



INTEGRITY: INTERgenerational intervention
to Reduce frailTY trial – May 2024



The George Institute
for Global Health

Facts:

- Achieving the best possible outcomes for our aging population is important. Older adults are the fastest-growing sector of society, up to 60% have some level of frailty and around 10% of those aged 65 and over have a diagnosis of dementia.
- Intergenerational practice offers a unique and fun multi-domain risk reduction intervention targeting physical, cognitive and social domains. Intergenerational programs are growing in popularity but evidence is lacking.
- The INTEGRITY trial is the first robust controlled clinical trial to evaluate the impact of intergenerational programs on health in the community.

Project Cycle:
2023–2025

Partners:
The George Institute, Australia
UNSW Sydney, Australia

Supporters:
The George Institute
for Global Health
National Health and Medical
Research Council (NHMRC),
Australia

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Background:

- We are now living longer, but older age can also be accompanied by poorer health. Although most older adults reside in the community, families are often geographically dispersed and up to 40% of older adults live alone.
- Frailty, defined as having an increased vulnerability, and dementia or cognitive decline are more common at older ages and often result in heightened care requirements and transition to aged care.
- Multi-domain risk reduction is now the leading community-based approach to dementia and frailty risk reduction.
- Intergenerational practice represents a novel and fun approach to a multidomain intervention and is one that could be delivered sustainably in communities.

Aims:

- To determine if a community-based intergenerational program is effective in reducing older adult frailty, improving older adult quality of life, and improving preschool age child developmental skills.

Methods:

- Our evaluation will focus on measuring the long-term effects on both older adults and children, examining outcomes in physical, emotional, social and cognitive aspects in older adults and developmental skills in children.
- This study is a cluster-randomised clinical trial bringing community-dwelling older adults and preschool children together in 44 preschools, with around 10 adult and 10 child participants in each.
- The trial intervention consists of 20 weeks of intergenerational sessions with one two-hour session per week.

Impact:

- If successful, this trial will deliver a new sustainable approach to reducing frailty and protecting cognition in community-dwelling older adults.
- It will also deliver new sustainable methods to support child readiness for the important transition to school.
- The community-embedded and co-designed approach means the intervention is highly translatable to communities in Australia and beyond.
- If the approach shows benefit, it has the potential to make an immediate impact on health.

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