

News Release

October 1, 2024



International Day of Older Persons and National Seniors Day

On October 1st of each year we recognize two important events: International Day of the Older Persons and National Seniors Day.

The United Nations 34th commemoration of International Day of the Older Persons focuses on the theme of Ageing with Dignity: The Importance of Strengthening Care and Support Systems for Older Persons Worldwide.

In Canada, National Seniors Day is an occasion for Canadians to celebrate and pay tribute to seniors who have been a vital part of our communities and have helped shape our country.

The Office of the Seniors' Advocate strongly supports the right of seniors to age with dignity. To achieve this, issues of poverty and food insecurity, barriers to primary healthcare, unavailable and unaffordable home support, and unsafe and unaffordable housing must be eradicated.

The Office of the Seniors' Advocate will continue to advocate and make recommendations to positively improve seniors' services and supports in Newfoundland and Labrador, so that all older adults in the province can age with dignity. In addition, we can all play a role in supporting seniors to age with dignity by being part of the support system for a senior in our community. Offering assistance could include a drive to get groceries, providing a meal, and visiting to prevent social isolation and loneliness. Seniors have been the backbone of Newfoundland and Labrador, let's use National Seniors' Day as an impetus to give back to them through our efforts.

Quote

"I certainly support the United Nations theme of Ageing with Dignity. It is what we all want and deserve. Research by the Office of the Seniors' Advocate has clearly defined the systemic barriers seniors in Newfoundland Labrador are facing to age well and we are laser focused on addressing these through our advocacy. There are many people in this province whose simple acts of kindness are helping seniors to age well. I thank you and encourage everyone to consider how you might help strengthen the support system of a senior in your community. Offer a drive to pick up groceries, share a meal, provide help with chores, visit or call. We can all play a role to help seniors Age with Dignity."

Susan Walsh
Seniors' Advocate Newfoundland and Labrador

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