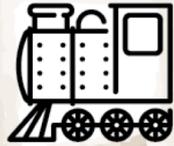


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presentation title

Module 2, Unit 1: Be aware of generational gap

Intergenerational dialogue



Introduction

- The generation we belong to is one of the many differences we may have with the people we are brought to work or interact with.
- These differences can cause stress, discomfort, conflict and frustration.
- But they can also become a source for creativity and productivity.



What generational gap is?

- ▣ A **generation gap** is a difference of opinions between one generation and another regarding beliefs, politics, or values.
- ▣ Such differences between younger and older people should not be seen as obstacles, but rather as an opportunity of personal growth and enrichment for both groups.



Source: Shutterstock

Intergenerational dialogue

Older people can give advices about situation they already experienced and coped with. They also bring a priceless value: their memories and stories

Intergenerational dialogue is therefore necessary to encourage these generation to share their knowledge and points of view.

Younger people have a fresh view of the society and the world we live, in particular thanks to the use of new technologies

Overview of different generations

- ▣ Silent generation /Matures/ Veterans / Traditionalists / World War II: born before 1940-45
- ▣ Baby boomers/ Great majority: born about 1940-45 to 1964
- ▣ Generation X / X'ers/ Post boomers/ The 13th generation: born 1960-54 to 1980
- ▣ Millennials / Generation Y / Echo boomers / Baby busters / Generation next: Born 1981 to 1999



Source: Shutterstock

Advantages of intergenerational dialogue (1/2)

The ability to relate and communicate effectively with all types of people open your mind to a variety of perspectives, styles and opinions.

Intergenerational dialogue:

- Provides an opportunity for both to learn new skills.
- Gives younger and older adults a sense of purpose.
- Helps youngsters to understand and later accept their own aging.
- Prevents the isolation and loneliness of older adults.
- Gives younger adults the opportunity to learn how to adapt to different groups of people, a skill that most companies request.

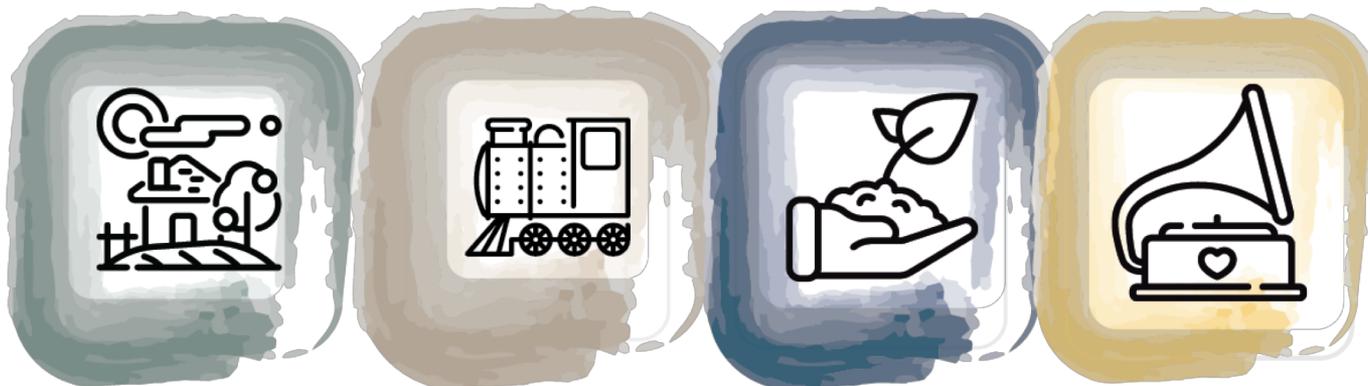
Advantages of intergenerational dialogue (2/2)

- ▣ Helps in keeping stories and history alive.
- ▣ Promotes cognitive stimulation as well as broadening social circles especially when the youth introduce technology into the life of older adults.
- ▣ Improves mental health so that seniors can perform better on memory tests, and those with dementia also experience positive effects.
- ▣ Reduces feelings of sadness as these are experiences that both younger and older people enjoy.
- ▣ Increases younger and older people's self-worth and self-esteem along with improved performance.

Initiatives and best practices at European level

- **European Day of Intergenerational Solidarity** (29th of April)
- **Home-stay platforms** supporting seniors wishing to host a student at their own home
- **Reverse mentoring:** younger employees act as mentors who provide insights into emerging technology and trends to older employees.
- Local initiatives undertaken by **NGOs** promoting social inclusion.

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