

Discussion Questions to Follow Video Presentation of

View from the Inside: Older Adults

#8610 VHS video and #8611 DVD

Available from EcuFilm: 1-888-346-3862; www.ecufilm.org

1. Did the older adults in the video surprise you? If so, in what way?
2. Will the video cause you to think differently about older adults, or to change your perceptions of them in the future? If so, in what way?
3. What are some of the most common misconceptions people have about older adults, as presented in the video?
4. How are the older adults in the video similar to the people you come into contact with in your work? In your life? How are they different?
5. Have you ever witnessed any prejudice or discrimination toward older adults? If so, what do you think contributes to it (i.e., media, advertising, ignorance, etc.)?
6. What are some of the major issues faced by older adults, and what can you or others do to help? (Example: the need for human touch, which can be met by the “four-hugs-a-day” theory).
7. Did the video provide you with any new information about older adults? If so, please explain.
8. Did the video cause to think differently about your own aging and about becoming an older adult? If so, in what way?