



News Release

October 1, 2023



International Day of Older Persons and National Seniors Day

In recognition of the rapidly aging world population, in 1991 the United Nations designated October 1 the International Day of Older Persons. The occasion focuses on protecting and promoting the rights of older people, and acknowledging the important contributions they make.

In Canada, October 1 is National Seniors Day, a day that encourages everyone to acknowledge the valuable contributions of older people to Canadian society.

Annually, Newfoundland and Labrador marks this day by recognizing the lifetime contribution of seniors to their communities and province, and thanking seniors for their continued role in making a difference in our homes, communities and workplaces. Seniors are the volunteers, the coaches, the community leaders and a source of support to many.

While it is important to honour and recognize the contributions of seniors every day, October 1 is a day to reflect on the issues older adults experience and ways to improve the lives of seniors. The purpose of National Seniors Day is to ensure the protection and promotion of the rights of older adults, which is even more important now as seniors struggle with the cost of living, adequate safe housing and accessible primary health care.

Today and every day, the Office of the Seniors' Advocate continues to advocate for improved services to meet the needs of seniors in Newfoundland and Labrador.

Quote

“Today we recognize the contributions that seniors have made and continue to make. As a society, we can demonstrate our respect by working to ensure that every senior in Newfoundland and Labrador has the ability to live their lives the way they wish, with comfort and dignity. My Office will continue to advocate on behalf of the seniors in this province to ensure improved services that meet their needs.”

Susan Walsh

Seniors' Advocate Newfoundland and Labrador

-30-

Media contact

Sherry-Lee Owens

Administrative Officer

709- 729-6603

1-833-729-6603 (toll-free)

seniorsadvocate@seniorsadvocatenl.ca