

The Chinese University of Hong Kong The Nethersole School of Nursing

Cadenza Training Programme

CTP001: Successful Ageing and Intergenerational Solidarity

Chapter 3: Promoting Intergenerational Solidarity - theoretical and empirical evidence from family and social perspectives

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Lecture Outline

- 1. Introduce different terms for intergenerational solidarity.
- 2. Explain the importance of studying intergenerational solidarity.
- 3. Introduce a theoretical model of intergenerational solidarity and its applications in daily life.
- 4. Promote intergenerational solidarity from:
 - a family perspective
 - a social perspective



 Solidarity: doing something for someone else that is of benefit to others. (Kalmijn, 2006)

Intergenerational solidarity: any form of interaction between the generations within a family.

(Steinbach, 2007)



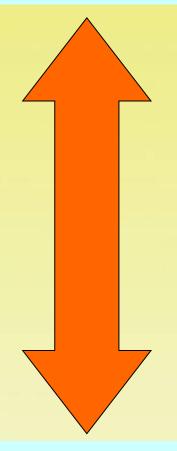
- Both directions:
 - upward

(from younger to older generations)

- downward

(from older to younger generations)

Older generation



Younger generation

The term "intergenerational solidarity"

 Intergenerational relationships play an important role in the general well-being of an older person.

(Silverstein and Bengtson, 1991)

 Intergenerational relationships are important components within the family, helping to strengthen cohesion within the family and enhancing social interaction.

(McChesney and Bengtson 1988; Silverstein and Bengtson, 1991)

The term "intergenerational solidarity"

Determined by the level of <u>family closeness</u> which includes:

- frequency of interaction
- amount of interaction
- amount of positive sentiment about family members
- level of agreement about values and beliefs
- degree to which services are exchanged
- degree of geographical proximity

(Quadagno, 1999)

The term "intergenerational solidarity"

- Different terminologies have the same meaning as intergenerational solidarity:
 - intergenerational support
 - intergenerational relationship
 - -intergenerational cohesion



Refers to:

- positive dimension of intergenerational relations
- "good old age"
- absence of conflict between parents and children or grandparents and grandchildren

(Bengston et al., 1996)



- Interest in intergenerational solidarity is triggered by numerous changes occurring in the family:
 - more women entering the workforce
 - fewer children in a family
 - bearing children at later ages
 - cohabitation
 - increase in divorce rate



(Bianchi et al.,2006)



Impact of changes on intergenerational solidarity

- more women entering the workforce
- fewer children in a family
- bearing children at later ages

- decline in fertility
- changes in flow of wealth, with parents investing more in children and their education

(World Youth Report, 2003)

Impact of changes on intergenerational solidarity

- § Cohabitation
- § High divorce rate

Childbearing outside marriage and divorce weakens ties between non-resident parents and children (Bianchi et al., 2006)

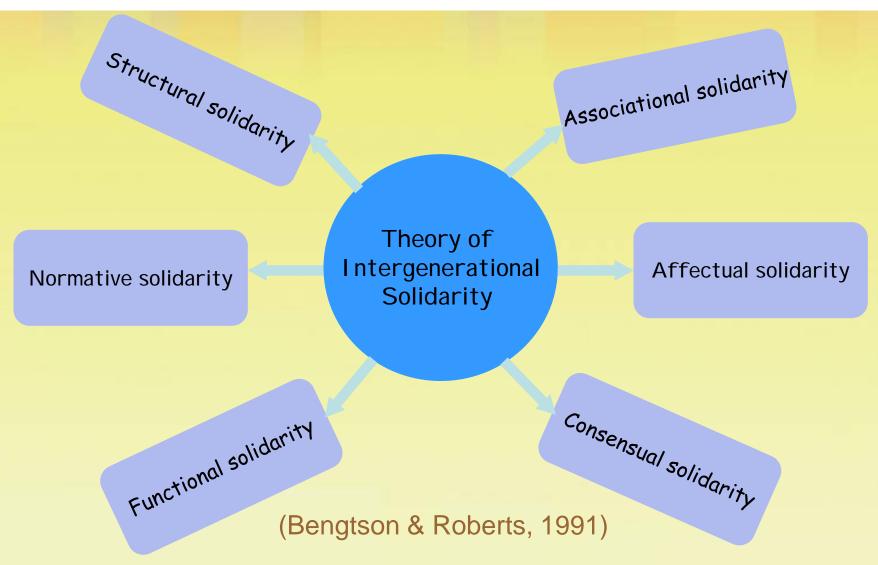
Theoretical model of intergenerational solidarity and its applications in daily life

