

AGE-FRIENDLY HEALTHCARE

A Guide to creating inclusive care

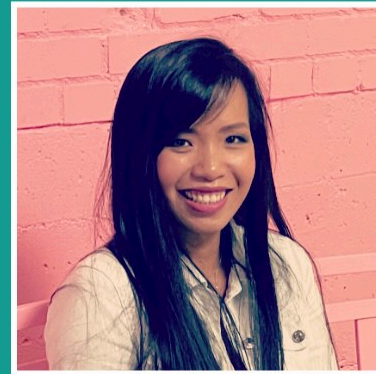


PRESENTERS



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WHAT WE BELIEVE



**COMMUNITY
LEADERSHIP
CO-GENERATION
ACTION**

AGE-FRIENDLY HEALTHCARE CAMPAIGN

ANTIDOTES FOR AGEISM:

A brief guide to creating inclusive care in an ageist society

Guide to presenting the film



POLL 1



What roles do you have regarding aging and aging-related issues?

(Choose any that apply)

- Individual community advocate
- Public policy/research
- Services (health, housing, transportation, etc.)
- Council/Commission/Office on Aging
- Workforce/volunteerism
- Communications/Media
- Healthcare student
- Other

HEALTHCARE: WE'RE REFERRING TO...



HEALTH

Systems & structures

Physical health

Mental health

Overall well-being



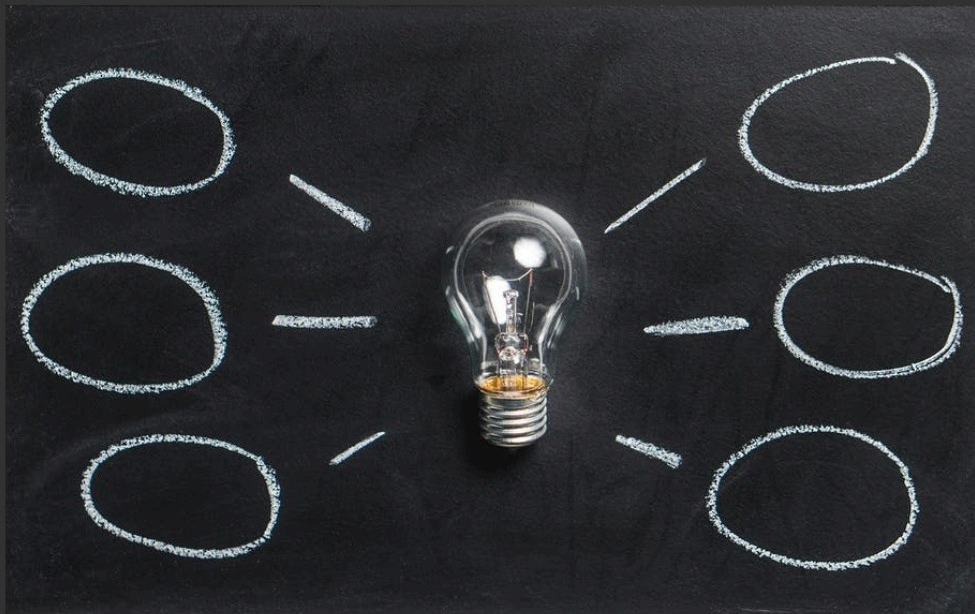
82%

**OVER AGE 50 EXPERIENCE AGEISM DAILY
...AND THIS IMPACTS OUR HEALTH AS WE AGE**

GOALS FOR TODAY'S WORKSHOP

LEARN ABOUT...

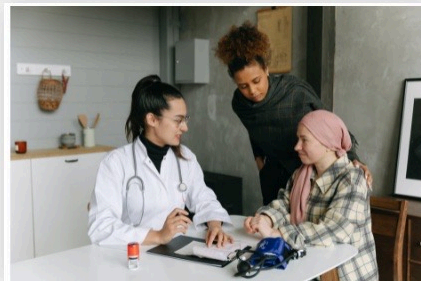
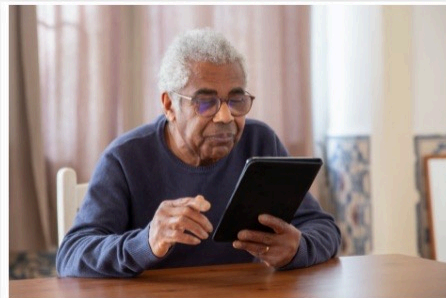
- The types of ageism that exist
- Recognizing your own beliefs about age
- Intersections with other identities
- The negative impacts ageism has on health and aging
- Advocating for ending ageism in healthcare.



WHAT IS AGEISM?

AGEISM

Prejudice
Stereotyping
Discrimination



POLL 2



If a healthcare professional is ageist, it won't really affect their older adult patients.

TRUE or FALSE?

