

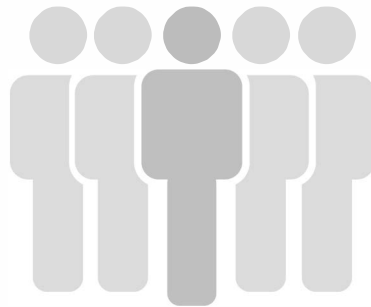
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# **DISRUPT** AGEISM

## FACILITATOR GUIDE

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V3



*LeadingAge*<sup>™</sup>

# INFORMATION

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**Session Time:** 60-90 minutes (Session time varies based on group discussion)

- Objectives:**
- Be able to recognize ageist language, thoughts, and actions
  - Understand the effects ageism can have on you and the people around you
  - Develop techniques to disrupt ageism
  - Understand Elderhood and its significance in disrupting ageism

## Opening

**Statement:** "This training session will address common perceptions and stereotypes about aging and older adults. The session will take approximately one hour. We will watch an 8½ minute video in its entirety and then open the floor for questions and comments. We will then revisit the video's three individual sections, pausing after each for deeper discussion and reflection.

The first page of your workbook is for taking notes, if you would like. Page two has an activity we will do after watching each part of the video, and page three has some key takeaways from the presentation."

# INSTRUCTIONS

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- 1. Watch the video in its entirety. (10 minutes)
- 2. Pause for questions or comments. (5-10 minutes)
- 3. Watch '*Part One: Recognizing*'. (4 minutes)
- 4. Proceed to part 01 Discussion Guide. (10-15 minutes)
- 5. Watch '*Part Two: Understanding*'. (3 minutes)
- 6. Proceed to part 02 Discussion Guide. (10-15 minutes)
- 7. Watch '*Part Three: Disrupting*'. (3 minutes)
- 8. Proceed to part 03 Discussion Guide. (20-30 minutes)

# DISCUSSION GUIDE

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## **Part 1** (10-15 minutes)

After watching, ask your audience to *"Share some examples of things people get better at as they grow older"*

Here are some discussion prompts if there is trouble answering the question:

- *How are you better from a younger version of you in your social relationships?*
- *What do you enjoy more now than you did when you were younger?*
- *What improves as you age? (psychologically, biologically or socially)*
- *Think back ten years- would you like to go back to that version of you?*

If your audience only mentions negative things that can come with aging, remind them: *"Aging is a combination of growth, maintenance, and decline and it is good to keep all of those in perspective".*

## **Part 2** (10-15 minutes)

After watching, ask your audience:

*"Throughout your life, how have you learned about what is it like to be an older person?"*

Here are some discussion prompts if there is trouble answering the question:

- *Ask about influential television shows, movies, or books.*
- *Describe a significant relationship with an older person.*
- *Perhaps you learned from people in your family or through friends or through advertising.*

## **Part 3** (20 minutes)

After watching, begin the following writing activity. Explain to your audience:

*"Before I ask for any final comments on the video we are going to do a writing activity called Start, Stop, Continue.*

*Think about what we have learned about ageism and elderhood. In your workbook, write down one thing you will start doing, one thing you will stop doing and one thing you will continue doing to disrupt ageism and develop elderhood.*

*Take ten minutes to complete this exercise."*

Once everyone has finished writing, ask the group to share one thing they wrote down. This is a very personal exercise so it is okay if people do not wish to share, but you should encourage participation. If they do not wish to share what they wrote down, ask what they liked or disliked about the video or one thing that they learned.