

REFRAMING AN ATTITUDE TO AGEING

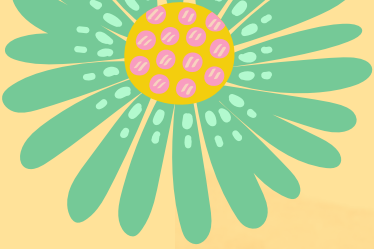
Let's change the narrative together
socially, culturally, and politically!



To start a change we need cooperation between young and old. We need to help people understand what is ageing and how it is reflected in the lives of today's older people.



Dublin City University
Age - Friendly
Perspective
Dublin, 2023



Lessons learned:

- ① Reframing means *challenging prejudices* about ageing that are embedded in our minds,
- ② Being older *doesn't* mean just difficulties, dependence, and decline. We are better as we age. A positive outlook on being old brings us:
 - freedom, autonomy
 - fewer rules
 - more "me" time
 - confidence to speak out and be more comfortable with ourselves
- ③ Older people need to help younger people to understand that *ageing is nothing to be afraid of*.
- ④ We have to *build a life in retirement*, just as we built our youth. Through making informed choices, we can decide what the next 30 years of our life will look like.
- ⑤ It is important to be aware of the people around you and *take care of each other*.
- ⑥ Reframing ageing is beneficial to advancing *mutual respect between generations*.



Intergenerational reflections:

Dublin City University STUDENTS reported that:

- "Having older people in my life makes it better." 92% of students strongly agree.
- "Older people taught me a lot." 98% of students strongly agree.
- Only 2% of students report having negative relationships with older people in their lives.
- 42% of students agree that finding something in common with older generations is challenging.
- 32% of students strongly agree that they feel respected by older people.

We are inspired by:

Grandmother, grandfather

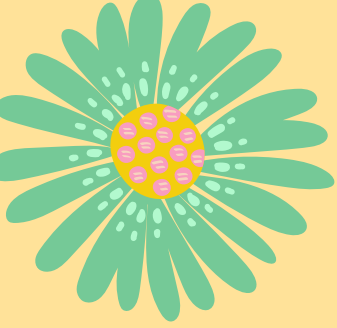
President Michael D. Higgins

Poet and activist Maya Angelou

Boxer Mohamed Ali

What can generations learn from each other?

Morals, kindness, patience and hard work, resilience and respect, learning from mistakes both historical and personal, consistency in relationships, openness to different life paths and technology.



Age matters but does not define

"My life is now defined by choices and freedom. The choices are mine, limited not by age but by health and opportunity." Teresa

"It does not resonate at all well with me to be defined by age. I am more than my age and I want to be "seen" and treated as such" Sandra

"Age does not define me, it's only a number. However, it does define how others see me." Kathleen

"Time defines our life, it can be cruel. But thanks to my friends I overcame the cruelty of loneliness." Joe



Acknowledgment:

[HTTPS://WWW.AGEACTION.IE/RE-FRAMING-AGEING-STATE-AGEING-IRELAND-2022-1](https://www.ageaction.ie/re-framing-ageing-state-ageing-ireland-2022-1)

**Based on the initial
concept Reframing
Ageing**

Contact: dcu.ie/agefriendly
Developed by: AFU participants in
the Sociology research module:
Reframing ageing
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University of Ljubljana
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