



Wellbeing Tips

Connecting and supporting across generations



Intergenerational connection

Having connections with peers close in age is incredibly important for physical, emotional, and mental health. But connection across generations matters just as much. Whether with family, friends, or people in the community, taking time to connect across age groups can improve wellbeing for everyone involved, offering a sense of purpose, support, & belonging.

Older generations can share stories, life experiences, and wisdom. Younger generations bring energy, new skills, and fresh perspectives. Together, these exchanges can help people navigate life's challenges, reduce feelings of isolation and loneliness, and strengthen resilience. Research shows that loneliness and isolation take a real toll on psychological and physical health, so these relationships can help buffer against those effects.

This is particularly relevant for the veteran community whether talking to family or others from the veteran community. Generations that have lived through and experienced defence life and challenges can provide support, understanding, guidance and feelings of connection that is hard to find within the wider community.

Here are some simple and achievable ideas to start building relationships across generations:

- Looking through old and new photographs together
- Sharing stories and experiences from both sides of the age spectrum
- Learning new skills from each other, such as technology, crafts, or cooking
- Attending community events and activities together
- Scheduling regular phone or video calls, or catch-ups
- Sharing common interests and passions

Connection doesn't have to look the same for everyone — what works will depend on the individual and the relationship. Even small moments can make a meaningful, lasting difference. Every conversation, shared story, and act of togetherness helps strengthen bonds between generations. By making time to connect, we can build a strong sense of belonging, support, and wellbeing for years to come.

This month, try reaching out to a family member or someone in your community, and spend time doing an activity or sharing stories and skills. You may be surprised by what you can learn from each other.