Bengtson & Roberts (1991) Theoretical Model of Intergenerational Solidarity

- § a well-published and widely used theory
- § focuses on relations between adult children and their older parents.
- s consists of six elements



Six elements



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Frequency and patterns of interactions in various types of activities in which family members can engage

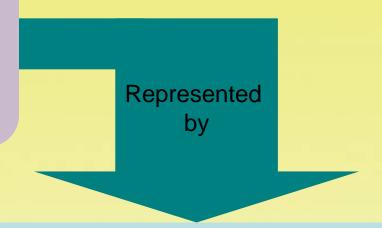
Represented by

Frequency and patterns of intergenerational interaction (i.e. every day, once a week, face-to-face, phone, mail between older parents and adult children)

Types of shared common activities (e.g. recreation, special occasions)

Theory of Intergenerational Solidarity — 2. Affectual Solidarity

Types and degrees of positive sentiments held about family members, and the degree of reciprocity of these sentiments



levels of affection, warmth, closeness, understanding, trust, respect & communication between family members

perceived reciprocity in positive sentiments among family members



 The degree of emotional closeness that is felt between grandparents and grandchildren.

Theory of Intergenerational Solidarity— 3. Consensual Solidarity

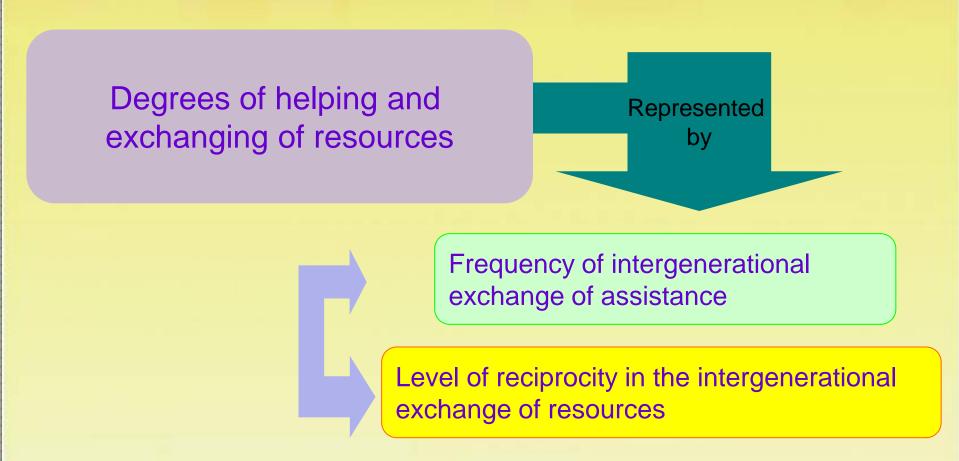
Levels of acceptance/similarities in values, attitudes and beliefs among family members



Intra-familial concordance among individual measures of specific values, attitudes and beliefs

Level of perceived similarities with other family members in values, opinions, attitudes and beliefs







Theory of Intergenerational Solidarity— 4. Functional Solidarity

- Exchange of assistance/ resources includes
 - house repair and gardening
 - shopping and transportation
 - household chores
 - personal chores
 - financial assistance
 - emotional support



Degree of commitment to undertake familial roles and familial responsibilities



Perceived importance of fulfilling the roles within the family and achieving role exchange between generations

Perceived strength of filial obligations



The following statements can be used to determine the level of commitment to filial responsibilities:

- adult children should live closer to their older parents to offer help
- adult children should be willing to sacrifice some of the things they want for their own children in order to support their aging parents
- older people should rely on their adult children to help them do the things they need to do
- parents are entitled to some return for the sacrifices they have made for their children



Opportunity for structuring intergenerational relationships as reflected in the number, type and geographic proximity of family members



