

UN Principles for Older Persons Activity Cards



The logo for AGAC, featuring the letters 'A', 'G', and 'A' in orange and the letter 'C' in blue, all in a bold, sans-serif font.

AGAC



1

**Adequate Food
& Clean Water**

1

INDEPENDENCE
**Adequate Food
& Clean Water**

Things to consider

- Q** How do you usually get food for yourself?
- Q** Why is a balanced meal important?
- Q** What can you do to have nutritious meals this week? (Please share recipes and tips for easily preparing nutritious meals.)



2

**Inadequate Food &
Contaminated Water**

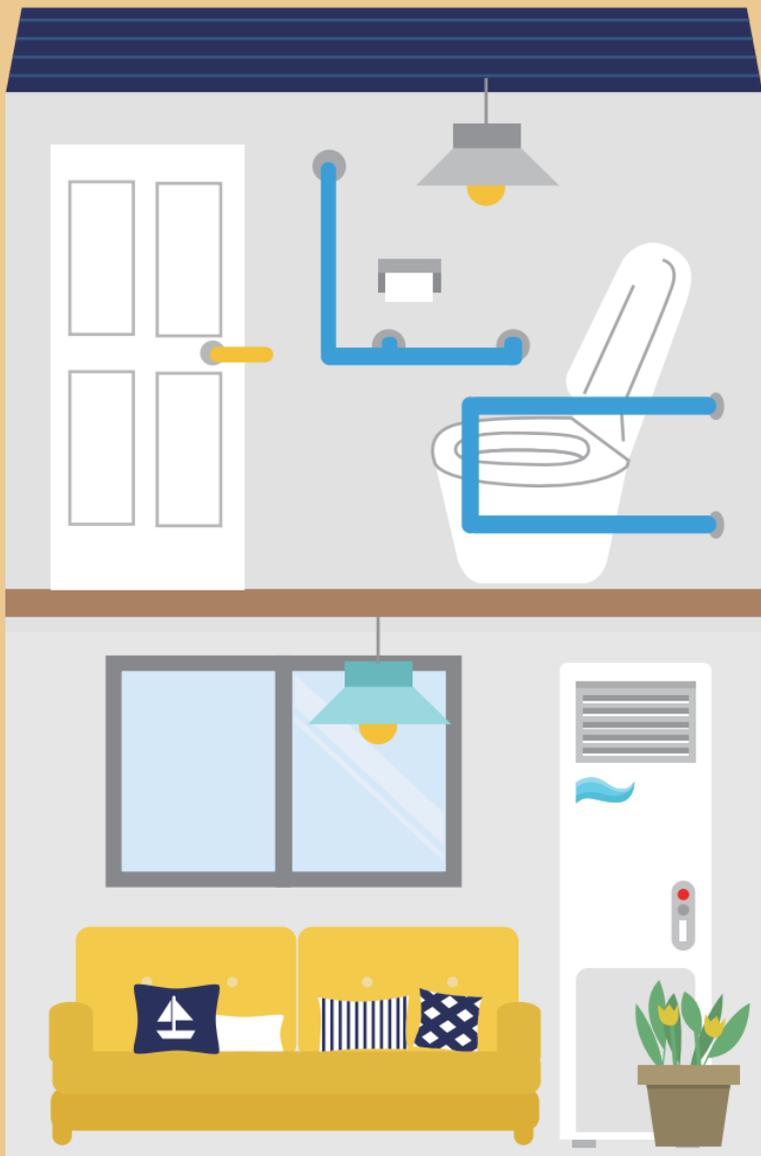
2

INDEPENDENCE

Inadequate Food & Contaminated Water

Things to consider

- Q** If we cannot get nutritious food and clean water, what will happen?
- Q** Do you know anyone in your neighbourhood who cannot prepare food alone? What help should they seek and where?



3

Accessible Housing

Things to consider

- Q** What kind of a home is safe and adequate for a person of advanced age?
- Q** How can older people get access to affordable housing? Is there any support from government or society?



4

Inadequate Housing

4

INDEPENDENCE

Inadequate Housing

Things to consider

- Q** Do you find any difficulties living in your home at an advanced age?

- Q** Do you know anyone who lives in a home where it is hard to deal with summer heat or winter cold? If so, where could such a person seek help?



5

Work & Income Accessibility

5

INDEPENDENCE Work & Income Accessibility

Things to consider

- Q** Are you working? When you quit your last job, was it your own decision to quit?
- Q** If you have an opportunity, do you want to keep working?
- Q** What support do you need to be able to go back to work?



6

Education Accessibility

Things to consider

- Q** Is there training you should receive to work or have an independent life? Where can you get such training?
- Q** To get information on training or request a training programme, who should you speak to?



7

Intergenerational Integration

7

PARTICIPATION
**Intergenerational
Integration**

Things to consider

- Q** Have you ever socialized with younger generations (in their 50s or younger)?
- Q** What are the good things about being with younger generations?
- Q** How can you create better opportunities to socialize with the younger generations?



