Adopt a Grandparent  
For Brownie- Ambassador Girl Scout Program Levels

The purpose of this patch program is to bridge the gap between different generations. It is designed to pair a Girl Scout with a senior friend for sharing talents, knowledge, explore differences in generational attitudes, and increase knowledge of the aging process. This is a wonderful opportunity to begin a friendship that can last a lifetime.

To earn this patch:

- Brownies must complete numbers 1-3, 1 additional requirement, and 1 service project.
- Juniors must complete numbers 1-3, 3 additional requirements, and 2 service projects.
- Cadettes must complete numbers 1-3, 4 additional requirements, and 3 service projects.
- Seniors and Ambassadors must complete numbers 1-3, 6 additional requirements, and 4 service projects.

Requirements:

1. Meet your new senior friend and visit them at least once a month for three months or more.

2. Older people have more physical problems than most of us. Explore some of these challenges by “Walking in their shoes.” For example: Stuff your ears with cotton to diminish hearing; cover the lenses of glasses with petroleum jelly to test failing eyesight; put on thick gloves and try to button your shirt to stimulate arthritis in your fingers and hands; etc.

3. Learn the differences in nursing centers, rehabilitation facilities, retirement homes, assisted living facilities, and intermediate care.

4. Spend some time discussing your family backgrounds, heritage, religious preferences, histories, customs, awards, accomplishments, and interesting facts.
about yourselves and families. Be sure to listen to your senior friend as well as talk about your own life.

5. Learn about careers from your senior friend. Ask about his or her first job, career training and challenges in the working world. Tell him or her about the future careers you are interested in.

6. Ask your senior friend about fashions when he or she was young. Ask him or her to describe the hairstyles, clothing trends, footwear, hat styles, and other fads that were popular when he or she was a teenager. Describe the fashions that are in style now.

7. Talk to your senior friend about how technology has changed since he or she was a girl and share the ways you hope it will change in the future. Talk about some of the ways you use technology today.

8. Talk to your senior friend about Girl Scouting. Tell him or her about the activities you take part in with your troop and/or as an individual and be sure to include the promise and law. If your senior friend is a woman, ask if she was Girl Scout. If she was, find out how Girl Scouting was different then. If your senior friend was not a Girl Scout or is a man, ask what kinds of thing he or she did for fun.

9. Choose a holiday that is special to your senior friend and share it with him or her. Talk about what part of the holiday is most special to your senior friend and observe some of its customs together. Maybe you can help decorate or prepare for the holiday.

10. Spend some time listening to music that your senior friend enjoys now or that he or she listened to as a child. Some classic music has been transferred to CDs and many old records can be found at libraries or online. Share a recording of the music you like to listen to, but be aware that an older person may not wish to listen to the whole album and be sensitive to this.

11. Make a card for your senior friend for his or her birthday, a holiday, or just to say hello. Send the card in the mail.

12. Make a healthy treat for your senior friend and share it. If possible, make something together from one of your friend’s recipes or a recipe that you create together.

13. Make up an activity of your own that will enhance your new relationship with your senior friend.

14. Ask your senior friend about her childhood. What are some of her favorite games? If you don’t know how to play, have your friend teach you.
Service Project Ideas:

1. Complete a project in your friend’s neighborhood. Help with yard work, pick up trash or another task that may otherwise be a challenge for him or her.
2. Teach a younger troop about the challenges faced by the elderly population. Help them explore ways to be considerate and helpful towards older people in their communities.
3. Research resources and services available to the elderly in your community. Create a resource book for your senior friend or retirement community.
4. Visit a neighborhood program that feeds the elderly (senior citizens center, nursing home, assisted living facility, or retirement home); help prepare or serve a meal.
5. Come up with and complete your own service project to assist your senior friend or other elderly individuals in your community.