



## Connecting Generations Through Volunteering

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**Ka 'Aha**

Weaving Generations to  
Build Healthy Communities

An Intergenerational  
and Aging Program

Fun, daily activities that focus on strengthening connections between different generations help to build strong, healthy communities.

For more information about the Ka 'Aha program and other intergenerational programs, visit

[www.ctahr.hawaii.edu/kaaha](http://www.ctahr.hawaii.edu/kaaha)

Volunteering for a worthwhile cause is one of the most rewarding things we can do with our lives. It takes little effort to get involved, and the rewards far outweigh the effort. Whatever you choose to do, volunteering and community service can benefit you, your family, and your community. Whenever you reach out and help one person, there is a ripple effect that results in benefits to the entire community.

Children also feel great and have fun when they volunteer. Early habits of service to others can help children develop into more caring, selfless individuals. When they volunteer, they have an opportunity to meet others from all walks of life and work to build their community together. Volunteering provides youths with an opportunity to see what a difference they can make. Volunteering with your family is also a way for you to spend quality time while providing a service to others. You share a common bond and get to know each other in new ways while having fun together.

Volunteering opportunities that connect the old and young (intergenerational) offer unique learning opportunities for all participants. Examples of intergenerational volunteering include elders tutoring students at a school, youth visiting or playing games with elders in a nursing home or senior center, youth and elders documenting oral histories and life stories, and youth and elders working together to serve meals to the less fortunate.

Intergenerational volunteering can help participants:

- Gain a sense of belonging
- Enjoy an increased quality of life
- Develop friendships with others whose life experiences are different from your own
- Stay young and active
- Teach one another necessary skills
- Learn new skills
- Make a difference in someone's life

How do you find intergenerational volunteering opportunities?

Ask your family and friends for volunteer ideas. They know you best and may have ideas for the perfect fit.

Read the paper or look at bulletin boards for help-wanted ads for intergenerational volunteers.

Search the Internet to find a variety of options. Search words such as elder, kupuna, senior center, keiki, youth, or school can steer your search toward places that may naturally have intergenerational volunteer opportunities.

### Tip

“Doing good is actually good for you. People who volunteer regularly tend to live longer, have lower rates of depression, and recover more quickly from illness.”

—Robert Grimm, director of research and policy development for the Corporation for National and Community Service, Washington, DC