



VCU College of Health
Professions
Gerontology

DISRUPT AGEISM

WORKBOOK

V4.0



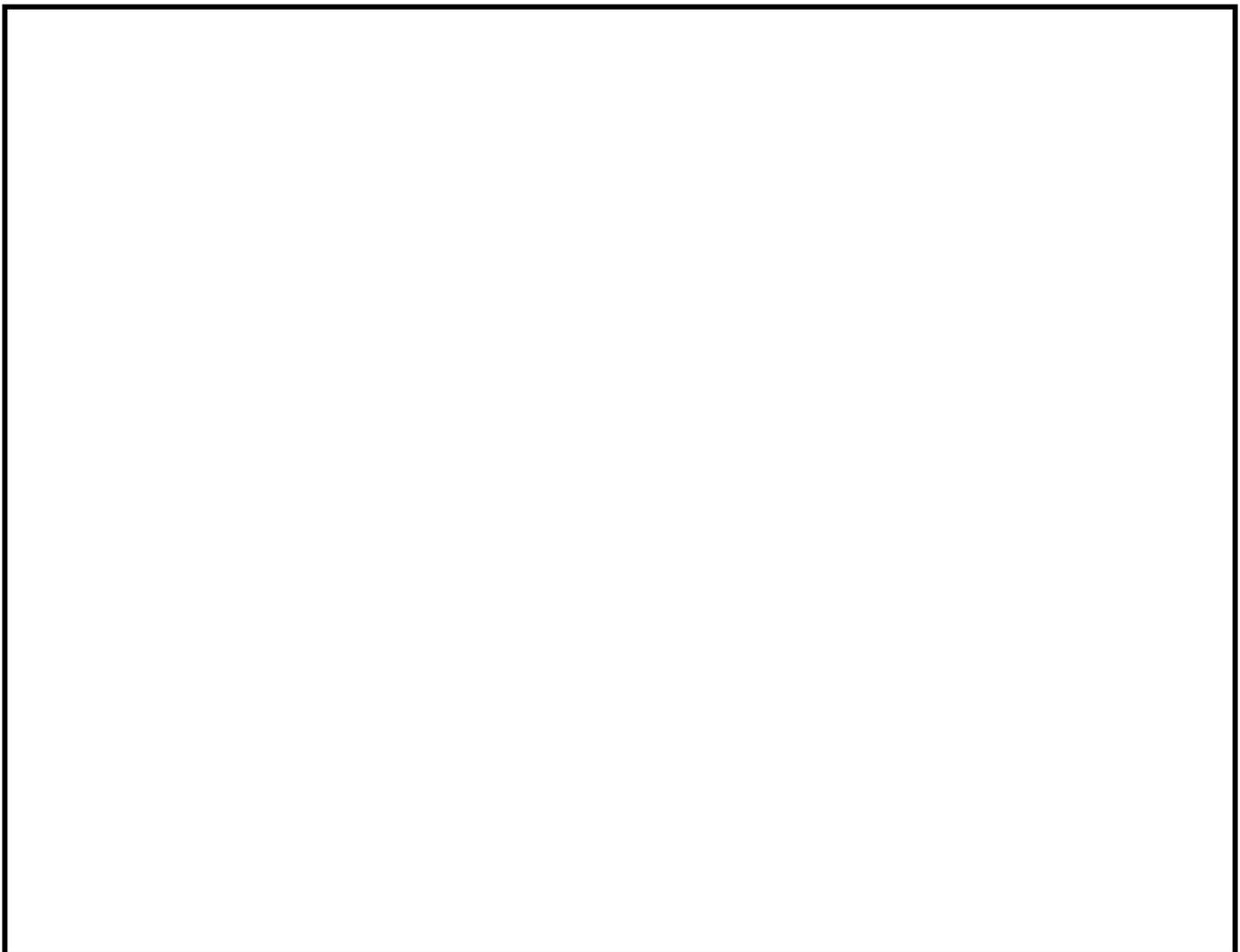
LeadingAge[®]

PART ONE: RECOGNIZING

KEY TAKEAWAYS:

- We are all aging.
- Aging is about growth, maintenance and decline.
- People with positive perceptions of aging live 7 ½ years longer than people with a negative perception of aging.

NOTES:



PART TWO: UNDERSTANDING

KEY TAKEAWAYS:

- Language matters. Think about compliments like:
 - *“You look great for your age.”*
 - *“Good morning, young lady.”*
 - *“You haven’t aged a bit.”*
- Young and old are neutral words. American culture has ascribed a judgment.
- Aging is a lifelong process.

