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Aims

Methods

This study aims to investigate both **social exclusion** and **inclusion** amongst South Asian older people aged 65+ in the Black Country, West Midlands and explore whether **intergenerational practices** can help in encouraging inclusion.

Introduction



Interviews with:

- South Asian adults aged 65+ in the Black Country, West Midlands to assess their social interactions within the community.
- Professionals who offer services to this age group to identify the current opportunities, limitations/ issues will be done.



Intergenerational Workshops with South Asian adults 65+

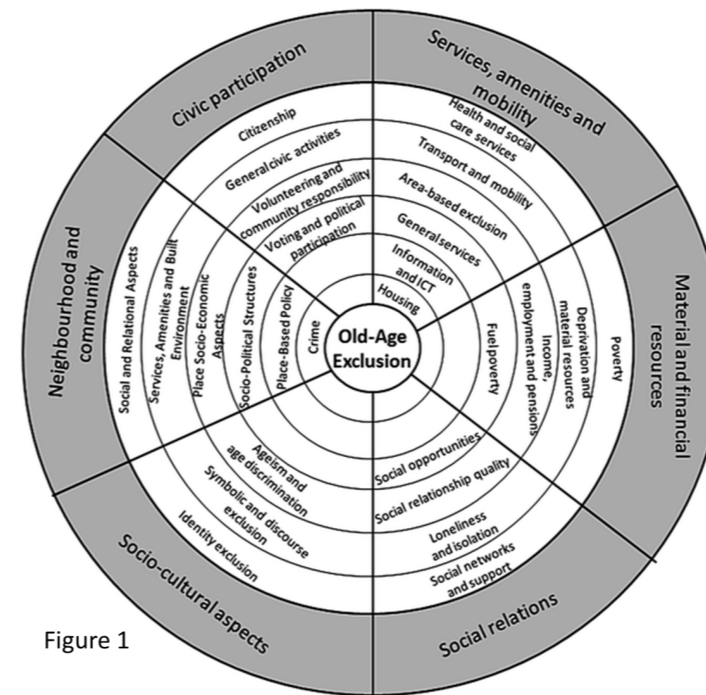


Figure 1



- Social interactions are important for human physical and mental health in all different types of ethnic groups, social status, gender, disability, religion, or age [1].
- **Social exclusion** is when individuals or certain groups are separated from society due to many factors such as discrimination or lack of resources [2, 3].
- **Social inclusion** is a process that helps people to participate within society, regardless of their differences. It helps people who are most likely to be at risk of loneliness, social exclusion to have the opportunity and appropriate resources to be included within society [4].
- Individuals aged 65 years old and over has increased to 11 million in England and is predicted to increase in the next 10 years [5].
- This age group is more likely to be affected by social exclusion due to many different factors including loneliness, ageism, increase of complex technology and/ or poverty (see figure 1) [6].
- This study will focus primarily on Pakistani, Indian and Bangladeshi South Asians aged 65 years old and over. There has been an increase in this group within the Black Country, West Midlands. Research suggests that these groups are more likely to experience barriers such as exclusion due various reasons including cultural differences, language barriers, loneliness, poverty and lack of opportunities.[7,8].
- **Intergenerational practices** involve the gathering of different age groups to help bring those that face social exclusion to have social inclusion [9,10].
- Studies have shown that the practice of intergenerational activities have shown benefits such as:

Reducing ageism,

Exchange of knowledge and skills across all age groups

Increase mental wellbeing,

Reduces social isolation and loneliness,

Reduces social isolation and loneliness,

Sharing experiences that can build diverse friendships between generation

Builds new opportunities

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