



Media Release
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FOR IMMEDIATE RELEASE

Playgroup NSW: Intergenerational Play Brings Joy, Connection, and Real Change!

A recent study conducted by Griffith University has demonstrated the profound impact of the ABC series *Old People's Home for 4 Year Olds* in raising awareness and fostering support for intergenerational practices. The research highlights key findings that underscore the value of bringing together younger and older generations through shared experiences, particularly play.

The study reveals:

- Increased public recognition of intergenerational programs
- New career and funding opportunities for those working in the aged care and early childhood sectors
- Strengthened social connections across generations

At Playgroup NSW, we are proud to witness these benefits firsthand through our Intergenerational Playgroups and our partnerships with aged care facilities, where families and residents connect through the joy of play.

Our CEO, Emily Caska, expressed excitement about the study's findings, saying, "The positive outcomes outlined in the Griffith University study align closely with what we have experienced at Playgroup NSW. We believe that intergenerational play fosters understanding, companionship, and shared memories, creating a lasting impact on both young and old. This is a call to action for us all to continue embracing opportunities for these vital connections. We are so grateful for the incredible work done by The Herd in their program, as well as ABC for highlighting the importance and impact of intergenerational play, which builds pathways for us to further support this program."

Community & Volunteer Program Lead, Kate Hanley added, "We've seen the power of play to bridge gaps between generations, from giggles shared between a child and a senior to the lasting friendships that develop. This research shows that play has the potential to strengthen the fabric of our communities in ways we've always believed."

Playgroup NSW commends The Herd for their inspiring program and ABC for championing the importance of intergenerational play. Let's continue building a more connected society, one playgroup at a time!

[Watch the ABC feature here.](#)

[Read the report here.](#)

Emily Caska

Chief Executive Officer
Playgroup NSW



About Playgroup NSW:

Playgroup NSW is a not-for-profit organisation that helps connect families and children to people and services in the community to positively impact their quality of life. For over 50 years, Playgroup NSW has delivered and linked over 65,000 families to vital services such as parent support groups and playgroups to foster early childhood development, navigate the challenges of parenting and build strong, resilient communities. With 550 playgroups operating each week and more than 26,000 sessions held annually, and support from over 500 dedicated volunteers, Playgroup NSW continues to make a significant difference in the lives of young children and their families across the state.

www.playgroupnsw.org.au

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