

Using Youth Power to Create Aging Friendly Environments Program

Outcome Report
2020 Oct. - 2021 Oct.





www.ysfoundation.org.tw

Self-Healing is a natural born healing power, that coordinates respective physiological system function smoothly. It keeps our body and mind in a homeostasis state. We could empower older adults to keep independent life as long as possible.



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Summary

This program created an Intergenerational Co-creation Platform and offered youths and older adults valuable chances to interact with each other. This program had total attendance of 126,552 (including 5,200 activity participants and 121,352 video course views), which engaged 75,633 older adults (over 64 years old), 3,593 youths (under 31 years old), and 47,326 individuals (aged 31 to 64 years old) in order to explore and understand the needs of older adults and promote youth economic opportunity.

Here are the program activities summaries.

4 Expert Forums collected professional ideas to develop in-depth interviews with 8 older adults and a questionnaire for 139 older adults in order to understand health concerns for older adults. **Intergenerational Co-creation** engaged 51 individuals (including youths, older adults, experts) to develop 4 instructional materials of Self-healing with the objective of continuous development for better quality life of older adults.

Youth Career Development Training Series included Self-healing Enhancement Program (basic training), Train-the-trainers Workshops (advanced training), and Community Internship. Self-healing Enhancement Program engaged 330 youths in 8 universities and 46 of them joined Train-the-trainers workshops (advanced training). Yang Sheng Foundation (YSF) equipped youths with comprehensive capacities, including skills and methods to interact with older adults, understanding of the behavior of older adults, and effective health promotion program design principals. This program also helped youths to explore the silver industry outlook. Furthermore, 42 youths attended 6-week internship in 7 communities and will be enrolled as the official lecturers in the New Taipei City Government in early 2022 and will have the opportunity to be enrolled as the lecturers in Taiwan Ministry of Health and Welfare system in 2022. Youths and older adults co-created 4 instructional materials. 2 Self-healing videos co-created by youths and older adults were published online and accumulated 121,352 views through over 200 communities' social media.

126,552

Total Attendance

75,633 older adults

3,593 youths

47,326 individuals

2020 Active Aging Festival held 6 Street Interactive Plays co-created by 21 older adults and 28 youths and there were 1,062 people watched this play.

Future Awesome Teammates Online Forum and Interactive Exhibition (FATOFIE) demonstrated the establishment of intergenerational co-creation platform and shared the successful stories. The online forum invited 17 Taiwanese and international experts as speakers to record 43 videos in 4 topics – aging strategies, design thinking, social value, and case studies- to promote the aging issues. By 2021/10/31, there were 2,564 visitors and the website was visited 15,393 times while 60% visitors were aged between 18-34 years old. FATOFIE functioned as an online platform to mobilize 29 organizations, such as NPOs, enterprises, universities, government agencies, and international partners, to promote this program.

According to our interviews and questionnaires, this program has significantly mitigated intergenerational discrimination

and created friendly aging environment. For youths, this program has improved their health literacy, enhanced capability of curriculum design, and raised their career interests in the silver industry. Interestingly and unexpectedly, youths have increased confidence, improved digital teaching capacity, increased spontaneous response and problem solving, increased verbal expression and communication tips, acquired experiences of team work, done better time management, taken more positive attitudes towards life. Older adults indicated they have improved health literacy and Self-healing.

With continuous efforts and communications, Taiwan Government has realized the importance of intergenerational co-creation concept, offering future youth economic opportunity, creating aging friendly environment. Taiwan Government has added these subjects in the newly released “Taiwan Aged Society White Paper” in Sep, 2021.




Program Background

World Health Organization (WHO) emphasizes that to create a truly age-friendly environment requires action due to the rapidly increasing aging population. According to the United Nation (UN), the global life expectancy was in the range of 30-40 years old between 1500s to 1900s. However, with the technology, medical care and public health advancement, the world life expectancy at birth was 71 years old on average. UN projected that the global population aged equal to and greater than 60 years old will be 2.1 billion in 2050 and 3.1 billion in 2100. Therefore, it is imperative for communities to consider the impact of new demographic change.

Problems

In 2018, Taiwan reached as an aged society with 3.3 million older adults over 65 years old, representing 14% of total population. Taiwan is considered as one of the fastest aging countries in the world. It will change again from an aged society to a super-aged society by 2025, with 20% of the total population above 65 years old. However, the aged society contains several social issues, such as 1) age discrimination, 2) health and medical expense increasing, 3) youths' burden of taking care the older parents, and 4) the unemployment happened to older adults and youths. The disability rate for 65 and above is 13.4% and the prevalence of older adults with dementia is 7.9%.



創會共銀
全會醫
吧

Goals

Comprehensive public health action on population aging is urgently needed, which lies in fundamental shifts of how we think about aging. The program aims to alleviate the aging discrimination and to create an aging friendly environment, meanwhile through the program we want to solve the youth unemployment issues as well.

Program Outcomes

- Creating economic opportunities for the youths
- Changing the perspective of older adults
- Creating aging friendly communities
- Improving older adults' health and well-beings
- Build up the platform for future silver industry development through intergenerational co-creation
- Provide the government with policy suggestions
- Provide the government with policy suggestions

Key Activities as Solutions to Identified Problems

This program held several key activities to raise social awareness and create aging friendly environment.



2020

健康 · 樂活 · 自癒力

銀齡樂活



1

2020 Active Aging Festival



Intergenerational Co-creation Workshops

The workshop recruited youths and older adults to discuss how to deliver the message of aging-friendly environment to the public, and integrated all ideas into a script of Interactive Play. This Play reflected the ageing society issues and discussed solutions in a humorous way. Youths understood more about older adults' feelings, how to write the play script, and learned how to plan an event for intergeneration.



