

DEI: Ageism

Presentation by: Jessica Donavan, PT, DPT

Date: February 14, 2023

12:00-1:30 pm

Athletes on average will suffer from the effects of ageism earlier than the general population. Athletes who find themselves dealing with ageism in their line of work can still look the same as they did years ago, but their age is defining how they are being treated in the world of athletics. Stereotyping based on age is tremendously harmful in work, in society and in sports. Those that assume an individual is less able, or more of a liability, simply based on a number is what keeps ageism alive. One study reported that nearly 1 in 5 Americans age 50 and older say they have experienced discrimination in healthcare settings, which can result in inappropriate or inadequate care. About 29% of respondents who reported frequent healthcare discrimination developed new or worsening disabilities over a four-year period.

Jess Donovan is an Outpatient Physical Therapist, the Clinical Coordinator for the Geriatric Physical Therapy Residency Program at The Ohio State University Wexner Medical Center (OSUWMC) and an Assistant Clinical Professor in the Division of Physical Therapy. After completing a doctorate degree in Physical Therapy from the Ohio State University, she graduated from Ohio State's Geriatric Physical Therapy Residency program in 2012 (GO BUCKS!). Jess is a board certified Geriatric Physical Therapy Specialist and spent the early years of her clinical career treating patients and serving as a rehab director in the Home Health setting. Since transitioning to OSUWMC as an outpatient therapist in 2020, she has also joined the research team in the laboratory for Movement and Exercise in Neurodegenerative Disorders. She is passionate about serving the geriatric population both through clinical practice and inspiring the next generation of physical therapists to do the same.

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- 1) Identify and define the four different types of ageism that exist in healthcare
- 2) Discuss personal ageist biases when working with coaches and athletes
- 3) Demonstrate understanding of ageism in healthcare
- 4) Explain The Institute for Healthcare Improvement's "Age Friendly Health Systems"
- 5) Discuss application of IHI recommendations for Age-Friendly care in the athletic setting

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Location: Virtual Synchronous Teams Presentation

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