

# POSITIVE AGEING MONTH 2022!



## An Intergenerational Ideas Guide by LGNI

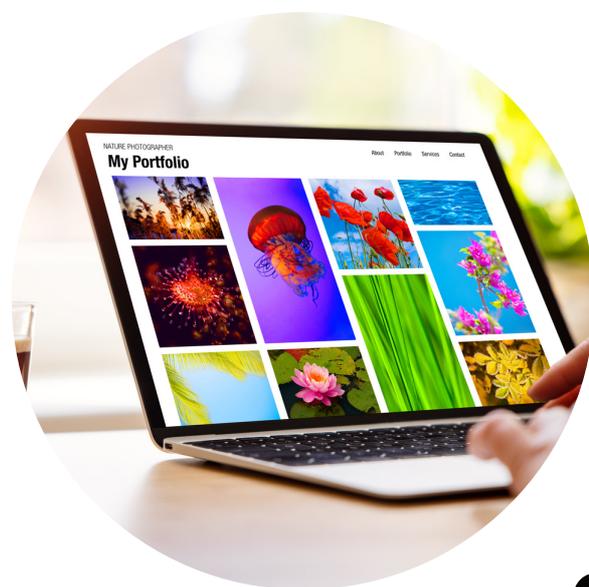


### What is Positive Ageing Month???

**Positive Ageing Month 2022 takes place in Northern Ireland during the month of October, launching on the 1st October - International Day of Older Persons. Its purpose is to to celebrate & recognise the contribution older people make to society!**

**Click our website links below & check out this guide for a range of resources, inspiration & opportunities!**

- [Resources](#)
- [Intergenerational explained](#)
- [News](#)
- [Project Stories](#)
- [Your Local Networks](#)
- [Events](#)
- [Training & Support](#)
- [Sign up Now](#)



# Get your school/college involved!



Invite grandparents or a local seniors group to your school/college: Arts & Crafts, cold cooking, tea party, planting & growing, play music, games day, talk about treasured objects or join a class!

Make a link with a local care home or plan a visit: Write letters, Arts & Crafts, play music, sing songs, have a chat, have a tea party, play bocchia bowls, do armchair aerobics!



Hold a session to discuss ageing and intergenerational ideas: Talk about the positives of older people, how they can be involved in school life - check out this [LGNi worksheet](#)



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# Get your Care Setting involved!



**Organise a family day:** Bring old pictures, create a family scrapbook, talk about favourite memories, treasured objects, enjoy food and music, have a party!

**Make a link with a local school/nursery or college and organise a visit:** Meet and greet conversation starters, partner up to do activities, hold a teddy bears picnic, sing together, arts & crafts!



THE CPD STANDARDS OFFICE  
CPD PROVIDER: 22210  
2020-2022  
[www.cpdstandards.com](http://www.cpdstandards.com)

**Check out LGNI's Accredited Intergenerational Training for Care Homes:** Get the skills, ideas and learning to develop sustainable IG activity linked to Care Standards

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# Get your Community involved!



**Run a Photo Competition on your Community or Organisations Facebook Page:**

**Entries share favourite intergenerational connection photos, see who gets the most likes, decide as a community committee, give some fun prizes!**

**Invite a community group of a different generation to your usual activity: Youth Clubs, Mum's & Tots, Seniors groups, Sports clubs, housing schemes, fitness class or organise an event for all ages!**



**Reach out to older people in your community or family: Give a random gift or message of kindness, offer to help with a garden, create a family time capsule, say hello!**



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