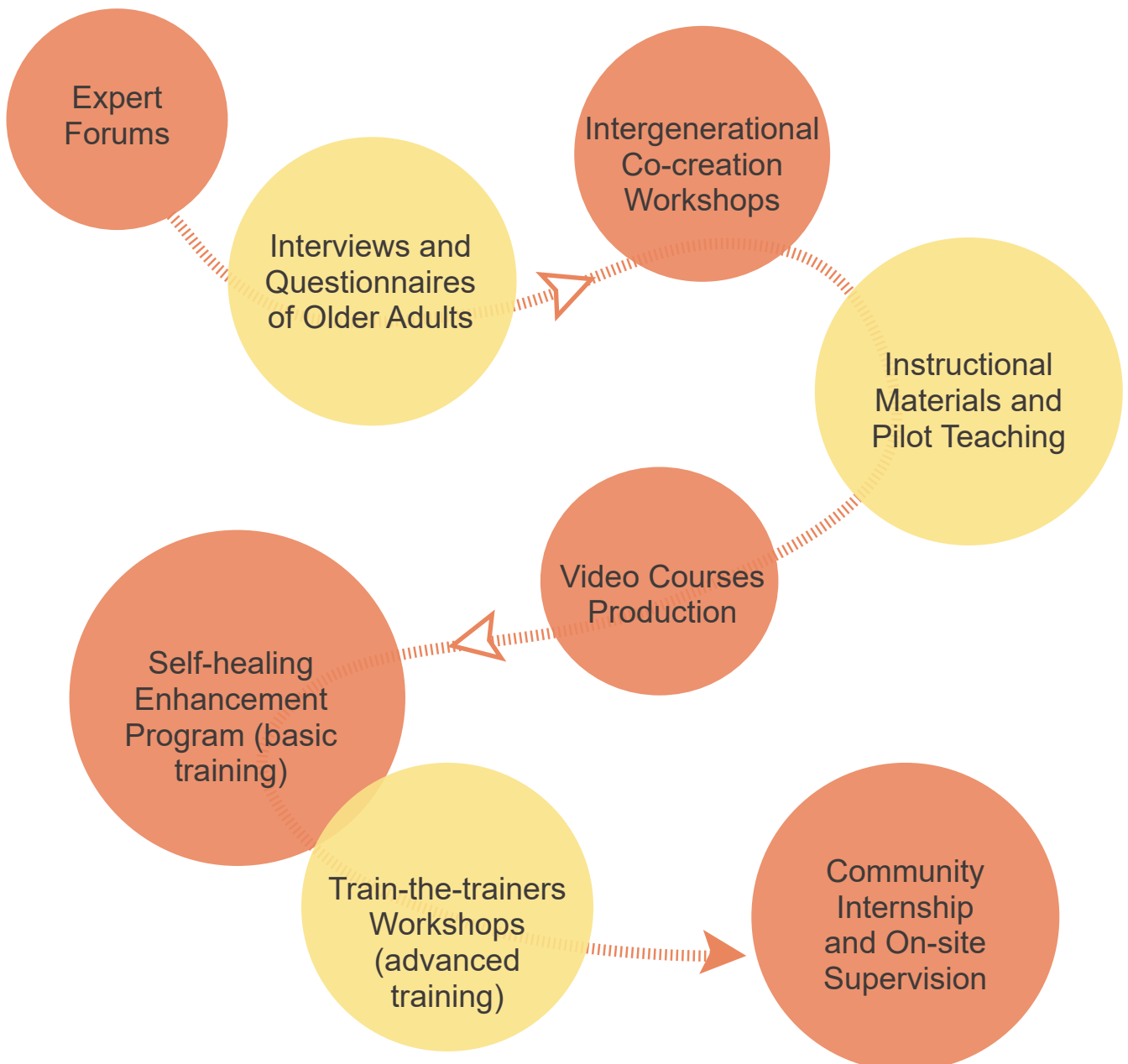
Interactive Play

Youths collaborated with older adults to perform 6 Interactive Plays – We are Different from What You Think. - at the interactive street theatre on the International Day of Older Persons (October 1, 2020). This play has deepened the intergenerational understanding about the aging society with humorous and relaxing atmosphere.



2 Intergenerational Co-creation and Youth Career Development Training Series

Intergenerational Co-creation Process





Expert Forums

YSF promotes Self-healing concept for older adults in four aspects - healthy diet, proper physical activity, cognitive ability, and social relationship. 4 expert forums were held to discuss older adults' health concerns. We invited health professionals, practitioners, scholars, and youths in diverse fields - including medicine, physical therapy, nutrition, physical activity, speech therapy, psychology, physical education, adult education, health promotion practice, cognitive neuroscience, and aging service management.



Interviews and Questionnaires of Older Adults

The in-depth interview was implemented to improve the validity of following structural questionnaires. The experts' opinions from each forum were combined to develop two questionnaires. One was an unstructured questionnaire for an in-depth interview with 8 older adults while the other was a structural questionnaire for 139 older adults.



Intergenerational Co-creation Workshops

4-day Intergenerational Co-creation Workshops invited older adults and youths to brainstorm new curriculums and program. Each workshop invited 2 older adults, 2 community practitioners, 2 activity designers, and 4 youths and they were separated into 2 groups. The brainstorming took 4 steps to generate a draft of instructional materials. First, the K-J method collected ideas from all members and then combined similar ideas. The World Cafe method exchanged 2 group leaders to introduce their group's program for another group. Each group gave some feedbacks to the leader of the other group. Finally, each group came up with program name, program goal, process, required material, visual chart, the strengths, drawbacks, and modifications of the original program.



Instructional Materials and Pilot Teaching

Based on materials generated by Intergenerational Co-creation Workshops, YSF staff further worked with 8 youths to develop 4 new drafts of Instructional Materials into new curriculums. YSF staff and 8 youths demonstrated new curriculums and tested the most effective one at YS 60 House, one of YSF's community learning centers. Modifications were implemented and several materials were defined in these pilot teaching.



Video Courses Production

According to above developed curriculum, YSF staff worked with 5 youths and 1 professor to develop video courses production and shoot 2 videos. Video courses functioned as the supplement tools to deliver the knowledge and activities.

Youth Career Development Training Series included Self-healing Enhancement Program (basic training), Train-the-trainers Workshops (advanced training), and Community Internship and On-site Supervision.



Self-healing Enhancement Program (basic training)

We held a half-day training to 330 youths. The program integrated immersion experience and gamification elements to facilitate youths' health promotion techniques specifically for older adults, such as leading physical activities, communication and consultation skills, activity design, and health knowledge sharing. Moreover, the program introduced the silver industry outlook and older adults' needs and preference due to psychological and physical aging to youths.



