

References and helpful resources

Ageism – Hiding in plain sight

How to identify and tackle ageism in the health system

Learn how ageism manifests itself in our health system and the dire consequences for the health and wellbeing of older people. Effective reablement cannot occur in an ageist society or system. Dr Ring helps the audience identify and challenge it. She'll give you plenty to talk about at your next staff meeting!

Link to video

- ▶ **YouTube** [Imagine a world without Ageism](#)

References

- ▶ World Health Organization [Ageism](#)
- ▶ “Carta of Florence against ageism; No place for ageism in healthcare”

Ungar, A., Cherubini, A., Fratiglioni, L., de la Fuente-Núñez, V., Fried, L., Krasovitsky, M.S., Tinetti, M., Officer, A., Vellas, B., & Ferrucci, L. (2024) *European Geriatric Medicine*, Apr;15(2): 285-290.

<https://doi.org/10.1093/gerona/glad264>

Resources for exploring and discussing ageism

- ▶ Every Age Counts campaign [Campaign materials - EveryAGECounts](#)

Snakes and ladders: A game where you encounter the ups and downs of working to end ageism. This board game is a playful way to raise awareness and start discussions about the impacts of ageism.

“The Real Old” changes the conversation about ageing and older people in Australia by busting some myths and long held stereotypes.

- ▶ “Am I ageist” quiz [Am I Ageist? Quiz - EveryAGECounts](#)

Continued...

Language guidelines to counter ageism

- ▶ UNSW Sydney [Guide to Age Positive Language](#)
- ▶ Every Age Counts “Every Word (and gesture) Counts”
[Campaign materials - EveryAGECounts](#)
- ▶ Dementia Australia Dementia Language Guidelines
[About Dementia 1 - What is Dementia](#)
(This link goes to the language guidelines, despite the title “What is dementia”)

Age-friendly system Initiative

A movement helping hospitals, medical practices, retail pharmacy clinics, nursing homes, home-care providers and others deliver age-friendly care (United States).

See link below to access the following resources referenced in the presentation:

- ▶ How to have conversations with older adults about ‘what matters’: A guide to getting started.
- ▶ What matters to older adults? A toolkit for health systems to design better care with older adults
- ▶ A guide to care of older adults in home health care
- ▶ Workbook for home health care

[Age-Friendly Health Systems Resources and News | Institute for Healthcare Improvement](#)