

OSCAR

Hospitality

International Day of Older Persons: October 1

Almost 700 million people are now over the age of 60. By 2050, 2 billion people, over 20 per cent of the world's population, will be 60 or older. The increase in the number of older people will be the greatest and the most rapid in the developing world.

With this in mind, enhanced attention to the particular needs and challenges faced by many older people is clearly required. Just as important, however, is the essential contribution the majority of older men and women can continue to make to the functioning of society if adequate guarantees are in place.

Human rights lie at the core of all efforts in this regard. Living up to the United Nations Secretary-General's guiding principle of "Leaving No-One Behind" necessitates the understanding that demography matters for sustainable development and that population dynamics will shape the key developmental challenges that the world is confronting in the 21st century. The 2018 theme is:

"Celebrating Older Human Rights Champions."

The Universal Declaration of Human Rights (UDHR) turns 70 this year and the International Day for Older Persons celebrates the importance of this Declaration, and reaffirms the commitment to promoting the full and equal enjoyment of all human rights and fundamental freedoms by older persons.

Older human rights champions today were born around the time of the adoption of the UDHR in 1948. They are as diverse as the society in which they live: from older people advocating for human rights at the grass root and community level to high profile figures on the international stage.



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The 2018 theme aims to:

- **Promote** the rights enshrined in the Declaration and what it means in the daily lives of older persons;
- **Raise the visibility** of older people as participating members of society committed to improving the enjoyment of human rights in many areas of life and not just those that affect them immediately;
- **Reflect** on progress and challenges in ensuring full and equal enjoyment of human rights and fundamental freedoms by older persons; and
- **Engage** broad audiences across the world and mobilize people for human rights at all stages of life.

For further information: <http://www.un.org/en/events/olderpersonsday/>

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8 Ways to celebrate International Day of Older Persons

1. Encourage staff, visitors & volunteers to acknowledge the day to residents.
2. Play music perfect for Older Persons!
[Here](#) is a great link to songs.
3. Show you're proud to promote International Day of Older Persons! Create a poster.
4. Enjoy this [fun online quiz](#) about Human Rights Champions with your residents.
5. Celebrate with our special Black Forest cake recipe. It has step by step [video instructions](#)!
6. Read some books about Australian history. Discuss this with residents.
7. Enjoy a day of meals and activities outside, if weather permits.
8. Ask all residents to share their favourite memory of life before going into care.

