



# CHANGING THE NARRATIVE

ENDING AGEISM TOGETHER

DISCUSSION MODULE FOR  
AHEC SCHOLARS RELATED TO  
CREATING INCLUSIVE CARE  
IN AN AGEIST SOCIETY

# Antidotes for Ageism

## Creating Inclusive Care in an Ageist Society



Watch 15 minutes video Antidotes for Ageism

- <https://vimeo.com/637109429/44c9c7c46a>

# AGEISM

- Ageism—the stereotyping, prejudice, and discrimination against people based on their age—is pervasive and it has real impact on our health and wellbeing. One out of five people over age 50 experience ageism in healthcare settings. In an analysis of over 400 studies that looked at the impact of ageism on health, almost 96% showed that ageism has a negative impact on the health of older adults.

# SHARE YOUR THOUGHTS

Use the link to go to the Jam Board and share your first impressions of the film

- [Jam Board](#)



# REFLECTION FROM FILM

- **Fact:** Worldwide, in a study conducted with over 7 million participants from 45 countries, across 5 continents, it was found that ageism harms the health of older people. They were more likely to have worse physical and mental health and reduced recovery from illnesses due to ageism.
- **Quote from the film:** “When someone gets older, their concerns are not treated with the same urgency as younger demographics, where they typically won’t suggest certain treatments.” – Danelle Hubbard, Gerontologist

# REFLECTION FROM FILM

- **Fact:** Individually, one out of five people over 50 experience ageism in healthcare settings.
- **Quote from the film:** “As you get older, when you go to the doctor, everything is attributed to your growing older. And that is not always the case.” – Carolyn Love, PhD

# DISCUSSION

Access the google form here to respond to the discussion questions:  
<https://forms.gle/5DN6gV1iyvGfBw8x6>

**In the film, Dr. Jeff Wallace mentions that patients should interrupt their physicians.**

- *What are some respectful ways patients can express their concerns, so they are heard?*

**Carolyn Love mentioned that no one is as much of an expert on one's body and health as oneself.**

- *What can healthcare professionals do to bring out that expertise and make sure patient voices are not only heard but understood?*

**Judith Blair pointed out how important it is for healthcare professionals to be an ally to their patients.**

- *What can healthcare systems and providers do to show allyship?*

# DISCUSSION

**Danelle Hubbard talked about the importance of healthcare providers not making assumptions about people based on their age.**

- *What can healthcare systems do to decrease ageist assumptions?*
- *What could you do in your own practice?*

**Gilliane Lee chose to work with older adults as an Occupational Therapist. But we know the US has a shortage of healthcare professionals trained to work with older adults.**

- *What can be done to encourage more people who are in your field and who are entering your field to work with older adults?*

*When a healthcare office staff member uses elderspeak, what are some specific comments we could use in response? How can we each be ambassadors for ending this practice?*



# SHARE YOUR THOUGHTS

Use the link to go the Jam Board and share one thing you will do to create age-friendly healthcare.

- [Jam Board](#)

## Antidotes on Ageism

What is one thing you will do to create age-friendly healthcare?  
(use the sticky notes on the left side)

I will identify my own bias before approaching each patient and allow them time to express their needs

# COMPLETION INSTRUCTIONS

To receive 1.5 hours of didactic credit for AHEC Scholars and a Certificate of Completion please complete:

- Contribute to both Jam Board Questions
- Complete the Google Form or email discussion responses to Erika Greenberg (egreenberg@cahec.org)