

ADVOCATE FOR YOUR HEALTH

HOW TO SPEAK WITH YOUR HEALTH CARE PROVIDER AS AN OLDER ADULT

PROVIDER SAYS:

It's normal to feel depressed (or another health concern) at your age.

So, what is the health concern? (Healthcare provider ignores the patient and speaks only to the accompanying friend/relative/spouse).

That pain is to be expected at your age.

Sweetie, let's take off our jacket so we can take your blood pressure.

PATIENT RESPONDS:

I know many people my age, and they aren't all experiencing this. Can you please help me find answers?

You can speak directly to me instead. My friend/relative/spouse is here to support and I will let them know if I need their input.

I realize certain conditions can develop with age, but I'd like to continue doing what matters to me. What are my options?

Thank you for the sentiment, but I prefer being called Linda.

Do these sound familiar? Words make a difference. Ageism, even with positive intent, diminishes our health and wellbeing, taking years off our lives.

Learn more about age-friendly healthcare at ChangingtheNarrativeCO.org