## **Intergenerational Programs (IGPs)**

Kupuna and young people build unexpected friendships and learn new skills during community service.

## IGPs offer numerous benefits to people of all ages:

Credits for school community service.

Convenient times for classes – use Zoom, FaceTime, Google Hangouts, or Skype for initial meeting. Online lectures cover senior dementia, Alzheimer's disease, island medical research, and caregiving.

## **Workshop Design – Totally Online**

All sessions use a blended learning model to support kupuna and teens.

Volunteers attend trainings on kupuna health issues and research with island medical professionals.

Orientations and workshops saved as mp4 videos in a digital library for easy access.

Gen Z students become "online instructors" - Millennials and Generation X serve as online mentors.

This Intergenerational Program (IGP) is sponsored by Waianae CARE, Inc. partnering with St. Francis Healthcare System of Hawai'i (HCS)

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Waianae CARE, Inc.