Train-the-trainers Workshops (advanced training)

46 outstanding youths stepped into the advanced 4-day “Train-the-trainers Workshops” and received individual mentorship. The workshop introduced the advanced concept of Self-healing, physical activity theory and exercise, healthy diet plate idea and action, oral health exercise, social interaction method, board game, and the above developed new curriculums, including swallowing issue and body posture to health. For all subjects, the workshop and mentorship were conducted by introducing theories and demonstration.



Community Internship and On-site Supervision

42 youths interned in 7 communities for 6 weeks in the online platform to transform what they learned into real world practices. Communities were forced to close due to unexpected Covid-19 issues. YSF staff conducted online individual and group on-site supervision throughout the internship. 42 youths passed the certificate exam and will be enrolled as the certified lecturers in the New Taipei City Government in early 2022 and will have the opportunity to be enrolled in the Taiwan Ministry Health and Welfare system in 2022. Then, they could officially open classes in the community to help older adults prevent from disability and dementia with pay.



3

Platform Establishment and Outcome Exhibition

Future Awesome Teammates Online Forum and Interactive Exhibition (FATOFIE)



FATOFIE website
567.org.tw

In order to expand the impact of the program, “Future Awesome Teammates On-line Forum and Interactive Exhibition” was launched on October 1st 2021, the International Day of Older Persons set by the United Nations, in hope of sharing the silver industry and attracting youths to join this field. The Online Forum invited 17 well-known international and Taiwanese experts, practitioners, and scholars from the public, private, and the third sectors. The Forum explored new opportunities, demonstrated local cases, mobilized cross-sectoral resources for collaboration in the Taiwan silver industry. The exhibition also demonstrated outcomes and findings of expert forums, questionnaires, and intergenerational co-creation workshops. FATOFIE allowed the public to learn the knowledge of the silver industry through

interesting immersive experience and self-regulated learning. FATOFIE provided youths with a channel to explore the holistic picture of the silver industry and realize diverse opportunities for future career development. The youth and older adults will work together to create a friendly environment for older adults and respond to SDGs together.






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線上論壇

線上論壇

集合全球產官學領袖專家，掌握最新高齡產業的關鍵趨勢，提供未來職涯新方向，增加銀光市場競爭力！

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Older Adults' Health Concerns

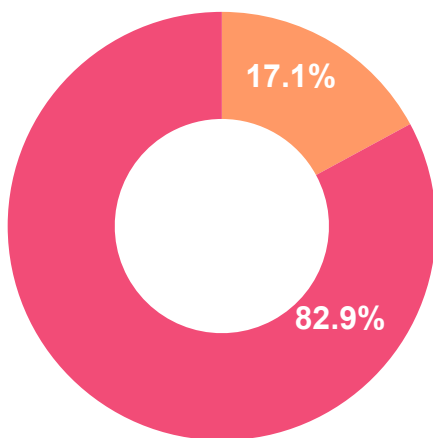
The major findings from 8 interviews and 139 valid questionnaires were as follow.



Overall Important Distribution

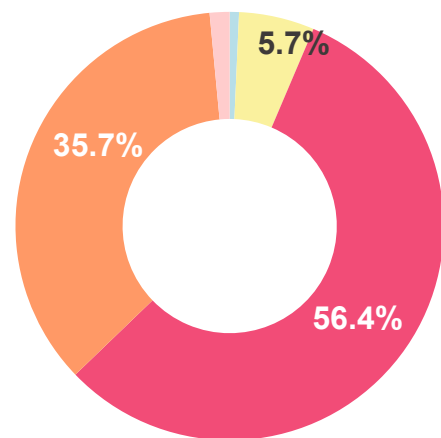
We have conducted 139 questionnaires and 8 interviews from the Yang Sheng 60 Club Houses in the great Taipei metropolitan area. Participants' overall important distribution background included gender, education level, perceived health status and desire to improve issues. The participants are all 60 years and above with independent living functional ability and without cognitive impairments.

Gender



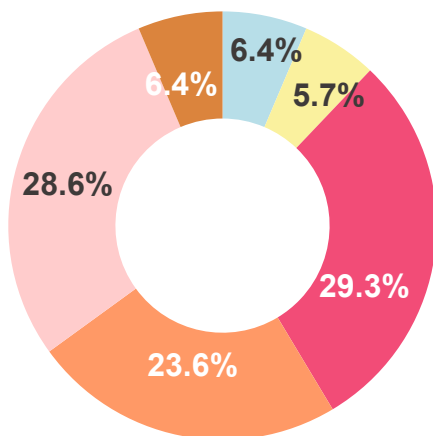
male female

Perceived Health Status



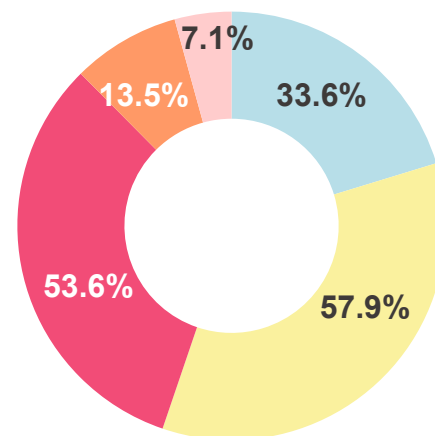
very bad not good not so good
good very good

Education Background



under elementary school junior h. school
senior h. school college
university master and above

Desire to Improve Issues (multiple-choice)



Diet Physical activity
Cognition Social relationship
none

The major findings from 8 interviews and 139 valid questionnaires were as follow.



Diet

Most surveyed older adults (73%) paid attention to food nutrition and 50% of them researched nutrition knowledge on their own.



Physical activity

42% surveyed older adults did exercise 3 times per week. Most older adults wanted to train their muscle (74%) and cardiovascular (65%) function.



Cognition

Most surveyed older adults (84%) wanted to learn new things (eg. singing, travel, board games) to enhance their cognitive ability.



Social relationship

Many surveyed older adults expressed that they would like to have more social participation (eg. leisure 41%; learning 40%; physical activities 38%) to enhance their social relationships.

Intended Outcomes of Primary Stakeholders

The primary stakeholders in whom this program attempted to engage included older adults, youths, organizations, and local communities. The intended outcomes of each primary stakeholder were as follows.



