

AGEISM IS PREJUDICE!

MYTHS & TRUTHS ABOUT THE AGING BODY



⊗ 1) MYTH: OLDER PEOPLE ARE NOT ACTIVE



There is **NO** correlation between the ability to do certain activities and a certain age that the person is unable to do them.



2) MYTH: PAIN IS PART OF NORMAL AGING



Pain is **NOT** a normal part of aging.

Some forms of pain, like lower back, neck, and face, are more common in people aged 65 than 85.



3) MYTH: INCONTINENCE IS A PART OF NORMAL AGING



Impaired mobility, **NOT** age, is the biggest predictor of urinary incontinence in older persons.



4) MYTH: OLDER PEOPLE HAVE TROUBLE EATING A REGULAR DIET



Age does **NOT** cause trouble eating or chewing for older persons.



6) MYTH: FORGETFULNESS AND CONFUSION ARE PART OF AGING



Memory loss is **NOT** a normal part of aging. It may indicate underlying neurodegenerative diseases or medical conditions.



7) MYTH: OLDER PEOPLE CANNOT UNDERSTAND NORMAL SPEECH



For some older people, it is hard to hear or see; speaking loudly or as if they are children is **NOT** necessary.



8) MYTH: OLDER PEOPLE ARE NOT COMPETENT WITH TECHNOLOGY

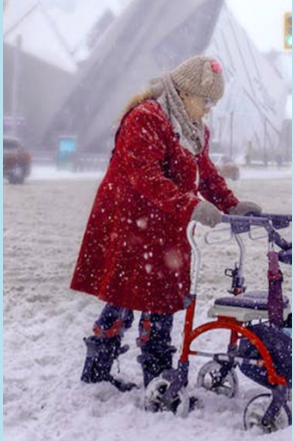


Digital technology is **NOT** age-specific; many older persons find technology empowering. 60% of older Canadians use the internet regularly, and 77% own a digital smart device.



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SOCIAL MYTHS & TRUTHS ABOUT AGING



❌ 1) MYTH: OLDER PEOPLE ARE DEPENDENT AND UNABLE TO CARE FOR THEMSELVES

✅ Dependency may occur when impairments create the need for more assistance. Older persons are a diverse group and **NOT** all have diseases that impair their abilities to remain independent.

❌ 2) MYTH: OLDER PEOPLE NEED TO LIVE IN SUPPORTIVE HOUSING

✅ Homes are closely related to our identity and life history. Housing is **NOT** fixed, and can be adapted to accommodate changes in vision, mobility, and progression of disease.



❌ 3) MYTH: OLDER PEOPLE ARE NOT PRODUCTIVE

✅ Productivity is **NOT** based on income. Many older persons continue to work and may volunteer, mentor, or care for grandchildren.

❌ 4) MYTH: OLDER PEOPLE WANT TO DISENGAGE FROM SOCIETY

✅ Societal disengagement is **NOT** normal and can be caused by external pressures such as ageism and neighborhood insecurity.



❌ 5) MYTH: OLDER PEOPLE ARE ISOLATED AND LONELY

✅ Research shows retirement does **NOT** change social circles that consist of close family and friends.



❌ 6) MYTH: OLDER PEOPLE ARE OPINIONATED AND RIGID IN THEIR THINKING

✅ Respect does **NOT** change for older people. When we believe older persons have rigid thinking, the ability to communicate properly or form connections may be impacted.



❌ 7) MYTH: OLDER PEOPLE ARE NO LONGER ATTRACTIVE

✅ We receive messages that wrinkled skin, baldness or differently-abled bodies are undesirable. It is **NOT** realistic or true that attractiveness is based on looking young forever.

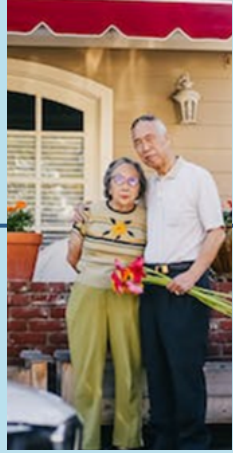


AGEISM IS PREJUDICE!

MYTHS & TRUTHS ABOUT AGING

1) MYTH: OLDER PEOPLE ARE DEPENDENT AND UNABLE TO CARE FOR THEMSELVES

- Dependency may occur when impairments cause persons of any age to require more assistance. Older persons are a diverse group and **NOT** all have diseases that impair their abilities to remain independent.



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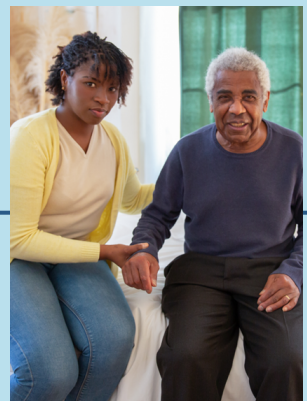
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10) MYTH: INCONTINENCE IS A PART OF NORMAL AGING

- Impaired mobility, **NOT** age, is the biggest predictor of urinary incontinence in older persons.

11) MYTH: OLDER PEOPLE HAVE TROUBLE EATING A REGULAR DIET

- Age does **NOT** cause trouble eating or chewing for older persons.

12) MYTH: OLDER PEOPLE DON'T HAVE SEX

- Limited mobility or cognitive impairment do **NOT** stop older people from having sex.

13) MYTH: FORGETFULNESS AND CONFUSION ARE PART OF NORMAL AGING

- Memory loss is **NOT** a normal part of aging, and may indicate underlying neurodegenerative diseases or medical conditions.

14) MYTH: OLDER PEOPLE CANNOT UNDERSTAND NORMAL SPEECH

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