

2018

Implementing an Interdisciplinary Intergenerational Program Using the Cyber Seniors ® Reverse Mentoring Model Within Higher Education

Skye N. Leedahl

University of Rhode Island, skyeleedahl@uri.edu

Melanie S. Brasher

University of Rhode Island, mbrasher@uri.edu

Follow this and additional works at: http://digitalcommons.uri.edu/hdf_facpubs

See next page for additional authors

**The University of Rhode Island Faculty have made this article openly available.
Please let us know how Open Access to this research benefits you.**

This is a pre-publication author manuscript of the final, published article.

Terms of Use

This article is made available under the terms and conditions applicable towards Open Access Policy Articles, as set forth in our [Terms of Use](#).

Citation/Publisher Attribution

Brasher, M.S., Breck, B.M., Clark, S.C., Dennis, C.B., Estus, E.L., & Leedahl, S.N. (2018). Implementing an interdisciplinary intergenerational program using the Cyber Seniors® reverse mentoring model within higher education. *Gerontology & geriatrics education*, 1-19.

This Article is brought to you for free and open access by the Human Development and Family Studies at DigitalCommons@URI. It has been accepted for inclusion in Human Development and Family Studies Faculty Publications by an authorized administrator of DigitalCommons@URI. For more information, please contact digitalcommons@etal.uri.edu.

Authors

Skye N. Leedahl, Melanie S. Brasher, Erica Estus, Bethany M. Breck, Cory B. Dennis, and Samantha C. Clark

Title: Implementing an Interdisciplinary Intergenerational Program Using the Cyber Seniors ®
Reverse Mentoring Model Within Higher Education

Authors Affiliations:

Skye N. Leedahl, PhD
University of Rhode Island
Departments of Human Development & Family Studies and Political Science
2 Lower College Road
Kingston, RI 02881

Melanie Sereny Brasher, PhD
University of Rhode Island
Departments of Sociology & Anthropology and Human Development & Family Studies
10 Chafee Road
Kingston, RI 02881

Erica Estus, Pharm.D., CGP
University of Rhode Island
College of Pharmacy
7 Greenhouse Road
Kingston, RI 02881

Bethany M. Breck, BS
Brigham Young University
School of Social Work
2190 JFSB
Provo, UT 84602

Cory B. Dennis, PhD, LCSW
Brigham Young University
School of Social Work
2179 JFSB
Provo, UT 84602

Samantha C. Clark, BA
University of Rhode Island
Program in Gerontology
55 Lower College Road
Kingston, RI 02881

Abstract:

Intergenerational service-learning in higher education positively impacts older adults and students, but less is known about the effectiveness of interdisciplinary, reverse mentoring programs that use technology as the medium of bringing generations together. This study describes an intergenerational service learning program that utilizes reverse mentoring within higher education, the “Engaging Generations Program,” at a mid-sized public university in New England where students help older adults learn about technology, and students gain communication and teaching skills. In this article, we outline how the program was implemented, present quantitative data on participation outcomes for students and older adults and qualitative data from older adults, and discuss best practices. Analysis of pre/post surveys found that students’ attitudes towards aging improved ($p < .01$) and older adults interest in technology improved ($p < .05$) after program participation. Best practices identified included: multiple meetings with the same pair to deepen friendships, in-person training for student leaders, student responsibility for scheduling, tailoring sessions to each participant, student documentation of meetings, and active involvement by community partners.

Key words: intergenerational service-learning, technology or digital divide, interdisciplinary, college students, older adults, attitudes toward aging

Acknowledgements: We acknowledge the many students and older adults who have participated in the program. Their level of dedication and interest in working together continues to inspire us.

Introduction

The University of Rhode Island (URI) is strategically working towards engaging students in service-learning and becoming increasingly interdisciplinary across the campus to enhance student and research outcomes, particularly in the health professions. In higher education, utilizing intergenerational service-learning has positively impacted older adults and students in health and aging-related courses (Andreoletti & Howard, 2016; Penick, Fallshore, & Spencer, 2014; Singleton, 2006). However, less is known about the effectiveness of this approach when implemented in an interdisciplinary manner with reverse mentoring (when younger adults provide support and knowledge to older adults), and when using technology as the medium for bringing generations together.

An interdisciplinary group of faculty members became inspired to implement the URI Engaging Generations Program to connect college students and older adults using the reverse mentoring model after viewing the Cyber-Seniors ® documentary (Rusnack & Cassaday, 2014). The documentary highlights a program in Canada that connected high school students and older adults at a retirement community so that the older adults could learn about using technology. There are many delightful moments in the documentary where generations come together. For example, participants video chat with grandchildren, search for partners on a dating website, and online chat with new friends. The students in the film discuss how the program helped break down their own stereotypes of older adults, such as elders not being able to learn technology. The older adults seem excited by their new-found technological skills and appreciated the interactions with younger adults.

In the URI Engaging Generations Program, university students work with older adults to help them learn about technology, and students gain communication and teaching skills. The

program integrates service-learning components into existing courses/curricula within multiple majors and programs; develops University partnerships with community organizations providing services to older adults; and collects quantitative and qualitative information for program evaluation and research. Faculty members appreciate the value of the program in preparing future health and human service professionals to work with older adults (American Society of Consultant Pharmacists, 2015; Gerontological Society of America, 2012). In addition, key concepts in gerontology and life course theory are identified, offering students genuine interactions with older adults (Murakami, Lund, Wright, & Stephenson, 2003), while improving social connectedness for older adults in the state.

First, this paper will review literature pertaining to intergenerational programs, the use of reverse mentoring, and the digital divide. Next, it will discuss how the URI Engaging Generations Program implemented Cyber-Seniors during the Spring 2016 semester, including advantages and challenges of using an interdisciplinary approach; the evaluation research methods used; and the outcomes of participation for students and older adults. Last, the paper will highlight best practices identified in developing and implementing this model.