Residential propinquity of family members

Number of family members

Health of family members



- Intergenerational structure:
 - the geographical distance between older parents and their children
 - close proximity facilitates intergenerational contact
 - the greater the proximity, the higher the level of association and mutual exchange of assistance
 - large distances inhibit interaction
 - geographical proximity is usually measured by the travelling time between parents and children

Summary

 The Theory of Intergenerational Solidarity reflects family relationships in two main dimensions:

- structural-behavioural
 - associational solidarity, functional solidarity, structural solidarity
- cognitive-affective
 - affectual solidarity, consensual solidarity, normative solidarity



It provides important insights on the definition of intergenerational solidarity and how to assess relationships within a family.

(Bengtson & Roberts, 1991)

The structure of intergenerational solidarity describes and demonstrates both the apparent and latent forms of solidarity.

(Silverstein et al, 1998)



Disadvantages of the theory

- **§** Lack of ability to explain or predict the interactions between intergenerational solidarity and the personal, familial and socio-cultural factors.
- § Unable to guide the prescription of interventions for promoting intergenerational solidarity.



- This report relates to intergenerational solidarity in the following ways:
 - examines the relationships between different dimensions of intergenerational solidarity and various demographic, familial and health related factors
 - compares the level of solidarity among five countries, based on the six dimensions of the Theory of Intergenerational Solidarity

(Katz et al., 2003)



OASIS Study

- Method (quantitative method):
 - cross-sectional study involving 5 countries: England, Israel, Spain, Norway, Germany
 - Randomly recruited 6000 aged 25+
 - 1200 participants from each country
 - 800 aged 25-74
 - 400 aged 75+



OASIS Study

Data collection:

- demographic data (gender, marital status, education, number of adult children, perceived financial status)
- ADL assessment: use of SF-36 Physical Health Scale
- assesses six dimensions of intergenerational solidarity

(Katz et al., 2003)

OASIS Study

Method (qualitative method):

- interviews with 50 pairs of parents and their adult children
- parents with health problems(10 in each country) are aged 75+
- qualitative interviews show how older people and their families in 5 countries manage and negotiate the changes associated with the onset of illness or disability in old age.

(Katz et al., 2003)



Areas to look at in qualitative interviews

- 1. Who the older person currently relies on for help and support (type of help, how help came about; mix between family; others, formal).
- How well the older person manages his/her life right now (views on maintaining independence; evaluations of current coping, met and unmet needs).
- 3. The format and frequency of celebrating a family event (prompts: how are events celebrated, how often, ways, who takes charge/ organises? Have things changed recently or has it always been like that? Views on family contact and times together).

Areas to look at in qualitative interviews

- 4. Change event (negative or critical change event; what happened; who was involved and why; how was it resolved; how did people get involved (choice/ preference/ default); ongoing issues resulting from event.
- 5. Conflict (experience of conflict; examples; reasons; manifestation; resolution/ ongoing strategies).
- 6. Mix of help received (prompts: satisfaction/ criticism of help received; gaps in help received; match of actual help to preferences; notions of duty and obligation to provide help formal/ informal).
- 7. Independence/ dependence: (prompts: views of coping; feelings about current levels of autonomy dependency; changes in continuity; future issues help seeking and likely preferences.



Results from qualitative data

The findings below from the qualitative interviews are the perceptions of older people when they experience a transition from good to poor health:

- they may decide to socialise less in order to preserve energy and remain independent in their own home
- they acknowledge that they may not be able to remain independent and reconstruct their ideas about autonomy
- they try to manage the changes and uncertainty. e.g. reorganise routines and basic ADL, family help-out, formal services
- they realise they may become ill or suffer further disruptions at any time



Results: Level of Associational Solidarity

Quantitative data

 assessed in terms of frequency of face-to-face contact between parents and children (by country)

	Norway	England	Germany	Spain	Israel
Several times a week	17.8%	23.5%	19.4%	32.7%	28.4%
Once a week	23.5%	28.0%	20.3%	25.4%	35.0%
TOTAL	41.3%	51.5%	39.7%	58.1%	63.4%



