

Resources on Ageism

(September 2022)

Together, we can work to reduce ageism and its negative effects.

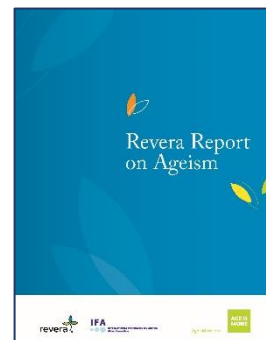
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- Lagacé et al. *An Examination of the Social and Economic Impacts of Ageism*, 2022: <https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/reports/ageism-social-economic-impacts.html>
- Lagacé et al. *A Case Study on Ageism during the COVID-19 Pandemic*, 2021. <https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/reports/ageism-covid19.html>



2. World Health Organization. *Global Report on Ageism*, 2020. <https://www.who.int/publications/i/item/9789240016866>

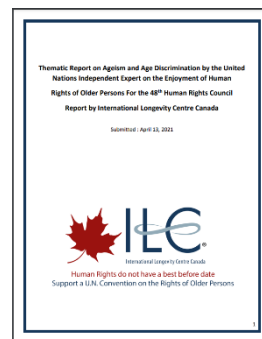
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AGEISM

Ageism refers to **HOW WE THINK** (STEREOTYPES), **FEEL** (PREJUDICE) and **ACT** (DISCRIMINATION) towards others or ourselves based on age

AGEISM IS EVERYWHERE

1 IN 2 PEOPLE WORLDWIDE ARE AGEIST AGAINST OLDER PEOPLE and, in Europe, there is more ageism against younger than older people

Ageism affects us **THROUGHOUT LIFE** and exists in our institutions, our relationships and ourselves

Ageism **EXACERBATES OTHER DISADVANTAGE**

AGEISM IS HARMFUL

PHYSICAL HEALTH

MENTAL HEALTH

SOCIAL WELL-BEING

Ageism takes a **HEAVY ECONOMIC TOLL** on individuals and society

Ageism has far-reaching **IMPACTS ON ALL ASPECTS OF PEOPLE'S HEALTH**

AGEISM CAN BE COMBATTED

POLICY AND LAW
can protect human rights and address age discrimination and inequality

EDUCATIONAL ACTIVITIES
can transmit knowledge and skills and enhance empathy

INTERGENERATIONAL INTERVENTIONS
can connect people of different generations

#AWorld4AllAges