Literature Review

Intergenerational Programs in Education & Service Learning in Higher Education

Since the late 1970s, intergenerational programs have been implemented in educational settings to bridge a divide between older and younger generations so that individuals from different generations can collaborate to nurture and support each other (Newman, 1997). Many of these programs have been linked to promoting intergenerational unity, cultural values continuity (i.e. maintaining the community values in younger generations), and community activism (Kaplan, 1997). These programs have provided older generations the chance to pass

along wisdom, values, and life experiences to younger generations (Newman & Hatton-Yeo, 2008), and much of the research on intergenerational programs has focused on challenging young adults' stereotypes of older adults (Bringle & Kremer, 2006; Dorfman, Murty, Ingram, & Evans, 2003; Greene, 1998; Newman, Faux, & Larimer, 1997; McCrea & Smith, 1997; Pillemer & Sutor, 2002). Some exceptions to this trend include programs that have focused on the needs of older adults, including social needs (Wang & Chonody, 2013), an increased openness to younger generation's ideas (Young & Janke, 2013), reduced negative self-perceptions and depression (Hernandez & Gonzalez, 2008), and well-being (Underwood and Dorfman, 2008). Older adults have noted the benefits of personal interaction, intergenerational relationships and understanding, and the opportunity to share life experiences with a young person who was willing to listen (Underwood & Dorfman, 2008).

Within higher education, the use of service-learning has been gaining national prominence (Underwood & Dorfman, 2008). Service learning can be defined "as a credit-bearing educational experience where students participate in an organized service activity that meets community needs and also provides an opportunity to reflect on the service activity in such a way as to gain further understanding of course content and an enhanced sense of civic responsibility" (Bringle & Hatcher, 1996, p. 222). Service learning can be differentiated from other types of experiential education, such as community service or internships, because it is meant to give equal attention to both the learning and service components of the experience and the benefits of participation for providers and recipients (Furco, 1996).

The use of intergenerational service-learning approaches in higher education has positively impacted both older adults and students in health and aging-related courses through various models (Andreolotti & Howard, 2016; Penick et al., 2014; Singleton, 2006). Regarding

younger generation participants, service-learning has been instrumental in increasing positive perceptions of older adults, acknowledging ageism stereotypes within themselves, and developing interests in working with older adults (Augustin & Freshman, 2016). Further, according to a review by Roodin, Brown, and Shedlock (2013), much of the gerontology service-learning research has focused on student attitudes and perceptions about the elderly, student career choices, and student mastery of course content. More positive benefits for attitudes, perceptions, personal growth, and community service have been found compared to course content improvements. However, less is known about the effectiveness of intergenerational service-learning when implemented in an interdisciplinary manner and with reverse mentoring. This article is also unique in that it incorporates the concept of digital literacy.

Interdisciplinary Approach

Interdisciplinary approaches have been identified by institutions of higher education as a priority to produce collaborative and interdisciplinary knowledge. Interdisciplinary programs are flexible and designed to impact individuals across multiple types of programs. Additionally, this flexibility suggests the potential to reach multiple generations to bridge generational gaps. However, the impact of interuniversity groups using interdisciplinary programs has not been explored (Holley, 2009). Interdisciplinary programs “encourage interaction, learning, and research across disciplinary boundaries that have traditionally divided the university” (Holley, 2009, p. 332). This process can often encourage interaction across disciplinary boundaries to create research that is both informative and multi-faceted (Klein, 1990). Additionally, interdisciplinary programs in higher education have the potential to strengthen the professional identity of the participating programs (Wenger, 2005).

Reverse Mentoring

Several modalities of intergenerational approaches have been used to meet the needs of older generations including social, economic, cultural, spiritual, and civic affairs (Teater, 2016). Newer to the various program styles is reverse mentoring, a concept where younger adults provide support and knowledge to older adults. This approach has been effective in the business sector to help older workers gain technological skill or generational perspectives (Murphy, 2012). Reverse mentoring allows young adults to develop leadership skills through mentorship, share new ideas and knowledge with older generations, and address generational leadership differences. This, in turn, allows older adults to benefit from the younger generation's knowledge and allows the older adults to encourage the younger generation to assume a teaching role (Meister & Willyerd, 2010; Murphy, 2012; Sessa, Kabacoff, Deal, & Brown, 2007). For example, a program that uses reverse mentoring might allow youth to teach an older adult to use social media--thus providing a setting where the youth takes on a level of expertise to benefit the older adult, while the young person simultaneously develops his/her leadership skills. Unlike many of the previous modalities of intergenerational programs, reverse mentoring maintains a focus on an open approach, where mentors and mentees are both encouraged to share knowledge, positive meanings, and emotions to facilitate a positive connection (Spreitzer, 2006).

Digital Divide

Technology plays a central role in many aspects of everyday life, making digital literacy increasingly important (Czaja et al., 2006). Computer anxiety in older adults has long been recognized as an obstacle to digital literacy (Laguna & Babcock, 1997), and a recent study demonstrates similar computer anxiety among older adults despite increased computer usage in this population (Wild et al., 2012). Although older adults use computers more, they are more

likely to feel anxious compared to younger generations because of their expectations around privacy (Karavidas, Lim, & Katsikas, 2005). Researchers have also reported that older adults have increased difficulty learning and using technology compared to younger populations (Charness, Schumann, & Bortiz, 2002). Training older adults to use technology can help mitigate anxiety regarding its use (Czaja et al., 2006). One study, using mostly qualitative methods of a single course-based service-learning project, showed promise for the use of technology to help older adults gain computer skills and help students gain teaching skills and more positive attitudes towards older adults (Natvig, 2007). Programs, such as the Older Adult Technology Services (OATS) in New York, provide computer training courses to older adults, and these courses have shown to improve older adults' computer skills and usage, social connectedness, social participation, and access to information (Gardner, 2010).

