



Bridging Generations

**A CAMPAIGN TO CONNECT
CHILDREN, SENIORS AND
VETERANS AT PERLEY HEALTH**



Bridging Generations is a \$2 million fundraising campaign by the Perley Health Foundation to create innovative intergenerational programming at Perley Health and beyond.

Bridging Generations program isn't just about daycare spaces or another intergenerational initiative—it's one of



Canada's first purpose-built environments designed to foster daily, meaningful connections between children and seniors.

While many programs offer occasional visits or activities, Bridging Generations will create a community where relationships can grow naturally between generations.



**THROUGH PERLEY HEALTH'S KNOWLEDGE-SHARING
AND REAL-WORLD DEMONSTRATION SITE, OTHER LONG-
TERM CARE HOMES WILL LEARN HOW TO CREATE SIMILAR
INTERGENERATIONAL PROGRAMS.**

Benefits Across Generations

When children and seniors connect regularly, the results are profound.

Studies show that seniors in intergenerational programs experience improvements in mood, cognitive function, and overall well-being. Feelings of loneliness and isolation decrease, while social connections and sense of purpose increase.

For children, these relationships foster greater empathy, social skills, and a deeper understanding of the world around them.

Research from countries, including Australia, demonstrates the benefits of

intergenerational programs. Australian studies have shown positive outcomes for older adults and children, including improved social connections, reduced ageism, and enhanced learning opportunities.

Seniors report higher life satisfaction, while children show improved language development and emotional well-being.



**BY BRINGING THIS PROVEN MODEL TO CANADA, PERLEY
HEALTH IS HELPING BOTH GENERATIONS THRIVE TOGETHER.**

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It gives me pleasure and happiness to interact with these little ones and see how happy it makes them. It's nourishing for the soul.

~ Laura Boucher, Perley Health resident

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Thriving Together

When young children and seniors spend time together, there is an undeniable and heartwarming feeling for those lucky enough to witness it. While separated by age and life experiences, young children and older adults have so much to offer one another.

Veterans and seniors will experience increased engagement and a renewed sense of purpose and enjoy better physical and emotional health.

Meanwhile, children will gain confidence, social awareness, and emotional intelligence from meaningful connections with older adults.

Perley Health's intergenerational program will integrate therapeutic care and community engagement. It will also set an innovative and adaptable example for other long-term care and Senior Living providers. Unlike traditional intergenerational

programs where children and seniors might only interact occasionally, Perley Health will offer daily connections, making seniors and Veterans active participants rather than passive observers.

Perley Health residents will engage with children in various ways, from greeting them in the morning to assisting during activities, meal times, and outdoor walks.

With over a century of experience providing high-quality early childhood education, Andrew Fleck Children's Services is a trusted name in Ottawa. Their expertise in creating nurturing and stimulating environments for children makes them the ideal partner for Perley Health's intergenerational program.



Connected Moments

Picture a warm, sunlit room filled with laughter. In one corner, a Veteran gently guides a child's hand over a black-and-white photo, sharing stories of his youth while the child listens with wide-eyed wonder.

Across the room, a toddler's giggles fill the air as a senior plays peek-a-boo from behind a chair. Both erupt into infectious laughter. These are moments of pure connection—the kind that reminds us that joy knows no age.

A long-retired teacher enters the room and greets a young boy by name. The boy responds with a smile and a hug, happy to see his grand-friend again.

Seniors can enrich the early learning experience in many ways. They can provide

patient assistance and warm hugs, prepare engaging activities, and greet children enthusiastically.

Even seniors who prefer less interaction can contribute to the children's joy, perhaps by setting up a surprise pile of leaves for children to jump in or playfully greeting them.

In these simple, profound moments, children discover that older adults aren't so different from them, while seniors rediscover the spark of joy that comes from curiosity, connection, and love.



