

## Caravan Readers Reframe Their New Year's Resolutions for 2022

As 2021 drew to a close, we asked *Caravan* readers to choose one of five resolutions to advance reframing aging in 2022. Our survey also offered an open-ended field for readers to share their own resolutions.

About 130 readers responded, and more than 40 shared resolutions—many inspiring, authentic, and thought-provoking.

Among five resolution choices, the vast majority chose integrating justice framing in policy arguments and using inclusive language when describing older people.

Finishing first, 36.4%: *Make the argument for a policy position based on the need to ensure that all of us can participate fully in the life of our families and communities, using language that evokes justice for all.*

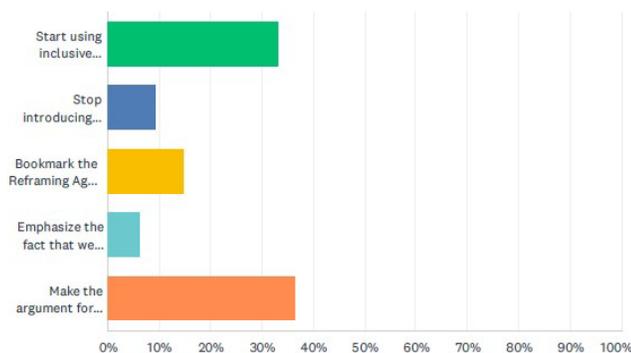
A close second, 33.33%: *Start using inclusive language and phrases when describing older people, for example, "all of us as we age."*

It's heartening to see our community understands how much it matters to choose your words carefully.

**See the chart below for the full survey results:**

Q1 Choose one of the following New Year's Resolutions that best expresses what you resolve to do to advance reframing aging in 2022? I resolve to ...

Answered: 129 Skipped: 1



ANSWER CHOICES	RESPONSES
Start using inclusive language and phrases when describing older people, for example, "all of us as we age."	33.33% 43
Stop introducing issues about aging by calling out "crisis" demographic statistics without explanation or context.	9.30% 12
Bookmark the Reframing Aging Initiative website; print out the Quick Start Guide PDF from the Useful Tools page under Resources and keep it beside my keyboard.	14.73% 19
Emphasize the fact that we become more different from each other as we age	6.20% 8
Make the argument for a policy position based on the need to ensure that all of us can participate fully in the life of our families and communities, using language that evokes justice for all.	36.43% 47
TOTAL	129

## Resolutions from Our Readers

We are grateful so many readers took time to share their reframing aging resolutions for 2022. Here they are:

*Although I am in this field, I have not spoken with my family in depth about this issue. A resolution for 2022 is to have conversations with my immediate family on reframing aging and the work that I am doing.*

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*Connect with our institution's broader diversity, inclusion, and equity efforts to inform others about the Reframing Aging Initiative.*

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*Include aging in discussions about racial, immigrant, and climate justice.*

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*Set an example to friends, family, and colleagues of positive aging.*

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*Continue to amplify the message that "a just society ... enables aging adults to fully participate."*

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*Speak and think positively about aging as growth and exploration.*

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*Make sure to always include myself. Us, we, ours.*

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*To reframe anything about aging in a more positive light.*

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*The organization I work for will assess our current documents, website, etc., and change our terminology to be more respectful. Then, we will educate others in our community.*

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*Words are powerful! I will be mindful of the impact I can have on those around me by using age-inclusive language, to change one person's perspective at a time!*

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*I hope to start an undergraduate minor at Georgetown that incorporates many elements of reframing aging.*

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*Reference "The Decade of Healthy Aging" in all conversations and projects in Age Friendly Peterborough and with friends and family.*

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*Utilize websites like Revolutions55.com to help change the way advertisers market to people in their 60's, 70's and 80's. Also, keep exploring clearinghouse websites such as oldscool.info.*

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*Emphasize the intergenerational nature of life.*

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*While I have always addressed and defined ageism and its serious impact, I will include reframing aging efforts by exploring how language impacts messaging.*

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*Spend some time evaluating my own bias and internalized messages/cultural norms in an effort to more clearly understand others and to communicate with others.*

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*Correct students who use ageist language.*

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*Share more with my friends and family to get beyond an issue for "work."*

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*To inspire more people to change their language and behaviors around aging in America.*

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*Continue to make (and improve) my Reframing Aging presentation.*

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*Raise awareness about the negative impacts ageism has on our overall wellbeing as we age.*

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*Incorporate Reframing Aging initiatives into our local Age-Friendly City committee.*

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*Stop referring to myself as old.*

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*Reframing aging is a part of my daily life, my daily work, my passion. So the concept of a 2022 Resolution is not quite relevant to me.*

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*Increase awareness of ageism in healthcare at my workplace.*

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*Call out ageist language and ideas in my professional and personal life and then explain why it's ageist.*

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*Finding purpose post-retirement.*

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*I will continue to use inclusive language and at times explain why.*

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*To see the advantages that comes by aging.*

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*Educate others on how to reframe aging. Second resolution is more personal and that would be to try and be patient as my older relatives continue to grow older differently.*

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*Be more of a teacher to my community. I live in the oldest county in Maine, I'm consistently known as the old lady who lives alone with a cat. "I'm only 69."*

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*Continue to be a real-life role model for changing the narrative and conversations about aging and ageism.*

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*I am organizing a statewide training for senior services professionals on Reframing Aging in March.*

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*Have people realize that the pandemic (i.e., COVID) impacts everyone and not everyone who is a senior will succumb to it. This pandemic got off on the wrong foot and everyone should have been told that the virus can impact everyone regardless of age.*

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*Have courage and faith that the Village to Village Movement will connect all the dots for a*

*healthy, happy experience when aging in community.*

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*I am going to learn more about how best to address ageist behavior - in the moment or later - so that the person is more likely to hear the concern and change their attitude. I expect this will take practice!!*

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*In my books and writings, I use the term Elder. In biblical times and in many tribal cultures an Elder is a term of respect for persons who are valued for life experience and wisdom.*

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*Continue to share the good work of Reframing aging with anyone who will listen because this is about all of us!*

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*More actively promote AARP's Network of Age-Friendly States and Communities to community stakeholders*

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*I see age as just a number. I know of some people who are 104 that are still contributing to society.*

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*Advance elder justice [www.BeyondBrooke.org](http://www.BeyondBrooke.org) to help our future self, now. Practice #endAGEism*

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*I commit to sharing Reframing Aging tools with my co-workers to spread the word and promote more inclusivity in our products and presentations.*

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*I will explore how we become more different from each other as we age.*

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*I plan to continue all resolutions listed in #1 - I want to make all people aware of ageism across the lifespan*