Social media is one important area for training because of the potential to connect older adults to a meaningful network of people and information. Although older adults may initially express computer anxiety related to the lack of privacy found on social media, research demonstrates that privacy anxiety can be mitigated through frequent use of social media and computer programs as older adults become more familiar with the programs (Karavidas, Lim, & Katsikas, 2005). Additional research demonstrates that social ties among internet users are more than 20% greater than non-internet users (Hampton, Goulet, Rainie, & Purcell, 2011). Many may assume that internet-based connections do not provide any meaningful connection to others. However, research on social networking sites, such as Facebook, consistently show that internet-based connections support rather than weaken close friendships (Hampton et al., 2011). Yet, among older adults, social network resources tend to be underutilized. For example, 9% of those who used Facebook in 2014 were age 55 and older, and sites, such as Youtube and Twitter, had

less than 8% who were age 55 and older (Global Web Index, 2014). This gap suggests additional efforts are needed to help older adults understand the potential benefits of the internet and how to use it to engage with the digital world.

Our project focuses on filling a gap in the intergenerational programming field. We wanted to assess outcomes 1) for older adults related to social connections and technology use, and 2) for younger adults related to attitudes towards aging and older adults, self-efficacy, and comfort and confidence in working with older adults. This article advances the literature due to its presentation of an intergenerational, service-learning program that utilizes an interdisciplinary approach, reverse mentoring, and technology to bring people together. This program has purposefully emphasized an interdisciplinary model with various modes of participation, which meets the needs of multiple academic programs and classes while gathering outcome data to inform program implementation and contribute to the literature.

URI Engaging Generations Program: Cyber-Seniors

Program Idea

The impetus for the development of this program was viewing the Cyber-Seniors ® documentary. At URI, there are many faculty across campus dedicated to gerontology and geriatrics and in particular, there is a focus on interprofessional education and interdisciplinary collaboration. URI is fortunate to have a gerontology program, so there are courses across the campus related to issues of aging and health throughout various departments, including Human Development & Family Studies (HDF), Pharmacy, Sociology, Political Science, Nutrition, Kinesiology, Physical Therapy, Nursing, and Engineering. There is also a Geriatric Education Center on campus that provides education and training for health professionals in gerontology and geriatrics (National Association for Geriatric Education, 2013), and an Osher Lifelong

Learning Institute (OLLI), a program that provides noncredit courses to adults 50 and over (The Bernard Osher Foundation, 2005).

We held a viewing of the Cyber-Seniors documentary at URI during the spring semester of the 2015 Aging and Health Week. Approximately 80 older and younger participants attended, and we asked participants to complete an Interest Survey to gauge interest in developing a program like Cyber-Seniors. We received overwhelming interest from students and older persons in attendance, with 96% of students and all older adults showing some interest in the program. During the summer of 2015, we met to discuss how the program could work, and we launched a trial program in Fall 2015.

Program Implementation

The program includes faculty leaders primarily from Human Development & Family Studies (HDF), Pharmacy, and Sociology. We work to meet three objectives: (1) promote civic engagement and service-learning for college students; (2) help prepare future health and human service professionals for careers; (3) improve social connectedness and interest in technology for older adults. Our trial program ran from September through December 2015, and based on our experiences, we finalized the plan for the Spring 2016 program. The program information and data presented in this article are from the Spring 2016 semester where we worked with one senior center and the OLLI.

Program models for older adults. The Spring 2016 program had three models for students to meet with older adults. These models were based on student availability, as well as staff feedback about site schedules (e.g., lunch, transportation) and the older adult constituents' interests.

In the first model, *individual appointments*, URI student mentors from different majors held 30-60 minute one-on-one sessions at the senior center. During the sessions, older adults generally brought their own devices and asked specific questions of the students; students answered questions, taught new skills, and tailored the sessions based on needs and interests. Often times, the senior signed up for additional sessions with that particular student mentor, which often led to the development of close relationships between students and seniors.

The second model, *matching program*, matched students in one gerontology class with OLLI members, and each pair met for at least six hours during the semester at mutually agreed upon times, days, and locations. The pairs chose how to spend their time based on their interests and capabilities. Partners were generally matched based on the technology used (e.g., Android vs. iPhone) and other personal characteristics, such as careers and hobbies. To identify older participants, OLLI members received a recruitment email, and they signed up using an online registration form that also included information about what they hoped to learn in the program. After being accepted into the program, they were asked to join the university class during one of their regular sessions in order to meet their assigned partner.

For the third model, *drop-in sessions*, student mentors, usually a mix of students from different majors, held sessions at the OLLI building. The students were available for a 2-4 hour block of time, and the OLLI members could stop by during that time to receive technology support. This model was designed to be flexible and accommodating to meet the needs of OLLI members who are extremely busy and may only need assistance for a short time.

Student involvement. Overall, we offered this program as a service learning opportunity for students who may be future health and human services providers. We see it as a way to address current healthcare challenges, such as a lack of geriatric training, and an amiable

precursor for students learning about person-centered healthcare and long term services and supports. In a more general sense, it aims to improve intergenerational relations and communication and reduce age-segregation in our rapidly aging society. The program also benefits liberal arts learning -- improving problem solving skills and giving students the opportunity to take on the role of teacher (instead of student).

Each student mentor in the program took part in an hour-long training session prior to working with seniors. The training included information about program logistics, tips for working with older adults, and suggestions for how to problem-solve technological questions. The flexible nature of the program and variety of models offered has enabled different departments to get involved because students who participate can meet the requirements of multiple colleges, majors, and programs. Currently, students participate through coursework (i.e., class integrates participation as a service-learning assignment), independent study credits, and experiential education hours.

