Stereotypes of Aging Stereotypes are generalized beliefs or opinions based on individual experience and often produced by irrational thinking. Stereotyping and labeling seem to fulﬁll our need to structure and organize situations in order to minimize ambiguity and to clarify where we stand in relation to others. Because of the complexity of our society,

**Ageing myths**

Myth: Older people are an economic burden on society.

**Reality**: Older people make a significant contribution to the economy:

Myth: All old people are unwell.

**Reality**: The majority of older people are healthy and active, particularly those under 80 years old.

Myth: Older people are unable to learn or change.

**Reality**: There are increasing numbers of older people pursuing university studies while others attend informal classes Many seniors learn new things to allow them to take part in activities and leisure interests.

Myth: Memory loss and senility comes with age.

**Reality**: Studies show you can maintain intellect and creativity into old age. While your risk of dementia does increase, it affects only about 5% of older people.

Myth: Older people are more likely to be victims of criminal assault and robbery.

**Reality**: People aged 65 and over are less likely to be victims of crime than other adults.