

MIND OVER BODY:

The Impact of Ageism on Health and Happiness

PRESENTED BY TRACEY GENDRON, PhD

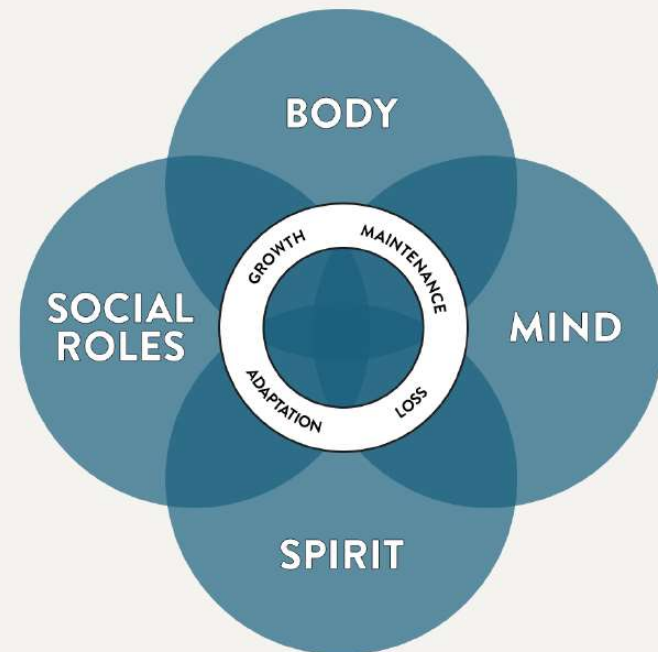
AGING

IS MORE THAN WE REALIZE

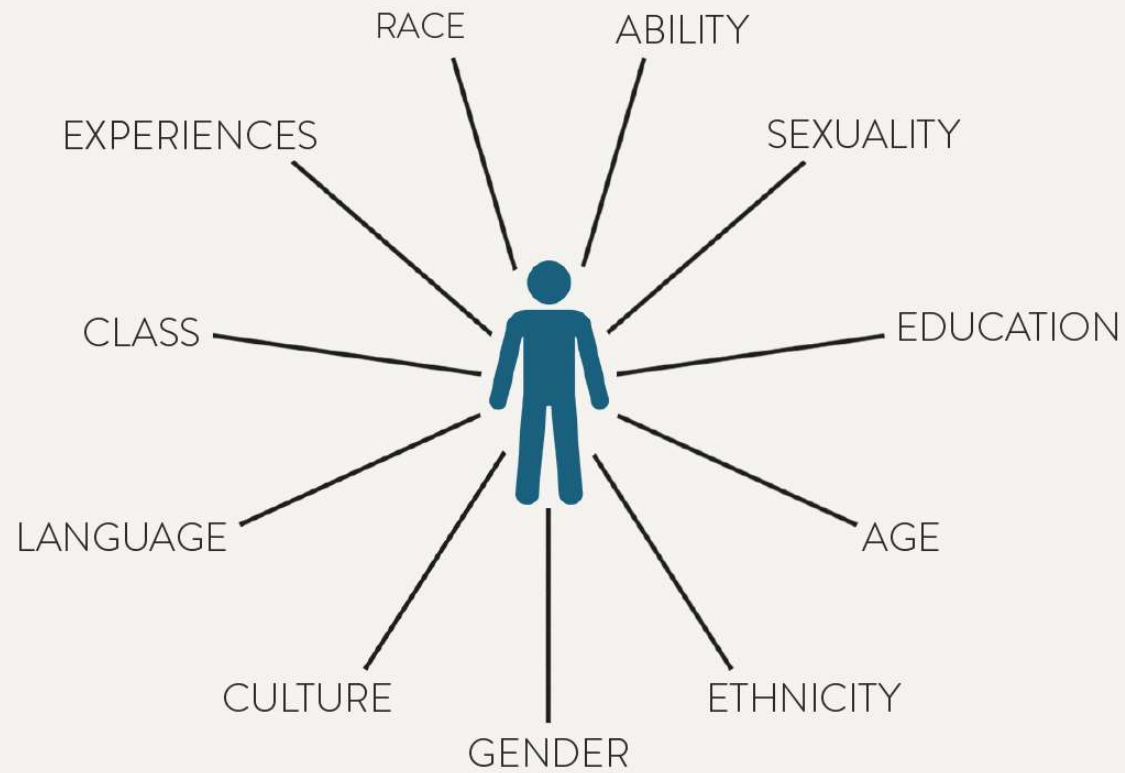


THE COMPLETE STORY OF AGING

- OUR PHYSICALITY
- OUR PSYCHOLOGY
- OUR SPIRITUAL SELF
- OUR SOCIAL PRESENCE



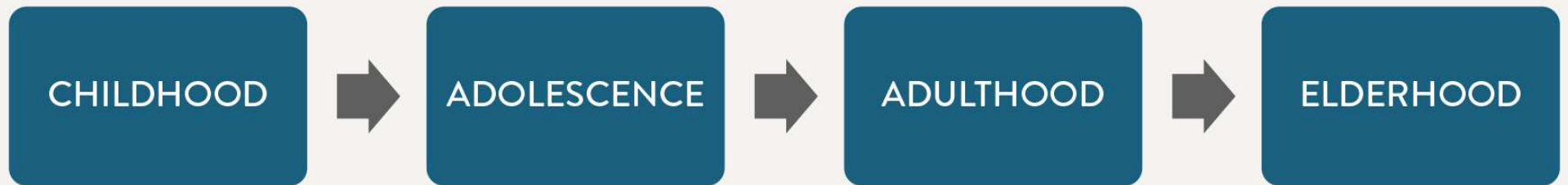
OUR INTERSECTIONAL IDENTITY



HOW DO YOU **VIEW** AGING?

- WHAT DO YOU **THINK** IT MEANS TO BE OLD AND YOUNG?
- HOW DO YOU **FEEL** ABOUT YOUR OWN AGING?
- HOW DO YOU **TALK** ABOUT GROWING OLDER?

WHAT ARE THE STAGES OF OUR LIVES?



WHAT IS ELDERHOOD?



CONSIDERING **RETIREMENT** AS A STAGE OF LIFE

- A NEW FORM OF AGE SEGREGATION
- LEISURE WITHOUT PURPOSE
- GLAMORIZED THROUGH CONSUMERISM
- OLDER PEOPLE AS CONSUMERS – NOT CONTRIBUTORS



AGEISM

IS MORE THAN WE REALIZE

THE PHYSICAL EFFECTS OF AGEISM



- INCREASED RISK FOR CHRONIC DISEASE
- ALZHEIMER'S DISEASE BIOMARKERS
- PERCEIVED ILL HEALTH
- INCREASED DEPENDENCY
- REDUCED RECOVERY FROM ILLNESS

