What makes you see someone else as old or young?
■ Spend 1 to 2 minutes discussing in groups of 2 or 3
■ Group Discussion
How do you envision the last third of your life?

- Spend 1 to 2 minutes discussing in groups of 2 or 3
- Group Discussion

Group Discussion

- Themes?
- Similarities/differences?
- Conclusions?
What is Ageism?

- Stereotyping and discrimination
- Sameness assumption
- Attitudes form at early age

What is Aging?

- Time
- Disease
- Disability
Facts on Aging

- **Living arrangements**
  - 72% with spouse
  - 19% alone
  - 3.6% institutional setting

- **Disability**
  - 35% men
  - 38% women
Facts on Aging

- Alzheimer’s disease
- 5.4 million people
- U.S. Population: 318.9 Million
- 65+ in U.S.: 46.2 Million

Impact of Ageism

- Mental well being
  - Depression/Anxiety
  - Sense of self
Impact of Ageism

- Physical well-being
  - Poor health outcomes
  - Shortens lives

- Economic well-being
  - Hiring
  - Training & development
  - Layoffs
  - Economic growth

https://youtu.be/3585w9FmOGs
Strategies to Reduce Ageism

- **Knowledge**
  - Accurate information about aging
  - Age ≠ Disease
  - Consciousness-raisinig

- **Diverse exposure**
  - Nursing homes
  - Collaborative projects
    - Walk audits
    - Gardening
    - Art
References


