LAUNCH OF "GETTING WISE ABOUT GETTING OLD: DEBUNKING MYTHS ABOUT AGING"

Book addresses aging-related problems, with additional thoughts and activities on fighting ageism

Montreal, September 28, 2020 – In connection with the National Senior’s Day on October 1, the Centre for Research and Expertise in Social Gerontology (CREGÉS) in CIUSSS West-Central Montreal is proud to launch a joint publication, entitled *Getting Wise About Getting Old: Debunking Myths About Aging*.

“We decided to write about some common myths in the media, then analyze them, and give them some nuance,” says the author, Professor Patrik Marier, who is also one of the book’s co-editors. “In many instances, we found that they were clearly overblown urban legends.

“We still see a lot of ageism out there, where stereotypes are attached to older adults. It is important now, more than ever, to actually have a more honest and frank discussion about what aging is really all about.”

About 60 authors from various organizations and disciplines contributed to the 31 chapters, which tackle a number of myths about aging. Among the themes are retirement, older workers, mourning, housing, caregivers, social or political involvement, aging in penitentiaries, aging with a disability, the digital world, sexuality, and more. The authors hope their book will contribute to a better general understanding of the difficulties, as well as the benefits, of an aging society.

*Getting Wise* is the English version of *Les vieillissements sous la loupe : Entre mythes et réalités*, published by Presses de l'Université Laval, in 2018. The books are the product of a collective project carried out by the Vieillissements, exclusions sociales et solidarités (VIES) partnership research team and the CREGÉS.
As part of the launch on October 1, short bilingual video clips, featuring the authors discussing various myths, will be posted on the CREGÈS YouTube channel. Other video clips will be posted in the coming weeks. The clips were produced by the project Ageing + Communication + Technologies (.ACT), in collaboration with the VIES team and CREGÈS.

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For interview requests with Professor Patrik Marier: carl.theriault.ccomtl@ssss.gouv.qc.ca