

THIRD
ACTION

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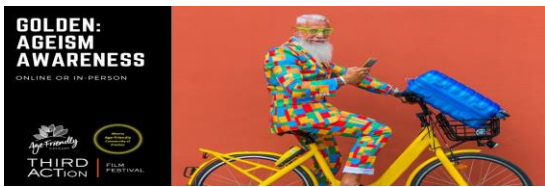
Resources on Ageism

Books

- This Chair Rocks: A manifesto on Ageism by Ashton Applewhite (Networked Books), 2016
<https://thischairrocks.com/>
- How to Age by Anne Karpf, (Macmillan, London), 2014
<https://www.goodreads.com/book/show/21853693-how-to-age>
- Breaking the Age Code by Becca Levy, 2022
<https://becca-levy.com/>
- Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age by Jo Jenkins (2016)
<https://www.aarp.org/disrupt-aging/info-2016/joann-jenkins-disrupt-aging-book.html>

Websites

- CanAge: Canada's National Seniors advocacy organizations
www.canage.ca
- International Longevity Centre Canada
www.ilccanada.org/
- Old School: Anti-Ageism Clearinghouse
www.oldschool.info
- Centre for Ageing Better: Ageism What's the harm?
www.ageing-better.org.uk/resources/ageism-whats-harm
- Yo, Is This Ageist? by Ashton Applewhite
www.yoisthisageist.com
- AARP: Disrupt Aging
www.aarp.org/disrupt-aging/
- WHO: Decade of Healthy Aging. Global Campaign to end ageism
<https://www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/combating-ageism>



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Videos

- [AARP: Age Discrimination Food Truck Experiment](#)
- [AARP Millennials Show us what "Old" looks like](#)
- [The Blessings of Aging , Jenny Schweizer Bell](#)
- [Stop Ageism, response to RSA brief of Ashton Applewhite talk](#)
- [Citizen Brain: "Age Without Ageism" on Vimeo by Josh Kornbluth](#)
- ["Let's end Ageism" Ashton Applewhite Ted Talk](#)
- [Golden: End of Ageism, Scott Harper, Telus Originals Youtube](#)

Reports and written materials

- What's The Matter With Ageism by Sheree Kwong See, 2020
<https://www.seniorscouncil.net/what-s-the-matter-with-ageism>
- Age-Friendly Edmonton Ageism Infographic
https://www.seniorscouncil.net/uploads/files/Infographic%20FINAL_handout-legal-size.pdf
- WHO Global report on Ageism
<https://www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/combating-ageism/global-report-on-ageism>

Reports Prepared by the Forum of Federal, Provincial and Territorial Ministers Responsible for Seniors.

- [An Examination of the Social and Economic Impacts of Ageism](#)
- [A Case Study on Ageism During the COVID-19 Pandemic](#)
- [Understanding the impact of public policies and programs on the labour market decisions of older workers](#)
- [Promoting the labour force participation of older Canadians: Promising initiatives](#)
- [Age-Friendly Workplaces: Promoting Older Worker Participation](#)
- [Age-Friendly Workplaces: A Self-Assessment Tool for Employers](#)
- [Older Workers: Exploring and Addressing the Stereotypes](#)

For more information on the Forum click [here](#).