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Contemporary Perspectives on Ageism forms part of an extensive series of books (nineteenth volume) pertaining to International Perspectives on Ageing by series editors Jason L. Powell and Sheying Chen.

Debates in this book revolve and delve profoundly around the various facets of ageism and how perspectives on the topic have changed throughout the years. These are thoroughly and critically discussed through the use of comprehensive and recently published literature. This research publication is well-timed and an exceptionally remarkable foray into the research of ageism as it highlights and focuses on the lacunae in the literature and portrays avant-garde discussions on innovative and traditionalistic areas of comparative ageing, all from a transnational standpoint. Besides, it provides a solid background for a number of feasible interventions on how to tackle and attempt to lessen ageism.

Contemporary Perspectives on Ageism encompasses four main sections namely; (i) the concept and aetiology of ageism, (ii) manifestations and consequences of ageism, (iii) interventions to fight ageism and (iv) researching ageism. Each section starts with an introduction by the editors and is sub-divided into further chapters.

The chapters in the *first section* feature a number of discussions regarding the possible ways to conceptualise and elucidate manifestations of ageism, the relationship between age stereotypes and age discrimination, multiple marginalization based on age and the origins of ageism at different levels. Since ageism is wide-ranging and far-reaching, elements of ageism may be found in individuals' behaviour (at micro-level), in organizational and group regulations (at meso-level) and in cultural and societal values (at macro-level). At the micro-level, theories derived from social psychology and developmental psychology are elaborated upon whereas at the meso-level, evolutionary theories on group membership, age segregation, intergroup threat theory and intergenerational conflict theory are discussed. Ultimately, the macro-level is explained through the modernization theory which foresees a surge in power and status of the generations, who are seen as holding the knowledge and skills valued by modern society. Moreover, it is documented that extant literature mainly

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accents on actions that are committed against old people whereas less attention is given to the fact that a number of older persons contribute to self-inflicted ageism. In chapter six, reference is made to Silicon Valley ageism which constitutes of extreme ageism in high tech contemporary settings. Another important aspect expounded upon is the theoretical and legal aspect of intersectionality or multiple discrimination. This occurs amid different socio-demographic categories including sex, race, age, ethnicity, class, and social orientation, and is organisationally chiselled into social institutions, generating a web of various oppressions. Ageism across the life course is also discussed with reference to how ageism affects all age categories.

The *second section*, encompasses ten chapters and is the largest in the book. The topics revolve around signs and consequences of ageism, ageism in the third age, pathways from ageism to loneliness, ageism and sexuality, visual ageism in the media, ageism and older immigrants, ageism in the health care system, ageism in medication use in older patients, ageism in mental health assessment and treatment of older adults, ageism and dementia and ageism and neuropsychological tests. Chapter eight discusses the positive facets of ageing in the third agers who remain active and follow their own interests in contrast to the fourth agers, those perceived as the dependent old. The fourth age is often referred to as the end of life. Many people fear dependency, loss of agency, loss of dignity and death hence services need to address the oldest old. Chapter nine sheds light on the psychological and sociological roots that influence how individuals age in a society which approves youth and anti-ageing. It delves into the damaging effects of loneliness and how creating awareness on this facet might serve as an impetus for policy makers and clinicians to create and implement social interventions that take into account the intricacies of ageism and champion old age as a positive period in one's life. Chapter ten discusses ageist perceptions regarding sexuality in later life amid the media, young individuals, healthcare service workers and amongst older people themselves. The barriers to sexual manifestation, the pleasure of sexuality and accomplishing a sense of self in later life are conferred. Moreover, the need for further research on sexuality in later life is underlined. Ageism in the life of older immigrants is also deliberated upon in chapter twelve. Older immigrants are subject to double or even triple jeopardy by policies that favour younger immigrants and by amassed stresses and shortcomings concomitant with the amalgamation of the damaging effects of immigration status and old age. Suggestions for strategies to decrease unsuitable prescribing, perilous polypharmacy and medication non-compliance in older persons are painstakingly described in chapter 13. Emphasis is made on age-specific and highly individualised treatment. Due to the stigma attributed with old age, numerous symptoms of mental illness are often perceived erroneously as signs of ageing and vice versa, consequently, hindering the quality of treatment provided to older adults with mental illness. The double stigma experienced by older persons who suffer from dementia is deliberated upon in chapter 16. This section concludes with a plea from the authors on the importance of acknowledging sensory decline and social biases during cognitive testing to ensure more efficient and accurate cognitive evaluating instruments.

The scope of the *third section* is to target different ways on how to combat ageism. The topics discussed include ageism and anti-ageism in the legal system, the Council of Europe's approach towards ageism, the European Union's approach towards ageism, ageism and the rights of older people and educational methods using intergenerational interaction to fight ageism. Chapter 19 refers to the dawdling progress made in the field of elder law. Notwithstanding, the imposing legal and policy frameworks adopted by the European Union, when it comes to ageing, the European Union somehow still embraces the notion that there is an important overlap between age and disability-related issues and advises looking at older people's exposure to harm from a disability outlook, disregarding the fact that ageing is not a disability. Hence, taking everything into account, this section reveals that the European Union's tactics towards ageism are still in the rudimentary stages and much more work in this field is warranted. In chapter 22, direct reference is made to Sweden as a case example on the fight against ageism. The authors propose that older persons in the third age, who epitomise the active ageing model, should act as an emblematic group, against which older adults with disability and different care needs could be examined so as to ameliorate the long-term care proffered to them. The concluding chapter in this section underlines the importance of intergenerational education to appreciate the particular understanding, expertise and outlooks of different generations. Such intervention is one of the ways anticipated to diminish ageism as it promotes broad-mindedness to other cohorts and cultures by restraining judgement, and by harnessing respect towards all generations.

The *fourth* and last section concludes by discussing ways on how to research ageism. The topics of the chapters cover normative, empiricist and interpretative considerations in the ageism research process, ageism in a cross-cultural perspective, ageism in the European Region, researching ageism in health-care and long-term care, children's attitudes towards older people: current and future directions and researching ageism through discourse. Ageism is subjective in nature and to recognise an act as ageist, one has to notice the act, understand the act as ageist and allude to ageism as an act. It is recommended that further care should be applied when choosing a specific research approach since limited attention has formerly been dedicated to the philosophy of science facets of ageism and consequently there is a lacuna in what we know about the broader scope of challenges in researching ageism and how we perceive and comprehend ageism in our world. The appropriate selection of research approach, including triangulation of data, methods and theories in a comprehensive research process apart from being advantageous for research in general, is particularly valuable in the arena of ageism. In chapter 27, the European Social Survey is discussed in view of assessing ageism in Europe. Since ageism is present at both micro and macro level origins and manifestations, the European Social Survey offers an exclusive occasion to improve comprehension of the crossroads between both levels. Similar to chapter 27, in chapter 29, the authors accentuate on the importance of adopting mixed research methods and standpoints in order to deliver a comprehensive narrative of ageism and long-term care. Chapter 30 reveals that ageism is not solely amid older persons but it also takes place amid young children and youths, backing assertions about age classification and possibly about the developmental nature of ageism. The scant theoretical foundations pertaining to a considerable share of research on ageism should be recognised by researchers as a window of

opportunity to conduct further apposite research to understand ageism and the numerous aspects attributed with it.

In conclusion it can be said that this book, apart from being of great interest and a good incentive to researchers and students in the field of gerontology and geriatrics, also serves as a stepping stone to create further research, policy and communal interest in the arena of ageing.