



Ideas for *Intergenerational Living*

Penn State Intergenerational Initiatives Advisory Group

Matthew Kaplan, Ph.D., Editor

State Extension Specialist
Intergenerational Programs & Aging
The Pennsylvania State University

Nancy Crago, Ph.D.

Penn State Cooperative Extension
Allegheny County

Mary Ann Curren

Director of Therapeutic Recreation
Foxdale Village

Janice Alberico, Director

Penn State Cooperative Extension
Lawrence County

Annette Kratzer, Director

Penn State Cooperative Extension
Union County

Nancy Grotevant, Director

Penn State Cooperative Extension
Pike County

Linda Hendricks

Penn State Cooperative Extension
Columbia County

Marie Hornbein

Take Note Producer
Penn State Public Broadcasting

Andrea Bressler, CFCS, M.S.

Penn State Cooperative Extension
Clearfield County

Susan Hoover, PA Site Coordinator

Penn State GEC/Gerontology Center
The Pennsylvania State University

Wendy Middlemiss, Ph.D.

Associate Professor
Health and Human Development
The Pennsylvania State University

Cheryl Miller

Penn State Cooperative Extension
Perry County

Jon Nussbaum, Ph.D.

Professor of Comm. Arts & Sciences
The Pennsylvania State University

Mary Jo Kraft

Penn State Cooperative Extension
York County

◆ From the Editor (Page 2)**◆ Uniting Generations to Support Children in Foster Care:
Generations United's New National Initiative (Page 2)****◆ The Golden Opportunity - Grandparenting (Page 3)**

*By Andrea Bressler, CFCS, M.S., Extension Educator
Penn State Cooperative Extension, Clearfield County*

◆ Intergenerational Music (Page 4)**◆ Upcoming Conferences (Page 4)****◆ The State of the States in Family Caregiver Support:
A 50-State Study (Page 5 & 6)**

Excerpts from the executive summary of a report from the Family Caregiver Alliance.

The Penn State Intergenerational Program

Web site:

<http://intergenerational.cas.psu.edu>

Price List & Order Form:

[http://intergenerational.cas.psu.edu/Docs/
CurrOrderForm.pdf](http://intergenerational.cas.psu.edu/Docs/CurrOrderForm.pdf)

Newsletter Production

Colleen Bloom
Staff Assistant

PENNSTATE

An Equal Opportunity University

College of Agricultural Sciences
Cooperative Extension

Penn State, U.S. Department of Agriculture, and Pennsylvania Counties Cooperating

From the Editor:

Never a dull moment. That's how I feel about being part of the growing intergenerational programming movement. In November, while attending a conference co-sponsored by the Chicago Metropolitan Intergenerational Network and University of Illinois Extension, I learned about HURRAH – Happy Upbeat Recycled Retirees Actively Helping. After meeting the wildly enthusiastic organizers of this 15-year-old initiative that pairs retirees with budding readers, I caught the HURRAH spirit and felt totally energized. I hope that is how you will feel after reading this issue of *Ideas for Intergenerational Living*. As always, please let me know if you have any intergenerational program or perspective that you would like to share with others. Just drop me a line (814) 863-7871; E-mail: mks15@psu.edu. Thanks. ❖

Matt Kaplan, Associate Professor
Intergenerational Programs & Aging
Penn State University

Uniting Generations to Support Children in Foster Care: Generations United's New National Initiative

FOR IMMEDIATE RELEASE
December 20, 2004

For more information, contact: Donna Butts 202-289-3979

Older Adults Raising Children in Foster Care: Focus of New Generations United Initiative Funded by the Pew Charitable Trusts

Generations United today announced "Uniting Generations to Support Children in Foster Care," a new national initiative to raise awareness of the need to help older Americans raising children in foster care. Based on the recommendations of the Pew Commission on Children in Foster Care, this new initiative will educate national, state, and local policymakers, the media, and the public about the need to act on guardianship and court recommendations that support grandparents and other relatives raising children. The Pew Charitable Trusts has granted Generations United \$430,000 to fund the one-year project.

"More than 6 million children live in relative-headed households and yet few of the families receive the

support they need to successfully raise these children," said John Rother, Chair of Generations United's Board of Directors.

"Using Generations United's unique expertise in both children and



aging issues, we are positioned to provide an effective, balanced, approach to educating the public, as well as policymakers, on both sides of the aisle."