Because of the interdisciplinary nature of the program, and the varied schedules and needs of students, it is important that the program offers multiple ways for students to be involved. For example, for pharmacy students needing experiential education hours, we found that placing them at OLLI drop-in sessions or at the senior center with individual appointments worked best with their rigorous course load. For HDF and Sociology students obtaining independent study credit, we found their more flexible schedules meant we could place them where needed and have them serve as student leaders and/or research assistants. The involvement of the gerontology class worked well for the matching program. Further, the flexible nature of the program has been incredibly helpful. There have been times when a student who signed up for the matching program is unable to meet their partner for the full six

hours. They can instead participate in drop-in sessions at OLLI or individual appointments at a senior center. While research becomes more challenging as students in the program participate for different numbers of hours and different modalities, we feel strongly that the interdisciplinary and flexible nature of our program is a definite strength in meeting the needs of older adults and students, and should be maintained.

Evaluation Methods

To evaluate the program during Spring 2016, all methods were IRB-approved (exempt review due to minimal risk to participants) and included participants providing informed consent. We collected data through multiple mechanisms, including student logs of each session, pre/post surveys, and reflection papers. We used this information to track participation, identify best practices and challenges, and examine outcomes.

In this article, we present quantitative data from the student and older adult pre/post surveys and qualitative data from the older adults' post-survey. Data was collected online using SurveyMonkey or collected using hard copies and entered into SurveyMonkey. Subsequent publications will detail results from other evaluation methods.

Student Surveys

Student mentors completed a pre-survey at least one day prior to holding any sessions and filled out a post-survey within a week after finishing their hours. We present outcome data from standardized measures included on the surveys that have been validated and assessed for reliability. We included the Fear of Older People sub-scale from the Anxiety about Aging scale (Lasher & Faulkender, 1993), which includes five 5-point Likert scale questions (strongly disagree to strongly agree) that are summed to create the scale score (higher scores indicate less anxiety toward older people); the Psychological Growth sub-scale from the Laidlaw et al. (2007)

Attitudes Toward Aging Scale, which includes seven 5-point Likert scale questions (strongly disagree to strongly agree) that are summed to create the scale score (higher scores indicate the more they embrace growing older), and the New General Self-Efficacy Scale (Chen, Gunny, & Eden, 2001), which includes eight 5-point Likert scale questions (strongly disagree to strongly agree) that are summed to create the scale score (higher scores indicate more self-efficacy). Cronbach's alpha for the scales in this study ranged from .68-.91. Further, we present data from three questions related to working with older adults in which students state how much they agree or disagree with the following statements, using a 5-point Likert scale (strongly disagree to strongly agree): (1) *I am likely to volunteer in the field of senior services*, (2) *I am comfortable working with older adults*, and (3) *I am confident in teaching older adults how to use technology*.

Older Adult Surveys

All older adults who participated in the matching program completed the full version of the pre/post surveys. Older adults who took part in individual appointments and drop-in sessions completed a shortened version of the pre-survey, and those who took part in at least three individual appointments or drop-in sessions were asked to complete a shortened version of the post-survey. These participants were asked to complete the shortened versions of the surveys due to time constraints, as many participants at these sites refused to take the survey when it was lengthier.

In this article, we include outcome data from the Lubben Social Network Scale (LSNS-6) (Lubben et al., 2006), which is a valid and reliable measure that includes six 6-point Likert scale questions about family and friendships that are summed to create a total score (higher scores indicate less isolation). We also included a social engagement measure (derived from Glass, Mendes de Leon, Bassuk, & Berkman, 2006) in which older adults were asked four 4-point

Likert scale questions about how often they participate in social engagement activities (i.e., community service or volunteer work; courses or discussion groups; social and community groups; visiting friends;) with responses of never, rarely, sometimes, and often; we created a single summary index by summing the items (higher scores indicate more social engagement). Due to a low Cronbach's alpha for the 8-item measure that also included paid work; movies, restaurants, or sporting events; talking on the phone; and group exercise, we adjusted the measure to include only the four most highly correlated items as suggested by Tavakol and Dennick (2011). Cronbach's alpha for the LSNS-6 and the social engagement measure in this study ranged from .64-.88. We also present data in which older adults were asked how much they agree with three statements, using a 5-point Likert scale (strongly disagree to strongly agree): *(1) I like working with technological devices, (2) I use technological devices many ways in my life, and (3) Generally I feel okay about trying to solve problems on a technological device* (questions derived from Loyd & Gressard, 1985). Last, this article includes data from responses to the open-ended question: *why would or wouldn't you recommend the Cyber-Seniors program?*

Analysis

Quantitative data were analyzed using SPSS (v. 24). To address missing data, we used mean substitution for scale items when the respondent only missed one question on the scale, and listwise deletion when pre or post scores were not available (Neuman, 2011). For the older adult data, we used mean substitution for one older adult who missed one social network question and for one older adult who missed one social engagement question. For the student data, we used mean substitution for five students who missed one anxiety about aging question and for one student who missed one self-efficacy question. Using mean substitution in these instances did not change the statistical significance of our findings. We assessed for univariate outliers using

boxplots and found one extreme outlier on the social network measure for older adults, and one extreme outlier for students on the anxiety toward aging, attitudes toward aging, and self-efficacy measures (i.e., the student answered the same response for every question). We deleted these outliers from the analyses (Enders, 2010), which did not change the statistical significance of our findings. To assess for change in students' pre- to post-test scores, we used Wilcoxon Signed Ranks tests because the scores were not normally distributed. We used paired sample *t*-tests to assess pre- to post-test change in older adults' scores. To examine effect size of the pre- to post-test differences, we used Cohen's *d*. We analyzed open-ended responses for older adults using thematic analysis. To do this, two people on the research team examined the responses word-for-word, organized every response by consensus into themes and sub-themes, and identified key quotes within each theme.

Results

During Spring 2016, 87 older adults participated in the program, 37 older adults completed at least three sessions with the program (for a total of 243 sessions with student mentors), and 25 of those who did at least three sessions completed both pre/post surveys (M age=72.96); therefore, the overall response rate for taking the pre/post surveys was 68%. Thirty-six individuals took part in the individual sessions at the senior center, 20 participated in the matching program, and 31 attended the drop-in sessions.

