

Intergenerational Volunteering

In response to the urgent need for solutions to the loneliness epidemic and declining mental health, Volunteer Canada is leveraging the transformative power of intergenerational volunteering. This evidence-based practice not only bridges generational divides but also enhances social capital, fostering stronger, more cohesive communities. Through the creation of a National Intergenerational Hub, we will facilitate clear pathways to participation and provide tools, resources, and best practices for organizations to engage in intergenerational volunteerism. By bringing together different generations in meaningful, collaborative ways, we significantly improve the wellbeing and social connectivity of communities.

Intergenerational volunteering offers numerous benefits that enhance the wellbeing of individuals and strengthen communities. These benefits span across different age groups, contributing to a more connected and resilient society.



Benefits



Benefits for younger people

Improved mental health and wellbeing; increased self-esteem; improved schoolwork and attendance; increased empathy



Benefits for older people

Reduced isolation and loneliness; improved health and wellbeing; increased confidence; strengthened sense of worth

Benefits for families and the community

Increased social cohesion and sense of community; increased volunteering; strengthened neighbourhood trust; reduced ageism

Timeline and Activities





2024

- Research and consultation
- Establish partnerships and secure resources
- Develop and launch branding
- Develop reports and guides
- Recruit and convene Advisory Council
- Initiate the development of an online pan-Canadian Intergenerational Hub

2025

- Launch of an Intergenerational Hub
- Develop tools and resources to support intergenerational volunteering initiatives
- Develop educational outreach
- Connect intergenerational practitioners nationwide through a community of practice
- Provide mentoring and coaching
- Conduct continuous evaluation

2026

- Host a National intergenerational volunteering event
- Expand and enhance the National Intergenerational Hub to meet evolving needs of organizations
- Maintain and expand mentoring and coaching efforts to grow the sector
- Evaluate the project and future planning



