


AGED AND SOCIAL EXCLUSION


As populations age, the number of people facing age discrimination. Age discrimination is when someone is treated differently, with an unreasonable or disproportionate impact, simply because of their age. Age discrimination can be direct, for example, denying older people access to healthcare simply because they are old, or indirect.




Discrimination in old age is rarely based on old age alone. More often it is based on multiple factors, complicated further by the cumulative impact of a lifetime of discrimination.

The discrimination that older men and women face is often complex, being based on two or more factors, such as age and gender, ethnic origin, language spoken, where they live, disability, poverty, sexuality, HIV status or literacy levels.

The cumulative impact of a lifetime of discrimination can be devastating in old age. For example, age. For example, ? Women may have faced a lifetime of gender-based discrimination that has serious consequences in old age. They may have been denied an education as girls, married when they were young, forced to have many children close together, subjected to physical and sexual abuse, denied access to decent or paid work and be unable to own or inherit property or accumulate other assets. Accumulate other assets.


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- The cumulative impact of this discrimination has a profound effect on enjoyment of rights in old age, including enjoyment of rights in old age, including little or no access to social security, limited little or no access to social security, limited access to information and lack of identity access to information and lack of identity documentation to enable them to access documentation to enable them to access entitlements such as subsidized entitlements such as subsidized healthcare. healthcare.

Discrimination in old age continues to be tolerated across the world. Ageist attitudes and stereotypes are common at every level: in the family, in the community, in the workplace and more broadly in society. Ageism and age discrimination may manifest themselves differently in different social, economic and cultural contexts but they remain rife, often unrecognized and accepted.



IMPACT OF DISCRIMINATION OF AGED
IMPACT OF DISCRIMINATION OF AGED Helplessness Helpless ness
Detrimental to one's health Detrimental to one's health
Anxiety Loss of productivity Loss of productivity Depression
Loss of self esteem Loss of self esteem Shorter life Shorter life

- MORE OF WHAT YOU CAN DO? MORE OF WHAT YOU CAN DO? Reflect upon your own ageism. Reflect upon your own ageism. Start noticing older people around you. Start noticing older people around you. Be considerate of older people's well-being. Be considerate of older people's well-being. Show respect through manners that Show respect through manners that acknowledge the greater breadth of wisdom and life experience of each older person. acknowledge the greater breadth of wisdom and life experience of each older person.



cont....cont.... Avoid assuming helplessness. Avoid assuming helplessness. Share memories. Share memories. Be a teacher too. Be a teacher too. Consider nurturing cross-generational activities in your local community to help every generation learn the benefits of stepping outside of its own generational mindset. Remember, one day being older will be you.