MINDSTART
習慣

MINDSTART
人際

MINDSTART
飲食

1

Mitigate Intergenerational Discrimination, Improve Intergenerational Understanding, and Create Aging Friendly Environment

The intergenerational co-creation workshops mitigated generation opposition since that the workshops offered both generations an opportunity to share their experiences, thoughts, concerns, and needs with each other. Furthermore, the youth and older adults learned from each other and enhanced mutual understanding, which reduced the misunderstanding or miscommunication among generations.



After Watching the Interactive Play

For 600+ audiences watching 6 plays

97%

of surveyed audiences indicated that their “willingness to respect different generations” increased equal to and greater than 80%.

87%

of surveyed audiences indicated that their “willingness to get along with other generations” increased equal to and greater than 80%.

Youths' Perspectives



Self-healing Enhancement Program

330 youths
8 universities

The 4-hour workshop has changed youths as follows (212 valid questionnaires). We found a significant relationship before and after the program statistically ($p < 0.01$).

	the average score before/after the program on a scale of 1 to 6		Percentage of youths' changes
	Before	After	increased
Willingness to interact with older adults	4.34	4.89	13%
Understanding the needs of older adults	3.92	4.88	25%





Train-the-trainers Workshops & Community Internship

46 youths attended Train-the-trainers Workshops

42 youths interned in 7 communities and passed the lecturers' certification

20 hour individual mentorship

4-day Train-the-trainers Workshops, 42 youths interned in 7 communities, and 20 hour individual mentorship have changed youths as follows (42 valid questionnaires). We found a significant relationship before and after the program statistically ($p < 0.01$).

	the average score before/after the program on a scale of 1 to 6		Percentage of youths' changes
	Before	After	increased
Willingness to interact with older adults	4.05	4.90	21%
Understanding the needs of older adults	3.29	4.69	43%





What the Youth Said.....

“After watching the Interactive Play, I will go home and talk to my grandparents.”

“I have improved my communication skills with older adults after the internship.”

“When I was preparing for the instructional materials, I gained more knowledge of Self-healing concept. I shared Self-healing with older adults in my class and also shared it with my grandparents. Now, I am doing much better in talking with older adults.”

“I live with my grandmother, but seldom chat with her. I don’t know how to interact with her because she always talks to me about politicians. So, I stay outside and go home very late. Today, I realize I have to respect different points of view. I will try to talk with my grandmother after going home.”

“There are some communication problems

between me and my grandma. Sometimes, she could not understand what I said while I could not understand what she said. Today, I heard everyone’s thoughts and realized that it is not so hard to understand and listen to others. It just takes a little more time to understand.”

“I realized that people of different ages may have different points of view. While interacting with older adults, we should not just focus on what we want to tell them. I realized that they also got their ideas to share with us.”

“Through online internship, we were able to know the status quo of older adults during the pandemic time, and we become friends with older adults.”

“Online interaction during the internship allowed me to keep in touch with older adults. Now, I understand more about their experiences and needs.”



“I realized I should have listened to older adults more, instead of merely being a traditional lecturer who keeps giving lectures in class.”

“After teaching online courses, I knew what topics would interest older adults and what they would be willing to share with us.”

“After this internship, I seem to know how to attract attention of older adults.”

“Older adults asked me a lot of questions that they couldn’t say to her grandchildren. For examples, they asked if I often said “Are you very impatient with your parents? Do you think your family often blackmails you with family affection? You don’t understand me!” Older adults told me that they felt so angry when hearing these. In fact, what they want is just that their grandchildren call home and talk to them more.”

I heard everyone’s thoughts and realized that it is not so hard to understand and listen to others. It just takes a little more time to understand.

Older Adults' Perspectives



What Older Adults Said.....

"I feel so happy today to meet many young people. My children have been so busy in work every day. I didn't have much time to get along with them. It is good to hear much from younger generation. I think that mutual respect and understanding are the best medicine for intergenerational communication."

"Today, I found that some young people got very good ideas. Although I am older (and experienced) but I am not necessarily right. I need to learn to accept and respect the ideas of young people."

"I have learned a lot here today, that is, I can stand on the other side and to think from different angles. I realize I am able to communicate with others whose perspectives might differ from mine. Mutual understanding can reduce frictions and conflicts."

"I can understand that the interests of young people are different from those of old people because of generation divides."

"I think generation gaps usually originate from different stands. Different generations seem not to be straight and honest with each other because of different past experiences. It is not easy to put aside our mental burden. More chances need to be created for us and we need to be guided to express ourselves and make ourselves understood. I think intergenerational co-creation workshop is an awesome experience to me."

"To try new things has so much fun! I was quite worried if I could not play well and don't know how to join and play with others. But, after I found all I needed was to open my mind to laugh, play, and share with young people. I feel refreshed and relaxed to experience new things."

