

Targeting Ageism and Ableism: A Simulation on Loss and Decline

Young individuals commonly experience difficulties in understanding functional loss and sensory decline frequently accompanying normative aging processes (Bodner, 2009; Kusumastuti, vanFenema, Polman-van Stratum, Achterberg, Lindenberg, & Westendorp, 2017). Utilizing the framework of Wood (2003), this workshop will provide attendees with an opportunity to gain first-hand experience regarding common functional loss and sensory decline occurring across the lifespan. Presenters will provide an interactive session for attendees to explore issues pertaining to vision, mobility, respiratory, and hearing loss. The opportunity to engage in a caregiving experience to those living with loss and decline is also provided. Attendees will be asked to engage in a number of activities (e.g. walking, managing medications, sending a text, tying a necktie, etc.), while simulating varying degrees of ability. By doing so, attendees will gain a personal account of the challenges faced by those living with loss and decline, while navigating daily obligations (Objective #1). Those simulating declines will be paired with others free of impairments who will function as caregivers. A discussion of care-providing in familial and career-related contexts will be explored (Objective#2). The simulation will also be used to investigate ageism and ableism as it relates to the lived experiences of those living with loss and decline. (Objective#3). Presenters will conclude by providing an in-depth account of contemporary models of aging as they pertain to Successful Aging and Positive Psychology (Objective#4). In summation, this activity-based presentation lays the groundwork for positive social change, encouraging acceptance, understanding, inclusion, and compassion across the lifespan.

References

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