



*Welcome*  
*to today's webinar*



# CULTURE CHANGE *in ACTION* **WEBINARS**

*Sharing the Vision*

APRIL 17, 2019

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## The Double Whammy of Ageism and Ableism

**Guide: Mel Coppola**



# Ageism:

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

Merriam-Webster dictionary



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# What Assumptions/Judgements do We Make?



work-



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# Ableism:

Prejudice against people based on different physical or cognitive abilities.



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# What Assumptions/Judgements do We Make?



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What  
Assumptions/  
Judgements do We  
Make?



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Old  
People

People with  
Disabilities



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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.



# Assumptions and Judgements Result in...



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# Assumptions and Judgements Result in...

SAMPLE CALENDAR					
Sun	Tue	Wed	Thu	Fri	Sat
		1 Irish Dancers @ History Museum @ 10:30 am Pudding Peeps With Sandi @ 1:30 pm	2 Walk with Me Yoga@Schultz@1:30 Becky the Pianist @ 4 pm	3 Stretching Exercise Beautiful Banknote with Tracy @ 1:30 pm Story Hour	4 Volleyball Toss Don the Pianist @ 1:30 pm Game Night
5 Happy Easter Tea and Table Talk Easter Stories Active Games	6 Happy Birthday George Current Events Stretching Exercises Mel the Guitarist @ 4:15 pm	7 Lunch Bus Trip @ 10:30 am Seder Meal @ 4 pm @ 1pm	8 Coffee Chat Butterfly Craft with Sandi @ 1:30 pm Trivia Fun	9 Light N' Lovely with Tracy @ 10:30 am Yoga @ Lynn@1:30 Word Puzzles	10 Card Games Troy the Music Therapist @ 4 pm Happy Hour
11 Active Games Bake a Cake Games with Kiera @ 3:30 pm	12 Morning Exercise Would You Rather? Sunday Sundae Sing Along	13 Parachute Fun with Kiera @ 1:30 pm Cards Home Opener @ 3:15 pm	14 Tea and Table Talk Manicures Beauty Shop Afternoon	15 Current Events Fun with Washers With Kiera @ 1:30 Trivia Fun	16 Walk with Me Puzzles Becky the Pianist @ 4 pm
17 Bowling @ Olivette Lanes @ 11 am Childhood Memories Movie Night	18 Coffee Chat Arts and Crafts Volleyball Toss	19 Tea and Table Talk Beverly the Pianist @ 2 pm	20 Morning News Volleyball with Kiera @ 1:30 pm Story Hour	21 Manicures Yoga @ Calais @ 1:30 Beauty Shop Afternoon	22 Coffee Chat Picture Holders with Kiera @ 1:30 pm Word Games
23 Chair Exercises Yoga @ Loufies@1:30 Game Night And Snacks	24 Card Games Troy the Music Therapist @ 4 pm Happy Hour	25 Nature of Poetry With Tracy @ 10:30 am Active Games Movie Night	26 Morning Exercise Would You Rather? Sunday Sundae Sing Along	27 Current Events Travel to US Mint with Kiera @ 1:30 pm Volleyball Toss	28 Yoga@Clermont@1:30 OHAMPS Visit @ 1:30 Beauty Shop Afternoon Mass@Clermont@2:30
29 Current Events April Fool's Party With Sandi @ 1:30 pm Trivia Fun	30 Walk with Me Table Games Lemonade on the Patio	Our care partners will be responsible for coordinating and conducting all activities that are not specifically designated.			



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# Assumptions and Judgements Result in...



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# Assumptions and Judgements Result in...



Loneliness



Helplessness



Boredom



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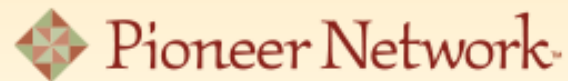
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# Person-Directed Living is the Antidote to Ageism and Ableism

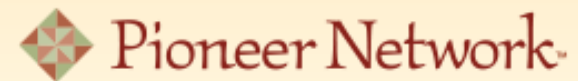
- Know people deeply
- Be in relationship
- Build on strengths—what works now
- Understand the joy that saying “You’re welcome!” brings
- Focus on well-being



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Comments?

Questions?



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**QUESTIONS**



*Hot Topics Series Webinars*

**TUESDAY, JUNE 25, 2019**

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**It's Happening:  
How Anti-Ageism Activists  
are Changing the Culture  
of Aging!**





*Hot Topics Series Webinars*

**THURSDAY, MAY 23, 2019**

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*Growing Person-Centeredness*

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

**Guides: Doug Pace and Sam Fazio**



# Community Commitment Award 2019



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*Growing Person-Centeredness*

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## **Pioneering a New Culture of Aging Conference**

**Registration is Open!**

August 4 - 7, 2019

Galt House

Louisville, Kentucky



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