# REQUEST FOR IDEAS

## Connecting Generations, Strengthening Communities

# Overview

This Request for Ideas (RFI) seeks to identify organizations interested in implementing intergenerational programs in Central Texas. Funds can be used to launch new or expand existing intergenerational models that engage older adults to come together with younger generations to share skills, needs, and experiences with each other while also addressing critical community issues.

This RFI will allow organizations to submit a short one-page description of their program idea and an accompanying outline of the budget.

Projects eligible for funding under this RFI will fall into one of two categories:

- **Tier One – Innovation Grants**: These grants are for organizations who would like to implement intergenerational work to address any identified community issue. These grants will not require full-time staffing to carry out the intervention. The grant may include but not be limited to initial research, needs assessments, site visits to innovative intergenerational programs, project planning, marketing, programmatic costs, support for volunteers, and staff time. These smaller grants will provide one-time funding, for a 24-month period. Follow-up funding after the two-year grant period is not guaranteed, but may be considered.
  Maximum award per applicant: Up to $20,000 per year for 2 years.

- **Tier Two – Strategic Grants**: These larger grants are prioritized for organizations who would like to implement intergenerational work focusing on engaging older adults to support early childhood brain development, mitigate toxic stress experienced by low-income families with children, and/or for a project based in a rural community. These grants can cover the same expenses as listed above, but are expected to have a deeper programmatic component and thus may require more staff time or programmatic expenses. These larger grants will be one-time funding for 24-months. Subsequent funding is not guaranteed, but may be invited for ongoing re-procurement.
  Maximum award per applicant: Up to $100,000 per year for 2 years.

St. David's Foundation only expects to award a limited number of Tier Two grants. A larger number of Tier One grants will be awarded. Applications for Tier Two Grants will be much more competitive than Tier One applications.


## About St. David's Foundation
St. David's Foundation (SDF) is a health foundation funding in a five-county area surrounding Austin, Texas. Through a unique partnership with St. David's HealthCare, a Malcolm Baldrige award-winning hospital system in Central Texas, the Foundation reinvests proceeds from the hospital system back into the community, with a goal of building the healthiest community in the world. St. David's Foundation also operates the largest mobile dental program providing charity care in the country and runs the largest healthcare scholarship program in Texas.

For more information about St. David's Foundation, visit www.stdavidsfoundation.org.

# Funding Opportunity

## Rationale for Intergenerational Programs

Today there are roughly 200,000 people aged 65 or older living in the Foundation's five-county Central Texas area (Bastrop, Caldwell, Hays, Travis, and Williamson Counties). By 2050, that number will quadruple to over 800,000.[1] As this population grows, more older adults will be seeking ways to remain productive and connected to their communities. At the same time, younger generations can benefit greatly through the support, stimulation, and mentorship that older adults can provide. Indeed, a critical element of successful intergenerational programming is the concept of reciprocity — that older adults and youth serve as resources to one another. All of this points to the need for innovative and creative strategies to bring different age groups together in purposeful, mutually beneficial activities that can improve community cohesion, improve child well-being, and promote healthy outcomes for all ages.

Over three decades of research has led to compelling evidence of the effectiveness of intergenerational programs. We have learned that these programs can address specific targeted concerns, such as low literacy and caregiver stress, but also have broader personal impacts among individuals who participate, including reduced social isolation and improved self-esteem. Below are some key findings that demonstrate the impact of this work.[2]

**Older Adults** participating in intergenerational programs report:
- Enhanced life satisfaction (Fisher, 1995)
- Decreased social isolation (Bressler, 2001), (Short-De Graff & Diamond, 2006)
- Increased physical, cognitive, and social activity (Freid et. al., 2004)
- Fulfillment and a sense of meaning in one's life (Larkin, 2002)
- Belief that their knowledge and experiences are valued by others (Bressler, Henkin & Jackson, 2004)
- Development of new, meaningful relationships (Taylor and Bessler, 2000)
- Learned new skills (Rinck, Naragon, & St. Clair, 1995)
- Gained new insights about young people (Rinck, Naragon, & St. Clair, 1995)

**Children and Youth** participating in intergenerational programs report:
- Improved self-esteem and self-worth (LoSciuto et. al., 1996)
- Improved behavior (Newman, Morris & Streetman, 1999)
- Increase involvement in schoolwork (Brabazon, 1999)
- Improved academic performance (Turnbull & Smith, 2004)
- Greater levels of empathy, social acceptance and ability to self-regulate (Femia et. al., 2007)
- Higher personal/social developmental scores (Rosebrook, 2006)
- Enhanced perceptions of older adults, persons with disabilities and nursing homes in general (Heyman et. al. 2011)
- Social and emotional growth, including a deepened understanding of aging, older adults and dementia (Galbreith et. al. 2015)
- Social and emotional competencies, such as empathy, patience and problem-solving (Holmes, 2009)

**Families** participating in intergenerational programs report:
- Being connected to dependable support systems (Osborne & Bulluck, 2000), (Power & Maluccio, 1999), (Rinck & Hunt, 1997)
- Increased sense of self-confidence and self-efficacy in parenting (Bridge Meadows, 2016)
- The vast majority of parents believing that the intergenerational program is beneficial for their children (Jarrott & Bruno, 2007).

