



Reframing Ageism

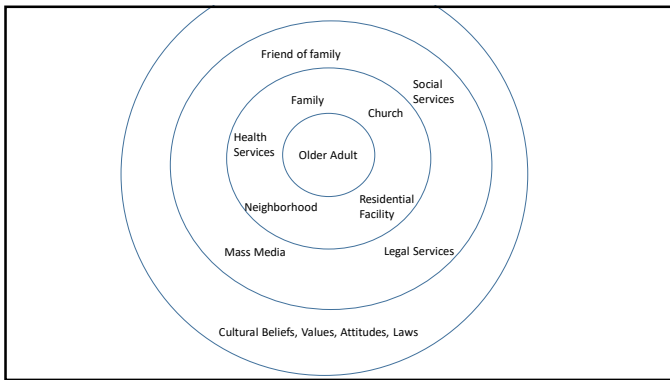
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There are no financial relationships to disclose.

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Ageism?

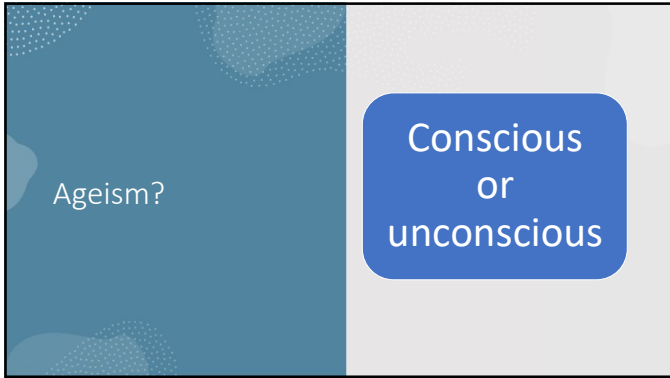
What is Ageism?

Ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.

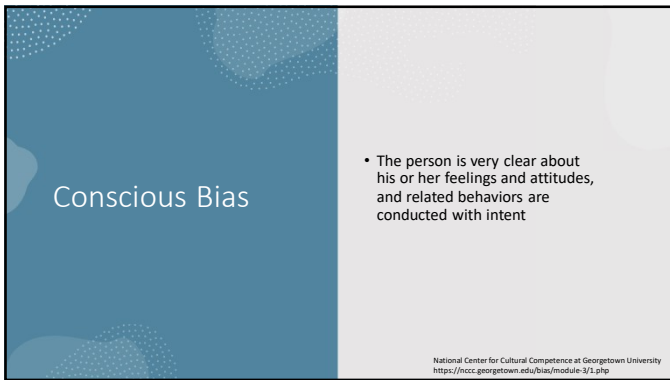
World Health Organization

Can intersect with other social identities (gender, race/ethnicity, socioeconomic status).

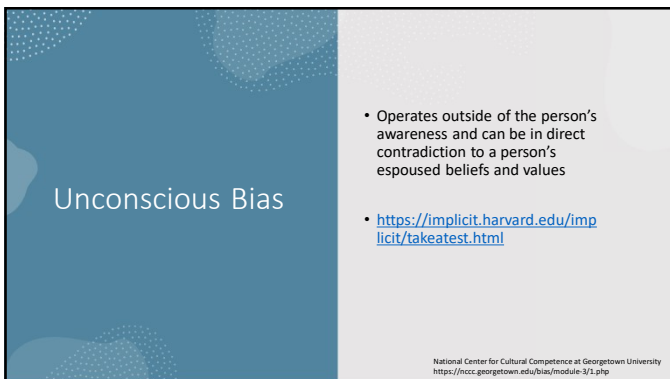
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Ageism?

Individual
or
Structural

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Individual Ageism

- Age-based actions of individuals.
- Ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.

World Health Organization

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Structural Ageism

- Refers to the explicit or implicit policies, practices, or procedures of societal institutions that discriminate against older persons.

Chang, E. S., Kanno, S., Levy, S., Wang, S. Y., Levy, B. R. (2020). Global reach of ageism on health: A systematic review. *PLoS one*, 15(3).

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Ageism?

- <https://www.aarp.org/work/working-at-50-plus/info-2019/age-discrimination-experiment-video.html>

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The Language of Ageism

236 students (first-year medical students, undergrad nursing students, and pharmacy students) who participated in a mentoring program with older adults

Gendron, T. L., Welleford, E. A., Inker, J., & White, J. T. (2016). The Language of Ageism: Why We Need to Use Words Carefully. *The Gerontologist*, 56(6), 997-1006.

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The Language of Ageism

<p>Assumptions/judgements</p> <ul style="list-style-type: none"> • Definition: Generalizations • Tweet: Older patients don't have many opportunities for touch, so give hugs! 	<p>Older people as different</p> <ul style="list-style-type: none"> • Definition: older people are different from other people • Tweet: Treat elderly people as normal people, no different!
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Gendron, T. L., Welleford, E. A., Inker, J., & White, J. T. (2016). The Language of Ageism: Why We Need to Use Words Carefully. *The Gerontologist*, 56(6), 997-1006.

