

A G E I S M

What is ageism?

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

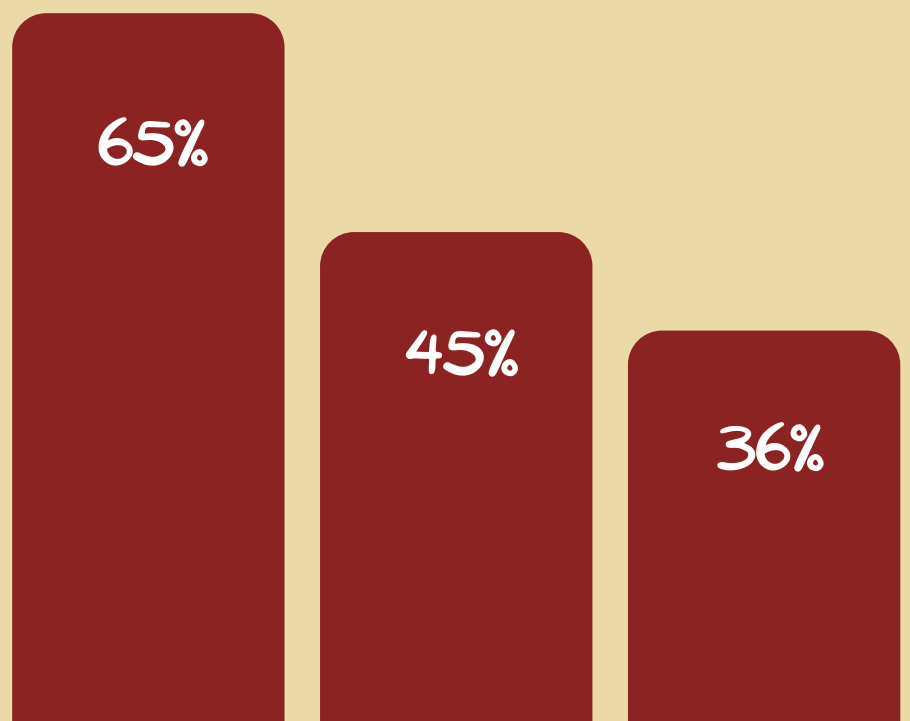
Types of Ageism:

- Institutional
- Interpersonal
- Internalized

AGEISM EXPERIENCED BY OLDER ADULTS REGULARLY

82%

Adults reported they experience ageism regularly



Messages from the Media

Interpersonal Interactions

Internalization

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

