

You are invited to participate in a research study about the *Aging Together* anti-ageism peer support program

What is *Aging Together*?

- An anti-ageism peer support program for adults 50+
- Ten, 90-minute weekly sessions
- Includes education about ageism & health
- Opportunities to "tell your story of aging" through writing and discussion
- Discuss strategies for collective action in response to ageism
- Will involve data collection to inform research on benefits of the program on ageism and psychosocial well-being

The Research

- ✓ Complete four, 30-minute surveys: A baseline, post-survey, 1-month follow-up, and 3-month follow-up survey.
- ✓ Sessions will be recorded to learn what's working well and what needs to be improved.

You will receive up to \$150 in gift cards:

- \$100 in gift cards for participating in all 10 sessions (\$10 gift card per session for partial completion)
- \$10 gift card for each survey completed
- Bonus \$10 gift card for completing all 4 surveys

ELIGIBILITY

- 50+ years of age
- Reside in the U.S.
- Speak English
- Not diagnosed with dementia

Location: Virtual (Zoom)

Dates: Fridays, April 24th - June 26th

Time: TBD

Principal Investigator:

Andrew Steward, PhD, LCSW

Assistant Professor of Social Work

University of Wisconsin-Milwaukee



Helen Bader
School of Social Welfare

**To Sign Up (or if you have questions),
please contact Dr. Andrew Steward at:
(414) 433-7734 or stewarat@uwm.edu**