NOTES:

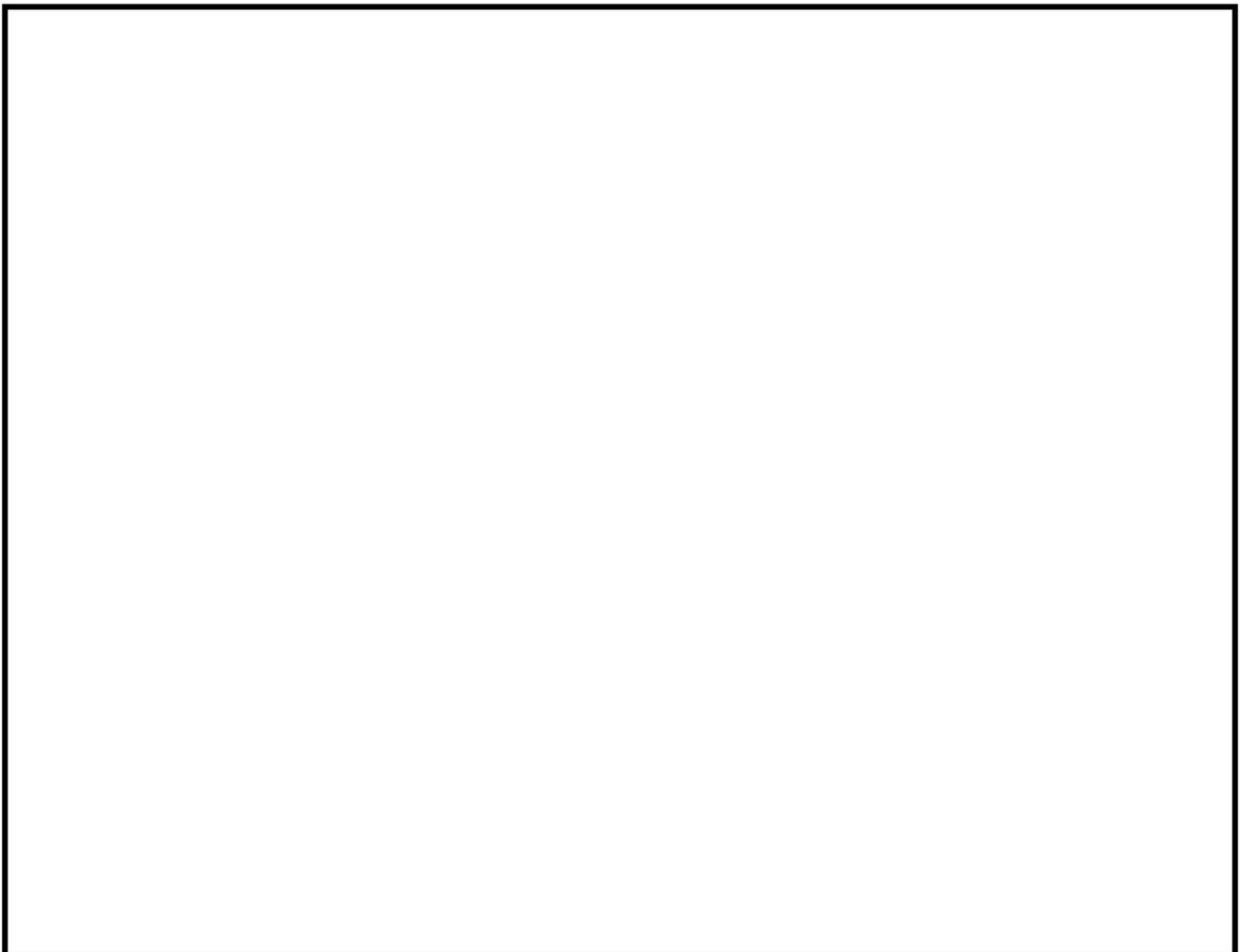


PART THREE: DISRUPTING

KEY TAKEAWAYS:

- Elderhood is a distinct stage of psychological, social and emotional development that can include:
 - *Experience-based problem-solving.*
 - *Improved ability to regulate emotion.*
 - *Improved knowledge and understanding of yourself, others and the world around you.*
- Successful aging is as individual as you are.

NOTES:



ENRICHMENT ACTIVITY

Considering all you have learned today about disrupting ageism, what will you:

START doing:

STOP doing:

CONTINUE doing: