



Being told  
you're **'surprisingly  
tech-savvy'** isn't  
part of ageing.

**It's ageism.**

Getting older can have its challenges.  
**Being treated negatively because of  
your age should never be one of them.**



# Everyone deserves to age without limits. Let's make it a reality.

Every action we take to challenge ageism takes us a step closer to ending its negative effects.

A good place to start is talking. Have conversations about ageing and ageism at home, at work and in your community.

The more we talk about ageism, the more we start to change it.

**Ageism:**

**Notice it**

**Challenge it**

**Change it**

Find out more and get involved at

**[AgeWithoutLimits.org](https://www.AgeWithoutLimits.org)**