

## Busting myths about older people



Are you interested in understanding more about the assumptions that are made about older people, including some you might believe about yourself?

Do you sometimes feel side-lined in your community? Invisible in shops? Do others assume you are less capable than you once were? Is it true that all seniors have 'senior moments'? Will all older people get dementia or need care?

The Australian Human Rights Commission is joining with U3A Maribyrnong to facilitate a relaxed conversation that will look at the assumptions and stereotypes that are commonly made about ageing and older adults. We'll cover a few common myths and there will be plenty of time for group discussion and sharing ideas.

This session is for you if you'd like to bust some of the myths about older Australians and take part in a discussion about how this affects you.



**When:** Thursday, 23 November, 10am-11am

**Where:** Yarraville Community Centre, 59 Francis Street, Yarraville 3012  
(on site parking or Bus route 409, Francis/Stephen Streets, Yarraville)

Bookings and more information: [u3amaribyrnong.org.au](http://u3amaribyrnong.org.au)