**AGEISM RESOURCES**

**READ**:

Read this article and discuss as a group:

<http://asaging.org/blog/how-i-became-old-person-training>

Or read the whole book: **This Chair Rocks: A Manifesto Against Ageism**

And download the Reading Group on <https://thischairrocks.com>

Aging Thoughtfully: Conversations about Retirement, Romance, Wrinkles and Regret, by Martha C. Nussbaum and Saul Levmore.

See this review: [https://lareviewofbooks.org/article/a-stigma-rooted-in-denial-on-ageism-and-aging-thoughtfully/#](https://lareviewofbooks.org/article/a-stigma-rooted-in-denial-on-ageism-and-aging-thoughtfully/)!

**WATCH:**

Watch one of these two videos as a group – or show it to a group – and discuss:

1. Let’s end ageism, by Ashton Appletonwhite 11 minutes, 34 seconds.

<https://www.youtube.com/watch?v=WfjzkO6_DEI>

1. A World Without Ageism – 21 minutes.

<https://www.youtube.com/watch?v=QKrwkT5Nkzg>

**START A CONSCIOUSNESS-RAISING GROUP**

“Who me, ageist?” How to start a consciousness-raising group.

<https://thischairrocks.com/resources/>

Tackling Ageism Through Consciousness-Raising

<https://thischairrocks.com/wp-content/uploads/2016/02/TacklingAgeismThroughConsciousnessRaising.pdf>

This Chair Rocks: Consciousness Raising Toolkit

<https://thischairrocks.com/wp-content/uploads/2016/02/ConsciousnessRaisingBooklet.pdf>

**ROLE PLAY WORKSHOPS**

Exploring ageism through role-play workshops

<https://thischairrocks.com/wp-content/uploads/2016/02/ExploringAgeismThroughRolePlayWorkshops.pdf>

**HOST AN EVENT**

Share WIHA’s PowerPoint or one you put together.

Invite people – especially older people –to speak their truths and experiences.

**How to respond to ageist comments in a way that “enlightens, not shames”**

Examples:

Comment: “what was his name again? Oh no I’m having a(nother) senior moment.”

*Response:*

Sassy*: Hmm, I forgot a lot of things when I was in high school, and I didn’t think I was having a “junior moment”*

Gentler*: You know, same thing happens to all of us – and I don’t think it’s because of our age. We all have our heads so full of ideas and responsibilities and grocery lists and football statistics, passwords and everything else, no wonder we all forget a few things once in a while.*

Comment: “wow – has she ever gotten old (“old” pronounced “O-wuld” with very negative edge)

*Response: Hmm. Did you mean that to sound negative? Cuz it kind of did. I mean, yes, of course she looks older. We all look older than we did five, ten, twenty years ago, don’t we? Isn’t that how it’s supposed to be? My dog looks older than when he was a puppy and so do my kids, family and friends. I guess I don’t see it as negative – it’s just the cycle of life and how lucky she is – and we are - to be still alive to experience it. I’ve learned recently that there’s solid research that people who have positive associations with aging live 7.5 years longer – so let’s all go for it.*

Comment: “Yes, it’s my birthday, but I’m definitely **not telling you my age**.”

*Response: Hmm. I feel kind of bad that you don’t feel comfortable sharing your age. I think there’s so much ageism in society that we’ve kind of all internalized it and think we should be embarrassed by being a certain age because society seems to think all these negative things are associated with it. That’s especially bad for our kids, don’t you think? You’re fantastic and accomplished and continue to contribute so much to your family/community/the world. I hope you’ll reconsider and feel more comfortable sharing your age so all of us can appreciate what life at every age can be. I recently learned that people who have positive associations with aging live 7.5 years longer than those who have negative associations. That was actually researched and proven! So gosh, it’s better for your health to feel positive about aging.*

Comment: Well, I’m really **showing my age** now but I remember when we did the church bulletin on a mimeograph machine / we had waiting lists for LTC services / we waited ten days for our film to developed into pictures / there was mandatory retirement at age 65.

*Response: Hmm. Wondering why you mentioned “showing my age” as if it’s a bad thing. I think it’s great that we have people on our team who have some institutional memory and can help provide context to where we’re at today and recognize the progress we’ve made.*

Comment: “You’re 70?! Wow: you don’t look it. you look GREAT!”

*Response: Hmm. I know you meant that as a compliment, but it sounds like you think that most people age 70 look bad and I’m an exception. I worry that there’s so much ageism out there that it’s become ingrained in all of us and we’ve all internalized it. That’s really a shame, because research shows that people who have positive associations with aging live 7.5 years longer than those who don’t.*

Comment: “You’re 65? Whoa, hope you’ve got your Dentucream, Depends and walker ready!

*Response: Hmmm. I know you meant that as a joke, but to tell you the truth, I’m pretty excited about reaching this next stage of life and all that’s ahead of me. And like most people 65 I’m feeling great, watch my diet and exercise, am continuing to learn and grow and have lots to do and give. I’ve recently learned that people with positive associations with aging live 7.5 years longer than those who don’t. I’m planning to be one of that kind of older adults.*

Comment: She’s too old to ….be wearing that outfit/ still be driving / be in charge of that department / running for re-election / living alone…..

*Response: Gee, that kind of surprises me that you’d say that. What does her age have to do with it? If she likes that outfit / is driving safely / continues to do her job well / continues to have ideas and energy to represent us / is happy and thriving living by herself – then why would her age alone – it’s just a number – be the reason she should stop doing something? I worry a lot about how much ageism there is out there and its effect on all of us. I sure hope to keep doing what I want as long as I can and am doing it safely and not hurting anybody else. The number of a person’s age, without regard to abilities seems kind of arbitrary and – well, ageist - don’t you think?*

Comment: And how are you today young lady? OR, and” here’s Fred, he’s 83 years young.”

*Response: Hmm. I’m wondering why would you call me ‘young lady’?” or “How come you’re drawing attention to my age?” If they respond with, “I meant it as flattery,” you could say, “Why do you think it’s a compliment?” If they respond with, “Because you look great,” ask what your age has to do with looking good. If they get defensive and accuse you of being too sensitive, turn it back around: “Why do you think I’m being too sensitive?”*