**THESE MOMENTS ARE FILLED WITH WARMTH, LOVE, AND
A DEEP SENSE OF BELONGING—THINGS ESSENTIAL FOR
ALL OF US, NO MATTER OUR AGE.**

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This partnership with Perley Health allows us to create meaningful, daily connections between children and seniors. It's a unique opportunity to improve both generations' well-being in joyful, therapeutic, and deeply human ways.

*– Kim Hiscott, Executive Director,
Andrew Fleck Children's Services*

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Enhancing Quality of Life

At Perley Health, care goes beyond the physical to nurturing the whole person. We believe emotional, spiritual, and social well-being are as vital as medical care.

Bridging Generations embodies this philosophy, creating a space where seniors can find renewed purpose and children can learn life's most valuable lessons—not from textbooks, but from real, human connection.

By bringing these two groups together more purposefully and consistently, Perley Health will create a community where shared stories, laughter, and learning flow naturally.

Children and seniors develop bonds that enrich their lives through arts and crafts, shared meals, storytime, and walks on the beautiful Perley Health grounds. Seniors feel valued again and find purpose in these daily interactions, while children gain confidence, empathy, and a broader understanding of the world around them.

In a time when so much of life can feel disconnected, this program will bring people together in the most beautiful and meaningful way possible.

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The intergenerational approach is a wonderful component that adds meaningful involvement and joy. Perley Health’s leadership and support is an excellent example for other communities to emulate.

*~ Eleonore Benesch, Executive Director (Retired),
Charlotte Birchard Centres of Early Learning*

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CAMPAIGN FUNDS WILL GO TOWARD CREATING PROGRAM ROOMS, ACTIVITY AREAS, AND OUTDOOR SPACES WHERE SENIORS AND CHILDREN CAN ENGAGE IN STRUCTURED AND SPONTANEOUS ACTIVITIES.

Expanding Warmth and Purpose

Bridging Generations isn't about adding a daycare to Perley Health—it's about building bridges between generations and creating a vibrant, connected community.

This program is designed from the ground up to foster meaningful, daily interactions between children, seniors, and Veterans. It's where laughter echoes, stories are shared, and lives are enriched on both ends of the age spectrum.

With your support, the *Bridging Generations* campaign will raise \$2 million to expand and transform Perley Health's intergenerational program. Your generosity will create a thriving community hub where all generations flourish.

With over a century of experience, Andrew Fleck Children's Services will manage and staff the childcare component. At the same time, Perley Health's expertise, enviable reputation and leadership in senior care ensure a seamless and enriching experience for all.

Campaign funds will go toward creating program rooms, activity areas, and outdoor spaces where seniors and children can engage in structured and spontaneous activities.

From crafting and storytelling to gardening and sharing meals, these spaces will be designed to remove barriers and unite the two generations in natural and impactful ways.

The Early Learning and Care Centre at Perley Health* will run seven days a week, from 6:30 a.m. to 5:00 p.m. and deliver mutual benefits:

Children gain confidence, social awareness, and exposure to different generations. Seniors enjoy a sense of purpose, companionship, and the chance to contribute.

Both groups experience vibrancy and a sense of community through these interactions.

**The program will be part of the Canada-wide Early Learning and Child Care program, commonly known as the "\$10 per day child care."*

Purpose-built spaces with thoughtful design elements will create a welcoming and inclusive senior environment:

- **Wider doorways to accommodate wheelchairs and scooters.**
- **Comfortable adult-sized furniture.**
- **Soundproofing and acoustic design.**
- **An accessible kitchen area for shared activities.**
- **A retrofitted cubby area where seniors can assist children with outdoor gear.**
- **Dementia-friendly design principles.**
- **A wheelchair-accessible washroom.**
- **Two outdoor Grand-Friends hangout zones.**



**WITH YOUR SUPPORT, THE BRIDGING GENERATIONS
CAMPAIGN WILL RAISE \$2 MILLION TO EXPAND AND
TRANSFORM PERLEY HEALTH'S INTERGENERATIONAL
PROGRAM.**

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By collaborating with Andrew Fleck Children’s Services, we’re not merely establishing a childcare program—we’re creating a vibrant intergenerational community of care where the young and the old find joy, purpose, and genuine connection.

