

Forum: Economic and Social Council (ECOSOC)

Issue: Social inclusion of the elderly

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INTRODUCTION

Society is changing very rapidly nowadays which leads to significant changes in the demographic landscape, as the old age population grows. According to the United Nations, the number of people aged 65 and older is projected to increase from approximately 703 million in 2019 to 1.5 billion by 2050, representing 16% of the global population. ¹

This shift emphasises how urgent it is to address senior social inclusion and make sure they continue to be engaged, respected, and integrated members of our communities. Creating opportunities for older people to engage in social, economic, and cultural activities, promoting their sense of belonging, and battling the marginalisation and isolation they frequently experience are all parts of social inclusion.

Social inclusion for older persons cannot be overstated. This enhances their lives while also promoting societal cohesion and general wellbeing. Communities may benefit from the abundance of experience, knowledge, and abilities that older people provide while also supporting their needs and goals if they acknowledge and make use of these valuable contributions.

In a time when the world's population is ageing, it is not only morally but also practically necessary to address the social inclusion of the elderly. We can build a society where everyone, regardless of age, has the chance to live a happy and respected life by adopting inclusive practices and regulations to advance senior citizen social participation in our communities.

DEFINITION OF KEY-TERMS

Active Ageing

“Active ageing promotes the vision of all individuals—regardless of age, socioeconomic status or health—fully engaging in life within all seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social and spiritual.”²

¹ United Nations Publications. *World Population Prospects 2019: Highlights*. 2019, United Nations. population.un.org/wpp/Publications/Files/WPP2019_Highlights.pdf.

² International Council on Active Aging. "What Is Active Aging?" *International Council on Active Aging*®, www.icaa.cc/activeagingandwellness/what-is-active-aging.htm.

Ageism

“Ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.”³

Digital Inclusion

“Digital inclusion is the access and use of Information and Communication Technologies (ICTs)—like the internet and its infrastructure, hardware, software and digital literacy training—by all people, regardless of age, gender, ethnicity, nationality, mobility, physical and cognitive abilities, cultural and socio-economic backgrounds.”⁴

Elder Care

“The care of older people who need help with medical problems or everyday tasks “⁵

Intergenerational Solidarity

“Intergenerational solidarity refers to the degree of closeness and support between different generations. The notion of solidarity helps us to understand how people of different generations relate to, help and depend on one another in their daily lives.”⁶

Lifelong Learning

“Lifelong learning encompasses all learning activities undertaken throughout life with the aim of improving knowledge, skills and competences, within personal, civic, social or employment-related perspectives. The intention or aim to learn is the critical point that distinguishes these activities from non-learning activities, such as cultural or sporting activities.”⁷

Quality of Life

“Quality of life is a highly subjective measure of happiness that is an essential component of many financial decisions. Factors that play a role in the quality of life vary according to personal

³ World Health Organization. "Ageing: Ageism." *World Health Organization (WHO)*, 18 Mar. 2021, www.who.int/news-room/questions-and-answers/item/ageing-ageism.

⁴ Interaction Design Foundation. "What is Digital Inclusion? — Updated 2024." *The Interaction Design Foundation*, 6 Feb. 2024, www.interaction-design.org/literature/topics/digital-inclusion.

⁵ Cambridge Dictionary. "Elder Care." *Cambridge Dictionary | English Dictionary, Translations & Thesaurus*, dictionary.cambridge.org/dictionary/english/elder-care.

⁶ FutureLearn. "Intergenerational Family Solidarity." *FutureLearn*, 25 Oct. 2022, www.futurelearn.com/info/courses/successful-ageing/0/steps/11803.