2

Improve health literacy Youths' perspectives

Youth Perspectives



Intergenerational Co-creation Workshops

117 participants

50 youths

31 older adults



Self-healing Enhancement Program

330 youths

8 universities

4 hour training



Train-the-trainers Workshops & Community Internship

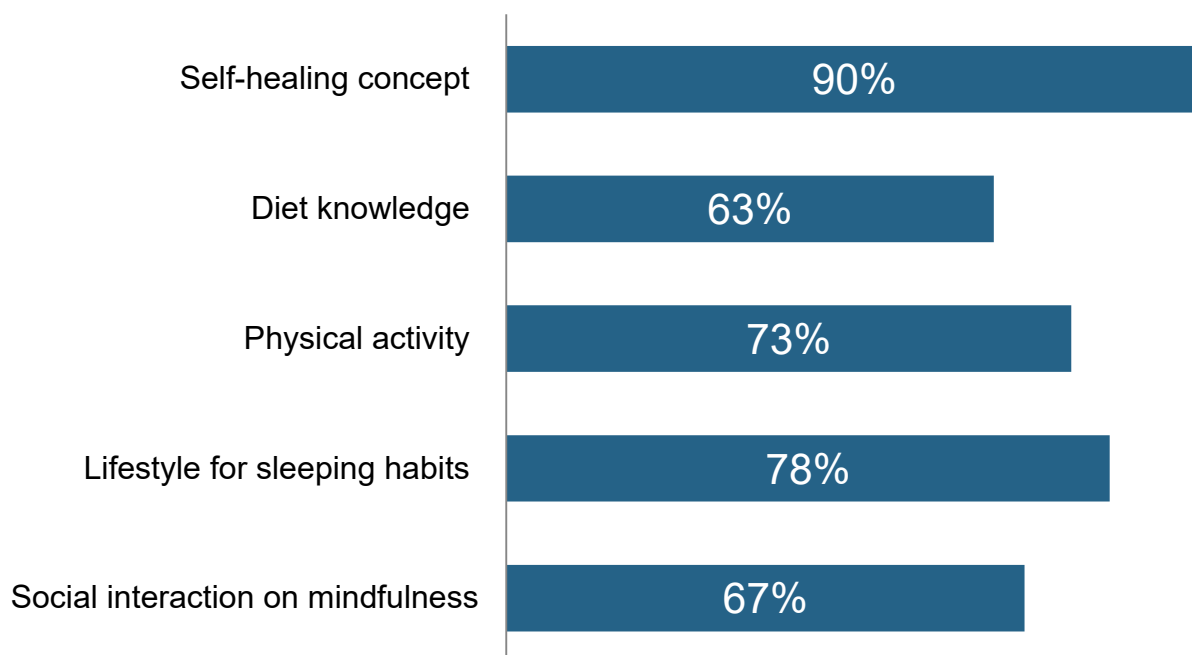
42 youths interned in 7 communities

6 week internship

20 hour individual mentorship

Youth have increased the following knowledge during the training (212 valid questionnaires).

Percentage of Knowledge Learning





What the Youth Said.....

“Since I attended the physical activity workshop, I did extra-reading and research more information online in preparation for teaching. I realized the importance of health. After the workshop, I formed the habit of doing regular exercises. Then, I lost weight and got healthier. If I had not participated in this workshop, I would not get the chance to learn about health.”

“I joined the diet workshop. I spent some time searching and reading materials about food nutrition. I knew what kinds of food contains more nutrition. I ate more nutritious food and I felt my health has improved because the intergenerational co-creation workshop changed me.”

“I acquired more health information throughout the training. I form the habits of doing regular exercises to keep fit and healthy based on what I learn from the training.”

“I have learned a lot about four topics of

Self-healing. I became more aware of my health.”

“I have been regularly doing oral exercises to maintain oral health after the training. Also, I would remind my family and friends to stay health after the training.”

“I acquired nutrition knowledge and understood the classification of food in terms of nutrition.”

“I realized how my lifestyle and habits would affect my health and my life in the future.”

“I keep reminding myself of eating more vegetables and having enough nutrition.”

“I have forced myself to sleep before 2 a.m. Don't stay up.”

“I did exercises 4 times a week after the program.”

**I have learned a lot about
four topics of Self-healing.
I became more aware of my health.**

Older Adults' Perspectives



Community Internship

410 older adults

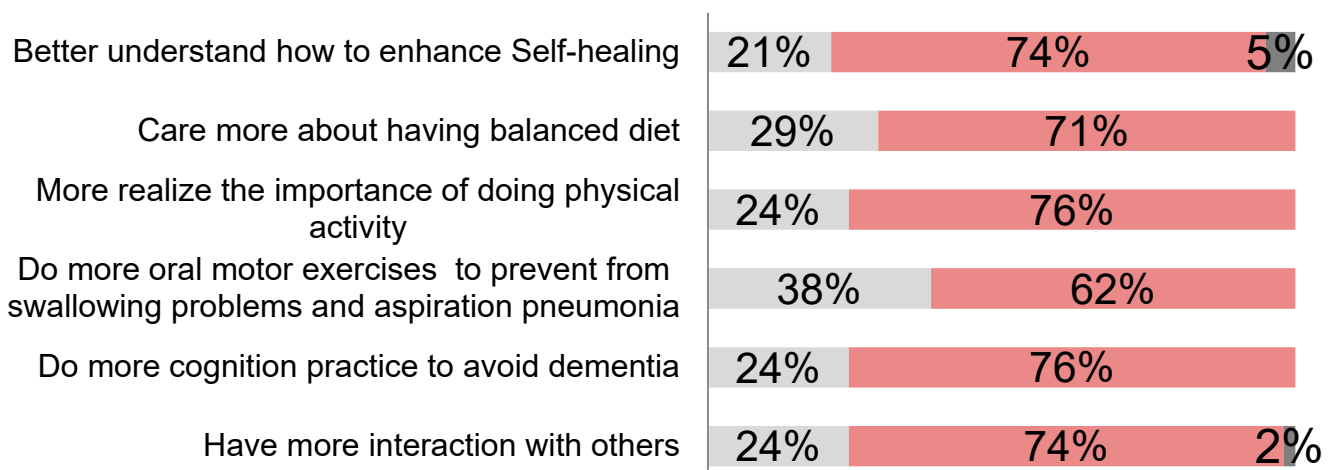
42 youths interns 7 communities

The online courses have changed older adults in following aspects (34 valid questionnaires).

- **74%** older adults strongly agree that they better understand how to enhance Self-healing.
- **71%** older adults strongly agree that they care more about having balanced diet.
- **76%** older adults strongly agree that they more realize the importance of doing physical activity.
- **62%** older adults strongly agree that they do more oral motor exercises to prevent from swallowing problems and aspiration pneumonia
- **76%** older adults strongly agree that they do more cognition practice to avoid dementia.
- **74%** older adults strongly agree that they have more interaction with others.

Percentage of Surveyed Older Adults

■ Agree ■ strongly Agree ■ others





What Older Adults Said.....

“Learned more about how to improve my health through diet, physical activities, cognition, social relationship.”

“I realized that health is really important and I must enhance my Self-healing.”

“I gained knowledge of Self-healing today and how it would affect my health. I will have healthy diet, do more physical activities, stimulate cognition, and try to expand social relationship. I believe I will be healthier and happier.”

“To have a healthy body, I knew I must continue to have a more balanced diet and do more physical activities.”

“I have changed my diet after taking YSF’s class.”

“YSF’s class is of big help for me in changing my eating habits. I have more balanced meal and enough nutrition now.”

“I dare to face the public after YSF’s class.”

“My interpersonal relation has improved after the class.”

“After this class, I tell myself –Go for a walk if I can go out.”



