



International Longevity Centre Canada

Human Rights do not have a best before date
Support a U.N. Convention on the Rights of Older Persons



Canadian Coalition Against Ageism
Coalition Canadienne Anti-Âgisme

What you permit, you promote

Kiran Rabheru, MD, CCFP, FRCP

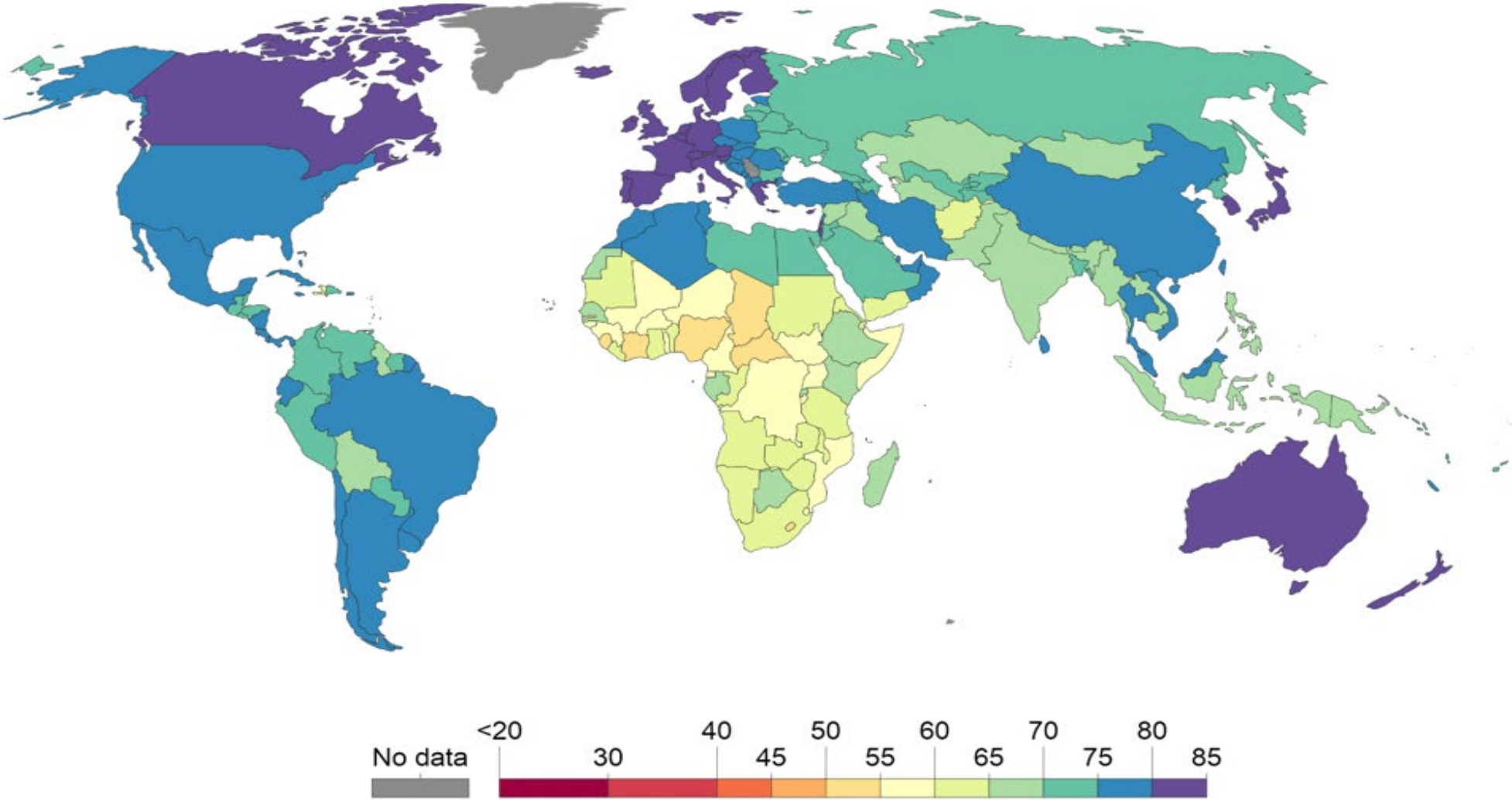
Professor of Psychiatry, University of Ottawa,