⁷ Eurostat. "Glossary:Lifelong Learning (LLL) - Statistics Explained." *European Commission*, ec.europa.eu/eurostat/statistics-explained/index.php?title=Glossary%3ALifelong_learning_%28LLL%29.

preferences but often include financial security as well as job satisfaction, family life, social connections, health, and safety.”⁸

Social Inclusion

“Social inclusion is the process of improving the terms on which individuals and groups take part in society-improving the ability, opportunity, and dignity of those disadvantaged on the basis of their identity”⁹

Social Isolation

“A condition in which an individual lacks connections to family, friends, or others and lacks access to a social support system. Socially isolated people are more vulnerable than others to many conditions, including psychosocial problems and complications when they experience conditions that render them housebound.”¹⁰

BACKGROUND INFORMATION

Historical Background

The elderly were respected and seen as essential to the health of the society in many traditional civilizations. In addition to being highly valued and in positions of power within families and communities, their vast life experiences and acquired wisdom were greatly prized.

Elders were essential to decision-making, cultural preservation, and younger generations' education. In Indigenous communities around the globe, for instance, elders are frequently seen as the guardians of customs, tales, and ceremonies that establish the identity and legacy of their community.

Social dynamics and family structures underwent significant transformation throughout the Industrial Revolution. The younger generation moved to cities in search of work possibilities as economies transitioned from agrarian to industrial, shattering the extended family structures that had historically cared for elderly family members.

Elderly people who had previously lived with their kids and grandkids were becoming more and more alone. The conventional duties of providing care were upended by this movement, which also made seniors feel more marginalised.

⁸ Kagan, Julia. "What Is Quality of Life? Why It's Important and How to Improve It." *Investopedia*, 22 June 2008, www.investopedia.com/terms/q/quality-of-life.asp.

⁹ World Bank. "Social Inclusion." *World Bank*, 2024, www.worldbank.org/en/topic/social-inclusion.

¹⁰ International Council on Active Aging. "What Is Active Aging?" *International Council on Active Aging*®, www.icaa.cc/activeagingandwellness/what-is-active-aging.htm.

Social standards and values also changed as a result of urbanisation. The emphasis of fast expanding cities moved to innovation and economic output, frequently neglecting the old since they were seen as less important from an economic standpoint. Ageism and the undervaluing of the contributions made by the old to society were facilitated by this change in viewpoint. Because they were less likely to reside in multigenerational households, the emergence of nuclear families made older persons feel even more alone.

The way that people see ageing and the elderly has changed during the last century. The unique requirements of the elderly were frequently disregarded by social programs of the early 20th century, which led to insufficient support networks and social isolation.

But in the later part of the 20th century, there was an increasing awareness of the difficulties older people faced and the significance of resolving these problems.

More recently, digital technology has significantly impacted the inclusion of the elderly. As technology evolves, interactions and inclusion within societies have been profoundly affected. Access to digital tools can enhance social connections and access to services, although it also creates new barriers for those not digitally literate—particularly the elderly. This dual effect highlights the ongoing challenge of ensuring that technological advancements do not inadvertently exclude older individuals from participating fully in society.

Social movements that supported the rights of underrepresented populations, such as the elderly, gained attention in the 1960s and 1970s. The necessity of social justice, equality, and inclusion for people of all ages was brought to light by these movements. As a result, organisations and governments started creating regulations and campaigns targeted at enhancing the quality of life for senior citizens.

Importance of Social Inclusion

Health and Well-Being

For senior citizens' health and wellbeing, social inclusion is essential. Social inclusion lowers the likelihood of mental health problems including anxiety and depression, which are prevalent among older persons who live alone. As with other key risk factors including obesity and smoking, research by Holt-Lunstad et al. (2015¹¹) indicated that social isolation and loneliness significantly increase the risk of early mortality.

