

# The International Day of Older Persons



Every year, on the 1<sup>st</sup> of October, the world celebrates the International Day of Older Persons. The United Nations General Assembly passed the first International Day of Older Persons on the 14<sup>th</sup> of December, 1990. A day dedicated to older persons was therefore established on the 1<sup>st</sup> of October.

The theme for the International Day of Older Persons 2022 is: The Resilience and Contributions of Older Women.

The objective of this theme is:

- To highlight the resilience of older women in the face of lifelong environmental, social, and economic inequalities.
- To raise awareness of the importance of improved worldwide data collection, disaggregated by age and gender.

## Ageing and Health

Statistics published by the World Health Organisation (WHO) show that:

- Between 2015 and 2050, the proportion of the world's population aged over 60 years will nearly double, from 12% to 22%.
- In 2050, 80% of older people will be living in low and middle-income countries.
- The pace of population ageing is much faster than in the past.
- All countries face major challenges to ensure that their health and social systems are ready to capitalise on this demographic shift.



## Common Health Conditions Associated With Ageing

Ageing is characterised by several complex health conditions called geriatric syndromes. Multiple factors contribute to these conditions, including frailty, urinary incontinence, falls, delirium and pressure ulcers.

However, as we get older, we may develop some health problems that aren't as visible.

Older people are more likely to suffer from multiple conditions at the same time. Such as:

- Cataracts and refractive errors
- Back and neck pain and osteoarthritis
- Chronic obstructive pulmonary disease
- Diabetes
- Depression and dementia
- Arthritis
- Osteoporosis
- Alzheimer's Disease
- Hypertension
- Physical Injury
- Sensory impairments, like hearing loss
- Malnutrition

## Law on the Rights of Senior Emiratis

The UAE protects and empowers senior Emirati individuals who are aged 60 years or over, through providing services and facilities for pensions, health, transportation and other areas.

The following are senior Emiratis' rights:

- The right to independence and privacy
- Protection from violence and abuse
- Enabling environment, housing, education and work
- Social care includes the provision of elderly community centres and social clubs
- Medical care includes preventive health services, medical insurance, mobile nursing units, and supportive medical devices
- Confidentiality of information about them
- Preferential treatment concerning government transactions, facilities, social aid and medical services.



**Happy International Day of Older Persons to all our valued senior citizens!**