What Community Partners Said.....

“Due to the epidemic, we adopted online classes so that older adults could learn from home. We have observed that older adults formed leaning groups to participate in community activities or share course content with other community residents, etc. Some older adults told us they took more active attitudes towards learning after the class.”

“Even though in the epidemic times, it was good that older adults could still have online class to learn how to improve their health. Also, they got a chance to do some physical activities. Some active older adults would spontaneously encourage passive classmates to share their ideas. Several of them became more energetic and active especially in social relation class.”

I realized that health is really important and I must enhance my Self-healing.

3

Enhanced Capacity of Curriculum Design for Older Adults and Career Interests in the Silver Industry

Youths' Perspectives



Self-healing Enhancement Program

330 youths
8 universities
4 hour training

4-hour training has changed youths in the following aspects (212 valid questionnaires). We found a significant relationship before and after the program statistically ($p < 0.01$).

	the average score before/after the program on a scale of 1 to 6		Percentage of youths' changes
	Before	After	increased
Willingness to enter the silver industry	4.00	4.58	15%
The knowledge and skills of activity design for older adults	3.78	4.69	24%



Train-the-trainers Workshops & Community Internship

46 youths attended Train-the-trainers Workshops

42 youths interned in 7 communities

20 hour individual mentorship

4-day Train-the-trainers workshops and 42 youths interning in communities have changed in the following aspects (42 valid questionnaires). We found a significant relationship before and after the program statistically ($p < 0.01$).

	the average score before/after the program on a scale of 1 to 6		Percentage of youths' changes
	Before	After	increased
Willingness to enter the silver industry	3.79	4.43	17%
The knowledge and skills of activity design for older adults	3.05	4.71	55%





What the Youth Said.....

“After the class, I felt that older adults were quite cute. I become more interested in working for older adults.”

“I have learned a lot from the sharing of YSF facilitators. They were well-experienced in teaching older adults. I have learned multiple teaching tips for older adult courses, and I was getting better as a Self-healing lecturer.”

“Every week, the interaction with older adults in class has impressed me a lot. When I interacted with them online, I could practice what I learned from training. The internship gave me a chance to lead the class, to carry on the conversation with older adults, and to learn how to lighten class atmosphere by telling something to attract them. We could seldomly learn such experiences from school.”

“I am studying in the department of silver industry and I know the silver industry plays an important role in Taiwan. I will join the silver industry after graduation for sure. But, YSF’ workshop is still a worthwhile

learning experience to me. It was the first time we brainstormed instructional materials based on direct feedbacks from adults not theories in the textbook. I have learned practical skills to teach and interact with older adults. I am more capable of designing curriculum for older adults now.”

“Even though I major in elder care service, I still felt unsure about my career path. I was quite hesitant to work in the silver industry after graduation. But, after attending the workshop, I find it was interesting to work for older adults and the silver industry is promising. I am more determinant to serve in the silver industry.”

“I used to join volunteering activities to accompany older adults while we just showed our presence there and chatted with them. Those volunteering activities were different YSF’s program because we had the opportunities to directly learn from YSF’s facilitators of abundant experiences and professional capabilities in silver industry.”



“Participation in YSF’s program has improved my teaching skills and curriculum design capacity for older adults. I think such experiences is helpful for me to work in silver industry.”

“With more interaction with older adults, I realized how to initiate the discussion,

respond to their sharing and questions, what topics would interest them, and what topics they would like to share. I have learned how to lead the class to go smoothly.”

4 Establish a Platform for Intergenerational Co-creation

At the end of the program, due to COVID-19, YSF conducted an online festival to demonstrate the success and achievements of intergenerational co-creation platform. FATOFIE collaborated with 29 organizations (including NPOs, universities, companies, government agencies, etc) and 2 cities (Taipei Metropolitan and Taichung City) to promote Self-healing and shared the abundant outcomes of this program. This platform gathered experts and practitioners from diverse fields including medicine, physical therapy, nutrition, physical activity, speech

therapy, psychology, physical education, adult education, health promotion practice, cognitive neuroscience, and aging service management. By October 31st, 2021, FATOFIE totally engaged 2,514 visitors, including 141 older adults, 1,564 youths, and 809 individuals aged 31-64 years old.

The questionnaires showed that FATOFIE also improved intergenerational understanding, improved health literacy, and enhanced capacity of curriculum design for older adults, and increased career interests in the silver industry.

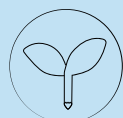
Videos



[Program Highlight Video](#)



[Interactive Play Video, We Are Different from What You Think](#)



Future Awesome Teammates Online Forum and Interactive Exhibition

17 speakers

43 videos

2,514 users

141 older adults

1,564 youths

809 persons aged between
31-64 years old

2,514 in total

After experiencing the Interactive Exhibition, young visitors under 30 years old have changed as follow (88 valid questionnaires).

- Improved intergenerational understanding

“Willingness to interact with older adults” increased 82%

- Improved health literacy

“Health awareness” increased 82%

- Enhanced capacity of curriculum design for older adults, and increased career interests in the silver industry.

“Interests in knowledge about older adults” increased 83%

“Willingness to work for the silver industry” increased 79%

Videos



[Co-creation Video Course, Finding Solutions for Swallowing Difficulty](#)



[Video Course, Physical Posture Training](#)

Unintended Outcomes

- Increased Confidence
- Digital Teaching Capacity
- Enhanced Spontaneous Response and Problem Solving Ability
- Enhanced Verbal Expression and Conversation Tips
- Teamwork
- Time Management
- Positive Attitudes
- Increased Family Interaction
- Online Learning Network



Youth

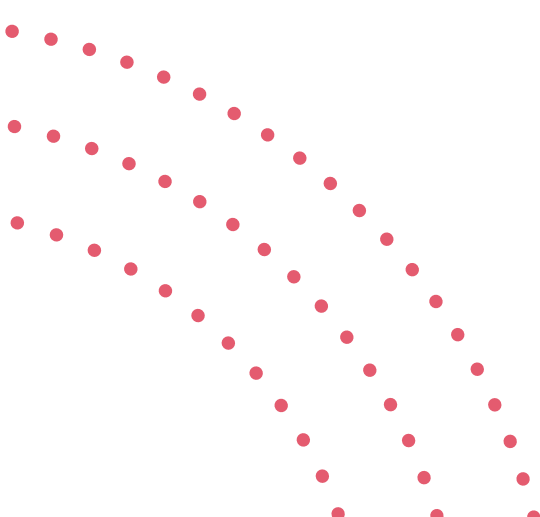


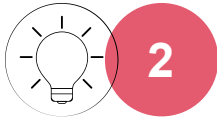
Increased Confidence

“I met several teammates from other universities and background. We had plenty of discussion and sharing throughout the workshop. We also rotated to demonstrate teaching and gave feedbacks to each other. I found everyone has each merits and demerits. I learned a lot from others. My teammates complimented on my patience and thoughtfulness of which I wasn't aware. I was surprised that I am good in communicating with older adults. I am more confident in myself because of the workshop.”

