

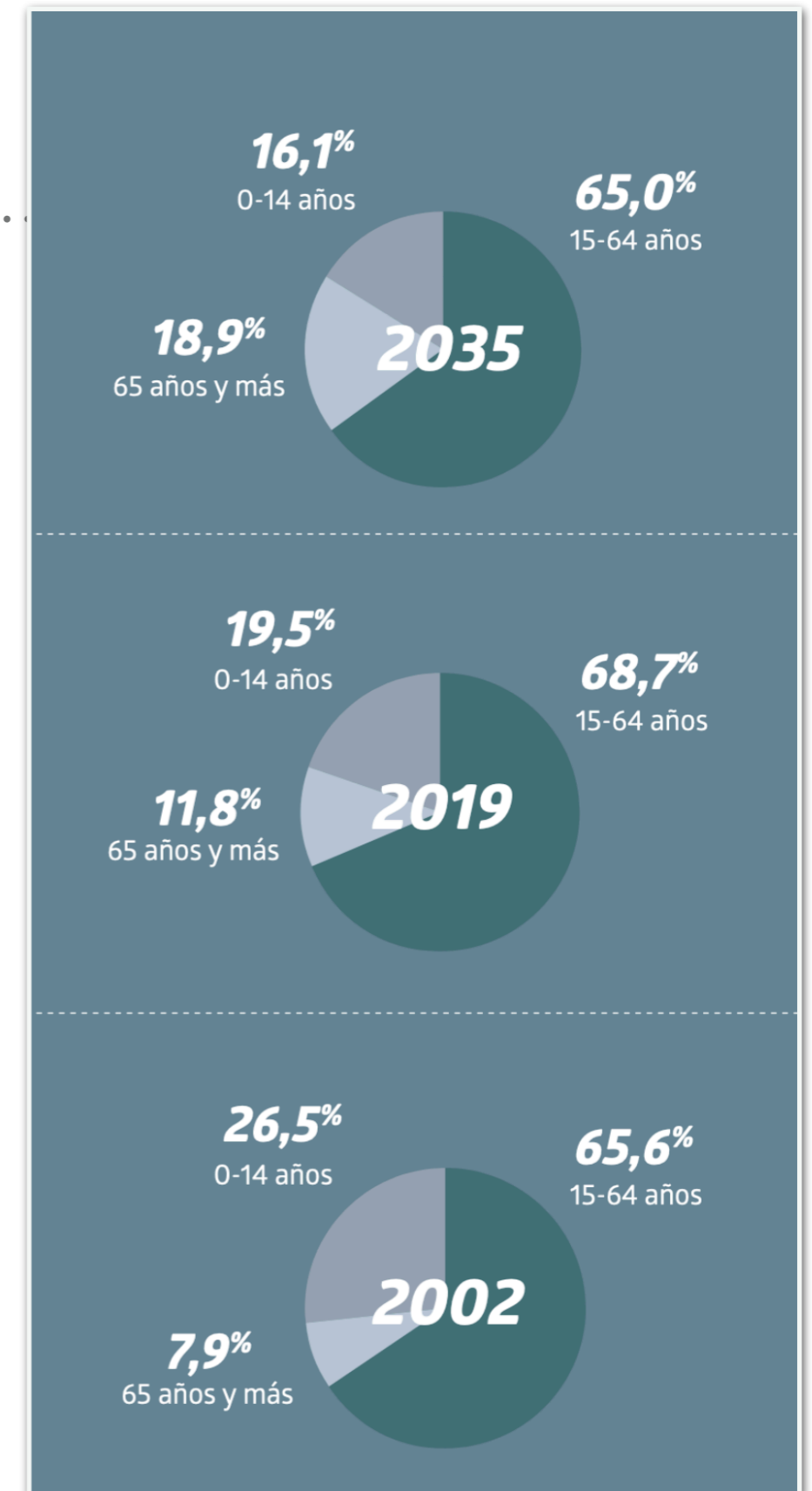


AN OLD ACTIVITY FOR OLDER PEOPLE

Sebastián Ramírez Alegría
ESO Workshop “Astronomy for All” - 2025

THE OLDER POPULATION

- The population of people over 65 (“older people/adults”) is **increasing**.
- Interest is also increasing: we are in the UN Decade of Healthy Aging (2021-2030).
- But, science communication efforts tend to include them as the “general population/public”.
- Or appears to a discrimination by age (ageism) focused on assumed characteristics for adults over 65.



INE-Chile: “Estimaciones y Proyecciones a Nivel Regional de la Población de Chile 2002-2035”

AGEISM / “VIEJISMO”

- It is the set of **stereotyped ideas/images** that results in prejudice and discrimination against a group because of their age⁽¹⁾.
- Ageism is present in the way we think, feel and act towards others and ourselves according to age, whether we are conscious of it or not⁽²⁾.
- Discrimination can be implicit/explicit, negative/positive, and directed to others/oneself.
- According to the WHO⁽²⁾: “half the world’s population is ageist towards older people.”

(1) Spain’s Office C report on “Envejecimiento y Bienestar”.

(2) WHO’s “Initiating a conversation about ageism.”