Considering participation in community events promotes regular physical activity and access to healthcare services, older persons who are socially engaged probably remain in better physical condition. For instance, a study conducted in 2019 has shown how community

¹¹ Holt-Lunstad, Julianne, et al. "Loneliness and Social Isolation as Risk Factors for Mortality." *Perspectives on Psychological Science*, vol. 10, no. 2, 11 Mar. 2015, pp. 227-237, *National Library of Medicine*. doi.org/10.1177/1745691614568352.

engagement programs can significantly reduce depression amongst the participating elderly¹². The World Health Organization (WHO) also emphasises the importance of social interaction in preserving one's physical and mental well-being, which enhances lifespan and life satisfaction.¹³

Sense of Purpose and Belonging

Seniors who participate in social, cultural, and economic activities develop a feeling of purpose and community. Engaging in community activities, volunteer work, and fostering intergenerational relationships can improve older individuals' sense of worth and connection, therefore elevating their self-confidence and mitigating feelings of isolation.

Having a purpose in life helps prevent feelings of worthlessness or burdensomeness, which is why it is so important for mental health. The World Health Organization stresses that social involvement enhances older people's sense of overall life satisfaction by assisting them in preserving their identities and responsibilities in the community.

Contributions to Society

Seniors have a wealth of experience, knowledge, and abilities that are extremely useful and valuable to society. In addition to becoming volunteers, older people frequently serve as mentors and caretakers.

For instance, a lot of grandparents help out with childcare so younger family members can work. Intergenerational solidarity and community life may be enhanced, and intergenerational solidarity fostered when older people volunteer and share their knowledge in communal environments. These contributions uphold the stability of families and communities and promote social unity.

¹² Lee, Seon H., et al. "Effectiveness of Social Support for Community-Dwelling Elderly with Depression: A Systematic Review and Meta-Analysis." *Healthcare*, vol. 10, no. 9, 23 Aug. 2022, p. 1598, *National Library of Medicine*. doi.org/10.3390/healthcare10091598.

¹³ US Dept. of Health and Human Services, and Healthy People 2030. "Social Determinants of Health." *Home of the Office of Disease Prevention and Health Promotion - Health.gov*, 2020, health.gov/healthypeople/priority-areas/social-determinants-health.

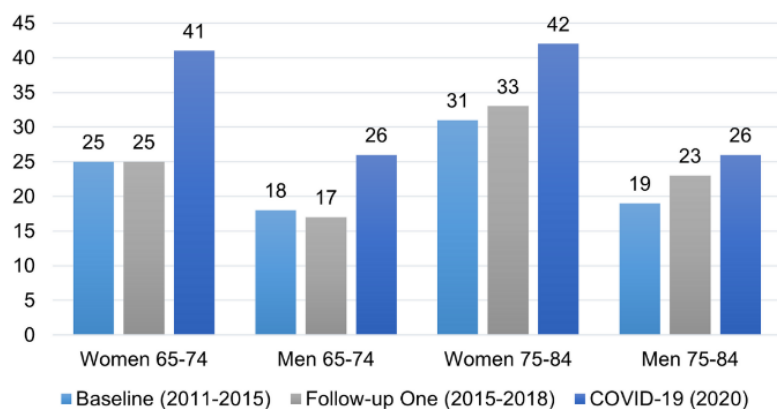


Fig. 1: Social Isolation among Older Adults during the Pandemic¹⁴

Economic Impact

Encouraging older adults to participate in society also has beneficial economic effects. Society may take use of older individuals' invaluable expertise

and talents by allowing them to continue working and volunteering. Policies prohibiting age discrimination, chances for ongoing learning, and flexible work schedules may all promote older persons' continued productivity.

Using the potential of older workers, age-friendly employment policies may boost economic development and productivity, according to the OECD¹⁵. This strategy benefits the overall economy in addition to the financial security of senior citizens.

Current Challenges and Barriers

Social Isolation

One of the biggest issues that seniors face is social isolation, which has a serious negative effect on both their physical and emotional well-being. People sometimes see a decline in their social networks as they become older because of factors such as retiring, losing friends, and family members moving away.

This seclusion can result in loneliness, which has been connected to a lot of detrimental health effects, such as elevated risks of heart disease, cognitive decline, and even death. Prolonged social isolation can have impacts similar to those of smoking, obesity, and physical inactivity, according to the National Institute on Aging. This problem has been made worse by the COVID-19 pandemic, since social distancing policies have reduced encounters and made many older people feel more alone than ever.

