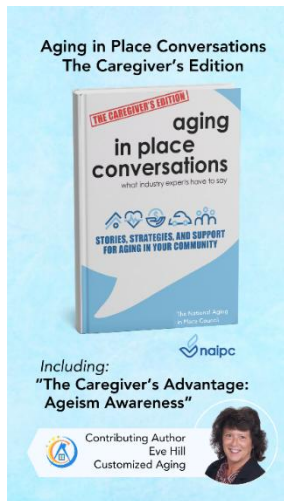


Excerpt from: "The Caregiver's Advantage: Ageism Awareness" by Eve Hill
From the Book: [Aging in Place Conversations: The Caregiver's Edition](#), NAIPC :



Why Ageism Awareness Matters in Caregiving

Our outlook on growing old can impact everything from memory and balance to recovery time, and even how long we live. Unexamined ageism in ourselves and our environments can create fear, false hope, resistance to care, and delay the practical decisions that prolong health and independence at home.

Caregivers who aren't aware of their ageist biases are more likely to base their expectations on assumptions rather than facts, dismiss legitimate medical concerns as "just part of aging," exclude older adults from their own care decisions, or jump into rescue mode and unintentionally undermine the independence of those in their care.

Caregivers who recognize and confront age-related biases provide **measurably better care, build stronger bonds and mutual resilience.**

Think of your attitudes about aging as a direct line of support for you and your loved one. Ageism Awareness in caregiving is a tool for grounding yourself and protecting your connection to your loved one. Positive emotion strategies, empathy education, and paying attention to agency and environment can become a source of strength for both of you.

Who decides which actions to celebrate and which to dismiss? Let it be you, not ageism.

Agency Action Steps

Ageism awareness helps caregivers shift perception. By detaching your loved one's behavior from ageist associations, it's possible to pick up on the feelings behind the words. To see the subtle, non-verbal cues that indicate preferences, discomfort and presence, even when speech, mobility or cognitive ability fades.

Look for:

- Facial expressions: a smile, a frown, an eyebrow lift
- Body language: reaching, recoiling, leaning in
- Responses or engagement with specific people, objects, or routines
- Small but consistent preferences: a favorite seat, flavor, or time of day

Record:

- Keep an observation journal: track mood, energy, or reactions at different times of day

Observe/Listen/Reframe:

Is the behavior "resistance?" It could be hurt feelings, fatigue, fear, sensory overload, or simply a rejection of being treated as frail or incompetent

FURTHER SECTIONS INCLUDE:

- Strategies for Non-Ageist Communication
- How to Ageism-Proof Your Home
- The Positivity Effect
- Resources and References

PAPERBACK: <https://amzn.to/4o4H3Lw>

eBOOK: <https://amzn.to/433Bk07>

