

Ageism Prevention

What Is Ageism?

Ageism is discrimination or stereotypes against people because of their age. Many older adults report being treated unfairly due to age.

Negative Stereotypes

- Older adults are capable, experienced, and valuable members of society.
- Avoid assumptions that aging automatically means weakness or dependence.



Promote Respect

- Listen to seniors and include them in decisions that affect their lives.
- Respect their independence, experiences, and choices.



Encourage Lifelong Learning

- Older adults benefit from learning new skills and participating in community programs.
- Education and engagement help maintain independence.



Speak Up Against Discrimination

- If you see age discrimination in workplaces, healthcare, or communities, speak up.
- Supporting fair treatment helps create an inclusive society.

