



TBH “REFRAME THE AGE” WORKSHEET

THE SCIENCE

Ageism is discrimination on the basis of age. It can include prejudicial attitudes, discriminatory policies, as well as practices that reinforce stereotypes associated with ageist thinking. Experts suggest that ageism is the final form of discrimination that is widely considered acceptable. It’s a bit surprising, especially because the one thing we all hope to be is ... old!

But ageism takes a toll on all of us. How? First, we may see ourselves through an ageist lens. We live in a society that prizes youth over experience. It isn’t surprising that we may internalize those ageist views. If we forget our keys, we say we are having a “senior moment,” even if we sometimes forgot our keys during our senior year of high school! We may feel badly about our appearance, or decide we are “too old” to do something, even though we’d really like to. In addition, we may suffer from age discrimination. We may be treated as if we are invisible in a conversation or ignored when asking for help in a store. We may be overlooked for a leadership role where we volunteer because we are seen as too old. We may be stereotyped by doctors who don’t pursue medical care they would otherwise recommend, just because we are older -- even if we are otherwise robustly healthy. Ageism impacts our sense of self and our opportunities to be treated based on who we are, and not on a chronological number.

NOW DO IT!

By thinking about the aging prejudices, we ourselves hold we can “reframe” how we see age and find ways to reduce those biases. Some of those stereotypes may be obvious, but chances are we are unaware of some of the ageist beliefs we have.

Work with your partner or on your own to explore the scenarios described on the *Reframe the Age* cards using the discussion questions provided. Think about how you can “reframe” the person’s reaction to age-related beliefs and imagine how they might react if ageist prejudices didn’t color their responses.

TBH TAKEAWAY

Ageism is the last form of social discrimination that is widely accepted, but that doesn’t mean it is right, or that we shouldn’t try to stop it. One of the first things we can do to reduce ageism is to think about how we ourselves hold ageist beliefs, and what we can do to “reframe” that.

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