¹⁴ Employment and Social Development Canada, and Government of Canada. "Social Isolation Among Older Adults During the Pandemic." *Canada.ca*, 29 Aug. 2024, www.canada.ca/en/employment-social-development/corporate/seniors-forum-federal-provincial-territorial/reports/covid19-social-isolation.html.

¹⁵ Organization for Economic Co-operation and Development. "OECD Temporary Archive." *OECD Web Archive*, 28 Mar. 2024, web.archive.org/temp/2024-03-28/75185-ageingandemploymentpolicies.htm.

Health Disparities

Another major obstacle to older people's social involvement is health inequalities. Chronic illnesses including diabetes, heart disease, and arthritis affect a large number of the elderly and can make it difficult for them to move around and participate in social activities.

According to the Centers for Disease Control and Prevention (CDC), 85% of older adults have at least one chronic health condition, and 60% have at least two.¹⁶ There are also frequent differences in access to quality healthcare services depending on factors such as geography, socioeconomic level, and the availability of treatment that is suitable for a patient's age.

It may be difficult for older people living in rural or low-income regions to get the essential medical care, which might result in untreated health problems and further alienate them. Furthermore, inadequate mental health care specifically designed for the elderly lead to conditions like anxiety and depression.

Technological Barriers

The fast progress of technology has posed a considerable obstacle for several senior people who might not possess knowledge of or availability to digital resources. They are unable to take use of social media, internet services, and other digital platforms that promote social contact because of the digital divide.

An increasingly computerised environment separates elderly people, many of whom lack the means or abilities needed to use these tools. This lack of digital knowledge can result in missed opportunities for social engagement, access to information, and participation in community activities.

Additionally, the design of digital platforms often does not consider the specific needs of the elderly, such as larger fonts, simplified interfaces, and accessibility features for those with visual or other impairments. This lack of user-friendly design can make technology even more difficult for seniors to use effectively.

Economic Constraints

Older persons frequently struggle with financial uncertainty, especially those who depend on fixed incomes from social security or pensions. Increasing living expenditures, such as medical bills, can put a strain on limited funds, making it harder for senior citizens to obtain essential services or engage in social activities.

Older people may be compelled by financial hardships to live in inadequate homes or in communities with limited social and medical services. The Economic Policy Institute reports that poverty rates among older individuals are greater than those of the overall population, particularly

¹⁶ Boersma, Peter, et al. "Prevalence of Multiple Chronic Conditions Among US Adults, 2018." *Preventing Chronic Disease*, vol. 17, 17 Sept. 2020, [dx.doi.org/10.5888/pcd17.200130](https://doi.org/10.5888/pcd17.200130).

for women and members of minority groups, which makes it harder for them to integrate into society.¹⁷

Ageism

Ageism, or age-based discrimination, is a widespread problem that has an impact on older persons' ability to participate in society. Age-related biases and unfavourable perceptions can result in discriminatory behaviours in a number of contexts, such as the workplace, the medical field, and social services.

Older people who experience ageism may be passed over for jobs, excluded from social situations, and given inadequate medical treatment. Their possibilities to fully engage in society are therefore restricted by this prejudice, which also has an impact on their mental and self-esteem.

The World Health Organization emphasises that an integrated strategy is needed to address ageism, including public awareness initiatives, legislative modifications, and inclusive business practices across the board.¹⁸

Inadequate Infrastructure

The absence of infrastructure that is age-appropriate is a serious obstacle to older individuals' social inclusion. Public areas, transit, and housing are inaccessible to the elderly due to the lack of senior-friendly architecture in many urban and rural settings. Elderly people who are unable to move about easily may find it difficult to engage in social, cultural, and economic activities. For instance, it may be challenging for senior citizens to get to social events, healthcare institutions, and community centres if there are insufficient public transit options.