Additionally, 28 students (M age = 21.82) participated, representing five different majors across campus (HDF, Pharmacy, Health Studies, Communicative Disorders, Psychology), and 26 completed the pre/post surveys. The response rate for taking the pre/post surveys was 89.3%. The students provided approximately 289 hours of service. In HDF, most of the student mentors

were juniors or seniors. With Pharmacy students, most of the students were in their first professional year (i.e., P1 students, third year out of a six year pharmacy program).

Student Outcomes

See Table 1 for results of pre/post differences tests for student outcome measures. Students' attitudes toward aging improved following participation in the Cyber-Seniors program, with post mean scores improving by two points ($p < .01$) and the effect size showing a medium effect. Mean scores on two of the questions (i.e., *I am comfortable working with older adults*, and *I am confident in teaching older adults how to use technology*) were also significantly higher than pre-test mean scores ($ps < .05$) with medium effect sizes. On the other measures, 47-54% of students demonstrated improvement, although these differences were not statistically significant.

Older Adult Outcomes

See Table 2 for pre/post score differences tests for older adults who participated in the program. Post mean scores on the item, *I like working with technological devices*, showed significant improvements ($p < .05$) with a medium effect size. Other measures were not statistically significant.

In analyzing the answers to the question, "why would or wouldn't you recommend the Cyber-Seniors program?," two themes emerged as the primary reasons why participants (N=29) would recommend the program: 1. Appreciation for the intergenerational interaction, and 2. Value in the educational opportunity.

Regarding the intergenerational interaction theme, mentioned by 17 people, participants enjoyed the teachers and liked interacting with a younger person/millennial, as evidenced by this quote from a female participant:

“Because the young people are wonderful. They are very helpful, it was a very positive experience.”

Participants stated that they liked interacting with “young, intelligent people” and found themselves continuing to participate because of how much they enjoyed their intergenerational, one-on-one interactions. Many people appreciated how patient instructors were with them and how thorough they were with their explanations and suggestions, and that this method of instruction was critical when learning these new technologies. One person specifically mentioned how the instructors did not “talk down” to him, which is an experience some older adults have had when working with family members trying to help them with technology. Last, one participant valued the intergenerational interaction because she felt that program brought important awareness to the issue of ageism and helped the young adults view older adults in a more positive light.

For the educational opportunity theme, discussed by 19 people, older participants found the program to be a good educational experience. In their responses, participants discussed how the program was informative and understandable, and that this helped them solve many of the problems they had with their technological devices and answered specific questions about applications (apps) and programs they wanted to use. One man who learned to use Microsoft Word and email on his phone stated,

“No reason why I wouldn’t [recommend]! Students were great, even when they didn’t have all the answers, we worked through it. There is a need for the program.”

Further, they discussed the experience as “fun” and “friendly,” and how they enjoyed learning in a relaxed atmosphere. Some of them discussed that the program provided a new learning opportunity for someone who would be willing to take on the challenge of learning new

technology, with one person stating “You’re never too old to learn.” Further, individuals appreciated that the program enabled them to stay up-to-date when it came to using technology in their daily lives. Last, one participant conveyed how the program helped her feel comfortable and confident in using technology in ways that she did not previously.

“Having a patient, kindly, knowledgeable teacher has enabled me to not be depressed with these expensive devices I purchased and used only nominally. Now I feel uplifted about technology rather than depressed. It has opened up a new world for me.”

On the contrary, there were three people who were hesitant to recommend the Cyber-Seniors program. Two of the individuals discussed scheduling issues and not knowing if friends would be interested in learning technology, and one person did not appreciate the survey questions.

Discussion

The URI Engaging Generations Program: Cyber-Seniors connects older adults and university students, helping older persons learn to better utilize technological devices and helping students gain valuable teaching and communication skills to enhance their education. After running a trial program, we identified three models to connect students with older adults at senior centers and OLLI and ran a pilot study. In assessing pre/post survey changes for students, we identified statistically significant improvement in students’ attitudes towards aging, confidence in teaching older adults, and comfort in working with older adults. For older adults who completed at least three sessions, we found statistically significant improvement in older adults’ interest in working with technology, and we identified that older adults valued the intergenerational relationships that developed and appreciated this educational approach for learning about technology. These findings validate the previous literature reviewed in this paper

showing that intergenerational programs (e.g., Augustine & Freshman, 2016) can increase young adults' positive attitudes towards older adults, which can help them to develop interests in working with older adults.

There are several approaches to university-community partnerships (Timmermans & Bouman, 2008) that provide students with service-learning opportunities that further their aging-related knowledge and skills in order to become informed professionals in the future (Kolomer, Lewinson, Kropf, & Wilks, 2008). The approach described here has demonstrated how the URI Engaging Generations: Cyber-Seniors program has played an integral role in students' programs, providing students an opportunity to supplement their learning with practical experience by tapping into students' native technological skill-set. Generally, today's students are proficient in the use of technology, and harnessing that in the university classroom benefits older generations in the community, who might lack proficiency to benefit socially from technology. It is an effective pathway for university-community partnerships.

While it is important to work across disciplinary boundaries (Holley, 2009), it is also important to work across university boundaries to have a more comprehensive understanding of how this program could be beneficial in multiple settings. Researchers at URI are thus collaborating with researchers at other institutions in order to both examine differences across the various models as well as comparisons with other programs around the country who are implementing similar programs. Future research will further investigate the reverse mentoring model, stereotypes across generations, specific technologies of interest to older adults and techniques for improved use, and researchers plan to utilize a control/comparison group and examine data longitudinally in future studies.