“I accumulated teaching experiences and had the opportunities to cooperate with other lecturers. I have gained confidence after internship.”

“After 6-week internship in the communities, I was getting less panic when teaching. I have found proper way to respond to older adults in class.”





Digital Teaching Capacity

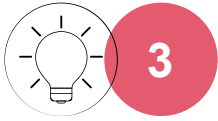
“Because of COVID-19, we had to teach online courses for internship. I have improved a lot in film recording! I dare to speak in front of camera and felt less embarrassed and uneasy.”

“In order to hold online courses, I am more familiar with video and audio facilities. I have learned how to do recording, clipping and editing videos, and adding captions.”

“In the beginning, I kind of refused to hold online course and I had no experiences with recording. But, I still gave it a try and finally I did it.”

“To record a satisfied online teaching video was the biggest achievement for me after the internship. I did know nothing about recording before the internship. But, I have learned a lot how to teach with digital facilities throughout the internship.”

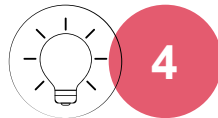
“Since we had to record course videos and held online meeting to interact with older adults, I started to explore how to deliver message via digital facilities.”



Enhanced Spontaneous Response and Problem Solving Ability

“In online courses, many unexpected things might happen suddenly. For example, older adults got problem in facilities or the Internet was not going well. All unexpected situation tested our spontaneous response and problem-solving ability.”

“What I learned most from the 4-day training was spontaneous response and problem-solving ability. It was great experience for me to practice staying calm and sober to solve problems on the spot.”

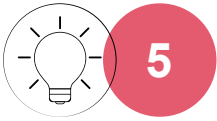


Enhanced Verbal Expression and Conversation Tips

“I was not a person with good verbal expression so that I spent plenty of time practicing how to speak fluently to the camera. I found I made significant improvement in my verbal expression after the internship.”

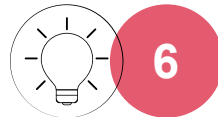
“The internship trained my verbal expression. I believe that communication capability is crucial in work. I think this experience will benefit me in the future.”

“I noticed that to use proper wording would lead to pleasant and smooth conversations with older adults. For example, I would say “Let’s do it together!” instead of “You have to do.”



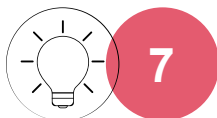
Teamwork

“We needed to cooperate with our teammates in order to complete our internship tasks. I realized the importance of team work.”



Time Management

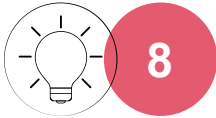
“This internship was my first priority in summer so that I did not idle around over summer vacation. I have learned time management tips in order to finish each task of the internship.”



Positive Attitudes

“Since we played the role of being a teacher to promote health literacy in class, we had to be active, positive, and energetic in face of older adults. I find I have been laughing more and having better mood since then.”

Youths and older adults



Increased Family Interaction

“I would attend to my friends and relatives who might have dementia symptoms after the internship.”

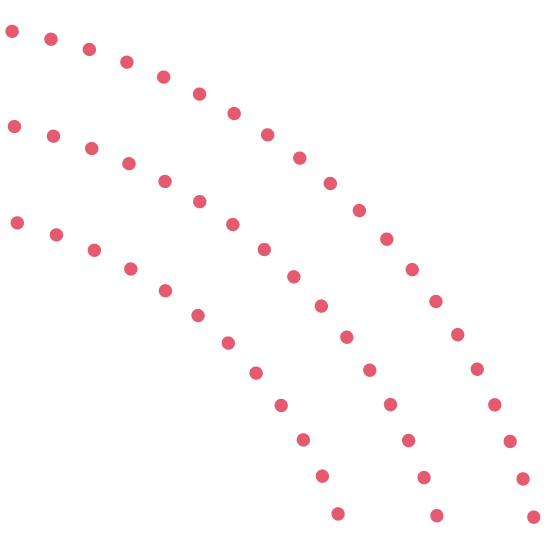
“I chatted with older adults more after the internship. I found they need someone to talk to and it is why social media chat group exists among older adults.”

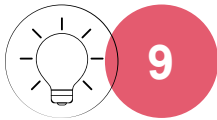
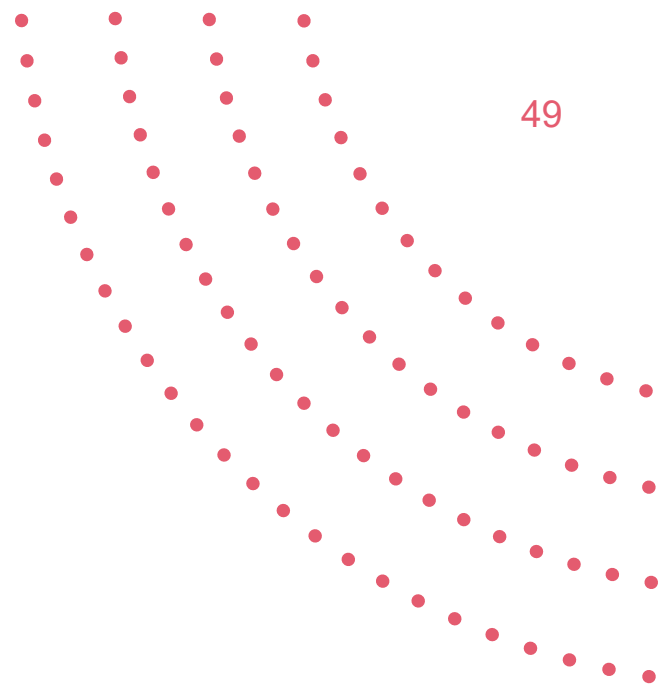
“After I joined the program, I shared what I learned from the training with my family. And I also remind senior relatives that they should have balanced diet and do physical activities to avoid getting injured.”