1. Texas Demographics Population Projections Program
2. Source documents for these findings can be found from Connecting Generations, Strengthening Communities: A Toolkit for Intergenerational Program Planners (Bressler, Henkin, and Adler, 2005) and All in Together: Creating Places Where Young and Old Thrive (Generations United and Eisner Foundation, 2018).

## Examples of Program Models

Intergenerational Programs bring older and younger age-groups together to address a particular social issue – there is almost no limit to what programs can address. In some cases, the need focuses on youth, with older adults providing a service to address that need. In other cases, the roles are reversed by youth addressing a need facing older adults. In either case, reciprocity exists through the value of either giving or receiving a service and engaging with the other generation. In some cases, a shared site or shared activity can address needs of both age groups. This distinction allows us to categorize programs into one of three classifications:

1. **Older Adults in Service to Youth and Families**
2. **Youth in Service to Older Adults**
3. **Young and Old in Collaboration**

Within each classification, there are extensive examples of what programs can look like. The examples listed below are illustrative cases to help build understanding of the program framework, but are not an exhaustive list of potential intergenerational program objectives.

### Older Adults in Service to Youth and Families

- Supporting early childhood development in child care
- Supporting children living in the foster care system
- Supporting children who have a parent incarcerated
- Supporting "grandfamilies" who have stepped up to care for children when parents are unable to do so
- Helping provide afterschool care for working families
- Supporting literacy in schools through reading programs
- Working with immigrant students to build fluency in English
- Mentoring adjudicated youth within the juvenile justice system
- Working with teen parents to support their employment, education, and childcare and parenting skills

### Youth in Service to Older Adults

- Matching young volunteers with older, homebound adults for ongoing friendly visits, or basic home maintenance and safety checks
- Recruiting college-age students to offer respite care for families caring for elderly members
- Tapping young adult volunteers to provide car rides for older adults in need of transportation
- Engaging youth in food preparation, meal delivery and congregate meal programs
- Enlisting youth in teaching computer literacy programs for older adults and providing hands-on assistance with smart phones, tablets and other devices

### Young and Old in Collaboration

- Co-locating a pre-school or daycare facility with a senior activity center or other aging services facility
- Offering affordable housing for college students by being a housemate with an older adult or living in a senior living facility
- Implementing workforce development programs that foster an exchange of expertise between generations
- Developing arts-based programming that allows all ages to engage in a creative process together
- Coordinating oral history projects where young students learn about an older adult's lived experience and document it as part of their education
- Engaging in a community service project together (such as a community garden, a community needs assessment, or an environmental monitoring program)

## Funding Priorities
This funding opportunity seeks to bring older adults and younger generations together. St. David's Foundation is particularly interested in funding interventions that serve historically underserved populations and low-income communities.

### Tier One – Innovation Grant
Applications can propose any intervention that offers support services and/or meaningful interaction between older adults and a younger population. While any proposed intervention will be considered, St. David's Foundation will prioritize applications that address one or more of the 13 focus areas that it supports. A complete list of the St. David's Foundation's 13 focus areas can be found at: https://stdavidsfoundation.org/grantmaking/strategic-priorities/ .

### Tier Two – Strategic Grants
Applications must propose interventions that seek to address at least one of the following two goals:

1. **Engaging older adults to support early childhood brain development or mitigate toxic stress experienced by low-income families with children**.
   More information on St. David's Foundation's work to address childhood adversity can be found at:
   https://stdavidsfoundation.org/grantmaking/strategic-priorities/healthiest-people/childhood-adversity/

2. **Engaging rural communities to build and empower capacity to address their own wellness issues**.
   This work would occur in Bastrop, Caldwell, Hays or Eastern Williamson Counties.
   More information on St. David's Foundtion's work to support rural communities can be found at:
   https://stdavidsfoundation.org/grantmaking/strategic-priorities/healthiest-places/rural-communities/
   *Tier Two applications that do not seek to address either childhood adversity or rural communities work will not be prioritized for funding.*

# Proposal Submission Guidelines and Specifications

## RFI Applicant Eligibility

- The lead organization/applicant must be a tax-exempt 501(c)(3) nonprofit organization or a public entity.
- This opportunity is open to organizations working in Central Texas (Bastrop, Caldwell, Hays, Travis, and Williamson counties).
- Organizations with existing St. David's Foundation funding may apply.
- Collaborations are welcome. However, a single applicant must serve as the lead organization and hold financial responsibility for the grant funds and overall project management. The lead organization may subcontract with collaborators or other entities.
- Organizations that exclude participants or job applicants on the basis of race/ethnicity, religion, or sexual orientation are not eligible for funding.

