We Are All Aging Let's End Ageism

by Ashton Applewhite

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Most of us won't live in nursing homes.

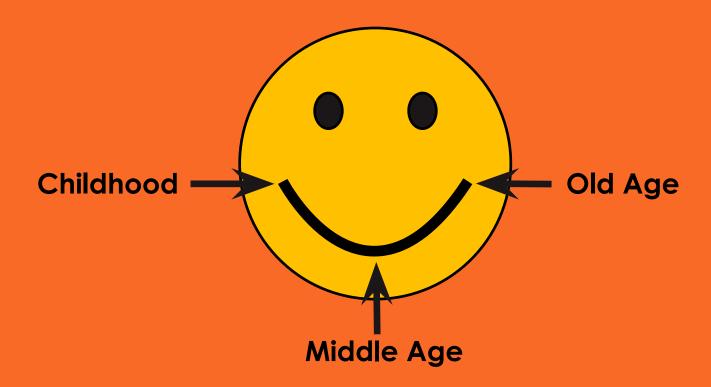


2.5% of the 65+ population

8 out of 9 brains will hang in just fine.



Most of us will be happier.





Ageism:

discrimination and stereotyping on the basis of age

Prejudice isn't about biology. It's about power.

RACISM

HOMOPHOBIA

Prejudice pits us against each other.

NATIONALISM

SEXISM

ABLEISM

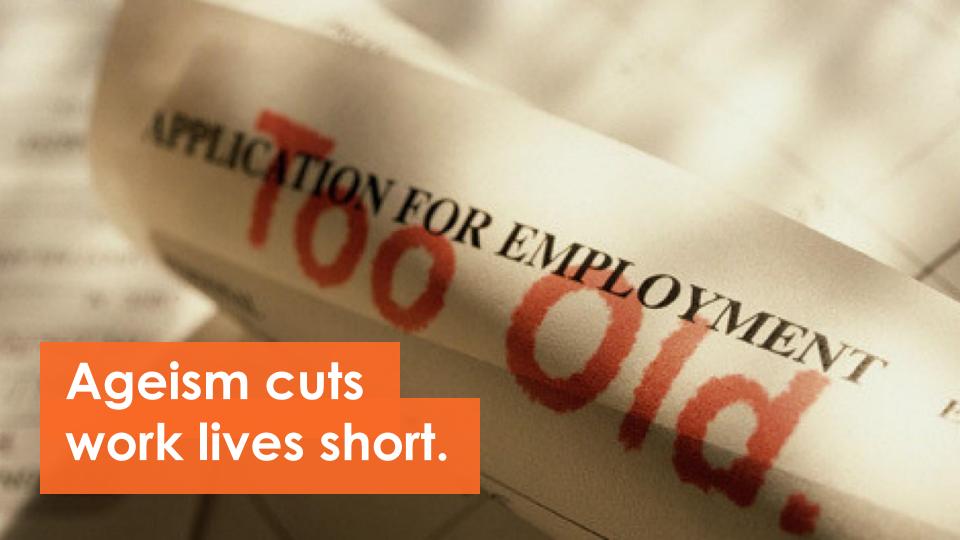


Ageism is prejudice against our own future selves.





Aging isn't a problem or a disease. Aging is living.



Ageism harms our health.



Ageist myths and stereotypes affect cognition.

AGEISM

Ageism disproportionately affects women.

SEXISM

Ageism legitimizes abuse.





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.



AGE PRIDE!

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