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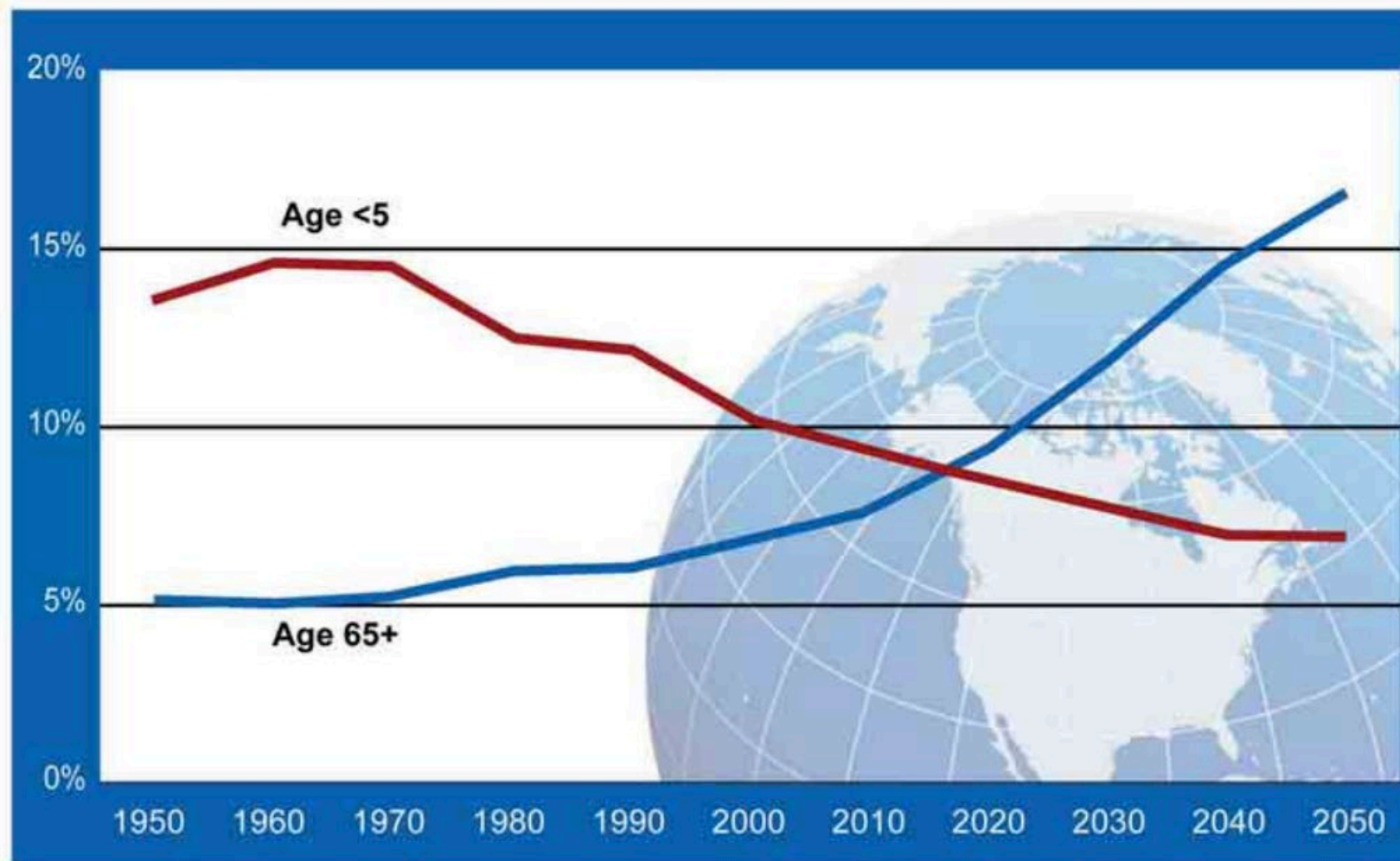
Life expectancy, 2015

Shown is period life expectancy at birth. This corresponds to an estimate of the average number of years a newborn infant would live if prevailing patterns of mortality at the time of its birth were to stay the same throughout its life



Source: Clio-Infra estimates until 1949; UN Population Division from 1950 to 2015
OurWorldInData.org/life-expectancy-how-is-it-calculated-and-how-should-it-be-interpreted/ • CC BY-SA

Young Children and Older People as a Percentage of Global Population: 1950-2050



Source: United Nations. *World Population Prospects: The 2010 Revision*.
Available at: <http://esa.un.org/unpd/wpp>.



