The Promise, and Challenges, to Intergenerational Cohesion In the 21st Century

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Challenges
WE SERVE WHITE'S only
NO SPANISH or MEXICANS

WE WONT GO TO SCHOOL WITH NEGROES

STRIKE AGAINST INTERGRATION!

BEST BEFORE MAR 23
<table>
<thead>
<tr>
<th>Chronic Disease</th>
<th>Estimated Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular disease and stroke</td>
<td>$313.8 billion</td>
</tr>
<tr>
<td>Obesity</td>
<td>$61 billion</td>
</tr>
<tr>
<td>Diabetes</td>
<td>$116 billion</td>
</tr>
<tr>
<td>Dementia</td>
<td>$157-215 billion</td>
</tr>
<tr>
<td>Falls (fatal/non-fatal) among seniors</td>
<td>$30.9 billion</td>
</tr>
<tr>
<td>Smoking</td>
<td>$96 billion</td>
</tr>
<tr>
<td>Substance misuse for alcohol and illicit drugs</td>
<td>$442 billion</td>
</tr>
<tr>
<td>Major depressive disorders</td>
<td>$210.5 billion</td>
</tr>
<tr>
<td>Anxiety</td>
<td>$42 billion</td>
</tr>
<tr>
<td>Age discrimination in the workplace</td>
<td>$60 billion</td>
</tr>
<tr>
<td>Ageism</td>
<td>$63 billion</td>
</tr>
</tbody>
</table>

**Academic Achievement Gap**

<table>
<thead>
<tr>
<th>Closing racial and ethnic achievement gap</th>
<th>Estimated Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase GDP</td>
<td>$551 billion</td>
</tr>
<tr>
<td>Increased federal revenue</td>
<td>$110 billion</td>
</tr>
<tr>
<td>Increased state/local government revenue</td>
<td>$88 billion</td>
</tr>
<tr>
<td>Closing gap between low-income students and rest</td>
<td>$400-$670 billion</td>
</tr>
</tbody>
</table>
How do we not just live a long life, but a long healthy life with a solid economic foundation; with strong social bonds with family, friends, and community; and in a diverse, loving, and peaceful society?

Intergenerational Cohesion
Who Benefits from Intergenerational Cohesion? Everyone.
Benefits for Infants and Pre-School

- Higher levels of interactive play
- Improved abilities with cooperative play
- Improved empathy
- Greater social acceptance
- Better vocabulary and language abilities

(Detmer, Kern, Jacobi-Vessels, & King, 2020; DeVore et al., 2016; Femia et al., 2008; George & Wagler, 2014; Gilchrist 2014; Jarrott & Smith, 2011; Heydon, 2007; Lux, Taraboobia, & Barben, 2020)
Benefits for Elementary School Children

- Enhanced reading and writing
- Improved task orientation, short-term memory, problem solving, and accountability
- Patience, sensitivity, compassion, respect, empathy
- Reduced anxiety, sadness, and stress
- Improved mood management
- Healthier diets and nutrition, increased physical activity, less “screen time”

(Biggs et al., 2014; Cohen-Mansfield, 2017; DeVore et al., 2016; DuBois, et al., 211; Galbraith, Larkin; Gattis et al., 2010; Gilchrist, 2014; Gualano et al., 2018; Heyman & Gutheil, 2008; Isaki & Harmon, 2015; Kasseropoulou et al., 2020; Lee, et al., 2012; Marcia et al., 2004; Martins et al., 2019; Moorhouse & Oomen, 2015; Raposa et al., 2019; Schroeder et al., 2017)
Benefits for Middle School Children

- Improved academic performance
- Healthier family dynamics
- Improved peer relationships
- Decreased depressive symptoms
- Reduced substance use
- Reduced disordered eating
- Enhanced reasoning, problem solving, accountability, conflict resolution
- Decreased bullying and victimization
- Clearer educational aspirations, occupational interests and goals

(Biggs, 2014; Cohen-Mansfield & Jensen, 2017; Cohen-Mansfield, 2017; DuBois et al., 2011; Gilchrist, 2014; Raposa et al., 2019)
Benefits for High School Students

- Improved ego integrity, self-confidence, purpose in life
- Empowered to make changes in school and neighborhood
- Improved emotions and mental health
- Enhanced physical health

Benefits for College Students

- Higher rates of civic engagement
- Entrepreneurial capabilities, occupational skills, and mastery
- Expressed higher levels of self-confidence, efficacy, and self of self
- Gained skills and knowledge for geriatrics and gerontology
- Learned and taught ways to improve the environment

(Breck, et al., 2018; D’Abundo et al., 2011; Martins et al., 2019; Milbourn et al., 2020; Pstross et al., 2017; Santini et al., 2020)
Benefits for Adults

- Less worried about aged parents
- Happy about their civic engagement
- Older volunteers brought resources and skills back home to teach grandchildren and children in neighborhood
- Better family communication

(Morrow-Howell, et al. 2008)
Benefits for Older Adults

- Decreased social isolation
- Improvements in quality of life and purpose in life
- Improved self-worth, self-esteem, empowerment
- Cognitive health improvement
- Reduced falls and frailty, increased strength, balance, and walking
- Learned new skills, leadership proficiencies, and knowledge

(Andreoletti & Howard, 2018; Atkins et al., 2019; Barnard, 2014; Belgrave, 2011; Breck et al., 2018; Carcavilla et al., 2020; Carlson et al., 2008; Carlson et al., 2009; Carlson et al., 2015; Cichy & Smith, 2011; DeVore et al., 2016; Galbraith et al., 2015; George, 2011; Gilchrist, 2014; Giradeau & Bailly, 2019; Gruenewald et al., 2016; Gualano et al., 2019; June & Andreoletti, 2020; Knight et al., 2017; Lee, et al., 2020; Lee, Jarrott & Juckett, 2020; Leedahl, et al., 2019; Lux, Tarabochia, & Barben, 2020; Mahoney, et al., 2020; Martins, et al., 2019; McFarlane, Stephens, & Taylor, 2019; Montepare, 2018; Nicholson & Shellman, 2013; Ohmer, 2016; Parkinson & Turner, 2019; Pstross et al., 2017; Sakurai et al., 2016; Santini et al., 2020; Seeman, et al., 2020; Serrano, 2018; Teater, 2016; Varma, et al., 2015; Zhong et al., 2020;
Benefits for the Community

- Create a vehicle to bring generations together
- Reduce age-segregation
- Increase social, recreational, and volunteer efforts that build a sense of community
- Improve community infrastructure and facilities (e.g. gathering spaces, parks, gardens, theatre, and art)
- Improve individual health and well-being

A Triple Win for Students, Volunteers, and Communities

AARP Foundation Experience Corps is a community-based volunteer program that empowers people over 50 to serve as tutors to help students become better readers by the end of third grade. It is a proven “triple win,” helping students succeed, older adults thrive, and communities grow stronger.

The program ensures volunteer success through extensive training, peer networks, and ongoing evaluation. Experience Corps employs a structured, evidence-based model that improves the overall reading ability of students by building their fluency, accuracy, and comprehension skills.

We focus on outcomes, inspiring volunteers to disrupt the cycle of poverty by making a lasting difference in the lives of America’s most vulnerable children.
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Intergenerational Cohesion
Selected References & Additional Research