FALSE

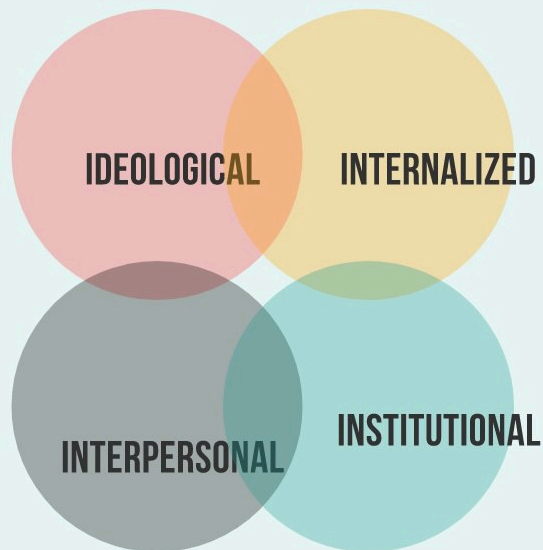
**A review of 422 studies worldwide found evidence of the
adverse effects of ageism in 96% of the studies**

**Ageism affected older persons regardless of their
age, sex, racial, and ethnic identities**

AGEISM IN OUR LIVES

AGEISM AND SOCIETY

THE 4 I'S OF OPPRESSION



- **IDEOLOGICAL:**

Societal messaging - aging and getting older are undesirable

- **INTERNALIZED**

Self beliefs reflecting negative messaging about aging

- **INTERPERSONAL:**

Interactions with others where we feeling devalued

- **INSTITUTIONAL**

Negative messaging and policies not considering older adults

STRUCTURAL AGEISM

“Discrimination directed against older people by the policies of institutions and the actions of those affiliated with them.” ~Dr. B.R. Levy et al (2022)



POLL 3



The number of people 65 and over will exceed those 18 and under in the next decade.

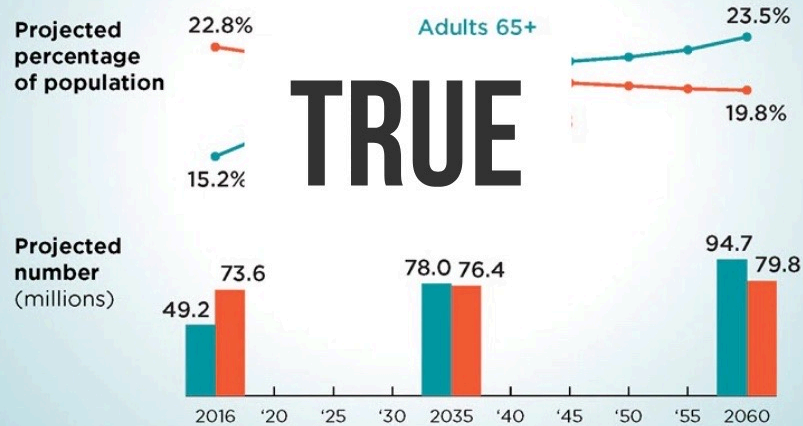
TRUE or FALSE?



An Aging Nation

Projected Number of Children
and Older Adults

For the First Time in U.S. History Older Adults Are
Projected to Outnumber Children by 2035



Note: 2016 data are estimates not projections.

United States[™]
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
[census.gov](https://www.census.gov)

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html

AGEISM INTERSECTS WITH OTHER FACTORS



Health & Access

Sexual
identity

Gender
identity

AGEISM

Abilities
Language
Education

Income
Housing

Race
Ethnicity

AGING & OUR IDENTITIES

MENTAL HEALTH IMPACTS

Ageism experienced by older adults is significantly associated with:

- **Anxiety**
- **Depression**
- **Lower self-esteem**
- **Poorer performance on cognitive assessments**
- **Higher blood pressure**



INTERNALIZED AGEISM

HOW AGEISM SHOWS UP IN HEALTH: INTERNALIZED

- Ignoring symptoms: “It's because of my age.”
- Attitudes about aging affect:
 - Life span decreased by 7.5 years
 - Physical and mental health
 - Likelihood of developing dementia



Research by Dr. Becca Levy and her colleagues - Yale School of Public Health

INTERPERSONAL AGEISM

HOW AGEISM SHOWS UP IN HEALTH: INTERPERSONAL

- Assumptions that all older people are alike
- Disrespecting or demeaning patients
- Elderspeak
- Over and under-treating



STRUCTURAL AGEISM

HOW AGEISM SHOWS UP IN HEALTH: INSTITUTIONAL

- Shortage of healthcare professionals trained in older adults health
- Medicare: vision, hearing, dental
- Older adults excluded from clinical trials
- Crisis standards of care



POLL 4



Does ageism impact the costs associated with healthcare?

YES or NO?

YES

**A 10% REDUCTION IN AGE DISCRIMINATION COULD LEAD TO SAVING
\$1.1 BILLION ANNUALLY IN HEALTHCARE IN THE U.S.**

SOURCE: LEVY, B.R. 2022

WHAT CAN HEALTH SYSTEMS DO?