Successful Strategies

At URI, we have found a number of strategies that have been important to the success of the program. First, we had a trial period during the initial year of the program in which we experimented with different ways of getting students involved before fully implementing our program. Over time, program elements have been modified based on feedback from participants and site coordinators, observed trends in participation, and various evaluation techniques. Since Spring 2016, we expanded the program to include seven senior centers, one OLLI site, one Program of All-Inclusive Care for the Elderly (PACE) site, and two URI classes, and our discussion below includes best practices that we have learned including and beyond Spring 2016.

Second, we currently have a group of interdisciplinary faculty members and student leaders who provide training and support to the students. We found that holding an in-person training at the beginning of each semester helps ensure all student mentors understand their roles and responsibilities and that program expectations are explained in a consistent manner. This provides an opportunity for students to ask questions and exchange contact information, so they can rely on one another as resources. Faculty are able to justify the time spent on the program because it connects to their research agendas, teaching responsibilities, and can be used for placing students in experiential education. The departments that are involved are supportive of this venture.

Third, we work with the students to identify times each week they can hold sessions, and ask them to coordinate their availability with the site directors in advance. Using predetermined dates/times ensures that scheduling does not become overly burdensome for faculty. This also encourages professionalism in the students, as they are held accountable for any necessary modifications.

Fourth, while we provide students with teaching modules and resources to help with teaching technology, most of them prefer to tailor their content and approach to each participant. Having this content available, particularly when students first get started, is helpful for providing students with ideas on how to teach older adults about different programs and applications. Access to tablets is important, particularly at certain sites where participants may not have devices of their own. In general, most older adults bring their own devices because it is helpful to gain comfort in using them and then learn how to do this on their own, but students also bring their own devices as a way to offer suggestions for what works for them.

Fifth, accurate documentation of each encounter is important for the service learning aspect of the program. Students keep logs of their sessions, write reflections, and give presentations to their peers about their program experience. This ensures students understand the value of the program for their own learning, as well as why and how it can benefit older adults.

Last, it is imperative that each community partner is actively involved in making this program successful by advertising and recruiting participants (i.e., posting signs on and off site as well as announcing in any newsletters). Each site has a senior center staff member who develops sign-up sheets based on student availability, identifies a place where the students can meet with the older adults, answers any questions from the students or older adults, and stores program materials when not in use. Some sites have found it important for a staff member or volunteer to make reminder calls to participants to ensure attendance. It is also very important to have a reliable, fast Wi-Fi connection. When this is not the case, older adults can easily become frustrated and this can impact the experience, often out of the student's control.

Lessons Learned

As with any program, there are lessons learned from what has worked and pearls of wisdom that were not initially known. Most notably, we determined that one-on-one interaction between the two generations is ideal. We learned this in reviewing the qualitative data findings as well as in conversations with students during class and in meetings and conversations with staff at the sites and with older adults. Both generations wanted the one-on-one interaction so they could get to know one another because they appreciated the natural relationship that forms. Further, older adults valued that the program is individualized to their interests and abilities rather than provided in a class setting where content could not as easily be specifically tailored to meet individual needs. Overall, we have found there is genuine interest in this program across generations, and we have found that the program is best served in a small, personal setting.

We have enlisted the mantra of, “go with it and be flexible.” The need for flexibility and openness to new experiences among faculty and students mentors involved is imperative. In many situations, having the service learning framework in place allows learning to happen organically, and the flexibility encourages the student to engage in problem-solving and critical thinking in ways that would not happen without the program in place. Students learn, for example, that older participants may forget what has been learned previously or that questions may come up that are beyond their skill set, but that they can teach the skill again (or in another way), and they can learn together (e.g., search the internet, watch a video).

Ensuring the program is connected to students’ curriculum is also important. For example, pharmacy students in their first professional year (P1) are the ideal level for this program because they have not yet acquired the clinical skills to use at their experiential sites, but they can build patience, communication, and listening skills through program participation,

all necessary to work with older adults. As such, this program encourages pharmacy students to appreciate the importance of communication, and recognize that if they can teach an older adult how to use their tablet, they can better explain how to take their medication. Although it may not seem apparent, the same skillsets of patience and clear instructions are needed to do both of these things effectively. The program also works well for upper-level undergraduate students in the HDF and Sociology classes because it helps them more thoroughly understand scholarly concepts using real-world applications, such as aging-in-place, age segregation, productive aging, heterogeneity of the older adult population, and the importance of social support.

Study Limitations

We note some limitations related to the study design. First, we note our sample size limitations and recognize that the older adult sample is not representative of all participants in the program because some participants completed a shortened version of the survey and not every participant completed a pre/post survey. We also acknowledge limitations of the study due to missing data. For example, the amount of missing data on the social engagement measure for older adults may have affected its lack of statistical significance; therefore, we included effect size statistics to mitigate these potential Type II error concerns. Further, we cannot make causal claims about the program at this time because we do not have a control group and have not controlled for other internal validity issues. Similarly regarding students, we cannot fully attribute changes in scores to the program compared to course content or other classes, and we did not compare student scores across the different models due to small sample sizes. Future research will address these limitations through the use of incentives and comparison across models and to other programs across the country.

Conclusion

Based on our experiences and the research presented, we strongly believe that we have identified a valuable program that meets its objectives and is flexible enough to continue to meet the needs of students, older adults, and faculty involved. Faculty members can prepare students to work in aging-related fields and provide students opportunities for genuine interactions with older adults, bringing course concepts to light. Students may gain teaching, communication, and problem-solving skills, and older adults may gain confidence with technology and social connections. Universities and aging services organizations can utilize this model to design similar programs within their communities.

