

# Variations in Benefits of Intergenerational Tutoring in the “New Normal”

Sun, P. C., Morrow-Howell, N., Click, M., Minch, K.

### INTRO

This study explored variations in self-perceived benefits of intergenerational tutoring. The study’s sample consisted of 329 older adults who tutored children in-person in the 2021-2022 school year in the Oasis Intergenerational Tutoring program. Due to the COVID-19 pandemic, some of the respondents had experienced a period in which volunteering was remote, virtual, or not possible.

### METHODS

Demographic information was collected in a fall pre-test survey, identifying first-time volunteers (first time volunteering in ten years), caregivers (100 or more hours in the last two years helping someone who needed assistance), and male volunteers. Self-perceived benefits of tutoring (physical, emotional, and cognitive health, increased social activities, use time more productively, contribute to the well-being of children, and feel better about myself) were collected in a spring post-test survey.

### RESULTS

- Being a first-time volunteer was significantly associated with improved health ( $X^2 = 4.86$ ,  $p = 0.027$ , Cramer’s  $V = 0.12$ ), even after controlling for baseline self-reported health ( $p = 0.020$ ). A larger proportion of first-time volunteers (40.4%) reported improvements in at least two areas of health (physical, emotional, and cognitive) due to their involvement in the intergenerational tutoring program, compared to non-first-time volunteers (15.5%). There were no significant differences in perceived benefits for caregivers or males.

### DISCUSSION

These findings suggest that targeting non-volunteers for involvement in tutoring programs may maximize health benefits of engagement. Specifically targeting males and caregivers may not be necessary, given that they benefit similarly to other populations.

### FUNDING

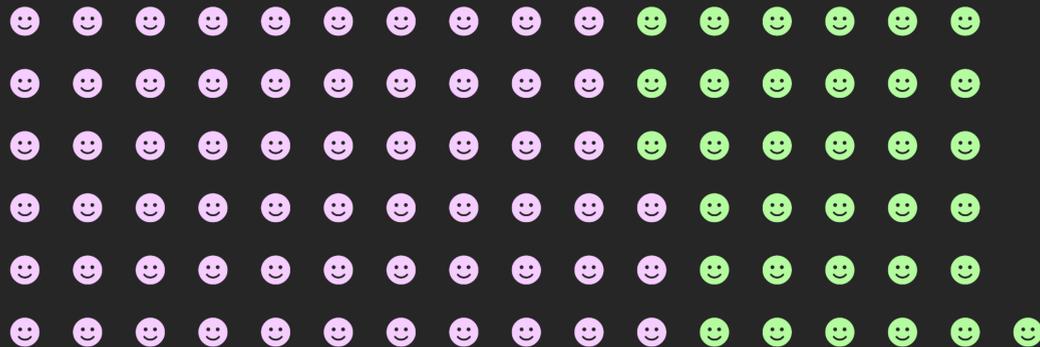
This work was supported by RRF Foundation for Aging (Grant No. 2020020).

# Targeting first-time volunteers may maximize health benefits of engagement

### All Volunteers



### First-Time Volunteers\*



### Caregivers



### Male Volunteers



■ About the same ■ Better

Note. The above plots depict the percentage of older adult tutors who reported improvements in at least two areas of health (physical, emotional, and cognitive) due to their involvement in an intergenerational tutoring program. Each icon corresponds to one percent of the respondents in the respective group.

\*Being a first-time volunteer was significantly associated with improved health ( $X^2 = 4.86$ ,  $p = 0.027$ , Cramer’s  $V = 0.12$ ).