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Ageism and Perceptions of Aging

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Ageism is not a catch-all: The interrelatedness of ageism and ableism
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Ageism represents discrimination based on age, while ableism represents discrimination toward people with disabilities. Given the natural occurrence of physical decline accompanying aging, it is essential to explore how prejudice toward disability intersects with fear about aging. 913 individuals responded to a survey on ageism and ableism. Multiple regression with internalized ageism as the criterion variable was significant $F(7, 705) = 88.12, p < .001$. Overall, the regression model explained 46.7% of the variance in relational ageism with a significant for affinity for older people ($t(705) = -3.80, p < .001$), internalized ageism ($t(705) = 11.72, p < .001$), relational ableism ($t(705) = 6.73, p < .001$), ableism for cognitive disability ($t(705) = 2.15, p = .007$), and ableism for sensory disability ($t(705) = -2.78, p = .006$). Examining the intersection between ageism and ableism represents the next critical juncture to increasing our understanding of developing effective anti-ageism interventions that address the root anxieties influencing attitudes about aging.