## To Submit an RFI Response

- **Applications must be submitted to the Foundation by 5 p.m. Central Time Friday, October 18, 2019**. Late applications and applications that do not conform to the requirements described below will not be accepted.
- **Click here to submit an RFI online.**

Projects eligible for funding under this RFI fall into one of two categories:

### Tier One – Innovation Grants

- Maximum Award per applicant: Up to $20,000 per year for 2 years.
- Can propose any intervention that offers support services and/or meaningful interaction between older adults and a younger population

### Tier Two – Strategic Grants

- Maximum Award per applicant: Up to $100,000 per year for 2 years.
- Can propose any intervention that engages older adults to support early childhood brain development, mitigate toxic stress experienced by low-income families with children, and/or for a project based in a rural community.

Grant Term: 2 years.  The funding period for grants will run from January 1, 2020 to December 31, 2021.

## Required Proposal Information

**A. Applicant Information (Submitted online):**

**B. Request Information (Submitted online):**
1. Tier One or Tier Two application? (drop down menu)
2. Category of Program Model (drop down menu: Older Adults in Service to Youth; Youth in Service to Older Adults; Young and Old in Collaboration)
3. Total requested amount for 2-year period
4. Geographic focus (Bastrop, Caldwell, Hays, Travis, and/or Williamson counties)

**C. Project Overview (Submitted online)**
1. Problem Statement: What issue or need does your application propose to address? (200 words maximum)
2. Intervention Description: How will your organization unite multiple generations to address this issue? (300 words maximum)
3. Impact: What do you hope to achieve through the implementation of this grant? (200 words maximum)

**D. Budget (Attachment Submitted online):**
1. Project budget (use template provided)

**E. Non-Profit Status (Attachment Submitted online):**

## Timeline

**RFP Release Date**                                   September 25, 2019

**Intergenerational Information Session**              September 30, 2019
(attendance is optional but encouraged)
      <u>Location</u>: St. David's Foundation
            1303 San Antonio Street, 6th Floor – Innovation Center
            Austin, Texas

      <u>Time</u>:      9:00 a.m.-10:00 a.m.: Presentation of RFI, Q&A Session
            10:00 a.m. - 11:30 a.m.:  Optional private "Office Hours"
            with opportunity to ask questions about potential application

            Optional screening of "The Growing Season." This 70-minute
            documentary film examines a long-term nursing and assisted
            living home in Seattle that is also home to a preschool. It
            offers an intimate glimpse into a world where the very young
            and the very old learn and grow side by side

            Registration required via email to: <u>events@stdavidsfoundation.org</u>

**RFI Response Due Date**                              October 18, 2019, 5 pm CST
*Late applications will not be considered*

**Notice of Decision**                                 October 25, 2019

**Invitation to Submit Full Proposal**                 October 25, 2019
*If applicable*

**Full Proposal Due Date**                             November 22, 2019, 5pm CST
*Late applications will not be considered*

**Notice of Full Proposal Decision**                   Late December 2019

**Program Start Date/Grant Period**                    January 2020
                                                                                            2-year grant period

**Intergenerational Grantee Meetings**                 Half-day meetings will occur
                                                                                            twice annually. First meeting is
                                                                                             February 2020.

## Foundation Contacts for this RFP
**Programmatic Questions.** Questions regarding the intent of this RFI or applicant eligibility may be directed to
Andrew Levack, Senior Program Officer, <u>ALevack@stdavidsfoundation.org</u>

**Technical Submission Questions**. Technical questions related to the online application submission may be directed to
Vanessa Rocha, Grants Coordinator, <u>VRocha@stdavidsfoundation.org</u>

# Intergenerational Program Resources

Organizations interested in this funding opportunity may wish to explore the following resources.

Generations United: https://www.gu.org/

Gen2Gen: https://generationtogeneration.org/

Eisner Foundation:  http://eisnerfoundation.org/

Intergenerational Strategies Program Guide from Grantmakers in Aging:
https://www.giaging.org/issues/intergenerational-strategies/

Connecting Generations, Strengthening Communities: A Toolkit for Intergenerational Program Planners:
https://dl.pushbulletusercontent.com/j9cvxu6SGlCucvAOE9NcFLlBuxNXDZpL/Connecting%20Generations.pdf

National Center on Grandfamilies: http://www.grandfamilies.org/

Role of Social Connections in Family Outcomes:  Social Networks Make A Difference.  Annie E. Casey Foundation.   2007.
https://www.aecf.org/m/resourcedoc/AECF-SocialNetworksMakeaDifference-2007.pdf