

Ageism Self-Assessment Tool

Resident Ageism/Ableism Self-Assessment

Indicate how strongly you agree or disagree with these statements.	Strongly Disagree	Disagree	Neither Agree nor disagree	Agree	Strongly Agree
1. I enjoy being around people who are older than me.	1	2	3	4	5
2. I enjoy spending time with people who are living with frailty or dementia.	1	2	3	4	5
3. I am content at my current age.	1	2	3	4	5
4. I have plenty to occupy my time at my current age.	1	2	3	4	5
5. I enjoy talking to people who are older than me.	1	2	3	4	5
6. At my current age I feel that other people respect me.	1	2	3	4	5
7. I feel very comfortable when I am around people who are living with frailty or dementia.	1	2	3	4	5
8. I feel good about myself at my current age.	1	2	3	4	5
9. I enjoy doing things to help people who are living with frailty or dementia.	1	2	3	4	5
10. People see me as knowledgeable.	1	2	3	4	5
11. Others value my contributions.	1	2	3	4	5
12. My opinions matter to others.	1	2	3	4	5
13. I feel good about life as I get older.	1	2	3	4	5
14. People see me as competent.	1	2	3	4	5
15. There is meaning and purpose in my life.	1	2	3	4	5

Note: The instrument is a modified version of the Relational Ageism Scale.

Resident Ageism Self-Assessment Scoring

COLLECTIVE AFFINITY FOR OLDER PEOPLE

Add the scores from the following items together to create a total score.

Number	Statement	Score
1	I enjoy being around people who are older than me.	
2	I enjoy spending time with people who are living with frailty or dementia.	
5	I enjoy talking to people who are older than me.	
7	I feel very comfortable when I am around people who are living with frailty or dementia.	
9	I enjoy doing things to help people who are living with frailty or dementia.	

TOTAL _____

PERSONAL AGING

Add the scores from the following items together to create a total score.

Number	Statement	Score
3	I am content at my current age.	
4	I have plenty to occupy my time at my current age.	
8	I feel good about myself at my current age.	
13	I feel good about life as I get older.	
15	There is meaning and purpose in my life.	

TOTAL _____

RELATIONAL AGING

Add the scores from the following items together to create a total score.

Number	Statement	Score
6	At my current age I feel that other people respect me.	
10	People see me as knowledgeable.	
11	Others value my contributions.	
12	My opinions matter to others.	
14	People see me as competent.	

TOTAL _____

ASK YOURSELF:

If your score is below 15 in any of the categories, take the opportunity to reflect on the following:

- Where have you learned about what it means to age and be an older person?
- Reflect on both your fears and desires for growing older.
- Does society currently value older adults? Why or why not do you think this is the case?