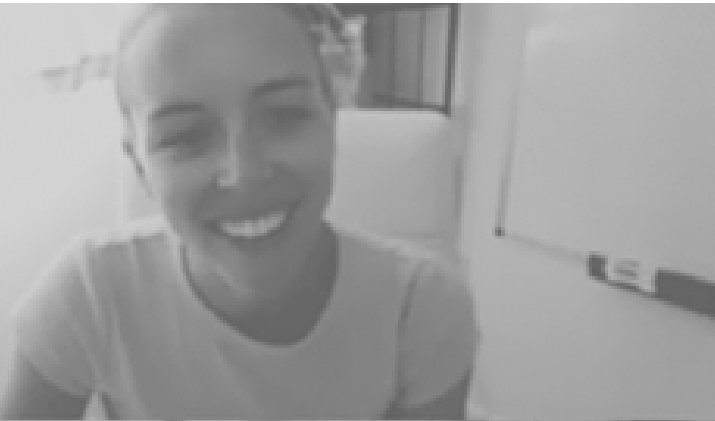


LEGACY EXCHANGE



PILOT REPORT
2021

ASA partnered with Eldera to develop a legacy exchange program with the purpose of making the wisdom of leaders in the aging field available to empower and inspire the next generation of young professionals.

EXCEEDED EXPECTATIONS

90% of participants - mentees and mentors - stated that this program positively impacted their work in the aging field...and their life.

"It changed my life. And I'm not just saying that. It connected me to perhaps the person who has already helped me more than he will ever know! I am so grateful to have been a part of the program and learning from my mentor and getting his guidance has truly been one of the best experiences of my life!" - Caitlin, mentee

"My mentee has amplified my confidence in the next generation of professionals in the field of aging. RE my work -- if I decide to undertake a relatively large project which am considering, I would offer her a position." - Hellen, mentor

88% of participants created long term friendships above and beyond the professional relationship

"This is a truly special, significant program. Thank you for allowing me to participate. I feel so grateful and appreciative of this opportunity".- Elisabeth, mentee

77.8% continue talking weekly after the pilot concluded

"How approachable and down to earth my mentor is, I feel like I can talk to her about anything and I don't fear any judgment. We are different enough that she gives me another perspective on situations that I wouldn't be able to come up with on my own. I truly feel this connection is valuable and I plan to continue it beyond the pilot program." - Jen, mentee

PILOT PARAMETERS

The ASA Legacy Exchange pilot powered by Eldera was conducted over a period of 3 months during June, July and August of 2021.

We opened up the opportunity to participate either as a mentor or as a mentee to current ASA members who signed up during the dedicated portal after an introductory ZOOM presentation .

The objective of the pilot was to learn whether exposure to experienced mentors in the field will lead more young professionals to enter and commit to the aging field.



We chose a total of 10 mentor and 10 mentees from the sign up pool, onboarded them, trained them and connected them to each other, using the proprietary Eldera pairing algorithm and relationship building process.

Once introduced via email, participants were required to meet weekly for a minimum of 1 hour per week, for the duration of the pilot while filling out 2 feedback forms and committing to 3 group ZOOM councils.

85% of the participants who had a first conversation completed the pilot.

METHODOLOGY



OUR MENTORS

Our mentors have at least six decades of life experience, and have things to teach and stories to share.

TRAINING + ONBOARDING

We designed comprehensive training materials and live onboarding sessions for both mentors and mentees to set expectations and ensure a rewarding and long term bond.

OUR MENTEES

Our mentees are graduate students or young professionals looking for guidance and mentorship to forging their own path in their chosen field and professional pursuit.

SMART MATCHING

We then match each mentee with a mentor who can help each other explore the world, learn and have fun. A match is successful if it leads to an enduring and fulfilling bond for both mentor and mentee.

SIGN UP

Both mentors and mentees sign up by sharing a bit of information about themselves (including their dreams, goals, and proudest accomplishments and availabilities. We take over from there.

