

EVERY AGE. EVERY ABILITY.

Poster Set & Conversation Guide



EVERY AGE. EVERY ABILITY.

The Connecticut Age Well Collaborative is a statewide, cross-sector initiative to foster more aging, dementia, and disability-inclusive communities. Successfully shaping policies, practices, and resource flows that support Connecticut residents across the lifespan first requires us to look at our deeply held, implicit beliefs.

Every Age, Every Ability is our campaign to disrupt ageism and ableism, informed by the lived experience of Connecticut residents. The campaign is meant to catalyze conversation and inspire locally-tailored, community-driven efforts.

By downloading these posters and sparking conversations about ageism and ableism with your family, friends, and colleagues, you have joined our campaign – welcome!

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FUNDING PROVIDED BY



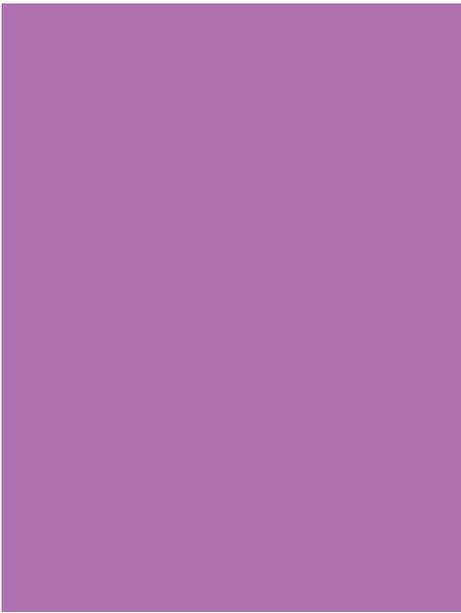
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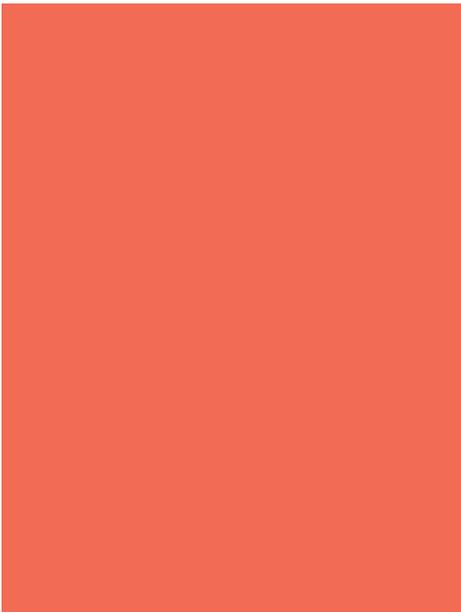
LEARN MORE AT





WE ARE VIBRANT

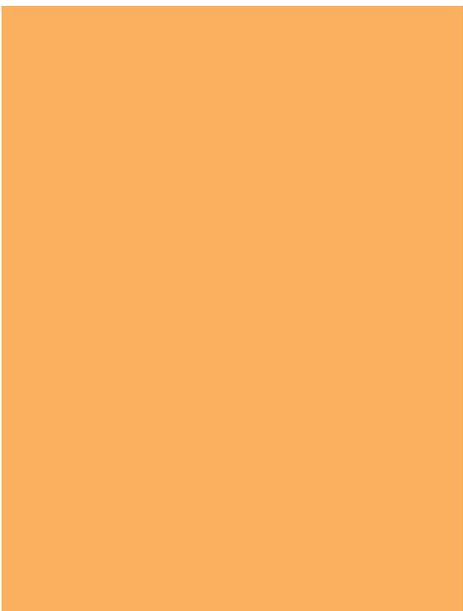
Every age.
Every ability.



WE ARE CONNECTED

Every age.
Every ability.





WE ARE RESILIENT

Every age.
Every ability.





WE ARE CAPABLE

Every age.
Every ability.



CONVERSATION GUIDE

1. Pick your partner(s), time, and place.

- Decide who you'd like to share this experience with, and when. Car rides, meal times, and coffee breaks are all great options because they are already carved out in the day and have natural beginning and end times.
- Choose a space that's private enough to allow you to be honest without fear that you'll be overheard.

2. Set the tone.

- Share why having this conversation is important to you. People are more likely to engage if they know you have a personal connection.
- Name that the goal is to increase awareness of an issue. You don't need to look for solutions in this moment.

3. Start talking.

- Use the prompts to get the conversation started. Work your way down the list, or each pick one that interests you most.
- Make up your own questions along the way!

4. Don't give up.

- If things get heated, you don't have to stop and 'agree to disagree.' If someone says something you don't agree with, try responding with an open-ended question to further understand, rather than arguing why they are wrong or misinformed.

5. Tell us how it went!

- We'd love to hear about your conversations! Tag us on social media @ctagewellcoll, or email ctagewell@ctcommunitycare.org.

TIPS FOR GREAT CONVERSATIONS

Allow everyone equal chance to speak.

You can even start by giving everyone a moment to answer the question before any back and forth.

Listen to understand, not to respond.

Try to enter with the primary goal of understanding the other person better, instead of getting your point across.

Share your personal views, not generalizations.

Starting sentences with 'I' (*I feel, I think*) can help avoid comments that oversimplify or attempt to speak for an entire group.

Close the conversation.

End with one of the closing prompts to get a small sense of resolution before jumping back into daily life.



CONVERSATION PROMPTS

Opening

- Who in these photos would you most want to spend time with? What about them draws you?

Age

- At what age do you consider someone to be old? Has your definition of 'old' changed over time?
- Who in these posters looks old to you? What about them makes you think they are old?
- How did/do you feel about becoming a 'senior citizen?' What did/does becoming a 'senior citizen' mean to you? How do you feel about the term 'senior citizen?'

Ability

- How often do you talk about disability (physical, mental, cognitive)?
- Who in these posters looks like they have a disability? What makes you think so? Is all disability visible?
- What do you think makes somebody able-bodied or disabled? Is it their body or the environment that limits them?

Age & Ability

- When you think of someone with a disability, do you imagine someone younger or older? Why is that?
- When you think of an older person, do you imagine they have any type of disability? What kind of disability?
- Do you think age and ability (physical, mental, cognitive) are interconnected? Why or why not?

Connected

- Who in these posters looks the most connected? The least connected? Why do you think that?
- Are you more connected to people in your own generation or other generations? Why do you think that is?

Capable

- Who are the top five most capable people you know? Are any of them older adults or have people with a disability?
- Who in these images looks most capable to you? Who looks the least capable to you?

Resilient

- What does it take to be resilient? When does life require resilience?
- Why might aging and/or navigating life with a disability involve resilience?

Vibrant

- What makes someone vibrant? Can that fade over time?
- Do you think older people or younger people are vibrant?

Closing

- What is one thing you learned about yourself during this conversation?
- Share one new insight you have about aging.
- Share one new insight you have about disability.

