



EDMONTON  
**Age Friendly  
Alliance**

# **Let's Talk About Ageism!**

**A Toolkit to Start the Conversation**

## Appendix D - Resources

Here are additional resources to further support your Conversation Café or to share with participants after the event.

### Topic One - Personal Beliefs about Aging

[Why you should stop giving this “compliment”](#) - Youtube, Video (3:34 mins)

[My Aging Story](#) - The Age Collective, Website

[Internalized Ageism Campaign](#) - Guide by Changing the Narrative

[Break Free from Ageism](#) - YouTube, Video (1:00 min)

### Topic Two - Ageism in the Beauty Industry

[Dispelling beauty myths: Aging with grace](#) - YouTube, Video (5:49 mins)

[The beauty industry’s obsession with anti-ageing: Is this the beginning of the end?](#) - Article by Centre for Ageing Better, Website

[Can the Beauty Industry Ditch Anti-Aging?](#) - Article by Montecristo Magazine

### Topic Three - Ageist Greeting Cards

[Anti-ageist birthday card project](#) - Changing the Narrative, Website

[Many birthday cards mock getting older. These artists are painting a different picture](#) - Article by CNN

[Dan Levitt: It's time to stop buying ageist birthday cards](#) - Article by Vancouver Sun

## **Topic Four - Ageism in the Workplace**

[Addressing ageism towards older workers](#) - Article by Jonathan Lai

[Balanced teams are better teams](#) - Government of Alberta, Video (3:00 mins)

[Flippin' Ageism](#) - A course about creating an age-friendly workplace by The Centre for Career Innovation

[What is Ageism? 12 Examples of Ageism in the Workplace](#) - Academy to Innovate HR, Website

## **Topic Five - Ageism in Everyday Language**

[Words are powerful](#) - A style writing guide for speaking and writing by Saskatchewan Seniors Mechanism

[Challenging ageism through everyday conversations, dialogue, and discussions](#) - Guide by Age Without Limits

## **Topic Six - Ageism in Healthcare**

[Advocate for your health](#) - Poster by Changing the Narrative

[Age-friendly healthcare](#) - Guide by Changing the Narrative

[Ageism still rampant in healthcare](#) - Article by CBC

## Topic Seven - Ageism in Media

[Andie MacDowell on ageism towards Hollywood actresses](#) - YouTube, Video (2:24 mins)

[Naomi Watts gets candid about ageism in Hollywood](#) - YouTube, Video (2:19 mins)

[Jean Stapleton discusses ageism in Hollywood](#) - YouTube, Video (2:50 mins)

## Topic Eight - Intergenerational relationships

[57 years apart - A boy and a man talk about life](#) - YouTube, Video (4:35 mins)

[Why We Need Intergenerational Relationships](#) - YouTube, Video (8:17 mins)

[The Power of Intergenerational Connection](#) - American Society on Aging, Website

[The Shared Mic: Conversation for the Ages](#) - Age Friendly Edmonton, Podcast

## More about Ageism:

[Yo, Is This Ageist?](#) - This Chair Rocks, Website

[Ageism](#) - World Health Organization, Website

[What if aging was unbound by ageism?](#) - YouTube Playlist by Changing the Narrative

[Exploring ageism through role-play workshops](#) - A Guide by HelpAge

[An old age problem? How society shapes and reinforces negative attitudes to ageing](#) - Paper by the Centre for Ageing Better