SIMPLE TO USE

We make scheduling and conducting video chats easy while maintaining the strictest levels of privacy and trust for mentees and mentors alike. Each conversation can recorded and saved for legacy purposes.

OUR PROCESS

We reinvented the mentoring process to fit the needs of young professionals and older adults. There are proprietary Eldera guidelines that ensure a long term and mutually beneficial professional relationship built on a genuine friendship and bond.

PLATFORM+ RESOURCES

We provide a private platform where our community can share and access the resources, experts, and wisdom to help build meaningful intergenerational relationships.

WHAT MAKES ELDERA TRULY SPECIAL STARTS WITH THE RIGHT MATCH. THIS IGNITES THE SENSE OF RECIPROCITY AND GRATITUDE WITH EVERY SINGLE INTERACTION AND THE FORGOTTEN CONNECTION BETWEEN GENERATIONS.

THE PLATFORM, TOOLS AND SAFETY NEEDED TO BUILD
RELATIONSHIPS THAT BENEFIT YOUNG PROFESSIONALS,
OLDER ADULTS AND SOCIETY.



01. INTERGENERATIONAL MENTORING

Weekly Mentor - Mentee Conversations
Designed around your interests and schedule

"I have benefited so much from hearing about and learning from my mentor's expertise. I have grown tremendously and it is so marvelous to connect and share insights about the field of aging together. I have really enjoyed this unique type of learning and reflection -- not related directly to work or school but simply for my mind, my understanding of the field of aging, and my interests for my future path. The ASA Legacy Exchange has been such a blessing and a gift!" Thank you! - Elizabeth, Eldera Legacy Exchange Mentee

02. INTERGENERATIONAL GROUP ACTIVITIES

Private community events with special guests - for mentors, mentees and intergenerational connection.

"It changed my life. And I'm not just saying that. It connected me to perhaps the person who has already helped me more than he will ever know! I am so grateful to have been a part of the program and learning from my mentor and getting his guidance has truly been one of the best experiences of my life!" - Caitlin, Eldera Legacy Exchange Mentee

03. SOCIAL PLATFORM FOR OLDER ADULTS WHO WANT TO GIVE BACK

Private, invite-only community where members share resources, ideas, news and conversations with one common purpose: to make the life of the next generation better.

This community has amplified my confidence in the next generation of professionals in the field of aging. I am now considering taking on a new and relatively large project and I would offer my mentee a position." - Helen, Eldera Legacy Exchange Mentor

RESULTS

90% ARE MORE COMMITTED TO THE AGING FIELD

Mentees overwhelmingly committed to pursuing a meaningful career in the aging field guided by their mentors:

- Caitling applied for a graduate degree in Gerontology

"I have decided to apply for my Masters in Gerontology, I have decided to pursue my career even further but in a different (and more fitting) direction, and I have gained tons of valuable insights about the field and world of aging. I am so excited for where life is going now!"

- 3 mentees started new careers in Gerontology

"The sessions have helped me navigate my job application process. My mentor has given me advice about interviewing and applying. It's also nice to have someone to discuss my concerns about jobs with. I'm also learning about what life is like in a different part of the country."

- 9/10 is more inspired by what is possible in the field

"These sessions have made me think more thoughtfully, insightfully, and meaningfully about my work and my path in the field of aging. I just have gotten the exceptional opportunity to form a mentor/mentee relationship with an exemplary leader in aging and it has revolutionized my perspectives on work and life. It is so rare these days to really have the chance to mutually exchange ideas, observations, and findings to learn from each other in a memorable way. I feel so fortunate and grateful!"

Meanwhile, mentors reengaged with the field of aging, discovered that they have more to give back and uncovered new opportunities to do so inspired by their mentees:

- Helen started a new large project to further the Aging Field

"My mentee has amplified my confidence in the next generation of professionals in the field of aging. RE my work -- if I decide to undertake a relatively large project which am considering, I would offer her a position."

