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Aging Self-Stereotypes: Obstacle or Pathway to Health?

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1 to 2 p.m.

Location: Brandeis University
Schwartz Hall- Room 103

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Abstract: In every culture, there are a variety of positive and negative stereotypes or beliefs about the older members. These stereotypes are communicated in a variety of ways from literature to social media. Children as young as three assimilate these stereotypes. In our research we have found that in later life, these stereotypes can also impact older individuals' health and functioning. In the following talk I will discuss a set of experimental and longitudinal studies that demonstrate the ways in which these stereotypes can act as both a challenge and as a pathway to active and healthy aging.