Results: Level of Associational Solidarity

Quantitative data

 assessed in terms of frequency of phone contact between parents and children (by country)

	Norway	England	Germany	Spain	Israel
Several times a week	30.7%	41.9 %	34.8 %	40.2 %	45.3 %
Once a week	27.2 %	21.5 %	24.8 %	19.1 %	13.2 %
TOTAL	57.9%	63.4%	59.6%	59.3%	58.5%



Results: Level of Associational Solidarity

- parents and children were more likely to contact each other by telephone.
- while phone contact between the two generations was comparable across different countries, obvious differences were noted in face-to-face contact (lowest in Germany and Norway)



Results: Behaviour Illustrating Associational Solidarity

- "I see them everyday because I say hello everyday before I go to work." (England, Israel)
- "I call them everyday and every weekend is our 'family day'." (England, Germany)
- "We go out and celebrate on many occasions like Christmas, New Year and birthdays." (All five countries)



Results: Level of Affectual Solidarity

Perceived emotional closeness between parents and children, by countries

	Norway	England	Germany	Spain	Israel
Extremely high	20.7%	29.7 %	11.8 %	12.2 %	47.5 %
Very high	50.8 %	46.6 %	35.2 %	55.0%	39.2 %
TOTAL	71.5%	76.3%	47.0%	67.2%	86.7%

Results: Behaviour Illustrating Affectual Solidarity

- general patterns of care and support
- accompaniment
- communication in day-to-day life
- don't always express emotions in words





Quantitative data

- expression of similar opinions / values between parents and children (by country)
- Spain excepted, most respondents (around 70-76%), reported similarities in opinions and values

	Norway	England	Germany	Spain	Israel
Extremely similar	6.4%	8.8%	6.6 %	1.6 %	17.9%
Very similar	22.8%	34.6%	23.4%	14.9%	20.6%
Pretty similar	46.2%	28.3 %	42.3 %	34.6 %	31.2 %
TOTAL	75.4%	71.7%	72.3%	51.1%	69.7%



Behaviour illustrating consensual solidarity:

- religious practices
- sharing similar religious values and beliefs in daily life





Results: Level of Functional Solidarity

Quantitative data

- percentage of older people who receive assistance from children (by countries)
- nearly a quarter of respondents receive help in at least one life domain

*Areas of assistance	Norway	England	Germany	Spain	Israel
All 6 areas	0%	4%	1 %	3%	2.6%
4 – 5 areas	6.9%	15 %	21 %	17 %	7 %
3 areas	15 %	17 %	19 %	12 %	11 %
2 areas	21 %	20 %	18 %	16 %	17 %
One area	27 %	20 %	21 %	25 %	31 %
TOTAL	69.9%	76%	80%	73%	68.6%

^{(*}The 6 areas: 1. Shopping and transportation; 2. Household Chores; 3. Personal Care; 4. House Repairing; 5. Financial Assistance; 6. Emotional Support)

Results: Behaviour Illustrating Functional Solidarity

- Exchange of assistance between older and younger generations in the following areas:
 - 1. shopping and transportation
 - 2. household chores
 - 3. personal care
 - 4. house repairs
 - 5. financial assistance
 - 6. emotional support

Results: Attitudes Illustrating Normative Solidarity

This dimension concerns such attitudes as:

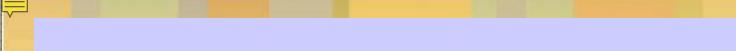
Adult children should live close to their older parents in order to offer better support to their parents.

Older people should be able to rely on their adult children for support and assistance.



Parents are entitled to some return for the sacrifices they have made for their children.

Adult children should be willing to sacrifice Some of the things they want for their own children in order to support their ageing parents.