THE HEALTH COST OF AGEISM



ANNUALLY CALCULATED AT
\$63 BILLION

NEGATIVE AGE STEREOTYPES CAN RESULT IN DECREASED LONGEVITY



AGEISM AND ABUSE IN LATER LIFE

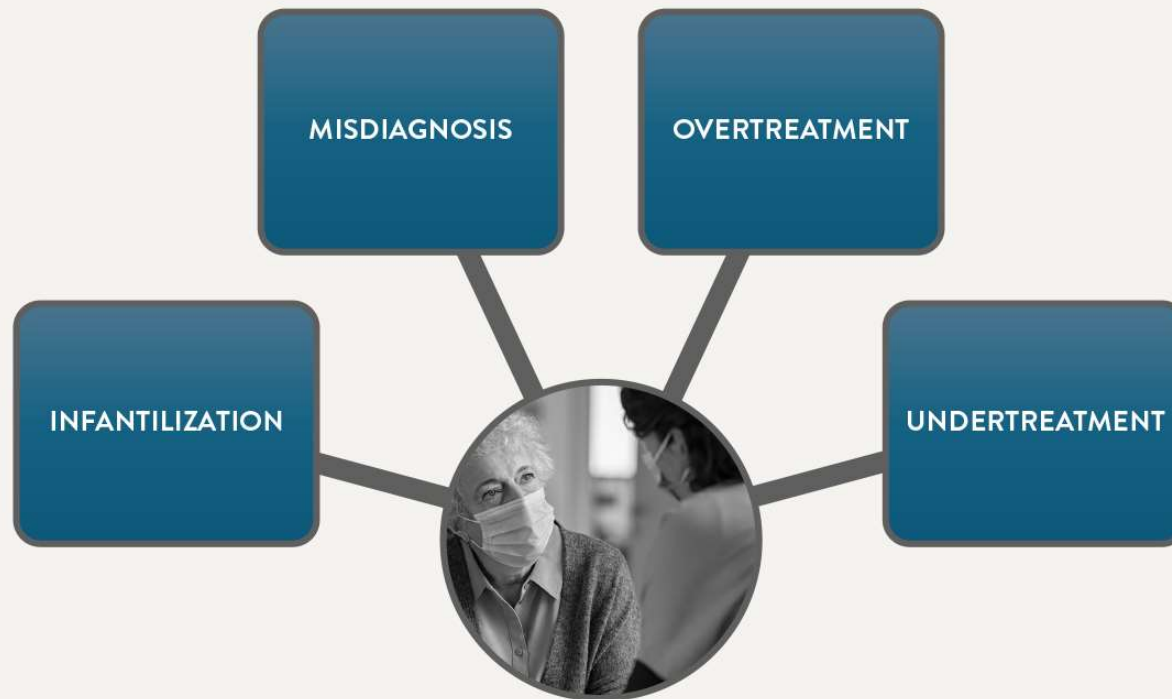


- LACK OF FUNDING FOR PROGRAMS THAT SERVE OLDER PEOPLE
- AGEISM JUSTIFIES ABUSIVE BEHAVIOR
- INTERNALIZED AGEISM
- INTERSECTIONAL OPPRESSION INCREASES RISKS
- LACK OF AWARENESS KEEPS CRIMES INVISIBLE

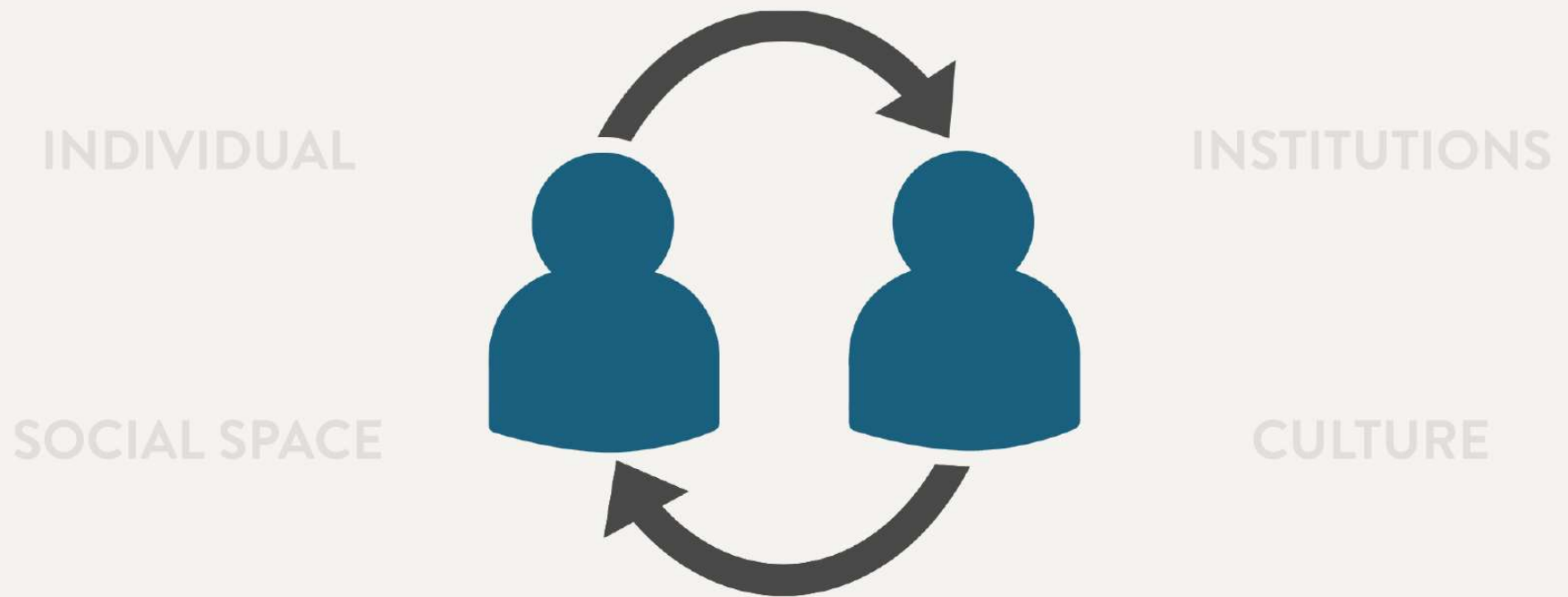
AGEISM AT WORK



AGEISM IN HEALTHCARE



AGEISM IS COMPLEX



AGEISM IS COMPLEX

INDIVIDUAL



I'm too old to start a new project.