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Global report on ageism

Ponder the meaning of life

What:


- ✓ sustains you?
- ✓ puts a smile on your face ?
- ✓ lights up your heart?
- ✓ keeps the embers of your soul on fire?
- ✓ really matters deeply to you?

- ✓ Spiritual evolution
- ✓ Freedom
- ✓ Making a difference
- ✓ Having a purpose
- ✓ Doing something of value

All stem from same human need that does not disappear with age.



Perception of older persons

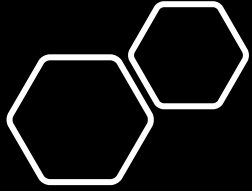
- 
- **Self:**
 - Making a difference declines sharply after the end of a career with decades of rich experiences, wisdom, and relationships
 - **Interpersonal:**
 - When people don't look beyond your age when they interact with you

Perceptions of old age

- Old age is not interesting until one gets there
- It's a foreign country with an unknown language to the young and even to the middle aged
- Everyone gets old, but the process is subtle & complex
- Poorly understood, can be confusing as one's capacity, needs, and desires change
- Myths and preconceptions fill the vacuum
- Fed by stereotypes and humorous representations offered by films
- Fears of ill health, loss of independence, finances, intimacy

Ageism

- Coined by Butler 1960s
- >90% of older adults experience ageism (Palmore, 2004)
- More prevalent than implicit racism or sexism (Nosek, Banaji, & Greenwald, 2002)
- > 60% don't feel respected, especially in higher income countries
(WHO survey N= 83 034, 57 countries)
- The only “ism” that is acceptable, institutionalized
- Underdetected, Unchallenged
- “Burden” on
 - spending
 - economic growth



What is Age?

- Chronological, Biological, Psychological, Functional
- Research shows that chronological age is not a relevant marker for understanding, measuring, or experiencing healthy aging