References

- American Society of Consultant Pharmacists. (2015). *Geriatric pharmacy curriculum guide* (3rd ed.). Alexandria, VA: Author.
- Andreoletti, C., & Howard, J.L. (2016). Bridging the generation gap: Intergenerational service-learning benefits young and old. *Gerontology & Geriatrics Education*.
<https://doi.org/10.1080/02701960.2016.1152266>
- Augustin, F., & Freshman, B. (2016). The effects of service learning on college students' attitudes towards older adults. *Gerontology & Geriatrics Education*, 37(2), 123-144.
<https://doi.org/10.1080/02701960.2015.1079705>
- Bringle, R.G., & Kremer, J.F. (2006). Evaluation of an intergenerational service-learning project for undergraduates. *Educational Gerontology: An International Quarterly*, 19(5), 407-416. <https://doi.org/10.1080/0360127930190504>
- Bringle, R.G., & Hatcher, J.A. (1996). Implementing service learning in higher education. *Journal of Higher Education*, 67(2), 221-239. <https://doi.org/10.2307/2943981>
- Charness N., Schumann C., & Boritz G. (2002). Training older adults in word processing: Effects of age, training technique, and computer anxiety. *International Journal of Technology and Aging* 5, 79-105.
- Chen, G., Gully, S.M., & Eden, D. (2001). Validation of a New General Self-Efficacy Scale. *Organizational Research*, 4(1), 62-83.
- Czaja, S. J., Charness, N., Fisk, A. D., Hertzog, C., Nair, S. N., Rogers, W. A., et al. (2006). Factors predicting the use of technology: Findings from the Center for Research and Education on Aging and Technology Enhancement (CREATE). *Psychology and Aging*, 21, 333–352. <https://doi.org/10.1037/0882-7974.21.2.333>
- Dorfman, L.T., Murty, S., Ingram, J.G., & Evans, R.J. (2003). Incorporating intergenerational

- service-learning into an introductory gerontology course. *Journal of Gerontological Social Work*, 39(1-2), 219-240. https://doi.org/10.1300/J083v39n01_18
- Enders, C.K. (2010). *Applied missing data analysis*. New York, NY: Guilford Press.
- Furco, A. (1996). Service-learning: A balanced approach to experiential education. In B. Taylor (Ed.), *Expanding boundaries: Service and learning*. Washington, DC: Corporation for National Service, pp. 2-6.
- Gardner, P.J. (2010). *Older adults and OATS computer training programs: A social impact analysis, Findings report*. New York: The New York Academy of Medicine, Division of Health Policy. Retrieved on September 27, 2017 from <https://oats.org/white-papers/older-adults-and-oats-computer-training-programs-a-social-impact-analysis-findings-report/>
- Gerontological Society of America. (2012). *Communicating with older adults, An evidence-based review of what really works*. Washington, DC: Author.
- Glass, T.A., Mendes de Leon, C.F., Bassuk, S.S., & Berkman, L.F. (2006). Social engagement and depressive symptoms in late life: Longitudinal findings. *Journal of Aging and Health*, 18(4), 604-628. <https://doi.org/10.1177/0898264306291017>
- Greene, D. (1998). Student perceptions of aging and disability as influenced by service learning. *Physical and Occupational Therapy in Geriatrics*, 15(3), 39-55. http://dx.doi.org/10.1080/J148v15n03_03
- Global Web Index. (2014). Age distribution of active social media users worldwide as of 3rd quarter 2014, by platform. In *Statista - The Statistics Portal*. Retrieved on May 18, 2017 from <http://insight.globalwebindex.net/social>
- Hampton, K., Goulet, L. S., Rainie, L., & Purcell, K. (2011). Social networking sites and our

- lives. *Pew Internet and American Life Project*. Washington, DC: Pew Research Center. Retrieved on June 10, 2017 from <http://www.pewinternet.org/2011/06/16/social-networking-sites-and-our-lives/>
- Hernandez, C.R., & Gonzalez, M.Z. (2008). Effects of intergenerational interaction on aging. *Journal of Educational Gerontology*, 34(4), 292-305. <http://dx.doi.org/10.1080/03601270701883908>
- Holley, K. A. (2009). Interdisciplinary strategies as transformative change in higher education. *Innovative Higher Education*, 34(5), 331. <https://doi.org/10.1007/s10755-009-9121-4>
- Karavidas, M., Lim, N. K., & Katsikas, S. L. (2005). The effects of computers on older adult users. *Computers in human behavior*, 21(5), 697-711. <https://doi.org/10.1016/j.chb.2004.03.012>
- Kaplan, M. (1997). The benefits of intergenerational community service projects: Implications for promoting intergenerational unity, community activism, and cultural continuity. *Journal of Gerontological Social Work*, 28(3), 211-228. https://doi.org/10.1300/J083v28n03_06
- Klein, J. T. (1990). *Interdisciplinarity: History, theory, and practice*. Wayne State University Press.
- Kolomer, S. R., Lewinson, T., Kropf, N. P., & Wilks, S. E. (2008). Increasing aging content in social work curriculum: Perceptions of key constituents. *Journal of Gerontological Social Work*, 48(1/2), 97–110. https://doi.org/10.1300/J083v48n01_07
- Laidlaw, K., Power, M.J., Schmidt, S., & the WHOQOL-OLD Group. (2007). The attitudes to ageing questionnaire (AAQ): Development and psychometric properties. *International Journal of Geriatric Psychiatry*, 22, 3670379. <https://doi.org/10.1002/gps.1683>

