

More information is available through our website:

www.quakeragingresources.org

Additional Resources:

Generations United: <http://www.gu.org/>

The Gray Panthers:
<http://www.graypanthers.org/>

Dr. Lillian Carson, The Essential Grandparent, A Guide to Making a Difference, 1996, Health Communications, Inc. Deerfield, FL.

Franklin/Shaffer, The Old, Old Man and the Very Little Boy, 1992, Atheneum, NY.
(multigenerational picture book)

QUAKER AGING RESOURCES

*Generational Relationships:
Advices and Queries*



Quaker Aging Resources is a collaborative Project of New York and Philadelphia Meetings of the Religious Society of Friends (Quakers). This project is generously funded by The Thomas Scattergood Foundation and Friends Foundation for the Aging.

Q: *Q: Is our meeting open and accessible to all regardless of race, ability, sexual orientation, class, age or challenges?*

We are all aging. Many people associate the term “aging” with the later years of life. If you ask a group when aging begins, the answer will often be an age older than that of the people in the group. As Friends, we honor that of God in one another and willingly serve those in need. We care for our older and frail Friends and we educate and nurture our young.

Throughout life we change, through natural developmental processes and sometimes through unexpected events that challenge us. Each person’s journey of aging is unique. But have we thought about the age-related stereotypes and divisions that exist in our community?

What is Ageism? In the words of Maggie Kuhn, leader for social change and founder of the Gray Panthers, “Ageism is the notion that people become inferior because they have lived a specified number of years.” A broader definition of ageism includes stereotyping and assumptions based on any age group, young or old. Starting with an honest assessment of ourselves will help us to address the factors that contribute to ageism.

Queries:

- **Do I make assumptions about a person based on age?**
- **Have I been treated a certain way because of my age?**
- **Am I clear in my expectations for myself as I age, and am I willing to confront my fears?**
- **Do I examine myself for aspects of prejudice that may be buried, including beliefs that seem to justify biases based on age?**

Q: Do I show through my way of living that love of God includes affirming the equality of all people, treating others with dignity and respect, and seeking to recognize and address that of God in every person?

Practical steps you can take to improve relationships across generations:

- Check yourself for assumptions and recognize your experiences. What do you assume about teenagers? Toddlers? Older people? 40-year-olds? What experience led to this assumption? Do all people in that age group fit in with your assumption? Has the media influenced your viewpoint?
- Celebrate differences. Enjoy one another where you are, as you are, in your journey.
- Challenge the usual way of doing things. Instead of viewing multigenerational experiences as “special,” consider them to be the norm.
- Be intentional in including all age groups in committee work and business decisions. Think adaptation rather than exclusion.
- Integrate educational experiences.
- Listen to one another.

Resources

