

AGEISM & STIGMA

This small group discussion considered the following questions:

1. Seniors are often marginalized in society, and ageism is often an unconscious bias. How does individual, institutional, and structural ageism happen and what does it look like?
2. What are the beliefs about seniors that are limiting?
3. How can individuals and institutions transform these stereotypes and create a more inclusive society?

Here are the insights and ideas that the group produced:

- Encourage intergenerational programs, housing, community
 - IE. Senior Centers → Community Centers (seniors tutoring at schools)
- Conduct an Ageism Audit
 - Involve seniors in the process
 - Become cognizant of our language around age
- Develop and promote better terminology