

# Reframing Aging

## Quick Start Guide

Framing is the process of making choices about what to emphasize and what to leave unsaid. Here's a **quick tour of themes to avoid and alternatives to advance.**

### Instead of these words and cues:

**“Tidal wave,” “tsunami,” and similarly catastrophic terms for the growing population of older people**

**“Choice,” “planning,” “control,” and other individual determinants of aging outcomes**

**“Seniors,” “elderly,” “aging dependents,” and similar “other-ing” terms that stoke stereotypes**

**“Struggle,” “battle,” “fight,” and similar conflict-oriented words to describe aging experiences**

**Using the word “ageism” without explanation**

**Making generic appeals to the need to “do something” about aging**

### Try:

**Talking affirmatively about changing demographics: “As Americans live longer and healthier lives . . .”**

**Emphasizing how to improve social contexts: “Let’s find creative solutions to ensure we can all thrive as we age.”**

**Using more neutral (“older people/Americans”) and inclusive (“we” and “us”) terms**

**The Building Momentum metaphor: “Aging is a dynamic process that leads to new abilities and knowledge we can share with our communities.”**

**Defining ageism: “Ageism is discrimination against older people due to negative and inaccurate stereotypes.”**

**Using concrete examples like intergenerational community centers to illustrate inventive solutions**

©FrameWorks Institute, 2019. Original research conducted by FrameWorks Institute  
Distributed for educational purposes by the Reframing Aging Initiative

**➤ [www.reframingaging.org](http://www.reframingaging.org)  
🐦 [@ReframingAging](https://twitter.com/ReframingAging)**

The Reframing Aging Initiative is a long-term social change endeavor designed to improve the public’s understanding of what aging means and the many ways that older people contribute to our society. This greater understanding will counter ageism and guide our nation’s approach to ensuring supportive policies and programs for us all as we move through the life course. For more information, visit [www.reframingaging.org](http://www.reframingaging.org)