

**Outcome of conversation:**

**Grainne, Margaret H & Margaret N**

- Both Margarets talked about how very grateful they are to be living in the care home.
- Use of technology to keep in touch has been a blessing for some but a challenge for others. Both Margarets felt that this was a great opportunity for them to keep connected but for Grainne it was just a reminder of the distance between her and others.
- All shared concerns about what life would be like in future and that some kind of separateness would continue to have an impact.

“ I feel disconnected from people when I see them online rather than connected. It’s really hard to keep motivated when your bedroom is the place you learn, socialise and sleep ”

Grainne



“ It looks like people are going to have to wear masks and distance for a long time. We’ll have to be really careful in future ”

Margaret H & Margaret N

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**National Intergenerational Week**

**2021**

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The Commissioner for Older People for Northern Ireland and The Northern Ireland Commissioner for Children and Young People have brought together younger people and older people to work on an oral history project. National Intergenerational Week runs from 08-14 March, 2021. Conversations between older and younger people highlight the common aspects of dealing with the Covid-19 pandemic.

Older and younger volunteers from different areas of Northern Ireland were paired for conversations about their experience of dealing with the pandemic. Discussions included challenges over the past year, positive moments in the midst of adversity, and what each participant hopes for the future beyond Covid-19.

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### Outcome of conversation: Aideen & Samuel

- Both missed seeing friends and family. Samuel found it hard when visiting was stopped at the beginning of the pandemic
- They felt the news was confusing and contradictory at times. Samuel felt the news was frightening to older people.
- Samuel is fearful of IT due to risk of scams. Aideen uses IT regularly and to keep in touch with friends. Samuel is now receiving training on use of IT.
- Samuel is usually not easily bored but at times found himself having to get and do something like read a book as he was getting bored.
- Aideen was disappointed that school cut out some sections of coursework- stuff that students enjoyed.
- Both value the time spent with people more and are looking forward to things getting back to normal in the near future.
- Both spoke about the difficulties faced by one another. Samuel acknowledged how tough it would be doing school work at home. Aideen acknowledged how difficult it has been for some older people who were completely isolated.

“ I value the time I spend with people more ”  
Aideen



“ [In the future, I'm looking forward to] Meeting people and going up and shaking somebody by the hand... a very very simple thing ”  
Samuel

### Outcome of conversation: Conall & George

- Conall faced challenges relating to school, exams and grades whilst George missed taking part in older people's groups and travelling to visit family.
- Both missed seeing family. Conall unable to visit grandparents and George unable to visit grandchildren.
- Both felt there was lack of seriousness about the pandemic at the beginning. George felt people didn't understand the impact it would have on care homes.
- George feels anxious about how the future will pan out and isn't as confident about as he was previous to the pandemic. Conall feels there is uncertainty around going to university if teachers were to predict grades again.
- Both spoke of the alternative ways of connecting with others. George feels a lot of older people were fast tracked into using technology with churches also having to think of new ways of connecting with people.
- Conall spoke with grandparents over the phone and overall feels the experience of the pandemic will unite people as they are going through it together.

“ Taking part in this project is the most productive thing I've done all lockdown ”  
Conall



“ I walk 10,000 steps everyday ”  
George

### Outcome of conversation: Taisie & Carol

- Both felt loss of sense of community and connectedness of people being friendly on the street and the sense of mistrust there appeared to be between people.
- Both spoke about the importance of pushing themselves not to get into a rut and keep connecting with people.
- Carol talked about how she became more isolated after she broke her arm in January and couldn't get out for her usual walks. This made her more aware of people living alone and a sense of responsibility to connect with them.
- Taisie talked about how she found it hard to socialise with friends online as she and her friends all felt very tired and unmotivated.
- They both shared concerns about what would happen in the future. Would things ever really get back to normal and would they be able to interact with others in the same way they used to.
- Both were happy to see that people out and about, are starting to lose that sense of mistrust, and regain that natural friendliness of greeting each other as they pass.

“ It's a bit like groundhog day so it's hard to motivate yourself to get out for that walk or try something new ”  
Taisie



“ How will we really ever relax after this – will I even be able to manage to entertain again ”  
Carol