

# AGEISM POST-MODULE

Discuss examples of the types of ageism that you have seen or experienced:

1. Institutional
2. Interpersonal
3. Internalized



Watch:

- **Age Doesn't Define You**

- Did you identify with anything the participants said? How did (or does) it make you feel?

- **The Voices of Older Adults on**

- Ageism**

- Were you surprised at how ageism is a global issue? Why or why not?

- **Let's End Ageism**

- Did you like the video? Why or why not?
- Was it relatable in any way?
- How do you feel about the older generation after watching?

## WHAT YOU CAN DO:



- Old School: Anti-Ageing Clearing House
- 5 Steps to be an Ally Against Ageism
- Interventions to Reduce Ageism Against Older Adults: A Systematic Review and Meta-Analysis
- Creating an anti-ageist healthcare system to improve care for our current and future selves
- UN Global Report on Ageism: Executive Summary
- How You Can Be an Ally for Older Workers, and Other Actions for Allies