*Age-Friendly Communities Across Alberta present:*

**Golden: Ageism Awareness**

**Film & Discussion**

## Discussion Questions

Choose three of the following six questions (prompts in italics):

1. **What are your overall thoughts/feedback on the documentary?**
   * *What ageism issues highlighted in the documentary are most significant to you?*
   * *What do you think about ageism being a human rights issue?*
2. What feelings, thoughts or reflections do you have at this moment with regard to age? To yourself? Your family? Your community?
   * *Have you ever experienced or witnessed ageism in your daily life?*
   * *What have you heard others say about your age or other people’s age? How did that make you feel? How did it impact your perspective, including your thoughts, feelings and actions towards others and towards yourself?*
3. Can you give an example of how younger and older people are respected in your community? Can you give an example of how younger and older people are not respected in your community?
4. How do you see aging and older adults in your own future?
5. What can we do to reduce ageism and promote positive aging experiences for everyone?
6. **Which topics or groups are missing from the conversation around ageism?**