The Global Network for Age-friendly Cities and Communities of the World Health Organization promotes the creation of environments that encourage older individuals' active engagement and mobility, with a strong emphasis on the value of accessible public places and transportation.

Case Study: Singapore

In Singapore, Kampung Admiralty is an example of a cutting-edge strategy for encouraging social inclusion among senior citizens through creative urban planning and comprehensive services. This multigenerational development houses senior housing apartments inside a complex with a range of services, such as a medical centre, daycare centres, and

¹⁷ Morrissey, Monique. "The State of American Retirement: How 401(k)s Have Failed Most American Workers." *Economic Policy Institute*, 3 Mar. 2016, www.epi.org/publication/retirement-in-america/.

¹⁸ World Health Organization. *Global report on ageism*. World Health Organization, 2021, *World Health Organization*. www.who.int/publications/i/item/9789240016866.

common areas. By combining these services in one location, Kampung Admiralty encourages regular interaction between all age groups and creates a welcoming community.¹⁹

The design of the property promotes active ageing by giving elders quick access to medical care, leisure pursuits, and social gathering places. This all-encompassing strategy not only meets the social and physical requirements of senior citizens, but it also improves their general well-being by fostering links between generations and minimising loneliness.

MAJOR COUNTRIES AND ORGANISATIONS INVOLVED

United Kingdom

With the help of the World Health Organization (WHO), the United Kingdom has achieved great progress in its Age-Friendly Cities and Communities project. In order to make their cities more age-friendly, Manchester and London have changed their policies and infrastructure.

Among these adjustments are improvements to transportation systems, accessibility improvements to public areas, and community outreach initiatives that foster senior citizen social engagement. In order to ensure that the elderly receive sufficient assistance and continue to be socially connected, the UK government has also made investments in health and social care programs specifically designed for them.

Italy

Italy, which has one of the largest percentages of seniors in all of Europe, has launched a number of programs to improve senior citizens' social involvement. In an effort to keep seniors involved in society, the Italian government has introduced the "National Plan for Active Ageing," which includes opportunities for lifelong learning, volunteer work, and cultural events. Community-based programs such as "Auser" offer seniors social activities and support to keep them engaged and active. Furthermore, increasing access to home-based health services and elderly care has been a primary priority of Italy's healthcare reforms. Nonetheless, the nation continues to face challenges including the financial burden on social services and pensions, geographical disparities, and the integration of services from other sectors to offer older persons full assistance.

United States of America

Through a variety of initiatives and lobbying campaigns, the American Association of Retired Persons (AARP) in the US plays a critical role in encouraging older persons to participate in society. Through the Experience Corps program of AARP, seniors are assigned to serve as mentors and tutors in schools, promoting intergenerational relationships and enhancing academic achievement and literacy. Their Liveable Communities program, which focuses on accessible housing, transportation, and social activities, works with local governments to develop age-friendly communities. Even with these efforts, there are still many barriers to overcome, including

¹⁹ Kampung Admiralty. "Kampung Admiralty." *WOHA*, 17 Aug. 2023, woha.net/project/kampung-admiralty/.

the varied demands of the senior population and differences in healthcare access, especially in rural and low-income regions.

China

China's population is ageing quickly as a result of decades of the one-child policy and rising life expectancy. It is estimated that almost one-third of China's population would be over 60 by 2050. Due to urbanisation and decreasing family numbers, the traditional family support structure is eroding, which leaves many older people without enough care and assistance. In terms of healthcare and social services for the old, there is a big difference between rural and urban regions, and community-based aged care services are undeveloped. Community centers and home-based care services are examples of initiatives to address these issues, but given the scope of the problem, more all-encompassing and broad solutions are needed.

