

WHAT IS AGEISM?

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Ageism is defined as **negative stereotypes, prejudices, and discrimination** against someone based on their age.

While ageism is one of the most common types of discrimination in Australia, **the good news** is it's also one of the easiest to shift.

Ageism is associated with...

- Declining mental health, especially depression
- Exclusion, leading to social isolation and loneliness
- Divide between generations, even within our own families
- Barriers and obstacles, making resources and opportunities harder to access
- Vulnerability to elder abuse - ageism is present in nearly half of reported cases of elder abuse

How we can combat ageism



Ask questions instead of assuming



Have respectful conversations



Discard ageist prejudices and stereotypes



Get to know the older folks in your life



Be inclusive of the older folks in your community

Examples of ageism

- Not including someone because of their age
- Treating someone differently because of their age
- Assuming how much support an older person needs
- Denying someone an opportunity because of their age
- Deciding on behalf of an older person without consulting them
- Controlling an older person's finances because they are "too old"



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