

Ageism Statement Paper

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What is ageism? My definition of ageism is the discrimination that involves preconception against individuals based on their age. Ageism is very similar to racism and sexism, but just including age and not race and gender. So who is affected by ageism? Ageism can affect everyone, no matter their age. From toddlers to elders, age discrimination can be seen in a variety of settings. Ageism can also be seen in a workplace environment. This type of discrimination can lead to people being fired, quitting their job, pay differences, forced retirement, and so much more. While older adults can be affected by these as well, younger adults and even teenagers can also be affected. Younger adults may have difficulty finding jobs due to lack of job experience, could receive lower pay, and even the possibility of changing careers. Ageism can also take a toll on an individual's mental health. Many countries with high populations of healthy older adults record lower rates of ageism attitudes, encouraging higher health status and life expectancy. Ageism takes a serious reckoning on the health and well-being of older adults. This can take tolls on numerous things including shortened lifespan, cognitive decline, increased loneliness, and even a reduced number to education and employment. Ageism has a very detrimental effect on both physical and mental health. It can create problems such as social isolation, reduced life expectancy, and just our overall health. Ageism can affect many places including home, school, work, and healthcare.

I believe that ageism is a real thing. I have personally experienced ageism up close, and know the effects it has on the individual being discriminated against. When I was younger, my granddad had a heart attack and had to have a triple-bypass surgery on his heart to repair the

damages. As someone who did not know what this was, I was very scared about this surgery and if my grandad would survive. I remember going to the hospital before and after his surgery, and the nurses treating him were very nice. My grandad's head nurse would call him by nicknames, such as "Micky P", "honey", "sweetheart", and even "sweetie". Everytime I heard her come in, she would use one of these nicknames and have a big smile on her face. Not only was she trying to comfort my grandad because she knew he was scared, but she was also comforting the rest of our family. She would "dumb-down" explanations of things for us and use a different set of words or vocabulary than what we were hearing from the doctors. This kind of ageism is called "elderspeak". This is what has made me want to become a nurse, and I will never forget this positive experience with ageism. However, I also have a not so positive example of ageism that has happened in my life. A couple of months ago, I went online and applied for a credit card because my parents said that I needed to start building credit for myself to prepare for life after college. I filled out all of the application forms, and had the perfect reason to get a credit card. A couple of days later, the credit card company called me and informed me that my application for a credit card had been denied, and that I would not be receiving a credit card with their bank. I was very upset and started asking questions on why I had been denied. The lady at the bank told me that I was just too young, and did not have a credit score. So why would they give a 19 year old who is still in college a credit card? Keep in mind that I only wanted this credit card so that I could build my credit to prepare for my future after college when buying a house, a car, and even starting a future family. I was devastated. This is the negative side of ageism. While I may only be 19 years of age, I am very mature for my age and can handle a credit card with a very small limit on it. But, when the bank looked at my application and saw my age, I was immediately rejected. This was very hurtful to myself, and discouraged me from applying to get any other

credit cards. Because when I got rejected from one, why would another bank allow me to open up a credit card with them? These types of ageism happen everyday, and can really hurt a person's feelings, and determine the next course of action/steps in their life. Oftentimes, some of these experiences make people so depressed they do not want to continue with their lives. There are various types of positive and negative ageism that happen in the world daily. While some happen at school, at work, in the healthcare facility, or even when applying for a credit card, they can discriminate against good people who just have a number for an age.