REFRAMING AGING: A GENERATION'S WORK

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Changing American culture is challenging and changing attitudes and behaviors around the universal experience of aging especially so. Unless the field of advocates who care about aging issues cultivates a more visible, more informed conversation on older people, it will remain difficult to advance the systemic changes needed to adjust to a society with increased and increasing longevity. Advocates will need to be vigilant to avoid cueing negative attitudes towards aging and aging policies. The Reframing Aging Initiative is a long-term, social change endeavor designed to improve the public's understanding of what aging means and the many contributions older people bring to society. Using evidence-based research, the initiative seeks to teach how to tell an effective story about aging that will promote positive perceptions of aging and reduce ageism.

AGE EQUITY: A FRAMEWORK FOR ADDRESSING AGEISM, STIGMA, AND BIAS

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In the Covid-19 context, researchers and policy makers have turned their attention to long-standing disparities in health equity, including by race, ethnicity, poverty, sexuality, and gender. Yet, scholarship to date does not conceptualize age as a critical aspect of difference requiring an equity lens. In this presentation, we utilize an Age Equity Framework to investigate ageism based on research findings from the 2018 National Health, Aging and Sexuality/Gender Study (NHAS): Aging with Pride. Investigating ageism, stigma, and bias, we found nearly half of LGBTQ older adults feel invisible and disrespected. After adjusting for background characteristics, experiences of ageism were associated with higher rates of stigma, lifetime victimization, discrimination, lower support and community engagement, and adverse outcomes (lower mental and physical health and quality of life). The rapidly growing older adult population highlights the pressing need to consider age inequities and the importance of achieving age equity across the life course.

ANTI-AGEISM INTERVENTIONS: AN ECOLOGICAL APPROACH

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Ageism, discrimination based on age, is a systemic problem that occurs at multiple levels of the ecological system – meaning that ageism manifests at the individual, dyadic, institutional and societal levels. The expression of ageism within the levels of the ecological system makes ageism a continually shifting and dynamic force of oppression. Although ageism is a well-documented phenomenon with wide-reaching negative impacts, interventions to mitigate ageism's effects remain understudied. Little is known about the taxonomy of interventions available addressing ageism at the individual, dyadic, subcultural, institutional and societal levels. The current study conducted a deductive content analysis of an anti-ageism resource clearinghouse, OldSchool. info, to evaluate ageism interventions using an ecological framework. Results indicate the majority of ageism interventions are passive-oriented societal-level macrosystem approaches. A gap analysis will be discussed that indicated more active-oriented interventions with engageable content to address ageism at the personal and relational levels are needed.

AGEISM ON THE THERAPEUTIC COUCH: AGING ATTITUDES AND LATE-LIFE PSYCHOTHERAPY

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Ageist stereotypes characterize older adults as depressed, demented, and dependent. A large body of research has documented the adverse physical and emotional impact of ageism on older adults. Mental health professionals, however, often see the minority of older adults who, in fact, are depressed, have cognitive impairments, and/or are increasingly dependent on others. To what degree do pre-existing attitudes about aging come into play in psychotherapy with older people? With all age groups, psychotherapists often help clients better understand and challenge longstanding negative assumptions about self and world (sometimes called "the unconscious" or "underlying schemas"). These assumptions often impede the individual's ability to successfully contend with life problems. This presentation will discuss ways in which psychotherapists can assist older clients in clarifying their underlying (and often self-limiting) negative assumptions about aging, moving beyond them to better contend with late life stressors, and improving emotional well-being.

Session 4015 (Paper)

Aging and Technology Interventions I

EFFICACY OF ONLINE GOAL MANAGEMENT TRAINING FOR AGE-ASSOCIATED EXECUTIVE IMPAIRMENT

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Goal Management Training® (GMT) is a standardized cognitive rehabilitation program that enhances individuals' awareness of executive function impairments and trains them to regularly monitor and manage their goals. In-person GMT is well-validated among numerous subpopulations, including people experiencing age-related cognitive impairment or acquired brain injury, and people with psychiatric disorders. The goal of this study was to evaluate the efficacy and usability of online GMT relative to computerized "brain training" in a registered randomized controlled trial (protocol NCT03602768 at Trials.gov). Both interventions were administered in a self-paced format, with background