- Laguna, K., & Babcock R. L. (1997). Computer anxiety in young and older adults: Implications for human-computer interactions in older populations. *Computers in Human Behavior*, 13(3), 317-326. [https://doi.org/10.1016/S0747-5632\(97\)00012-5](https://doi.org/10.1016/S0747-5632(97)00012-5)
- Lasher, K.P. & Faulkender, P.J. (1993). Measurement of aging anxiety: Development of the Aging about Aging Scale. *International Journal of Aging and Human Development*, 37(4), 247-259.
- Loyd, B.H., & Gressard, C. (1985). The reliability and validity of an instrument for the assessment of computer attitudes. *Educational and Psychological Measurement*, 45(4), 903-908.
- Lubben, J., Blozik, E., Gillmann, G., Iliffe, S., von Renteln Kruse, W., Beck, J. C., & Stuck, A. E. (2006). Performance of an abbreviated version of the Lubben Social Network Scale among three European Community–dwelling older adult populations. *The Gerontologist*, 46(4), 503–513. <https://doi.org/10.1093/geront/46.4.503>
- McCrea, J. and Smith, T. (1997). Program profiles. In *Intergenerational programs: Past, present, and future*, Newman, S (Ed), 95–114. Washington, DC: Taylor and Francis.
- Meister, J. C., & Willyerd, K. (2010). Mentoring millennials. *Harvard Business Review*, 88(5), 67–72.
- Murakami, J., Lund, D.A., Wright, S.D., & Stephenson, M. (2003). Service learning in gerontology. *Gerontology & Geriatrics Education*, 23(3), 1-24. https://doi.org/10.1300/J021v23n02_01
- Murphy, W. (2012). Reverse mentoring at work: Fostering cross-generational learning and developing millennial leaders. *Human Resource Management*, 51, 549-574. <https://doi.org/10.1002/hrm.21489>

- National Association for Geriatric Education. (2013). Retrieved on May 18, 2017 from <http://n-age.org/>
- Natvig, D. (2007). Meeting intergenerational needs through service learning. *Educational Gerontology, 33*(7), 573-586. <https://doi.org/10.1080/03601270701410934>
- Neuman, W.L. (2011). *Social research methods: Qualitative and quantitative approaches*. (7th ed.). Boston, MA: Allyn & Bacon.
- Newman, S., & Hatton-Yeo, A. (2008). Intergenerational learning and the contributions of older people. *Ageing Horizons, 8*(10), 31-39.
- Newman, S., Faux, R., & Larimer, B. (1997). Children's views on aging: Their attitudes and values. *The Gerontologist, 37*(3), 412-417. <https://doi.org/10.1093/geront/37.3.412>
- Newman, S. (1997). *Intergenerational Programs: Past, present, and future*. Washington, DC: Taylor & Francis.
- Penick, J.M., Fallshore, M., & Spencer, A.M. (2014). Using intergenerational service learning to promote positive perceptions about older adults and community service in college students. *Journal of Intergenerational Relationships, 12*, 25-39. <https://doi.org/10.1080/15350770.2014.870456>
- Pillemer, K., & Suitor, J. J. (2002). Peer support for Alzheimer's caregivers: Is it enough to make a difference?. *Research on Aging, 24*(2), 171-192. <https://doi.org/10.1177/0164027502242001>
- Roodin, P., Brown, L. H., & Shedlock, D. (2013). Intergenerational service-learning: A review of recent literature and directions for the future. *Gerontology & Geriatrics Education, 34*(1), 3-25. <https://doi.org/10.1080/02701960.2012.755624>
- Rusnack, B. (Producer), & Cassaday, S. (Director). (2014). *Cyber-Seniors* [DVD]. Canada: The

Best Part, Inc.

Saltz, R. (1971). Aging persons as child-care workers in a Foster-Grandparent Program:

Psychosocial effects and work performance. *Aging and Human Development*, 2(4), 314-340. <https://doi.org/10.2190/AG.2.4.i>

Sessa, V. I., Kabacoff, R. I., Deal, J., & Brown, H. (2007). Generational differences in leader values and leadership behaviors. *The Psychologist-Manager Journal*, 10(1), 47-74.

<https://doi.org/10.1080/10887150709336612>

Singleton, J.L. (2006). Intergenerational service-learning. *Academic Exchange Quarterly*, 10(3), 6-15.

Spreitzer, G. M. (2006). Leading to grow and growing to lead: Leadership development lessons from positive organizational studies. *Organizational Dynamics*, 35, 305–315.

<https://doi.org/10.1016/j.orgdyn.2006.08.005>

Tavakol, M., & Dennick, R. (2011). Making sense of Cronbach's alpha. *International Journal of Medical Education*, 2, 53-55. <https://doi.org/10.5116/ijme.4dfb.8dfd>

Teater, B. (2016). Intergenerational Programs to Promote Active Aging: The Experiences and Perspectives of Older Adults. *Activities, Adaptation & Aging*, 40(1), 1-19.

<https://doi.org/10.1080/01924788.2016.1127041>

The Bernard Osher Foundation. (2005). Osher Lifelong Learning Institutes. Retrieved on May 18, 2017 from <http://www.osherfoundation.org/index.php?olli>

Timmermans, S.R., & Bouman, J. P. (2008). Seven ways of teaching and learning: University community partnerships at baccalaureate institutions. *Journal of Community Practice*,

12(3/4), 89–101. https://doi.org/10.1300/J125v12n03_06

Underwood, H. L., & Dorfman, L. T. (2008). A view from the other side: Elders' reactions to

- intergenerational service-learning. *Journal of Intergenerational Relationships*, 4(2), 43-60. https://doi.org/10.1300/J194v04n02_04
- Wang, D., & Chonody, J. (2013). Social workers' attitudes toward older adults: A review of the literature. *Journal of Social Work Education*, 49(1), 150-172.
- Wenger, E. (2005). *Communities of practice: Learning, meaning and identity*. New York, NY: Cambridge University Press.
- Wild, K. V., Mattek, N. C., Maxwell, S. A., Dodge, H. H., Jimison, H. B., & Kaye, J. A. (2012). Computer-related self-efficacy and anxiety in older adults with and without mild cognitive impairment. *Alzheimer's & Dementia*, 8(6), 544-552. <https://doi.org/10.1016/j.jalz.2011.12.008>
- Young, T. L., & Janke, M. C. (2013). Perceived benefits and concerns of older adults in a community intergenerational program: Does race matter?. *Activities, Adaptation & Aging*, 37(2), 121-140. <https://doi.org/10.1080/01924788.2013.784852>