

WEEK 11

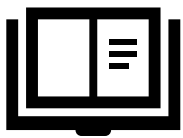


Ageism

This is week 11 of the Equity Challenge, and today we will explore the topic of Ageism and how that effects people throughout society.

- Ageism refers to how we think (stereotypes), feel (prejudice) and act (discrimination) towards others or ourselves based on age.
- Ageism against older and younger people is highly prevalent worldwide.
- Ageism exists in our institutions, our relationships and ourselves, and affects us from childhood into older age.
- Ageism has an impact on all aspects of people's health and costs individuals and society billions of dollars.
- Ageism can be combatted

This Week's Challenge



Read World Health Organization definition of ageism

Global Report on Ageism view power point slides from the recent World conference on ageism.

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Watch Let's End Ageism w/Ashton

Applewhite (11:37) view this enlightening conversation about where ageism begins and how we can combat it.



Listen Why ageism is such a hard

"ism" to fight (22:09) Australian podcast on why its difficult to break these habits even for those who are older.

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