

Activity 1. Reflections on ageism and aging anxiety

We have opinions about what behaviours are appropriate at certain ages. These are called “age norms.” Use the following activities to think about your perceptions about aging and growing older. What thoughts and feelings come to mind?

For each activity, assign an age range for which the behaviour seems most appropriate. Then ask yourself why you chose that age range – and discuss your answers with your family.

_____ Driving a car	_____ Drinking alcohol
_____ Having a job	_____ Living alone
_____ Dating	_____ Others make decisions for you
_____ Re-marrying	_____ Displaying affection in public
_____ Being considered sexy	_____ Enrolling in college

Take time to reflect and note good memories from each of the following time periods in your life. Think about what you might look forward to in the next period of your life.

0-20 years: _____

21 - 35 years: _____

36 – 45 years: _____

46 -60 years: _____

61 - 75 years: _____

Over 75 years: _____

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Source: Maureen Osis, Judy Worrell, & Dianne McDermid. *Your Aging Parents: How to Prepare. How to Cope*. 2nd ed. 2010. ElderWise Publishing. <https://youragingparents.ca>

Questions? Contact us: info@youragingparents.ca