Results: Level of Normative Solidarity

Quantitative data

- agreement with filial obligation norms according to countries
- Spain shows highest level of normative solidarity

	Norway	England	Germany	Spain	Israel
Strongly agree	5.2%	6.1%	8.2%	11.4%	6.6%
Agree	36.8%	29.5%	40.2%	50.1%	40.1%
TOTAL	42%	35.6%	48.4%	61.5%	46.7%



Results: Level of Structural Solidarity

Quantitative data

- distribution of geographic proximity between parents and children's place of residence, by country

Distance	Norway	England	Germany	Spain	Israel
Live together	4.5	8.9	8.4	22.9	4.0
< 10 minutes	18.5	16.4	17.0	19.1	13.7
10-29 minutes	31.5	33.2	30.1	24.8	39.1
30-59 minutes	17.3	13.4	18.4	17.6	22.0
1 - 2.9 hours	10.9	17.5	12.3	9.1	11.8
≥ 3 hours	17.3	10.6	13.9	6.6	9.3



- the incidence of living together was highest in Spain (~23%)
- the majority of people in all 5 countries live between 10 to 29 minutes apart
- people from Norway(17%) and Germany (14%) usually live 3 hours or more away from their parents

Results: Factors Relating to Intergenerational Solidarity

Main Effect	(1)	(2)	(3)	(4)	(5)	(6)	(7)	
Country	-	+	+	+	+	+	+	
Functional Health	-	-	-	-	-	+	-	
No. of children	-	-	-	-	+	+	-	
Gender	+	-	- 1	-	-	-	+	
Marital status	+	-		-	-	+	+	
Level of schooling	+	_	+	+		_	+	
Financial situation		+	+	-	_	-	-	
		Two Way	Interact	ions	Щ			
Country X Functional +								
Country X No. of children	+	-	-	+	-	-	-	
Country X Marital status	+	-	-	+	+	+	-	
Country X Level of schooling	+	-	-		= _	= ==	-	
Country X Financial situation	-	+	-	-	-	-	-	

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Results: Factors Relating to Intergenerational Solidarity

Remarks:

- + presence of significant correlation
- no significant correlation
- (1) Proximity (2) Affectual solidarity
 - (3) Consensual solidarity
 - (4) Associational solidarity face to face
 - (5) Associational solidarity phone or mail
 - (6) Functional solidarity
 - (7) Normative solidarity



Three key messages from OASIS study

1. Variations in intergenerational solidarity among different countries imply that this attribute may be influenced by the social-cultural context of a society.



Three key messages from OASIS study

- 2. Older adults who were female, widowed and had lower educational levels lived closer to their children and such geographic proximity may influence intergenerational solidarity.
 - Level of education: the lower the educational level, the stronger the associational, consensual, normative and structural solidarity.
 - Marital Status: widowed older adults reported higher levels of functional, normative and structural solidarity.



The higher the number of children an older parent had, the lower the level of support and accompaniment from each of them.
 Consequently, structural and functional solidarity levels were weaker.

Remarks:

- (1) The number of children classified into 4 groups in the research:
 - (1) none (2) one (3) two (4) three or above
- (2) The number of children is defined as the number of currently living biological, step and adopted children as well as children that grew up with the respondent.

What are the benefits of intergenerational solidarity?

For older people?

For young people?

For the community?

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What are the benefits?

For older people:

- purposeful life
- valued identity and role
- making a difference
- learning new skills
- confidence
- leaving a legacy



For young people:

- access to experience and history
- another connection
- acceptance
- impact and change
- a new difference
- extra resources
- time and commitment



What are the benefits?

For the community:

- build social capital and encourage participation
- better connections between all age groups
- values the contribution of all members
- less generational conflict and misunderstanding
- counter the ageism experienced by young and old



Promoting Intergenerational Solidarity: Family and Social Perspective

- **ê What does it mean?**
- ê What are the possible strategies?





Promoting Intergenerational Solidarity

It means promoting an informal interaction between the young and senior adults, whereby:

- generations continue to live in close proximity
- grandparent-grand-child relationship remains strong on the whole
- bonds have weakened in some countries because geographical distance has separated families

Promoting Intergenerational Solidarity:

Family perspective strategies

'Grandletters'
Grandparent Roles
Grandparenting Activities
Intergenerational Learning



Family Perspective Strategies – Grandletters

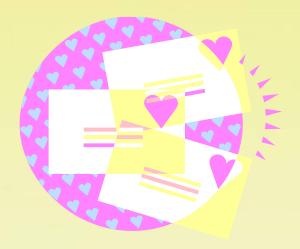
- Emphasise and strengthen the relationship between grandparents and grandchildren through the sharing of daily life events and expressions of feelings.
- Senior adults who wish to 'adopt a grandchild' may choose this method to achieve closer contact with the younger generation.

