We Are All Aging
Let’s End Ageism

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Most of us won’t live in nursing homes.

2.5% of the 65+ population
8 out of 9 brains will hang in just fine.
Most of us will be happier.
I’m still worried about the shoes.
Ageism:

discrimination and stereotyping on the basis of age
Prejudice isn’t about biology. It’s about power.
Prejudice pits us against each other.

- RACISM
- HOMOPHOBIA
- NATIONALISM
- SEXISM
- ABLEISM
We are all ageist.
Ageism is prejudice against our own future selves.
Discrimination is the problem. Not aging.
Aging isn’t a problem or a disease. Aging is living.
Ageism cuts work lives short.
Ageism harms our health.
Ageist myths and stereotypes affect cognition.
Ageism disproportionately affects women.
Ageism legitimizes abuse.
Ageism segregates us.
We have an extraordinary opportunity.
Where do we go from here?

• Tap into what we know: aging enriches us.

• Look more generously at each other, and at ourselves.

• Ask for help.

• Make friends of all ages.

• Join forces.
It’s time for a RADICAL AGE MOVEMENT
AGE PRIDE!
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