher. I'm ready.*

The girl launches into a thorough explanation of the basic functions of the computer, the mouse, the icons, and the desktop. It is evident that she had thought about exactly what to teach and how to explain it.

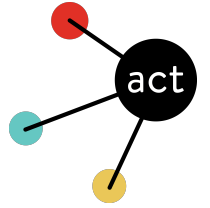
Girl: *You see, this desktop is like a desk at home. You put all sorts of things on it, your bills and notes, and you put whatever's less important or not urgent in a drawer. Well, this desktop has drawers, too, except that they're called folders.*

Cyber Seniors: Sienna Senior Living



- https://www.youtube.com/watch?v=2ov1Ue_vWoU

Conclusion



- importance of leisure and technology in intergenerational interactions
- include an intergenerational component
- numerous potential benefits, if done well
- think outside the box!



Resources

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