Ageism: “Ageism is defined as negative or positive stereotypes, prejudice and/or discrimination against (or to the advantage of) elderly people on the basis of their chronological age or on the basis of a perception of them as being ‘old’ or ‘elderly.’ Ageism can be implicit or explicit and can be expressed on a micro- or macro-level” (Iversen et al., 2009, p. 15).
- Ageism is prevalent
- There are many negative effects of ageism.

Micro: one-on-one forms of ageism. Individual to individual.
Macro: society at large, systemic, and pervasive.

Microaggression: (Sue et al., 2007)
- Commonly unconscious, not always.
- Day-to-day interactions.
- Verbal, behavioral, environmental.
- Communicate hostile, derogatory, or negative messages.
- Based solely on group membership.

- Microassault
  - Attacks directed toward individuals verbally and non-verbally.
  - Explicit, conscious, subtle, individualized, intentional.

- Microinsult
  - Expressions of rudeness or insensitivity.
  - Unconscious, verbal or nonverbal.
  - You are not a member of the dominant group (i.e., younger individuals).

- Microinvalidation
  - Invalidates the personal thoughts, feelings, or realities of an individual.
  - Unconscious, verbal or nonverbal.

**Age-related microaggressions have not been investigated**

Purposes of this study:
- To determine whether individuals over the age of 65 have experienced age-related microaggressions.
- To understand what these age-related microaggressions look like.

Social Validity:
- By recognizing age-related microaggressions, we can begin to eradicate them and, in-turn, improve the lives of older adults because they will no longer experience stereotyping/prejudice/discrimination.