- Carmenza realized that her career at AARP is just part of what she has to contribute to the field

"I have [...] remained involved with AARP and my consulting with the City of ABQ. But these sessions have created a new role for me and gotten me thinking about the progression of my career and the role of assisting someone with their career and the process of meeting, and connecting with, someone new."

- Susan felt helpful and needed after a pioneering career in the field

"I felt like my 40 plus years of working in a nonprofit was helpful to the person I mentored. I felt helpful".

RESULTS

85% COMPLETED THE PILOT

Out of the participants who completed the pilot, **100% became friends** above and beyond the professional and career connection:

"I have benefited so much from hearing about and learning from my mentor's expertise. I have grown tremendously and it is so marvelous to connect and share insights about the field of aging together. I have really enjoyed this unique type of learning and reflection -- not related directly to work or school but simply for my mind, my understanding of the field of aging, and my interests for my future path. The ASA Legacy Exchange has been such a blessing and a gift! Thank you!"

100% committed to continue talking regularly and 77.8% continue talking weekly.

"I didn't realize that the program was over already! It went by very quick. I plan to stay in touch with my mentor!"

The more they interacted with each other, the higher their satisfaction with the Legacy Exchange program, going up from 87.3% mid way through the pilot to **92.2% program satisfaction** at the end of the pilot.

"I love the ASA Legacy Exchange so far. I have learned a lot from my mentor and also learned about myself along the way. This program has really been one of the highlights of my summer. It has been terrific to be matched with someone that I never would have come across in my day-to-day life and then get to know them and find out we have so much in common. The Legacy Exchange is also a moment to expand my horizons in the field of aging and learn new perspectives I normally would not have discovered were it not for my mentor."

"This is a truly special, significant program. Thank you for allowing me to participate. I feel so grateful and appreciative of this opportunity."

ABOUT ELDERA



ELDERA IS ON A MISSION TO REBUILD HUMAN RELATIONSHIPS, ONE-BY-ONE AND MANY AND A TIME.

We do this by connecting kids around the world with vetted elder mentors, for storytime, conversations or academic help.

Kids benefit from social-emotional learning and increased resilience, elders benefit from a sense of purpose and decreased loneliness, and most importantly everyone has fun week after week.

Since our launch in March 2020, Eldera was recognized as an AWS EdTech Innovator, Encore Gen2Gen Innovation Fellow, we were featured in The Atlantic, TIME, The Wall Street Journal and AARP, and celebrated a few key accomplishments:

- One of our Eldera mentors encouraged his **12 year old mentee to publish his first book** "Beautiful Theorems that Changed Math", now available on Amazon with all proceeds going to the Pediatric Cancer Society.
- Eldera was named by The **UN's AI for Good Arm as The Case Study on How to Rebuild Human Relationships with the Help of AI.**

- We were invited by Dean Linda Fried to **officially partner with the Columbia University Robert N. Butler Center for Aging** to research and prove the benefits of intergenerational connections on aging.

What started as a hope to make someone's day better at the beginning of the pandemic, grew into a community spanning 43 states and 22 countries.

We welcome partners who like us, want to see a world where people come together once again to imagine and build a better and more hopeful future for us all. It is time we redesign the world so all generations and the planet can thrive and we clearly see that there is appetite for this globally at Eldera!

WE BELIEVE THAT WITH ELDERA WE ARE ON A PATH TO BUILDING A NEW SOCIAL INFRASTRUCTURE WHERE THE WISDOM AND SOCIAL CAPITAL OF OUR ELDERS IS PUT TOWARDS HELPING KIDS IMAGINE A BETTER FUTURE FOR US ALL.

THANK YOU FOR YOUR
CONTRIBUTION TO
BUILDING THE LEGACY
EXCHANGE PROGRAM
TO EMPOWER AND
INSPIRE THE NEXT
GENERATION!

DANA + JULES

Please contact us at dana@eldera.ai / 646-872-7800

We can't wait to hear from you!