Other inter-generational programs have found that a relationship between the young and old can:

✓ Provide an opportunity for both to learn new skills
✓ Give the young and the old a sense of purpose
✓ Help the young understand and later accept their own aging
✓ Invigorate and energize older adults
✓ Help reduce the likelihood of depression in the elderly
✓ Reduce the isolation of older adults
✓ Fill a void for the young who do not have grandparents available to them
✓ Helps create a healthy foundation for the young to carry them for the rest of their lives