

Age-Related Microaggressions: A Follow-up Descriptive Study Audience Handout

Key Terms:

Ageism: Age-related stereotypes in the form of prejudice or discrimination towards someone based upon their chronological age or the perception of them being old.

Microaggression: Commonplace verbal or behavioral indignities, whether intentional or unintentional, which communicate hostile, derogatory, or negative slights and insults.

Microinsult: Behavioral/verbal remarks or comments conveying stereotypes, rudeness, insensitivity and demean an individual's identity.

Microinvalidation: Interpersonal communications which exclude, negate, or nullify the psychological thoughts, feelings, or experiential reality of individual.

Microassault: Explicit derogations characterized primarily by a violent verbal or nonverbal attack meant to harm the intended victim.

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Microinsult

(Often Unconscious)

Behavioral/verbal remarks or comments conveying ageist stereotypes, rudeness, insensitivity and demean an individual's identity due to their chronological or perceived age.

Elderspeak

Speaking to an older adult in an infantilizing manner.

Assumptions Regarding Ability

Assuming an older adult lacks the intellect to answer questions/contribute to a conversation or engage in physical tasks.

Senior Discount

Assuming an individual qualifies for a benefit/discount due to the perception of them being an older adult.

Offering Assistance

Assuming an individual requires assistance due to the perception of them being an older adult.

Ignoring

Not listening to an individual or talking to individuals' younger counterpart due to the perception of the victim being an older adult.

Microassault

(Often Conscious)

Explicit ageist derogations characterized primarily by a violent verbal or nonverbal attack meant to harm the intended victim due to their chronological or perceived age.

Name-Calling

The use of culturally offensive descriptions with the intent to belittle or humiliate an individual due the perception of them being an older adult.

Rushing

The conscious communication, verbally or behaviorally to an older adult they are not fast enough.

Workplace Discrimination

Refusing to hire, firing, or undue questioning of qualified and able individuals, based solely on their chronological or perceived age. their age.

Microinvalidation

(Often Unconscious)

Interpersonal communications which exclude, negate, or nullify the psychological thoughts, feelings, or experiential reality of individual due to their chronological or perceived age.

Minimization of Problems

Suggesting to an individual their struggles and concerns should simply be expected due to their chronological or perceived age.

Emotional Nullification

Conveying the message to an older adult their thoughts, emotions, or perceived feelings are unimportant.

Age-Related "Compliments"

Suggesting an older adult is functioning well or looks good for their chronological or perceived age.