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The Language of Ageism

Uncharacteristic characteristics

- Definition: characterizes certain behaviors are unusual or outside the norm for an older person
- Tweet: My mentor is a truly amazing woman. She maintains great health and keeps a daily activity that very few people at her age are able to accomplish.

“Old” as a negative

- Definition: describes “old” as bad or a negative place or state
- Tweet: My mentor, a 71-year-old grandma proves that age is just a number!

Gendron, T. L., Wellford, E. A., Inker, J., & White, J. T. (2016). The Language of Ageism: Why We Need to Use Words Carefully. *The Gerontologist*, 56(6), 997-1006.

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The Language of Ageism

“Young” as a positive

- Definition: Describes looking and acting “young” as a positive attribute
- Tweet: Our mentor was 92 but didn’t look a day over 70 and was still just a kid at heart.

Infantilizing

- Definition: expresses childlike attributes
- Tweet: What a sweet woman! I especially love her little winks #herecomestrouble

Gendron, T. L., Wellford, E. A., Inker, J., & White, J. T. (2016). The Language of Ageism: Why We Need to Use Words Carefully. *The Gerontologist*, 56(6), 997-1006.

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The Language of Ageism

Internalized ageism

- Definition: Described ingroup discrimination in which the older adults were making judgments, assumptions or denying commonality with other group members
- Tweet: 76 years old and when asked if she considers herself to be old she says “Nope!” and then continues to refer to the other residents as “old people” #76andnotold

Internalized microaggression

- Definition: Described ingroup discrimination that communicated hostility, derogatory, or negative slights and insults
- Tweet: “We don’t think of ourselves as old...our mind says we are teenagers, but our body just slows us down” #onlyasoldasyoufeel

Gendron, T. L., Wellford, E. A., Inker, J., & White, J. T. (2016). The Language of Ageism: Why We Need to Use Words Carefully. *The Gerontologist*, 56(6), 997-1006.

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Gerontological Society of America Reframing Aging Initiative

To support a more inclusive image of aging, we ask that we adopt "older adult," "older persons," or "older people" as the preferred terms for describing individuals aged 65 years and older as opposed to "seniors," "the elderly," and "the aged."

- Provide a specific age range (e.g., "older adults aged 75 to 84 years") or to use specific qualifiers (e.g., "older Canadians," "American women 75 years of age and older") when describing research or making recommendations about patient care or the health of the population.

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Gerontological Society of America Reframing Aging Initiative

- Given that much of gerontological and geriatrics work references disorders, diseases, or functional limitations that affect some older adults, this guidance highlights how not to talk about disabilities or disease. Authors should put the person first by saying "person with diabetes" instead of "diabetic patient." Also, avoid descriptions of people as victims or using emotional terms that suggest helplessness (e.g., "afflicted with," "suffering from," "stricken with," "maimed").
- Avoid euphemistic descriptions such as "physically challenged" or "special." Steering clear of such labeling supports a person- and family-centered focus on the whole person and prevents defining an individual based on a disease or disability.

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Ageism During the COVID-19 Pandemic

- The pandemic amplified already existing ageism
- COVID-19 viewed as an "old person" disease

• <https://www.apa.org/topics/covid-19/research-ageism>

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Ageism During the COVID-19 Pandemic

COVID-19 risks for older adults were not uniform.

The oldest adults (aged 80+), those with other diseases, and those in long term care facilities were at greatest risk.

Among 71 to 80-year olds, case fatality rates were 46 times higher compared to those aged 18 to 30.

Although younger-older (60–70 years) adults also were at heightened risk of health complications from the disease, many adults in this age range who contracted the disease experienced notably better outcomes than those older than 70.

<https://www.apa.org/topics/covid-19/research-ageism>

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Ageism During the COVID-19 Pandemic

Age was a used a deciding factor in the access of resources and medical procedures.

COVID risks and access to resources also varied by other identities (e.g., gender, sexual orientation, race/ethnicity, socioeconomic status, geographic location).

<https://www.apa.org/topics/covid-19/research-ageism>

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Ageism During the COVID-19 Pandemic

- Moving forward how do we promote intergenerational cohesion?
- During the pandemic, many older adults worked to provide services to their communities (e.g. medical professionals, social workers, educators).
- Older adults provided valuable resources to their families (e.g. spousal care, grandchild care).

<https://www.apa.org/topics/covid-19/research-ageism>

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Consequences of Ageism

Physical and Psychological Well-Being

Services that Older Adults Receive

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Join us for our next trainings

<p>The Impact of Aging on Cognitive Functioning</p> <ul style="list-style-type: none">• Thursday, June 2nd from 9-11 a.m.	<p>The importance of Social Well-Being for Aging Adults</p> <ul style="list-style-type: none">• Thursday, July 7th from 9-11 a.m.
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