Stigma of aging is highly prevalent
Self , Interpersonal, Institutional

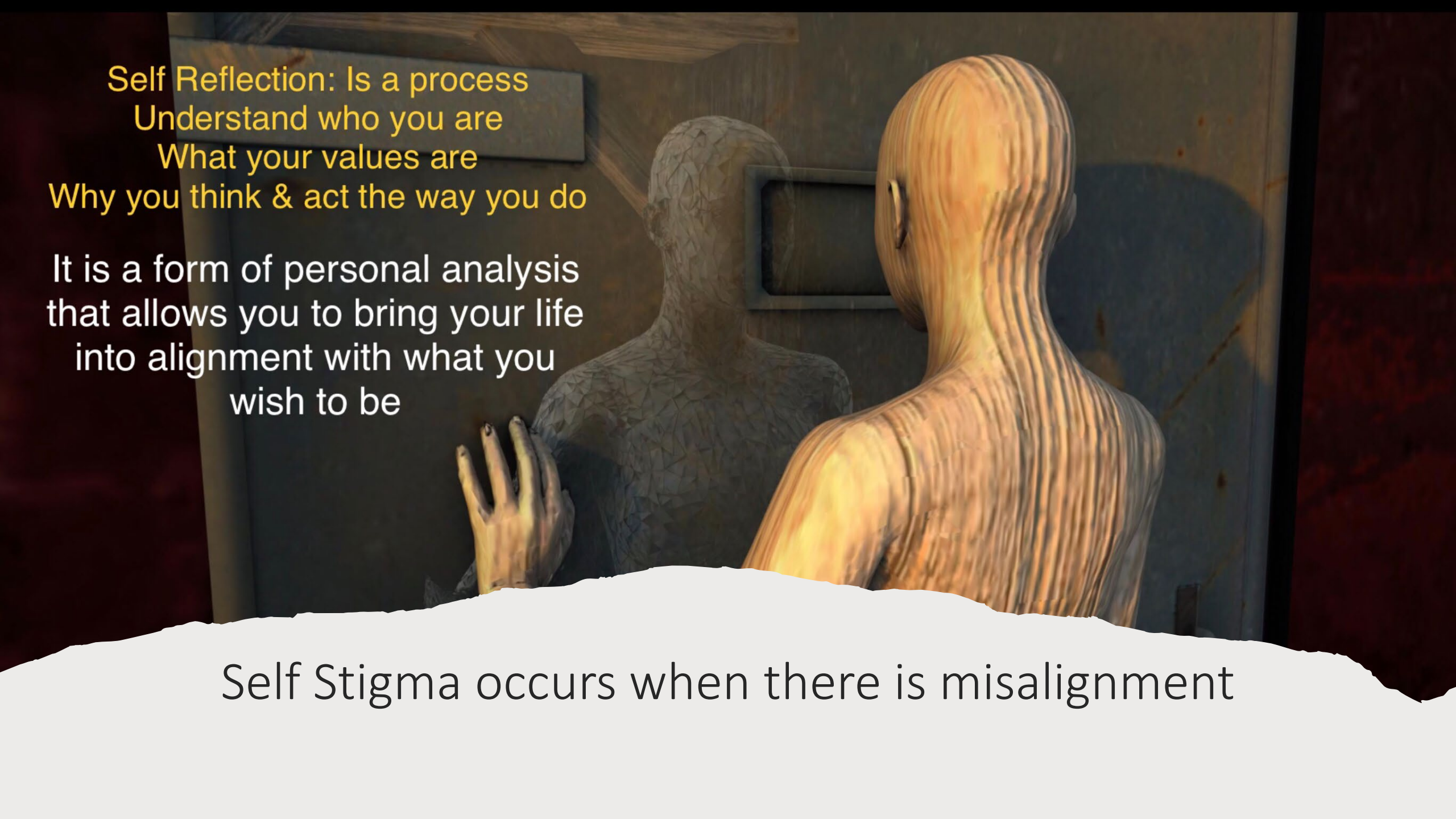
Self-Stigma

“your life is over”

“you’ll never amount to anything now”

“you’ll never have friends”

“you may as well just give up”

The background image shows two stylized human figures in a room. The figure on the left is rendered with a grey, faceted, low-poly texture. The figure on the right is rendered with a smooth, golden-brown skin. They are positioned in a room with dark wood paneling and a window in the background. The lighting is dramatic, with strong highlights and shadows.

Self Reflection: Is a process
Understand who you are
What your values are
Why you think & act the way you do

It is a form of personal analysis
that allows you to bring your life
into alignment with what you
wish to be

Self Stigma occurs when there is misalignment



Intergenerational tension & perceptions

- Talk, think, and move slowly
- Frail, out of touch, burdensome, dependent
- Absent from the mainstream
- Society is more permissive of suicide in old age vs. teenage suicide considered more tragic
- Considered dispensable, useless members of society

1 Analysis



What is the impact of ageism or stigma against older persons?

Ageism is an “ism” like no other because it is related to a universal condition, and while the evil nature of all prejudice is ignorance and hostility, ageism has the extra bonus of creating self-hate for the old, while for the young it is a prejudice against their future selves.

Like all isms “ageism” permeates and destroys, it belittles and patronizes, and it results in the loss of autonomy, and dignity. It creates barriers to health, financial resources, education, employment and social and economic justice.