World Health Organization

Through its Global Network for Age-friendly Cities and Communities, the World Health Organization has played an essential part in advancing the idea of age-friendly cities and communities. With the help of this project, towns all over the world are encouraged to implement laws and procedures that improve the lives of senior citizens and guarantee their continued engagement in society. The World Health Organization (WHO) offers guidance and assistance to nations in adopting age-friendly policies, emphasising aspects like social engagement, housing, healthcare, and transportation.

HelpAge International

A global network of organisations called HelpAge International is dedicated to enhancing the quality of life for senior citizens everywhere. It promotes older persons' rights and welfare, especially in low- and middle-income nations. Programs managed by HelpAge International include social inclusion, healthcare, and financial assistance. These consist of livelihood initiatives, emergency response geared for the need of the elderly, and community-based health services. Additionally, HelpAge engages in legislative advocacy, promoting modifications that uphold senior citizens' rights and guarantee their full engagement in society.

The International Federation on Ageing (IFA)

The International Federation on Aging (IFA) adopts a multifaceted approach that includes policy campaigning, research, education, and international collaboration to improve social inclusion for the elderly. The IFA drives national changes and creates age-friendly policies in collaboration with international organisations like the UN and WHO.

They carry out thorough research and provide policy briefs and studies that discuss the difficulties older individuals' encounter. To guarantee that seniors aren't left behind in the digital era, the IFA conducts public awareness campaigns, trains caregivers and professionals, and

encourages digital literacy. Their international conferences and partnerships facilitate exchanging ideas and best practices.

TIMELINE OF EVENTS

DATE	DESCRIPTION OF EVENT
1900s	Rise of formalised elderly care institutions in many countries.
August 14, 1935	The United States Social Security Act was signed into law by President Franklin D. Roosevelt.
July 1965	The Older Americans Act (OAA) was signed into law by President Lyndon B. Johnson.
March 10, 1971	The International Federation on Aging is established in Canada.
July 26, 1982	The World Assembly on Ageing in Vienna concludes with the adoption of the Vienna International Plan of Action on Ageing.
December 16, 1991	The United Nations General Assembly adopts the UN Principles for Older Persons.
April 8, 2002	The Madrid International Plan of Action on Ageing was adopted at the Second World Assembly on Ageing.
May 3, 2008	The United Nations Convention on the Rights of Persons with Disabilities (CRPD) enters into force.
January 1, 2012	The International Year of Active Ageing officially begins.
March 9, 2014	The European Innovation Partnership on Active and Healthy Ageing is launched.

March 11, 2020	The World Health Organization declares COVID-19 a pandemic, highlighting challenges faced by the elderly and accelerating the push for digital inclusion.
December 1, 2021	The United Nations launches the Decade of Healthy Ageing (2021-2030) at the UN General Assembly

RELEVANT UN RESOLUTIONS, TREATIES AND EVENTS

United Nations Principles for Older Persons (1991)

The United Nations Principles for Older Persons were adopted by the UN General Assembly (Resolution 46/91) on 16 December 1991. Five fundamental categories were outlined in this significant document: Dignity, Self-fulfilment, Independence, Participation, and Care. It called on governments to guarantee older people's social inclusion by implementing these ideas into national programs and laws. The principles placed a strong emphasis on giving older people the opportunity to continue being engaged members of society and to live in environments that improve their quality of life.

The United Nations Decade of Healthy Ageing (2021-2030)

On December 1, 2021, at the 76th UN General Assembly session, the United Nations Decade of Healthy Ageing (2021–2030) was officially launched. By encouraging health and well-being, creating age-friendly surroundings, opposing ageism, and fortifying the health and social care systems, this global program seeks to enhance the quality of life for senior citizens.

The Decade promotes cooperation between public and private sectors, as well as between governments, by offering nations a framework for creating and implementing comprehensive programs. In keeping with a worldwide commitment to tackling the difficulties of an ageing population, it also highlights the need of data and research to influence policy and measure progress.

