



**WE ARE
LOOKING FOR
PARTICIPANTS**



PARTICIPATE IN RESEARCH THAT BRINGS GENERATIONS TOGETHER

Researchers at UNSW and The George Institute are conducting a project investigating the effects of a 20-week intergenerational program for older adults.

What does it involve?

A 2 hour weekly program that brings older adults and preschoolers together for a range of fun activities.

Time: Same day and time each week (for 20 weeks)

Location: Participating preschool in your local community (Sydney area)

Completion of assessments including:

- Questions on thinking skills and mood
- Simple health-related problems
- Strength, mobility and balance tests



HEAR FROM PREVIOUS PARTICIPANTS


"...you push yourself, and you forget what you 'cannot' do."


"I became a child again... I did not want the sessions to end."

Who can join?

- ✓ Aged 65+
- ✓ Residing in the community
- ✓ Able to walk 6 metres (with or without a walking aid)
- ✓ Able to sit and stand from an armed chair
- ✓ Have a valid Working With Children Check (free to obtain)
- ✓ Have no speech or sensory difficulties that may prevent interaction
- ✓ Have an up-to-date vaccination status against covid-19 and other current infectious diseases
- ✓ Attain a baseline Montreal Cognitive Assessment Score of 19+ (this will be assessed over the phone).

Register Here:

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 integrity-study
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Scan the QR code to
express your interest