Limits data gathering, decision support, resource allocation and problem solving

Age is not the biggest driver of health care costs, taxation, consumer spending
Japan: > 30% over age 60: limited effect on economy





Ageism's impact on health of older persons

- Internalized negative ATTITUDES
- Higher chronic mental & physical illness
- Poorer recovery from disability
- Live 7.5 years less
- Greater health and social care needs
- Less screening, less preventive care, poorer management

Cost of Ageism

- Pervasive, lethal, and toxic to global health & the economy
- 1 out of 2 persons are ageist, globally
- Toxic effect on health outcomes in 95.5% of studies
- Most toxic on mental health, especially depression
- Massive economic impact \$63 billion per year in USA alone
- Major barrier to the enjoyment of human rights – must be rectified
- Low cost, high-impact, scalable interventions must be implemented



October 2021

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Combating Ageism, Mentalism and Ableism: It's time for a United Nations Convention on the Human Rights of Older Persons

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COMMENTARY

IPA and WPA-SOAP position statement on deprivation of liberty of older persons with mental health conditions

Carlos Augusto de Mendonça Lima,¹ Debanjan Banerjee,² Liat Ayalon,³ Renuka Prasad,⁴ Kasia Gustaw Rothenberg,⁵ and Kiran Rabheru⁶

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doi:10.1017/S1041610222000473

COMMENTARY

An international consensus statement on the benefits of reframing aging and mental health conditions in a culturally inclusive and respectful manner



Dignity of Older Persons With Mental Health Conditions: Why Should Clinicians Care?

Debanjan Banerjee^{1*}, Kiran Rabheru², Gabriel Ivbijaro^{3,4} and Carlos Augusto de Mendonca Lima⁵

Mental Health Promotion and Risk Reduction Strategies for Mental Disorders in Older Persons: Why Should Governments and Policymakers Care?

Стратегии улучшения психического здоровья и снижения риска развития психических расстройств у пожилых людей: почему об этом должно позаботиться государство?

doi: 10.17816/CP149

Commentary

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Киран Рабхеру

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Loneliness and social isolation during the COVID-19 pandemic

Hwang, Tzung-Jeng; Rabheru, Kiran; Peisah, Carmelle; Reichman, William; Ikeda, Manabu.

International Psychogeriatrics: Cambridge Vol. 32 Iss. 10 (Oct 2020) DOI:10.1017/S1041610220000988

Comment

How “old age” was withdrawn as a diagnosis from ICD-11



CLINICAL PRACTICE GUIDELINES/CONSENSUS STATEMENTS

Position Statement for Mental Health Care in Long-Term Care During COVID-19



Claire Checkland, BA^a, Sophiya Benjamin, MBBS^b, Marie-Andrée Bruneau, MD MSc^c, Antonia Cappella, MD^d, Beverley Cassidy, MD^e, David Conn, MB ChB^f, Cindy Grief, MD, MSc^f, Alvin Keng, MD^g, Julia Kirkham, MD, MSc^h, Popuri Krishna, MBBSⁱ, Lisa McMurray, MD^j, Kiran Rabheru, MD^j, Marie-France Tourigny-Rivard, MD^j, Dallas P. Seitz, MD, PhD^h

What causes ageism?