" Ohio Department of Aging (2008)"





- The programme encourages 10 letters to be exchanged between a senior adult and a child.
- Exchanging letters can increase understanding between the generations.
- " Ohio Department of Aging (2008)"





Family Perspective Strategies

Grandletters are exchanged on the following topics:

- 1. affection and friendship
- 2. family and heritage
- 3. generosity and love
- 4. responsibility and courage
- 5. respect for elders
- 6. honesty and commitment
- 7. helpfulness
- 8. competition and justice
- 9. conflict and violence
- 10. sadness and grief



" Ohio Department of Aging (2008)"

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Family Perspective Strategies

Evidence that grandletters strengthen bonds:

- Older adults gain satisfaction from knowing that their ideas are conveyed to the younger generation.
- Younger generation is open to sharing thoughts & feelings about their own issues / experiences and discover more about the senior adults.
- Build a closer relationship between grandparents
 & children.



Family Perspective Strategies: Grandparenting role

Role of a grandparent in a child's life:

- § keep in close contact and demonstrate commitment e.g. a weekend together, an afternoon play date, phone calls, find opportunities to bond
- sestablish ground rules
- § express love and show concern for the child's safety / well-being and pay attention to their needs and words



Promoting Intergenerational Solidarity: Family Perspective Strategies

Grandparenting Activities





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Grandparenting Activities

 Go outside: this generates lots of interesting things to talk about as children love the outdoor environment.

 Sight-seeing: good opportunity to share/exchange views and ideas



"Helpguide (2008)"

Grandparenting Activities

- Take a trip: Create special memories with the grandchildren. After travelling, make a photo album as a memento.
- Share interests: engage in hobbies and activities together and learn about each other. This provides an important bonding opportunity.

"Helpguide (2008)"

Grandparenting Activities

 Talk about work: pictures and stories about what the work was like.

 Review past experiences: share stories about what grandparents experienced when they were young.

"Helpguide (2008)"



Promoting Intergenerational Solidarity: Family Perspective Strategies

Intergenerational Learning

Skills transfer & social service programmes encourage intergenerational communications between the older and younger generations.

Promoting Intergenerational Solidarity:

Social Perspective Strategies

Horticultural activity
Lifelong learning
Volunteerism
Senior Citizen's Day



 youths learn from older adults with expertise in horticulture and benefit from help and guidance

 the middle generation acts as 'facilitators' or 'directors'

 older adults serve as 'teachers' or 'receivers' in the horticultural activities



" Ohio Department of Aging (2008)"

Thinking time...

How can horticultural activity promote intergenerational solidarity?

Write down yours answers before proceeding.



How can a horticultural activity promote intergenerational solidarity?

1...

 ⊕ The three generations are interdependent and gain valuable experience from involvement in the activity.

2...

ê The enjoyment of the activity and the interaction between the generations enhances the intergenerational relationship.

Example - Horticultural Activity

CHappy Farming ProgrammeC

- Aim: to strengthen cooperation and communication between the generations in a farming activity.
- ê This programme was conducted by Asia-Pacific Ageing Studies, Lingnan University and Institute of Humanities and Social Sciences in 2005.



Intergenerational Horticultural Activity

Intergenerational horticultural activity helps young and old people learn about each other and about plants. They enjoy the process of planting and share in the pleasure and satisfaction of harvesting the crops. It narrows the gap between young people and older adults and consequently enhances intergenerational relationships.

Read further details in newspaper articles at the following link:

http://www.cadenza.hk/training/ref/singtao.htm

("堋嫕聽瘏", 2006)



Social Perspective – Lifelong Learning

- Introduces elders to new learning experiences.
- Defined in a very broad sense and includes:
 - Cultural, sports, recreation, outdoor activities, hobbies, volunteer
 - activities, professional and vocational training.
- Implementation of University of Third Age (U3A) to achieve "lifelong learning".