Working with new and existing state and national coalitions of children, youth, and senior groups, Generations United will conduct media events, determine key messages, produce educational materials, build grassroots support for the families, and encourage the implementation of supports such as subsidized guardianship. GU will also focus efforts on educating judges and lawyers whose decisions regularly impact the families.

"The Pew Charitable Trusts is excited to work with Generations United to help grandparents and other relatives care for foster children and become permanent guardians of those children for whom neither reunification nor adoption is possible," says Maureen Byrnes, Director of the health and human services program at The Pew Charitable Trusts.

"Kinship caregivers provide stable, loving homes for children who might otherwise be lost in a system or on the streets," said Donna Butts, Executive Director, Generations United. "Without a viable alternative to exit the foster care system into the permanent care of older relatives, many young ones face the prospect of spending the rest of their childhood in foster care. We are grateful to Pew for their investment in building much needed support for older Americans caring for children who have been neglected or abused."

The Pew Charitable Trusts (www.pewtrusts.org) serve the public interest by providing information, policy solutions, and support for civic life. Based in Philadelphia, with an office in Washington, DC, the Trusts make investments to provide organizations and citizens with fact-based research and practical solutions for challenging issues. For more information about GU, visit www.gu.org. ❖

Today's Grandparents

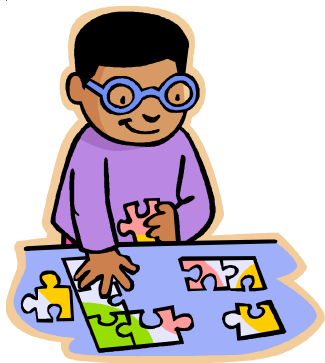
Written by: *Andrea Bressler, CFCS, M.S.*

*Extension Educator, Penn State Cooperative Extension
Clearfield County*

Family Gathering Ideas

Before your family comes to your home for the holidays, find a couple of "corners" to set up these activities. Most of the activities will work well for any winter visit.

Tape short segments of holiday music, put the tape in a recorder, and have a guessing contest.



At a card table, put a box of "non-messy" art supplies (stickers, paper, colored pencils, washable markers, scissors that cut in interesting patterns, etc.) and encourage your grandchildren to create place cards, decorations for the table, paper airplanes, or a bookmark. Check the Web site

(www.janbrett.com) for printable bookmarks and ideas related to Jan Brett's books.

Set up a 100-200 piece jigsaw puzzle; adults and children will be attracted to the puzzle.

On a table, put 2 – 3 age appropriate board or card games. Set one up and you'll see kids and adults start playing.

Put a basket of holiday books by a cozy chair, and encourage older grandchildren to read to the younger ones.

On a poster board, display "old" family photos; put a number by each and ask the family to guess the name of the person in the photo.

At a computer, check out the Web site (www.puzzlemaker.com); you can make a word search with the names of each person in the family. Or for holiday word searches or puzzles, go to (www.kidsdomain.com) and click on holiday fun, then crafts for a particular holiday, then printable images to color.

Snowball Baseball

First, mark bases on the floor; tape works best. To play, you need a bag of big marshmallows and a spatula. Pick teams, and play the game like regular baseball, the only difference being that you use the spatula for a bat and the marshmallows for a ball. For a challenge, "run the bases" on your knees.



Snowball Walk Relay

Each team needs a pair of mittens, a box of Styrofoam packing peanuts, and a container at the goal line. The first player in each line puts on the pair of mittens, scoops up a handful of peanuts, runs to the goal bucket and drops them in. The player returns to the line and gives the mittens to the next person. The relay continues. The goal is to deliver the most "pieces of snow" to the team's container.

Red and Green Balloon Hop Relay

Each team needs a garbage bag of inflated balloons. One at a time, each person takes a balloon out of the bag at the front of the line, puts the balloon between her knees, hops to the laundry basket (placed about 5 – 6 yards away), drops the balloon into the basket, and runs back. When the first player returns, she tags the next player who does the same thing.



Candy Cane Slide Relay

Each person on the team needs a candy cane, and each team needs a small paper holiday bag with handles. The first player on the team holds the candy cane by the rounded part and carries the shopping bag with the straight end of the candy cane. She carries the bag around the goal bucket, walks back to the line and gives the bag to the next person by sliding it from the candy cane onto the next person's candy cane without using her hands to switch the bag.

Layers of Red and Green

For a colorful, quick, and nutritious snack or dessert, alternate layers of vanilla yogurt, chunks of kiwi, and frozen strawberries or raspberries. Garnish with a slice of star fruit.

