






# Changing the Conversation About Age

Ageism affects half the world's population, with prevalent stereotypes and discrimination against older and younger individuals alike. Ageism has a detrimental impact on both our physical and mental health, and studies have even linked it to earlier death. It is crucial to address ageism and challenge these harmful stereotypes in order to promote a more inclusive and equitable society.

## How You Can Help

-  **Educate Yourself**  
Learn about ageism and its impact.
-  **Challenge Stereotypes**  
Speak up against ageist jokes, language and assumptions.
-  **Support Older Adults**  
Recognize and value their contributions, experiences, and wisdom.
-  **Promote Inclusion**  
Encourage intergenerational connections and foster diverse communities.
-  **Advocate for Change**  
Support organizations that promote age-friendly policies.



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