I would tell you about my experience, but it might date me.

SOCIAL SPACE

INTERNALIZED AGEISM

AGEISM IS COMPLEX

The aging population 'crisis'

INDIVIDUAL

The 'anti-aging' industry

'Millennials ruin everything'
or
'Boomers are out of touch'



INSTITUTIONS

CULTURE

GENERATIONAL STEREOTYPING IS AGEISM



THE PITFALLS AND PERILS OF



AGEISM ↔ ABLEISM

OLD AGE IS **NOT** THE PROBLEM



CONTRIVED OLD AGE **IS** THE PROBLEM

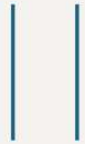
WHAT CAN WE DO ABOUT AGEISM?

DISRUPT

HOW CAN YOU DISRUPT AGEISM?

- REMEMBER **INDIVIDUALITY** (*GENERATIONS ARE NOT HOMOGENOUS GROUPS*)
- REMEMBER THAT **WE ARE ALL AGING**
- REMEMBER THAT **ELDERHOOD** IS A STAGE OF LIFE
- REMEMBER THAT **AGE ALONE DOES NOT PREDICT ABILITY**
- REMEMBER YOUR **'WHY'**

HOW CAN YOU DISRUPT AGEISM?



PAUSE

TAKE A MOMENT TO
REFLECT ON WHAT
YOU'VE LEARNED



EVALUATE

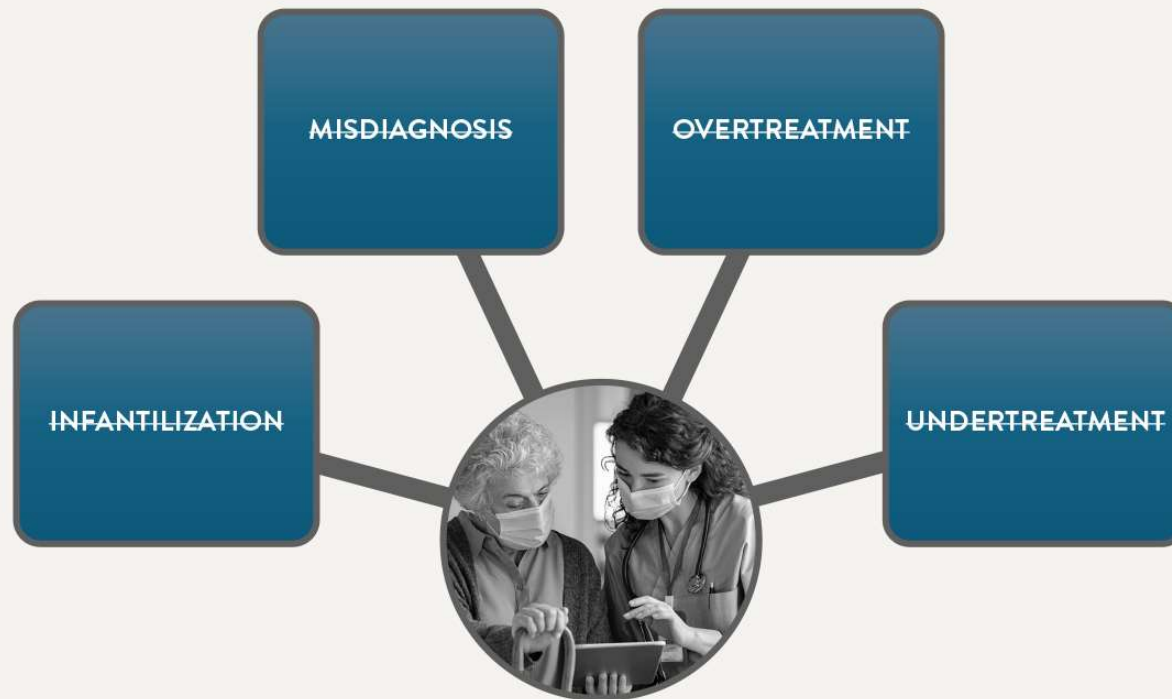
CONSIDER IF WORDS OR
ACTIONS ARE
CONTRIBUTING TO AGEISM



ACT

YOU HAVE THE POWER
TO STEER THE NARRATIVE
ABOUT AGING

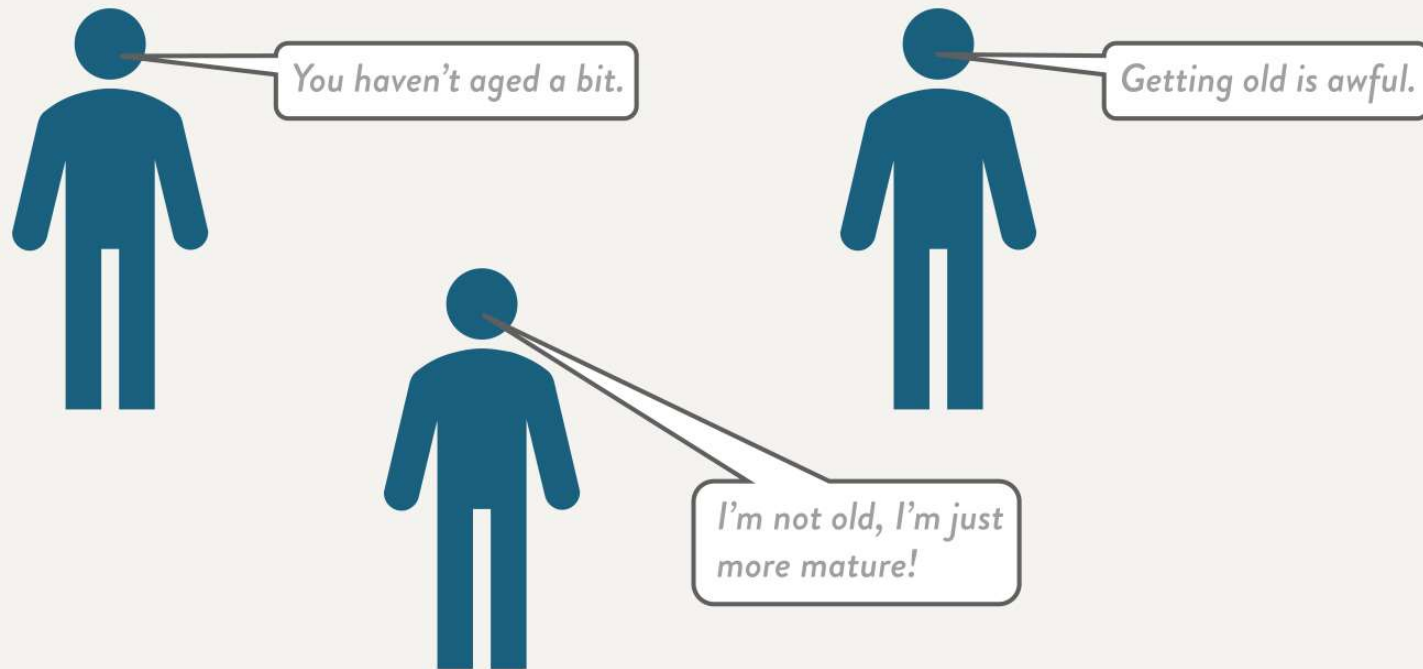
DISRUPT: AGEISM IN HEALTHCARE



DISRUPT: SAY WHAT WE MEAN

- WHAT DO WE MEAN WHEN WE SAY 'YOUNG SPIRIT'?
- WHAT DO WE MEAN WHEN WE SAY 'I FEEL SO OLD'?
- WHAT DO WE MEAN WHEN WE SAY 'SENIOR MOMENT'?

DISRUPT: HOW WE RESPOND



DISRUPT THE NARRATIVE

**CREATE YOUR OWN DEFINITION OF
SUCCESSFUL AGING**

REVISITED: HOW DO YOU **VIEW** AGING?

- WHAT DO YOU **THINK** IT MEANS TO BE OLD AND YOUNG?
- HOW DO YOU **FEEL** ABOUT YOUR OWN AGING?
- HOW DO YOU **TALK** ABOUT GROWING OLDER?

WE ARE **ALL THE AGES** WE'VE EVER BEEN



WE ARE **ALL ROLE MODELS** FOR AGING