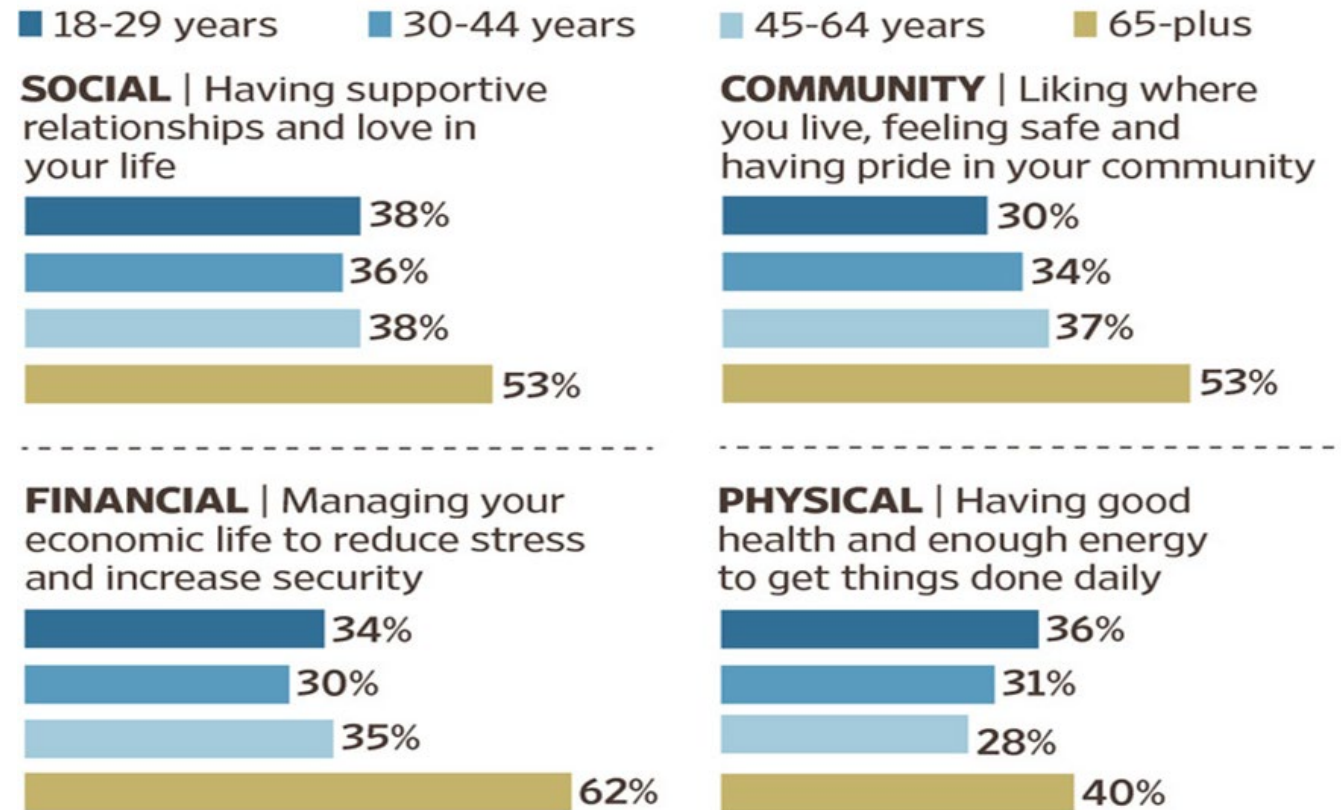
Associated with the three end-of-life anxieties.

- Death
- Dying
- Aging

- For many, conscious awareness of own mortality is intolerable
- Ageism = unconscious defense mechanism to ward off anxiety & fears of aging and dying
- Associated with higher end-of-life anxiety → target of own negative attitudes to aging
- Important to understand how ageism affects individuals of all ages & how they perceive their own aging and dying processes

Myths vs. Reality

Aging is typically associated with decline. But many older adults report a better quality of life than younger adults. The percentage of people who said they are “thriving” in the following categories:



Source: Gallup-Healthways Well-Being Index telephone survey of 85,145 adults, Jan.-June 2014; margin of error +/- 1 percentage point THE WALL STREET JOURNAL.