The Hong Kong Council of Social Service. (2008)



More about Elder Academy

- EA was launched by The Labour and Welfare Bureau and the Elderly Commission in 2007.
- 78 elder academies have been developed in various districts and they are well received by elders.
- The Elder Academy Scheme has been extended to tertiary level. There are 7 tertiary institutions involved in the scheme at present.

Elder Academy

Elder Academy was established to serve the following purposes:

- 1. to promote life-long learning
- 2. to promote healthy physical and mental well-being
- 3. to realise the objective of fostering sense of pride in elders
- 4. to optimise existing resources
- 5. to promote harmony between elders and the young
- 6. to strengthen civic education
- 7. to promote cross-sectional harmony

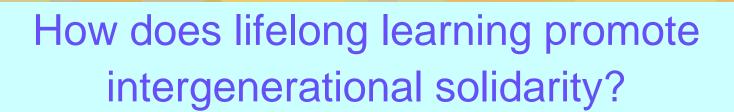
The following website contains extensive information about Elder Academy: (http://www.elderacademy.org.hk/)



Question time...

So how does lifelong learning promote intergenerational solidarity?

Write down four benefits.



- brings senior adult students into direct contact with children and youth
- introduces senior citizen students to various aspects of community life
- increases interactions between older adults and youths



• "live in the community, live in the group, live with young people, live in good health, live actively, live a cultural life, live with the family" (Setagaya Report, 1991, p.8)



- ▼ The driving force behind many intergenerational programmes, events and activities.
- Three types of school-based intergenerational programmes:
 - 1. senior adult volunteer programmes
 - 2. students volunteering to provide services for community-dwelling senior adults
 - 3. use of school facilities by senior adult groups and organisations

(Kaplan, Kusano, Tsuji, Hisamichi, 1998)

A Social Perspective – volunteerism

1. Senior Adult Volunteers in Schools

- senior adult volunteers make vital contributions to the educational and social development of students
 - e.g., intergenerational initiatives in some schools
- perform volunteer services in schools
 - examples of roles: educator, conveyor of culture, companion for school children and other youths

(Kaplan, Kusano, Tsuji, & Hisamichi, 1998)



A Social Perspective – volunteerism

2. Students as volunteers

- students volunteer to
 provide services for
 community-dwelling senior
 adults
- students create opportunities for senior adult residents in care homes to meet and interact with youths

(Kaplan, Kusano, Tsuji, & Hisamichi, 1998)

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A Social Perspective – volunteerism

3. Utilisation of School Facilities by Senior Groups and Organisations

- opens up school facilities to adults in the community, and develop curricular and extracurricular activities in the school setting, thereby integrating adults into the educational process of children and youths.
- promotes intergenerational interaction.

(Kaplan, Kusano, Tsuji, & Hisamichi, 1998)



A Social Perspective – Senior Citizen's Day

- It was established in 1979, Senior Citizens Day occurs on the 3rd Sunday of November every year
- Aims to raise public awareness and respect for older adults and promote the concept of "active ageing".
- This website contains extensive information about Senior Citizen's Day (http://www.hkcss.org.hk/el/scd2008/index.htm).



A Social Perspective – Senior Citizen's Day

 Every year HKCSS and NGOs in Hong Kong organize competitions to celebrate Senior Citizen's Day

E-card Design Competition

Slogan Competition

A Social Perspective – Senior Citizen's Day





A Social Perspective – Promoting Intergenerational Solidarity

 Promotion of intergenerational solidarity as mentioned in "Hong Kong Plan for Action on Ageing (Discussion Paper)" in April 2008

The Hong Kong Council of Social Service. (2008).



A Social Perspective – Promoting Intergenerational Solidarity

- The Elderly Commission aired the concept of intergenerational solidarity in 2006 to raise public awareness of the value of intergenerational relationships within the family and society.
- The following link is a promotional video produced by "Health, Welfare and Food Bureau, Elderly Commission, (2006)"

http://www.isd.gov.hk/chi/tvapi/06_hw48.html



Summary of this chapter...

You should now be able to:

- understand the importance of intergenerational solidarity
- use the model of intergenerational solidarity and apply it in daily situations
- know how to promote intergenerational solidarity from social and family perspectives to enhance intergenerational interactions

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