



TBH “AGE-NTS OF CHANGE” WORKSHEET

THE SCIENCE

There are many ways in which ageism is pervasive across the different institutions that make up our world. For example, we may be exposed to age bias in the media or in our workplace. Even things that seem trivial like birthday cards or how we talk to each other can include negative messaging about being older.

You may wonder whether ageism really matters – well, it does! Studies have shown that age-based discrimination significantly impacts things like our access to good healthcare, economic opportunities, as well as how we are treated in settings like the legal system or in how our governments set policies in housing, resource distribution or other areas. Experts point out that ageism is in fact one of the biases still tolerated in our world. But there are ways that can change, and steps each of us can take to help make a difference.

NOW DO IT!

Use one of the *Age-nts of Change* card to learn more about a situation that reflects cultural age bias. Work with your partner or on your own. Then share what you learned as well as your answers to the question at the bottom of the card with your class or with friends.

Working collaboratively and problem-solving challenges our attention, active listening and stretches our minds with creative thinking, all great ways we can boost our brain health!

TBH TAKEAWAY

It’s interesting to explore how ageism affects us in so many ways, even though we may not be aware of it day to day. Learning more about the negative consequences age bias can have on our self-perception as well as culturally can make a difference in how we allow aging to impact our personal growth and well-being.

What aspect of ageism do you think affects you the most?

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!