

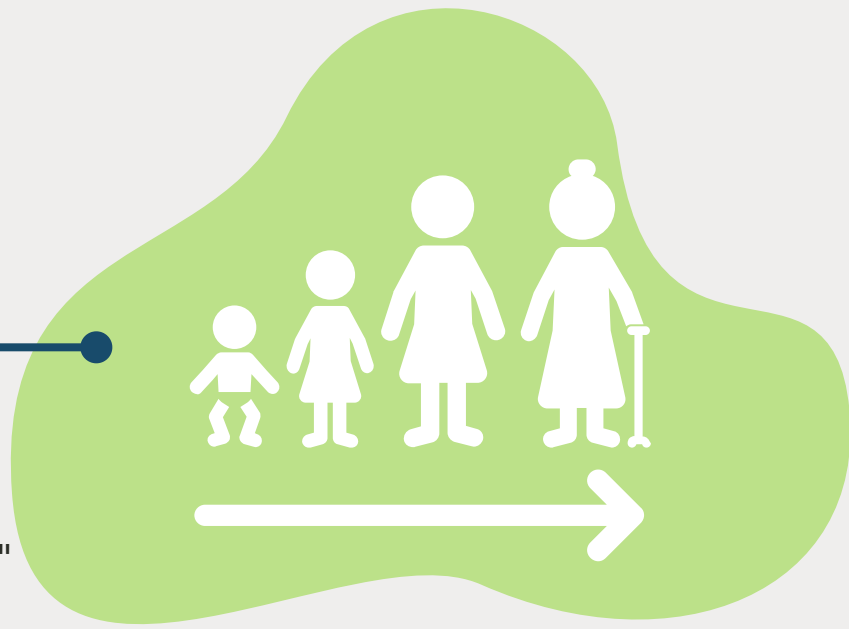
Ageism and How to Help Combat it

Challenging Discrimination through Community Conversations: Ageism in Alberta: The Need for Community Initiatives.

With Guest Speakers Dr. Sherry Dahlke and Semsı Develioglu
Moderated by Lori Sigurdson

Ageism defined

Ageism is discrimination based on someone's age. In our society, ageism often occurs when people are seen as "too old" or "too young" to do something.



Rethinking ageing

Older people have a wealth of life experience and often support their families and/or their local communities. Their age is just one facet of their identity. Age is also relative, and we do not all see age the same way.

Intersectionality and ageing

It is important to understand that experiences with ageing differ based on people's social locations. Sex, race, and socioeconomic status, for example, can each impact the way one experiences ageing.



Actions for impact

- Remember that all people deserve respect regardless of their age.
- Look into volunteer opportunities to get involved.



Resources

- [Alberta Council on Aging](#)
- [Caregivers of Alberta](#)
- [Age-Friendly Communities](#)
- [Edmonton Senior Centres](#)

