

Addressing Ageism

Discussion Guide for groups or families

View the [Ageism for Real](#) webinar recording: [NBA website resource library](#). Then invite your group to discuss these questions by topic, for one, two or three sessions. Complete your Ageism exploration by utilizing the resource, “Ageism: What Can Congregations Do” www.NBACares.org/olderadults, to plan actual action steps.

Stereotyping:

What is one age-based phrase or assumption you wish could be retired from culture?
What are the emotional or relational impacts you’ve seen when people are treated as ‘less capable’ or ‘past their prime’?
Where do you see age-based assumptions shaping how adults view youth—and how youth view older adults?
What are ways ageism increases vulnerability for neglect, isolation, financial exploitation, or being dismissed when concerns are raised?

Intergenerational:

What’s one intergenerational practice you’ve tried (or want to try) that moves the church from ‘tolerance’ to real shared life?
Where have you seen intergenerational connection actually heal something—what made it work?
What gives you hope right now about bridging generations in the church?

Caregiving, caregivers:

Where does ageism show up in caregiving—either in how others speak about older loved ones, or in the pressure placed on a caregiver?
How has caregiving changed the way you see church life—especially how we support older adults and caregivers?
What would you want your congregation to build into their culture for caregivers?
What can churches do that’s both compassionate and responsible—especially when safety, consent, and family dynamics get complicated?
If you could equip church members with one sentence and one next step when they’re worried about an older adult’s safety, what would that be?