Source: *Iowa State University, Food for Fun and Fitness*
<http://www.extension.iastate.edu/food>. ❖

Intergenerational Music

What could be better than listening to old time music with a younger or older friend? Why, making old-time music with them of course! Elderhostel now offers an opportunity for young and old to learn to play Appalachian music on banjo, fiddle, or mandolin - your choice - and join the class band. They'll explore the history of Appalachian music with regional musicians, videos, and jams. **Prior experience and musical reading ability not necessary.**



Visit <http://www.elderhostel.org/Programs/programdetail.asp?RowId=1-13RBOZ> to learn more about this and other Elderhostel intergenerational trips.

The Intergenerational Experience

Song by John Buchanan

Thanks to John Buchanan, the intergenerational field now has a fun and inspiring song to help rally the intergenerational troops. To hear this song, go to the Web site: <http://intergenerational.cas.psu.edu> and click on the icon on the top right of the page. And just in case you don't have a computer with a sound card on hand, here are the song lyrics:

About John Buchanan: He is an early childhood professional from Southwestern PA who has written many gospel songs and children's songs. For the past 25 years, John has presented musical programs for young children in Day Care and Head Start Centers, and for Senior Citizens in Rest Homes and Senior Centers. John states that the greatest joy is seeing children and senior citizens interacting through music,

as they do creative movements and role play together. If you are interested in purchasing some of John's CD's, please call him at 724-852-1360. ❖



Intergenerational Experience

It's the intergenerational experience
Where young and old are one.
It's the intergenerational experience
That makes life much more fun.

Special times together, warm and tender moments
That's what this is all about.
Little ones and seniors, loving, giving, sharing,
Join with me and shout!

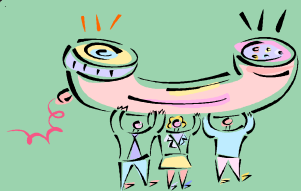
It's the intergenerational experience
Where young and old are one.
It's the intergenerational experience
That makes life much more fun.

An elder in a wheelchair feeling really lonely,
Yet she has so much to share.
In comes a little person seeking a companion.
They truly make a wonderful pair.

It's the intergenerational experience
Where young and old are one.
It's the intergenerational experience
That makes life much more fun.

Singing songs together, painting lovely pictures,
Sitting down to have a meal.
Telling funny stories, laughing out together,
What a wonderful way to feel!

It's the intergenerational experience
Where young and old are one.
It's the intergenerational experience
That makes life much more fun.
That makes life much more fun.



Upcoming Conferences

GU's 13th Biennial International Conference, The Intergenerational Current: Across the Life Span and Around the Globe, will be held **September 13-17, 2005**, at the Washington Marriott in downtown Washington, DC. For more information on the conference, go to: <http://www.gu.org/training.asp>.

The third biennial conference of the International Consortium for Intergenerational Programmes (ICIP), will be held **June 26-29, 2006**, at Victoria University in Melbourne, Australia. For more information, see: <http://conferences.vu.edu.au/icip/>. Also, the hosts have provided the following link for those wishing to attend the conference and enjoy a holiday while in Australia: <http://www.ausemade.com.au/national/links/tourism.htm>.



©Family Caregiver Alliance

The State of the States in Family Caregiver Support: A 50-State Study

November 2004

EXECUTIVE SUMMARY EXCERPS

Background

The need to strengthen families in their caregiving role, and to sustain them as the backbone of our long-term care system, is a central issue in our aging society. As more long-term care is provided at home and in the community rather than through institutions, reliance on family and informal caregivers grows. The vast majority (78%) of adults in the U.S. who receive long-term care at home get all their care exclusively from unpaid family and friends. The federal government's increased role in financing services to caregivers of older people is evidenced by the National Family Caregiver Support Program (NFCSP) enacted under the Older Americans Act Amendments of 2000.

States approach the design of home and community-based programs, including those to support caregivers, in different ways. Some states view caregiver support as a component of programs that serve frail elders or adults with disabilities. Others see caregiver support as a separate program with distinct eligibility criteria: they seek to ensure the explicit recognition of family and informal caregivers as individuals with rights to their own services and supports. Despite the importance of state-administered programs in the everyday lives of families, we know relatively little about how these programs operate in the 50 states or the differences in their philosophy or structure.

