Positive Ageing Digital Storytelling Intergenerational Program
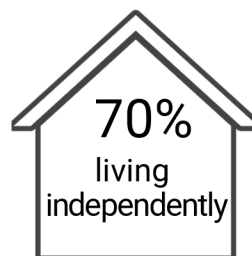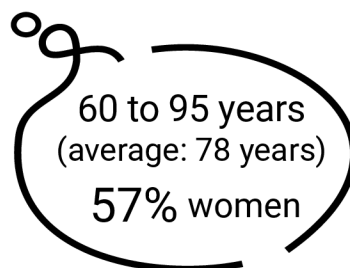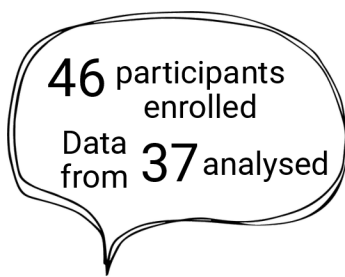
Research Project Summary

Swinburne University Human Research Ethics Committee (SUHREC) | Project No. 20215779-7959

Project Overview

The Positive Ageing Digital Storytelling Intergenerational Project (PADSIP) aims to foster intergenerational connections and enhance the wellbeing of older adults through digital storytelling. Participants from different generations collaborated to create digital stories reflecting on life experiences, community history, and personal growth. The project sought to combat social and generational isolation, ageism, and celebrate life stories.

Participant Details | Who was involved

46 participants enrolled
Data from **37** analysed

60 to 95 years (average: 78 years)
57% women

70% living independently

60% born in Australia

Methodology | What we did

Program Duration: Programs ran between 6 to 14 weeks, with weekly sessions held mostly in-person at schools or aged care facilities.

Session Format: Weekly sessions involved group discussions, digital storytelling workshops, and intergenerational sharing.

Participants completed **surveys** before and after the program to measure wellbeing, loneliness, sense of being understood, and program satisfaction.

Interviews or focus groups explored participants' experiences, perspectives, and perceived benefits of the project.

Findings | What we learnt

On average…

Attendance: Participants attended **94%** of sessions

Completion: **All** completed a digital story

Program Satisfaction: **4.3** / 5

Valued Activities:
✓ Reflecting & reminiscing
✓ Exchanging life stories
✓ Connecting with young people, breaking down stereotypes and building mutual understanding

Increased identity validation
An increased experience of feeling understood and accepted for who you are by others, thereby affirming one's sense of self.

Wellbeing improvements:
Positive trends in mood, loneliness, and life satisfaction (not statistically significant).

Implications & Recommendations | What next?

- PADSIP demonstrates the potential of digital storytelling to promote positive ageing, intergenerational understanding and reduce social isolation.
- The project highlights the importance of providing older adults with opportunities to engage in meaningful activities and connect with younger generations.

Recommendations include:

Further research to explore long-term benefits and to expand the program to more settings.

Sharing PADSIP's best practices with other organisations.

(Toolkit coming soon - watch this space!)

Developing sustainable funding models to support intergenerational programs.

Conclusion

PADSIP successfully created a space for older and younger generations to connect, learn from each other, and improve their wellbeing through digital storytelling. The project's findings underscore the value of intergenerational programs and the potential of digital storytelling to empower older adults, serving as a model for future initiatives aimed at fostering social inclusion and promoting positive ageing.

For more details...

Published article:

Please refer to the published study in the Australasian Journal on Ageing:
Lee, L. Z. Y., Den Dulk, T., Silver, M., & Bhar, S. (2025). Feasibility, acceptability and preliminary effectiveness of an intergenerational digital storytelling program for improving identity validation and generativity in older adults. Australasian Journal on Ageing, 44(2), e70021.
https://onlinelibrary.wiley.com/doi/10.1111/ajag.70021

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THANK YOU for being a part of this project, and joining the PADSIP family.

Best wishes,
The PADSIP Team
(Mark, Therese, Lysha, Sean, Craig, Philippe, Bronwyn & Deb)