

Ageism Resources

Breaking the Age Code: How your Beliefs About Aging Determine How Long & Well You Live. Becca Levy, 2022.

Ageism Unmasked: Exploring Age Bias and How to End it. Tracey Gendron, 2022

This Chair Rocks: A Manifesto Against Ageism. Alison Applewhite, 2020

Ageism Fact Sheet and Guide. American Society on Aging: <https://asaging.org/wp-content/uploads/2025/09/Ageism-Awareness-Day-Fact-Sheet-2025.pdf>

“Ageism.” The World Health Organization: <https://www.who.int/news-room/questions-and-answers/item/ageing-ageism>

“Ageism is one of the last socially acceptable prejudices. Psychologists are working to change that.” Kirsten Weir, American Psychological Assoc, 2023:
<https://www.apa.org/monitor/2023/03/cover-new-concept-of-aging>

“Ageism and Psychological Well-Being Among Older Adults: A Systematic Review.” Hyun Kang, Honsol Kim, National Library of Medicine, 2022

“Study Reveals Ageism Declining in Online Portrayals of Older Adults,” Sonya Gross, Laura Goodson, Sept 11, 2024: <https://www.aarp.org/pri/topics/aging-experience/demographics/ageism-online-media/>

“Workplace Ageism Is Hurting Employees and Businesses Alike,” Liz Elting, Jan. 30, 2025: <https://www.forbes.com/sites/lizelting/2025/01/30/workplace-ageism-is-hurting-employees-and-businesses-alike/>

Growing Up and Growing Older Booklist, Dr Sandra McGuire:
<https://gugodatabase.wordpress.com>.