

Ageism:

prejudice or discrimination against a particular age-group and especially the elderly.

Merriam-Webster dictionary

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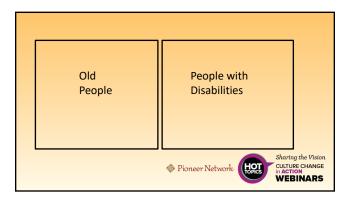
Ableism:

Prejudice against people based on different physical or cognitive abilities.









	Old People	Double Whammy	People with Disabilities			
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When people exist to us as a stereotype or in a certain box, we fail to see them as human. This sets the environment where care becomes task-focused.





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Person-Directed Living is the Antidote to Ageism and Ableism

- > Know people deeply
- > Be in relationship
- Build on strengths—what works now
- Understand the joy that saying "You're welcome!" brings
- Focus on well-being

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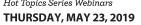












Growing Person-Centeredness

Person Centered Dementia Care: First Came the Recommendations, Now Let's Explore the Outcomes!







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