*~ Katrin Spencer, Director, Strategy,
Partnerships and Growth, Perley Health*

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A Legacy Continued

At Perley Health, caring for Veterans has always been the core of our mission. We have built a community where those who served their country can live with dignity and respect and where their mental, physical, and emotional needs are met through innovative, compassionate care.

Perley Health's intergenerational program is a natural extension of that mission, allowing Veterans to share their stories, wisdom, and skills with the youngest members of our community, the very people that Veterans have protected for generations.

Perley Health's expanded intergenerational model will bring the vibrancy of youth to our campus and create an environment where all generations feel a sense of

belonging and connection. We believe this intergenerational care model and its life-enhancing benefits will inspire other long-term care homes and senior living communities across Canada.

Perley Health's Centre of Excellence in Frailty-Informed Care will explore research opportunities that will help validate the program's impact. Incorporating research underscores the importance of measuring outcomes and building a strong evidence base to support intergenerational care.

With your support, we'll transform lives here at Perley Health and create a research-backed model that could inspire similar programs across Canada.

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Perley Health has always been deeply committed to our Veterans. This program allows us to honour their service uniquely by connecting them with the future generations they helped protect. It's a beautiful continuation of their legacy.

*~ Delphine Haslé, Executive Director & Chief Development Officer,
Perley Health Foundation.*

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The Power of Relationships

In an increasingly digital and disconnected world, it can be easy to forget how much we need one another. The intergenerational program at Perley Health will serve as a reminder that a caring community is built through interpersonal relationships—through moments of warmth, laughter, understanding and shared purpose.

Seniors who once felt isolated now have another reason to smile each day. Children who may have limited interaction with older adults now see them as trusted friends, companions and sources of wisdom.

But beyond the data, the human stories genuinely show the impact. The friendships, the shared experiences, the smiles—these are the things that make life richer for both young and old.

Success will be measured by the quality of relationships built. This program will succeed when children know seniors by their names and vice versa, underscoring the fostered personal connections.



**SENIORS WHO ONCE FELT ISOLATED NOW
HAVE ANOTHER REASON TO SMILE EACH DAY.**

Meeting Community Challenges

The *Bridging Generations* campaign also addresses a critical community need in Ottawa: an extreme shortage of accessible, affordable childcare, especially for healthcare workers with irregular hours.

Perley Health's expanded intergenerational program will be integrated with 49 childcare spaces, focusing on serving the children of Perley Health staff. By prioritizing the children of Perley Health staff, especially those with irregular healthcare shifts, this program will address a significant challenge for the healthcare workforce —accessible childcare.

Having exceptional childcare and early education from a trusted provider on-site

will make Perley Health a more attractive employer, aiding recruitment and staff retention. **Healthcare workers, who often struggle with finding suitable childcare, will benefit from the convenience of having their children close by, contributing to work-life balance and a family-friendly work environment.**

The Bridging Generations campaign isn't funding a daycare, it's bringing to life a transformative experience where seniors and children grow together.

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Our dedicated staff are the heart of Perley Health. By providing them with accessible, high-quality childcare, we're not only supporting their families but also investing in the exceptional care our residents deserve.

~ Akos Hoffer, CEO, Perley Health

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PERLEY HEALTH'S EXPANDED INTERGENERATIONAL PROGRAM WILL BE INTEGRATED WITH 49 CHILDCARE SPACES, FOCUSING ON SERVING THE CHILDREN OF PERLEY HEALTH STAFF.

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Join Us in Bridging Generations

Through your generosity, children in this program will gain lifelong skills like empathy, patience, and respect—and, seniors will rediscover purpose, joy, and community.

For more information on how you can support the *Bridging Generations* campaign, please contact:



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