



THE ONTARIO

caregiver
ORGANIZATION

RESOURCES AND
EDUCATION

The Future is Old: How Caregivers Can Combat Ageism & Promote Dignity

Webinar Description:

Ageism is one of society's most ingrained prejudices, affecting not only how we view older adults but how we see ourselves as we age. For caregivers, understanding the impact of ageism is crucial in providing the best care and promoting well-being for those you support. This webinar will explore the power of language, attitude, and belief in shaping how we age. Learn how adopting positive age beliefs can increase longevity, enhance quality of life, and change the trajectory for both caregivers and care recipient. By shifting the narrative and challenging harmful stereotypes, you can help instill a deep sense of value and respect in yourself and those you care for. Join us in creating a future where aging is embraced, not feared.

Our speaker:

Jenna Wickens is the MatureMinds Coordinator at CFS Counseling & Wellbeing, where she provides advocacy, education, programs, volunteer opportunities, and community resource consultation for older adults. As a Certified Professional Consultant on Aging, Jenna is dedicated to raising awareness and ensuring that "growing old" is viewed as an opportunity rather than a liability.



Date:

Thursday, June 19th, 2025

Time: 12:00pm to 1:00pm ET

Place: Zoom

(link provided via email to those who register)

Cost: Free

- Please note that this presentation is only available in English.
- Pour de l'information sur nos programmes et services en français, visitez aidantsontario.ca ou communiquez avec nous par courriel à info@aidantsontario.ca.

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This webinar will be recorded. Registered participants will receive a link to the recording in a post-webinar email from Eventbrite.

Register today

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