“I will ask my grandma to do more physical activities and oral exercises.”

“I will do some exercises with my mom every day.”

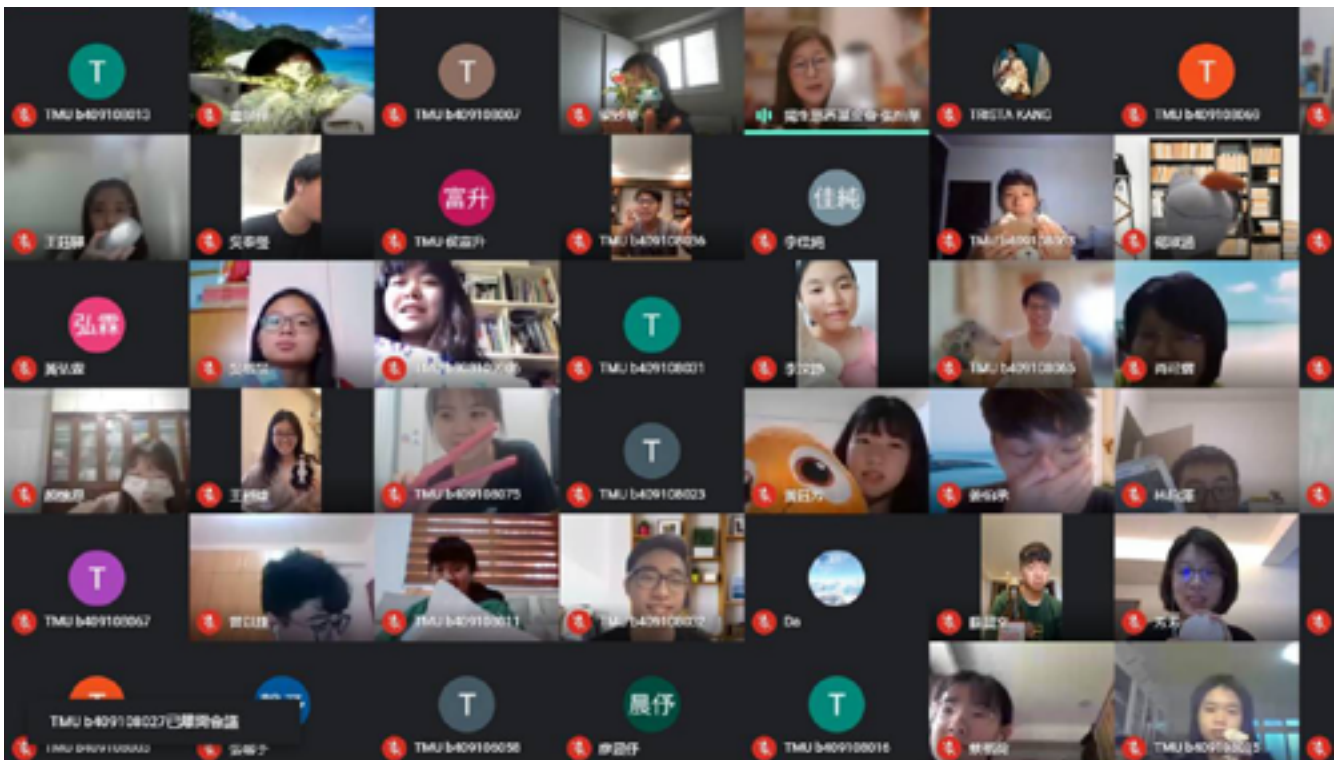
“My family has reduced time to use cellphones when having meals.”





Online Learning Network

This program used to assign 42 youths to do on-site internship in communities. Due to the outbreak of COVID-19 in Taiwan, all internships were conducted online and course videos were produced to promote Self-healing. Unexpectedly and surprisingly, two video courses had more than 120,000 views. That is, this program has formed online learning network which breaks physical boundaries.





Look into the Future

This program endeavored multiple ways to use youth power to create aging friendly environments, the surveys indicated that the community internship and online learning yields fruitful outcomes. According to the interviews and questionnaires, youths were most impressed by the experience sharing of YSF staff and the learning from community practices because those were valuable experiences which could hardly be gained from schooling. Therefore, YSF might collaborate with universities with majors in elderly care services to hold regular internship programs in the future in order to maximize intergenerational co-creation outcomes. Most interestingly, although some of our physical courses were forced to close due to COVID-19, YSF and youth interns have learned to produce video courses as an innovative way to promote Self-healing and intergenerational co-creation without geographic boundaries. YSF might devote to create online learning network for older adults in the future. In addition, for execution improvement, youths suggest that the suggestions and advises that YFS facilitators gave on group supervision should be given before the youth started to record teaching videos. YFS can shoot official videos for physical activity topic for the youth interns. Youth interns need time to be familiar with right postures. Videos will be very helpful and informative guidance for them to practice. Some participants aged between 51-60 years old expressed that they spent too much time in acquiring knowledge on the Online Exhibition. They prefer to read and learn from papers or videos. It would be great if the Online Interactive Exhibition could cite information resources and academic research. Last but not least, thank you very much for Citi Foundation and Yang Sheng Foundation's insight and support to make this happen. And we look forward to a sustainable development toward aging friendly environments.

Acknowledgements

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About the Author

Professor Chien-wen Shen and Dr. Katherine K.L. Liu apply the framework of social impact evaluation method to analyze the outcome of “Using Youth Power to Create Aging Friendly Environment Program.” Prof. Shen is teaching in the department of Business Administration at National Central University (NCU) and accredited as the Level 3: Advanced Practitioner by Social Value International. Dr. Katherine K.L. Liu is the General Secretary of Social Value Taiwan and the adjunct assistant professor at NCU and teaching social impact evaluation. She is also the Level 3: Advanced Practitioner accredited by Social Value International. Both have been assisting nonprofits, social enterprises, and the government to evaluate their social impacts.

