

Bridging Generations Through Occupations: An Intergenerational Initiative for People Aging with Traumatic Brain Injury

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INTRODUCTION

Incidence: In 2021, the incidence of traumatic brain injury (TBI) was 259 cases per 100,000¹

Community Partner

- Local NGO in Quebec, Canada
- Established in 1989 to support people with TBI and their families

Evolving Needs & Challenges

- Observe the aging trend among their members.
- Younger members face challenges connecting with older peers.
- Need for service adaptations and meaningful activities to address aging concerns.
- Aging with TBI presents unique challenges (disability-related and ageism-related) that may limit social participation.²

Potential of intergenerational activities³⁻⁴⁻⁵⁻⁶

- Benefits for health and well-being
- Promotes positive and respectful relationships
- Reduces age-related stereotypes

However current knowledge remains limited regarding the impacts and feasibility of such initiatives for people aging with TBI.

OBJECTIVES

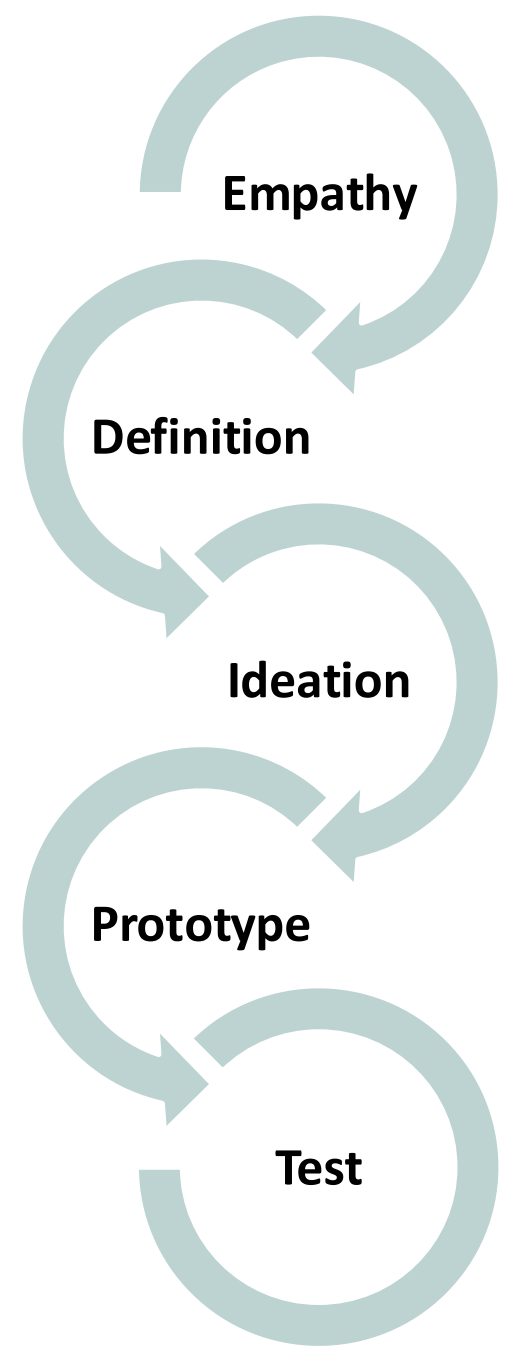
- 1. Co-develop and implement an intergenerational program** aimed at highlighting the lived experience of aging with a TBI.
- 2. Reduce stigma toward individuals aging with disabilities** through a public photo exhibition that showcases and values these lived experiences.
- 3. Explore the impacts** of this initiative and assess its feasibility for implementation.

Supported by a grant from :

CO-DESIGN PROCESS

6 workshops based on the Design Thinking⁷

Includes : Individuals with TBI (n=4) from two generations; Community workers (n=3); Manager (n=1)



MAIN OUTCOMES : *Intergenerational Program "Aging with TBI - An Intergenerational Dialogue"*



7 sessions culminating in a photo exhibition, including a storytelling workshop and a sharing workshop where participants present the result of their photoshoot and the text associated with their photo.

Examples of co-developed questions to guide participants' reflection:

**What advice would you give to people who are aging with a TBI?
What do you want to share about aging with a TBI?**



IMPLEMENTATION

8 intergenerational dyads
(n = 16 participants) took part
in the program

**“ I was happy that we
were given a voice.”
– Participant 3**



Perceived impacts:

- Enhanced social participation
- Greater visibility of experiences of aging with a TBI
- A sense that their voices and lived experiences were valued
- The intervention reached individuals who are typically less engaged in other organizational activities
- The development of meaningful and lasting connections

KEY MESSAGE : Co-creating and delivering inclusive health promotion initiatives, such as an art-based intergenerational program for people living with TBI, is feasible and can promote social participation and contribute to greater recognition and visibility of diverse aging experiences.

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