Purpose of Study

This report profiles the experience of all 50 states and the District of Columbia, since the passage of the NFCSP, in providing publicly-funded support services to family and informal caregivers of older people and adults with disabilities. The report arises from a two-year project to provide an understanding of the range and scope of federal and state-funded caregiver support programs in each of the 50 states and across states. The study was designed to take a broad focus; it examines policy choices and approaches to caregiver support through state agencies responsible for the

administration of the NFCSP, Aged/Disabled Medicaid HCBS waiver programs, and state-funded programs that have either a caregiver-specific focus or include a family caregiving component in their service package. Through this first 50-state study of caregiver support services in the U.S., we hope to inform policy discussions among federal and state leaders in caregiving and long-term care throughout the nation.

Method

This study used the survey method, with written surveys and telephone interviews, to profile federal and state caregiver support programs in the 50 states and the District of Columbia. We obtained supplemental information from public documents, public agency and research databases, state Web sites, and a literature review. We collected programmatic data from state program administrators for fiscal year 2003 and collected or obtained fiscal and legislative data for fiscal years 2001-2003.

Conclusions

States play a large role in supporting family caregivers. This 50-state study of caregiver support services in the U.S. leads to the following main conclusions:

- ***There is both an increasing availability of publicly funded caregiver support services, as well as a great unevenness of services and service options for family caregivers across the states and within states.*** All states now provide some explicit caregiver support services as a result of the passage of the NFCSP in 2000. Yet, similar to home and community-based services (HCBS), in general, the availability of caregiver support services varies greatly across the U.S. due to differences in philosophy, program eligibility criteria, funding, and approaches to design and administration of the services. At a practical level, such service gaps and variations can pose challenges for caregivers by limiting choices for needed support services that may not be available where they live. Service inequities may also place more pressure on already strained caregiving families and compromise the caregivers' abilities to care for their loved one.
- ***The NFCSP is emerging as a key program to enhance the scope of caregiver support services and is fueling innovation in the states, but is inadequately funded.***

(Continued on page 6)

(Continued from page 5)

The modest level of NFCSP funding to the states (\$138.7 million in 2003) leaves gaps in caregiver support services that vary substantially from state to state. When compared to Aged/Disabled Medicaid waiver funds spent on respite care alone, the NFCSP funding appears even more limited.

- ***While there is great variation among states and programs within states in their approach to caregiver assessment, there is broad recognition of the value of uniformly assessing caregiver needs and the importance of training and technical assistance in this area.*** Only five states that use a uniform assessment tool for all HCBS programs for older people and adults with disabilities were found to include a family caregiving component as part of systematic assessment practice. Yet, systematic assessment of the caregiver's needs as distinct from, but related to the needs of the care receiver, is central to systems change and to improving policy and practice in HCBS.
- ***States have mixed views on approaches to systems development, the importance of caregiver support services within home and community-based care, and integrating family caregiving programs into HCBS.*** It is not surprising that in a time of major organizational and systems change efforts, there may be different levels of understanding and perspectives of how states can and should accomplish the policy goal of reforming long-term care by expanding HCBS.

Issues for the Future

From this study, we can identify important issues for the future. Following are five initial steps towards achieving a better caregiver support system across the nation:

1. Raise the funding level of the NFCSP to reduce gaps in caregiver support services and provide meaningful support to caregiving families.

2. Improve data collection and reporting under the NFCSP and other state programs that provide caregiver support services.
3. Strengthen and expand uniform assessment of caregiver needs in all HCBS programs that provide some component of caregiver support.
4. Conduct a national public awareness campaign on family caregiving.
5. Invest in innovation, promising practices and technical assistance.

This first 50-state study on caregiving provides new insights into the ways states provide caregiver support services and their approaches to family caregiving issues in the context of HCBS. As such, it provides a starting point both to further examine and to track policy choices and state approaches to caregiver support, as well as changes over time. ❖

Citation for the print version of report:

Feinberg, L. F., Newman, S. N., Gray, L., & Kolb, K. N. (2004). The state of the states in family caregiver support: A 50-state study. San Francisco, CA: Family Caregiver Alliance.

To download the *State of the States in Family Caregiver Support: A 50-State Study*: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1220.

To visit *Caregiving Across the States*: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1274

© 2004 Family Caregiver Alliance. All rights reserved.
www.caregiver.org

Web sites to see:

FAMILY HISTORY ON FILM:
For resources on how to collect and preserve individual, family, or organizational history on film, visit:
<http://www.thinkbackfilms.com>.

This publication is available in alternative media on request.

© The Pennsylvania State University 2005

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802, Tel. 814-865-4700/V, 814-863-1150/TTY.