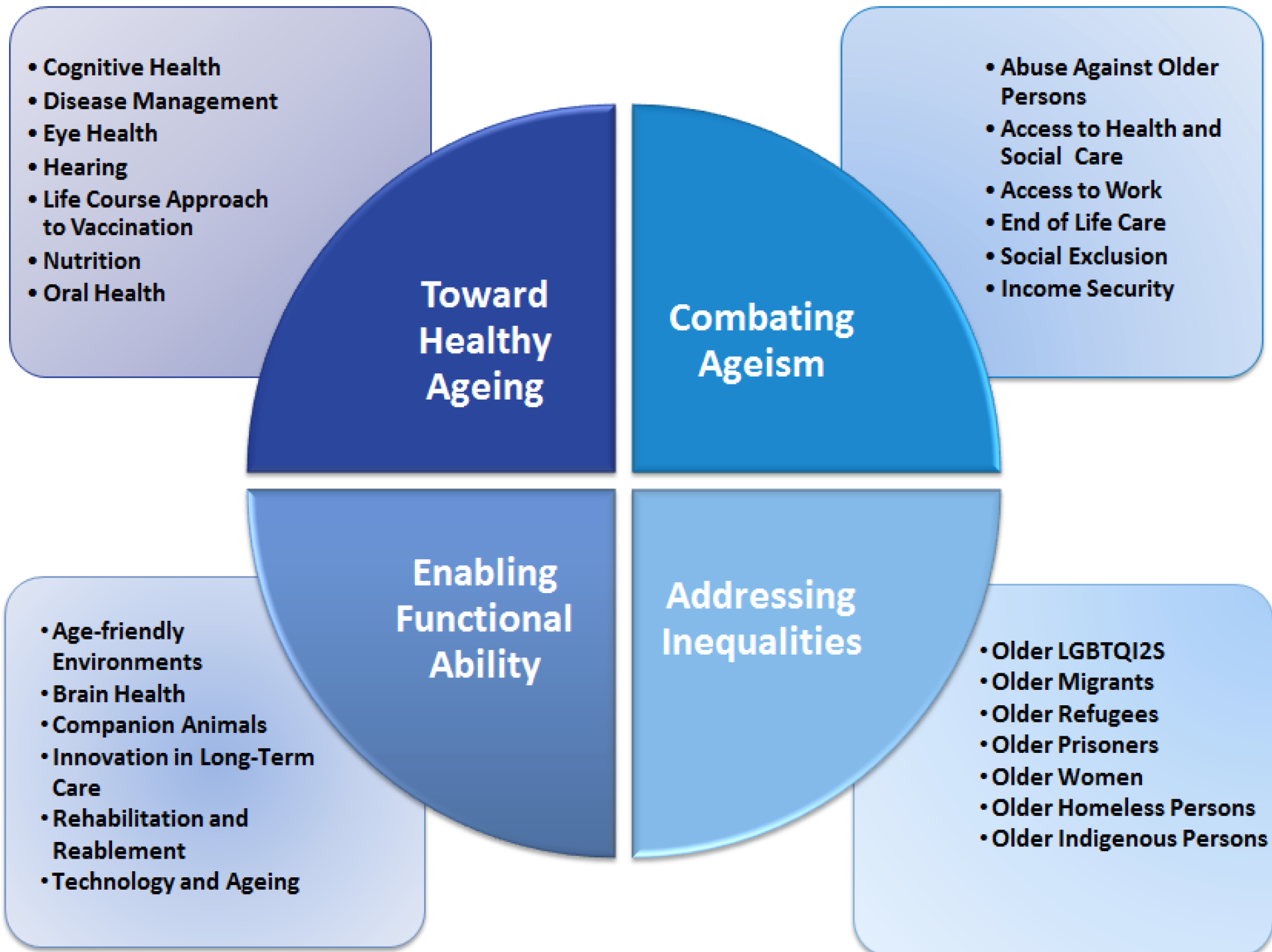
- ✓ Today's older persons
- Are active
- Know their importance
- Engaged
- Enrich lives

Attitudes:

What you
permit → you
promote

- Society's views on aging must change:
 - Persons with Disabilities
 - Children
 - Women
 - Minorities

Our Goals:



Hippocrates:
Role of health
care professional

“To cure sometimes,
treat often and to
comfort always”



✓ Thu, 4 Oct 2018





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Our Vision - A Canada free of ageism against older persons



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*The **Canadian Coalition Against Ageism (CCAA)** is a nation-wide social change movement to combat ageism against older people while protecting and strengthening their human rights.*



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Plan of Action

- A comprehensive, coordinated national campaign to combat ageism against older people
- Anchor the campaign with WHO's evidence-based interventions:
 - ✓ education across the lifespan
 - ✓ enhancing intergenerational relations to bridge the age-divide
 - ✓ influencing policy and legislation
- Build momentum in Canada to support a UN convention on the rights of older persons

ACKNOWLEDGEMENT of PARTNERS



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ASSOCIATION
MÉDICALE
CANADIENNE



CANADIAN
MEDICAL
ASSOCIATION



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island



CANADIAN NETWORK for
the PREVENTION of ELDER ABUSE
RÉSEAU CANADIEN pour la PRÉVENTION
du MAUVAIS TRAITEMENT des AÎNÉS



Health



Elder Abuse
Prevention
Ontario



federalretirees.ca
retraitesfederaux.ca



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Thank You



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