The Madrid International Plan of Action on Ageing (2002)

Adopted by the United Nations in 2002, the Madrid International Plan of Action on Ageing (MIPAA) offers a comprehensive framework to tackle the possibilities and difficulties associated with global ageing. MIPAA aims to combat ageism and promote age-friendly surroundings while improving older people's health and well-being, social involvement, and economic stability. In order to guarantee successful implementation, the plan urges nations to create national plans and subject them to frequent evaluations.

Even if it has a favourable effect on global ageing policy, issues including digital inclusion, healthcare access, and economic inequality still exist and need for ongoing international collaboration.

PREVIOUS ATTEMPTS TO SOLVE THE ISSUE

Japan's Silver Human Resources Centers

The Silver Human Resources Centers (SHRCs) in Japan constitute an inventive solution to the problems brought on by an ageing population. These community-based groups, which were founded in the late 1970s, provide temporary, low-stress, part-time employment possibilities to adults 60 years of age and older. SHRCs enhance the physical and emotional well-being of older persons, augment their income, and enable them to utilise their acquired skills and knowledge by allowing them to be active and involved in society.

More than 1,300 centres throughout Japan provide a variety of occupations, from maintenance to administrative labour, to boost local economies and lessen the financial strain on the welfare system. Despite their achievements, SHRCs still have sustainability issues because of the ageing population and the requirement to provide a variety of employment opportunities and support services. However, SHRCs are essential for improving the quality of life for senior citizens and are anticipated to become more and more important as Japan's population ages.

Denmark's Co-Housing Communities

The co-housing communities in Denmark, referred to as "bofaellesskaber," have been a progressive solution for the social inclusion and general well-being of the elderly. These communities welcome people of all ages, encouraging intergenerational cohabitation and support among one another.

Senior social isolation is decreased, and social contact is encouraged when members in co-housing share common areas and activities. Along with encouraging group activities like cooking together and making decisions as a group, this living arrangement also improves community involvement and a sense of belonging. In addition to offering reasonably priced and flexible housing options, Denmark's co-housing model makes sure that senior citizens stay engaged and part of a community, enhancing their quality of life and solving the difficulties associated with ageing in place.

POSSIBLE SOLUTIONS

Fostering Intergenerational Solidarity

Building multigenerational housing communities where young and old coexist can promote empathy and support for one another. All age groups benefit from the common areas and socialising possibilities offered by these housing arrangements.

Respect and intergenerational learning may also be fostered by developing educational initiatives that unite seniors and youth. Universities and colleges can collaborate with senior centers to provide programs and events that promote intergenerational engagement.

Thus, age-related prejudices can be lessened, and community relationships can be strengthened by planning cultural and recreational events that welcome people of all ages. Festivals, athletic activities, and artistic endeavours that welcome participation from all ages can foster unity and generate shared experiences. Such inclusive event planning may be greatly aided by local organisations.

Technology for Social Connectivity

Increasing older people's digital literacy can help them maintain relationships with friends, family, and the larger community. Seniors' access to information and opportunities for social engagement may be expanded through digital literacy programs that educate them how to utilise mobile phones, tablets, and the internet.

Seniors can retain social ties and feel less alone by being encouraged to use social media and communication technologies. Platforms created especially with senior citizens in mind can help with this process by offering customised information and easy-to-use interfaces.

Through telemedicine services, for example, senior citizens can easily access medical specialists without having to travel. Those who live in rural locations or have mobility challenges would particularly benefit from modern technologies.

Promoting Age-Friendly Environments

Cities that are more inclusive may be developed via urban planning that puts the needs of senior citizens first. This entails making public areas simple to navigate, offering enough places to sit and relax, and making sure that pedestrian walkways are safe. One of the measures that can be taken is making public transportation more age-friendly, ensuring that vehicles are accessible, routes are well-connected, and services are affordable for seniors. Other features like wide entrances, accessible restrooms, and step-free access are examples of age-friendly housing that accommodates the physical demands of senior citizens. Seniors living in communities with common areas and support services—known as co-housing models—can additionally encourage social contact and lessen feelings of loneliness.

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