**College of Tropical Agriculture
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University of Hawai'i at Mānoa

Intergenerational and Aging
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Connecting Generations Through Technology

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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

Tweeting is not just for birds! Facebook, Twitter, tweets, Google, Skype, You-Tube, and blogs are used every day to keep in touch with friends and expand social networks. But for some, these are unfamiliar Internet-technology terms that sound like a foreign language.

Today, instead of just learning the "3 Rs" (reading, writing, and 'rithmetic), youth also learn about and use technology. Using computers for writing, researching, movie-making, organizing photographs, listing to music, and more are commonplace activities for today's youth. Technology can make our lives easier and expand our world. But it can make some people fearful and confused if they haven't learned how to befriend technology and make it work for them.

Technology can help improve our lives by
Keeping us in closer contact with family and friends
Expanding our networks and understanding of the world
Helping gather needed information and resources
Making being in touch and sharing information quicker and easier
Bringing the world "closer" by having shared experiences
Keeping us learning and growing.

Technology offers wonderful opportunities for intergenerational sharing. Youth can take an interest in what elders are doing—and vice versa—through creating commonalities for conversation and sharing.

Using technology for intergenerational activities

Compare the technologies you use to communicate with others: cell phones, e-mail, Facebook, Twitter, Skype, "landline" phones, letters, etc.

Teach one another how to use a computer, cell phone, digital camera, software program, or video game.

Teach one another about the "good 'ole days" via stories and pictures—listen to old records, look at old photo albums or magazines, or watch old movies.

Use technology to gather and display oral history.

Show interest and appreciation first, so others will be more receptive to what you have to share.

Continue sharing and learning together—it takes time to acquire new habits and gain familiarity with new technology.

Tip
Experiment together: helping one another learn about and use new technology is a great way to build bridges between generations.