SHOULD I WORRY ABOUT AGEISM?

(YES)

- Ignoring the differences in a group of older people and assuming “age = vulnerability” affects our aging process.
- The stereotypes associated with ageism can be embodied after a pressure by the surrounding culture (Levy 2009).
- The “old person” stereotype becomes a **self-definition of the older self**, across the life span.
- The process can occur unconsciously, gain salience from self-relevance, and uses multiple pathways.
- It is a public health problem with physical, mental health, social and economic consequences.

HOW TO RECOGNIZE AGEISM?

- In Chile: Geroactivismo, Geropolis, SENAMA...
- Specific diagnostic tools:
 - “Image of aging quiz” by Becca Levy (Levy, Kasl & Gill, 2004)
<https://becca-levy.com/quiz/>
 - Cuestionario de Estereotipos Negativos hacia la Vejez (Blanca, Sánchez & Trianes, 2005).
- A diverse team -including your public- helps to identify your biases.

Image of Aging Quiz

If you want to explore your age beliefs, which can impact aging health, this quiz is meant for you. Think about how many of the following words match the images or pictures that you have in your mind of older people. We all have images that may be based on lots of sources such as social media, books, songs, and magazines. There are no right or wrong answers. Your responses will be kept confidential. After each word or phrase, click the response from “strongly disagree” to “strongly agree” that best shows how well the word matches the first image or picture of **older people** that comes to mind.

	Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
Healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Senile	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Capable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helpless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grumpy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SUBMIT

*This quiz is based on: Levy, B. R., Kasl, S. V., & Gill, T. M (2004). Image of Aging Scale. *Perceptual and Motor Skills*, 99, 208-210.

HOW TO RECOGNIZE AGEISM? – CENVE

	1	2	3	4
– La mayor parte de las personas, cuando llegan a los 65 años de edad, aproximadamente, comienzan a tener un considerable deterioro de memoria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– Las personas mayores tienen menos interés por el sexo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– Las personas mayores se irritan con facilidad y son “cascarrabias”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– La mayoría de las personas mayores de 65 años tienen alguna enfermedad mental lo bastante grave como para deteriorar sus capacidades normales	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– Las personas mayores tienen menos amigos que las más jóvenes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– A medida que las personas mayores se hacen mayores, se vuelven más rígidas e inflexibles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– La mayor parte de los adultos mantienen un nivel de salud aceptable hasta los 65 años aproximadamente, en donde se produce un fuerte deterioro de la salud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– A medida que nos hacemos mayores perdemos el interés por las cosas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– Las personas mayores son, en muchas ocasiones, como niños	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– La mayor parte de las personas mayores de 65 años tienen una serie de incapacidades que les hacen depender de los demás	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– A medida que nos hacemos mayores perdemos la capacidad de resolver los problemas a los que nos enfrentamos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– Los defectos de la gente se agudizan con la edad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– El deterioro cognitivo (pérdida de memoria, desorientación o confusión) es una parte inevitable de la vejez	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– Casi ninguna persona mayor de 65 años realiza un trabajo tan bien como lo haría otra más joven	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
– La mayor parte de las personas, cuando llegan a los 65 años de edad, aproximadamente, comienzan a tener un considerable deterioro de memoria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tabla 6.
Cuestionario de
estereotipos negativos
hacia la vejez (CENVE)

1= Muy en desacuerdo, 2= Algo en desacuerdo, 3= Algo de acuerdo, 4= Muy de acuerdo

NOW, THE OLD ACTIVITY.

Astronomers

Karla Peña Ramírez & Sebastián Ramírez Alegría

Kinesiologists and occupational therapists:

Diego Núñez

Natacha Saldivia

Fabián Oñate

Ivonne Guerrero

José González

Claudia Escobar

Diego Valenzuela

Jose Cruz

Catalina Ramírez
Alegría

Marco García

Pablo Muñoz

Camila Macari

Yasna Ordoñez

Carlos Herrera

Ángela Espinoza

Program's leaders:

Dagoberto Montenegro

Luis Loyola

Teresa Chirino

CITEVA + MASAMA: WHY?

- We cover the public across the city, using the **same activities and content** for different public (mostly, economic differences).
- We looked for **support** in existing networks.



OUR ACTIVITIES IN ANTOFAGASTA



- “Día de la astronomía”:
 - 2018: Golden astronomy
 - 2019: An astronaut’s breakfast
- Astronomical bulletin
- 2019 Eclipse observation.
- Workshops: “The light”, “Sun & Moon” and “Planetary systems”.



THE WORKSHOPS (TOPICS)

- Atomic models
- Waves
- Electromagnetic radiation
- Hydrostatic equilibrium
- Stars, planet formation
- Sun, Moon, and Earth
(scales in the Universe)



WHAT DID WE LEARN

- We have the advantage of doing activities with already assembled groups. They are not a “general public” group! They are a community.
- Older people give us access to a historical view of outreach.
 - One example: how was the moon landing seen in the “salitreras”.
- They demanded a mixture between of new & classic media.
- The support of health professionals is key.
- In some cases, intergenerational knowledge transfer: they took the grandchildren and explained it to them.

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