PERSON-CENTERED HEALTHCARE

- Provides care that is respectful of patients' individual preferences
- Their needs and values are discussed
- Ensures that those values guide all clinical decisions.

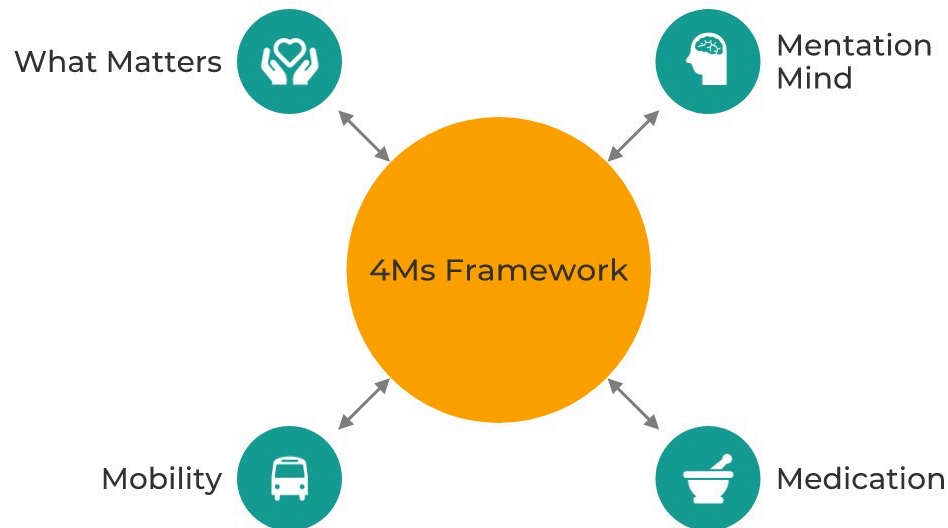
What matters most to the individual?



AGE-FRIENDLY HEALTH SYSTEMS

The 4Ms Framework

The 5Ms of Geriatrics
include
MULTICOMPLEXITY



INSTITUTIONAL AND POLICY SOLUTIONS

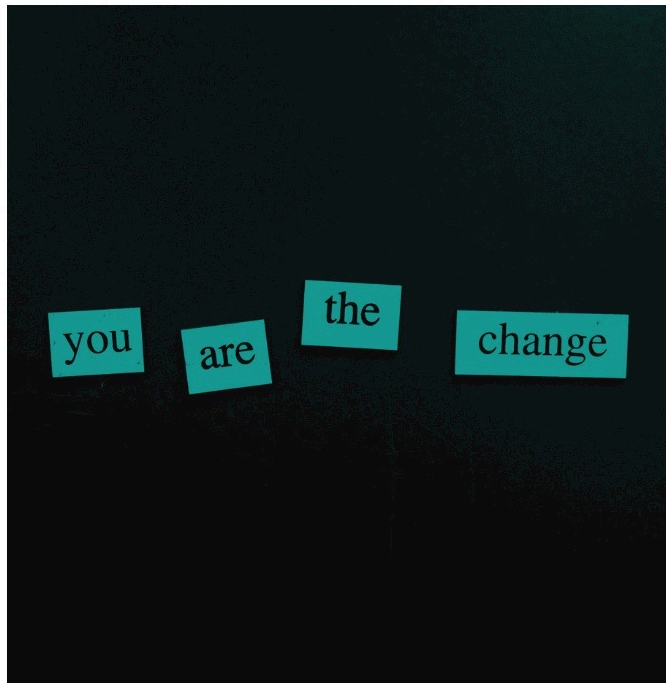


Advocate for age-inclusion

- Conduct workshops about ageism
- Expose healthcare students to older adults during their professional training
- Advocate for culturally competent policies
- Include older adults in healthcare discussions
- Learn about intersectional inequities

WHAT CAN WE DO?

AS ADVOCATES WE CAN...



- Learn more about ageism
- Become aware of your beliefs and implicit biases
- Choose words intentionally - i.e., use “older adults” rather than “elderly”
- Don't make assumptions based on age
- Advocate for age-inclusiveness
- Share what you've learned

AGE-FRIENDLY HEALTHCARE PRESENTATIONS

CALL TO ACTION:







Request a virtual presentation for your organization or group



CHANGING THE NARRATIVE

ENDING AGEISM TOGETHER

LET'S CONNECT!

-  info@changingthenarrativeco.org
-  bit.ly/EndAgeismTogether
-  [@encore_janine](https://twitter.com/encore_janine)
-  [ChangeNarrativeUS](https://www.facebook.com/ChangeNarrativeUS)
-  [Changing the Narrative](https://www.linkedin.com/company/Changing-the-Narrative)
-  [@endageismtogether](https://www.instagram.com/endageismtogether)