


Resources on Ageism

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Get Involved!

[Maine Council on Aging Anti-Ageism Pledge](#) Join the Age-Positive Movement

[A Maine Without Ageism](#) (video)

Books

Gendron, T. (2022). *Ageism Unmasked: Exploring Age Bias and How to End it*. Steerforth Press.

Levy, B. (2022). *Breaking the Age Code How Your Beliefs About Aging Determine How Long and Well You Live*. William Morrow.

Fulmer, T (2022). *Age-Friendly Health Systems: A Guide to Using the 4Ms While Caring for Older Adults*. Institute for Healthcare Improvement.

Applewhite, A. (2019). *This chair rocks: A manifesto against ageism*. Celadon Books.

Cruikshank, M. (2017). *Fierce with Reality: Literature on Aging*. Rowman & Littlefield.

Gullette, M. M. (2013). *Agewise: Fighting the new ageism in America*. University of Chicago Press.

Scholarly Articles

Burnes D, Sheppard C, Henderson CR, Wassel M, Cope R, Barber C, and Pillemer K. *Interventions to Reduce Ageism Against Older Adults: A Systematic Review and Meta-Analysis*. Am J Public Health. 2019 August 109 (8), 2019.

Shaw C and Gordon J. *Understanding Elderspeak: An Evolutionary Concept Analysis*. Innov Aging. 2021 Jul 3;5(3)

Websites

www.reframingaging.org

<https://www.frameworksinstitute.org/>

<https://www.aha.org/center/age-friendly-health-systems>

<https://www.ihl.org/Engage/Initiatives/Age-Friendly-Health-Systems/Pages/default.aspx>

<https://oldschool.info/>

Mainstream media

Tagle, A. (2022, June 28) [Don't let ageism define you. How to enjoy life at every stage](#), NPR Life Kit.

Graham, J. (2021, October 20). [‘They Treat Me Like I’m Old and Stupid’: Seniors Decry Health Providers’ Age Bias](#). Kaiser Health News.

Graham, J. (2022, April 11). [It’s Your Choice: You Can Change Your Views of Aging and Improve Your Life](#). Kaiser Health News.

Dovey, C. (2015). [What old age is really like](#). The New Yorker, 1.

Soloway, E. (2021, December 13). Please do not put a party hat on my head – and other indignities of old age. *The Washington Post*.

Style Guides & Toolkits

[Communication Best Practices Reframing Aging Initiative Guide to Telling a More Complete Story of Aging](#) (from the National Center to Reframe Aging f/k/a the Reframing Aging Initiative)

[Age and Ability Inclusion Toolkit](#) (from Virginia Commonwealth University)

[Preferred Terms for Select Population Groups & Communities](#) (from CDC)

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Anti-ageist birthday cards

<https://changingthenarrativeco.org/anti-ageist-birthday-cards/>