What is ageism?

- Ageism is a global challenge.
- Ageism is one of the last socially acceptable prejudices. Psychologists are working to change that.

Types of Ageism:
- Institutional
- Interpersonal
- Internalized

82% Adults reported they experience ageism regularly.

Ageism in the Workplace

- Perceived age discrimination and anxiety about aging were negatively associated with job satisfaction, commitment, and engagement.
- Older adults who encounter negative age-related stereotypes experience worsened memory, cognitive performance, self-efficacy, handwriting, will-to-live, hearing, and cardiovascular stress responses.
- Stereotypes produce discriminatory behaviors against older generations like
  - MIT: The Rise of Age-Friendly Jobs and what Employers Need to Know
  - Women in Leadership Face Ageism at Every Age
  - Silicon Valley’s not-so-secret bias: Ageism