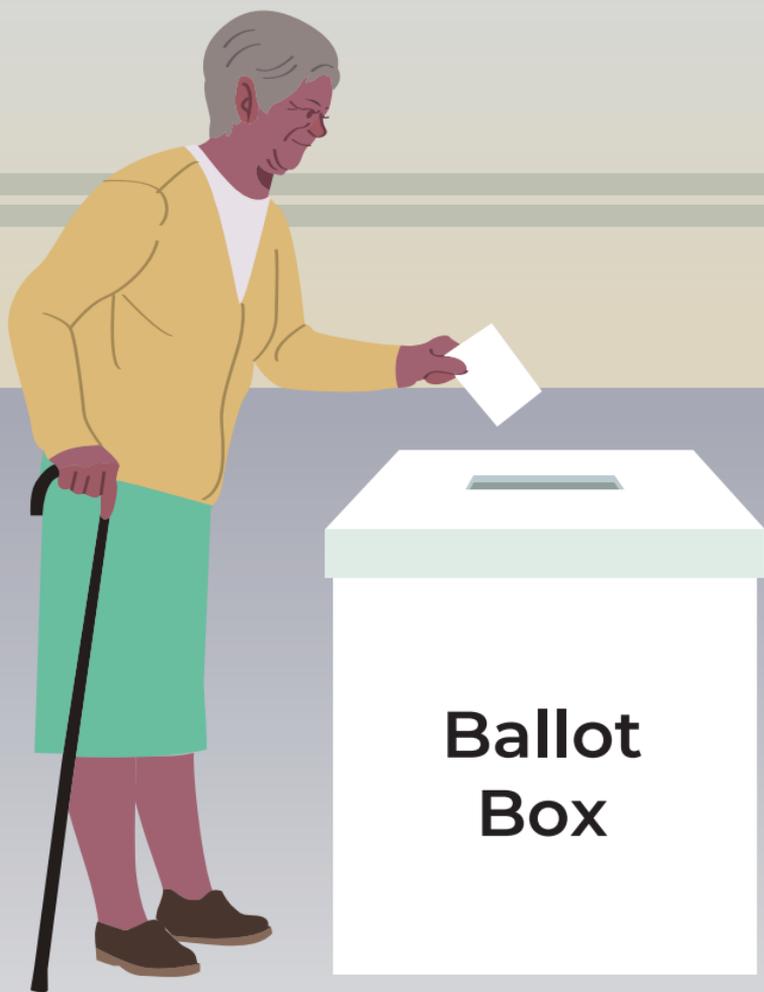
8

PARTICIPATION
**Intergenerational
Segregation**

Things to consider

- Q** Have you ever felt people were shunning older persons? When and where was it?

- Q** How can we create a world where older persons feel comfortable and accepted?



9

Participation in Policy Activities

9

PARTICIPATION
**Participation in
Policy Activities**

Things to consider

- Q** What was the last election you voted in?
- Q** Why is it important for older persons to vote?
- Q** We would like to have your views on how the Welfare of Older Persons Act should be revised. What changes would you like to see?



10

Sharing Knowledge with Younger Generations

10

PARTICIPATION

Sharing Knowledge with Younger Generations

Things to consider

- Q** Have you ever thought about handing down what you are good at to the younger generations?
- Q** What knowledge or skill sets would you like to hand down to the younger generations?
- Q** What do you need to be careful about when you pass down your knowledge or skill sets to the younger generations?



Volunteer Activities

Things to consider

- Q** Have you ever done any volunteer work?
- Q** Are there any volunteering activities that would suit you?
- Q** What kind of volunteering activities can be performed by older persons?



Human
Rights of
Older
Persons

12

**Form Associations
of Older Persons**

Things to consider

- Q** Have you ever worked for older persons' rights?

- Q** If you created a group for older persons, what activities would you like it to offer?

- Q** If you were to create a banner in support of the rights of older persons, what text would you want to put on it?



Things to consider

- Q** Do you have family who provide care for you?
- Q** Are any of your family members able to take you to hospital when you are ill, or to serve as a guardian when you visit hospital?



Things to consider

- Q** If it becomes hard for you to live alone in your home, what are you going to do?
- Q** If you struggle to do house chores by yourself, are there any service institutions that help you to prepare your meals, clean and do other things so that you can live in your own home independently?



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Access to
Health Care

Things to consider

- Q** What do you find most inconvenient when visiting hospitals?
- Q** What would you like to suggest to the government to improve access to health care services, including the use of public health clinics, hospitals and drug stores?



Things to consider

- Q** Are there any systems that provide care services for older persons? (e.g. long-term care for older persons or dementia prevention policy)
- Q** Do you know where you should go to receive public support?



Things to consider

- Q** What rehabilitation programs do older persons need?
- Q** Where do you go if you need exercise or therapy for rehabilitation?
- Q** Is there any reason why you cannot access exercise or therapy for rehabilitation when you want to?

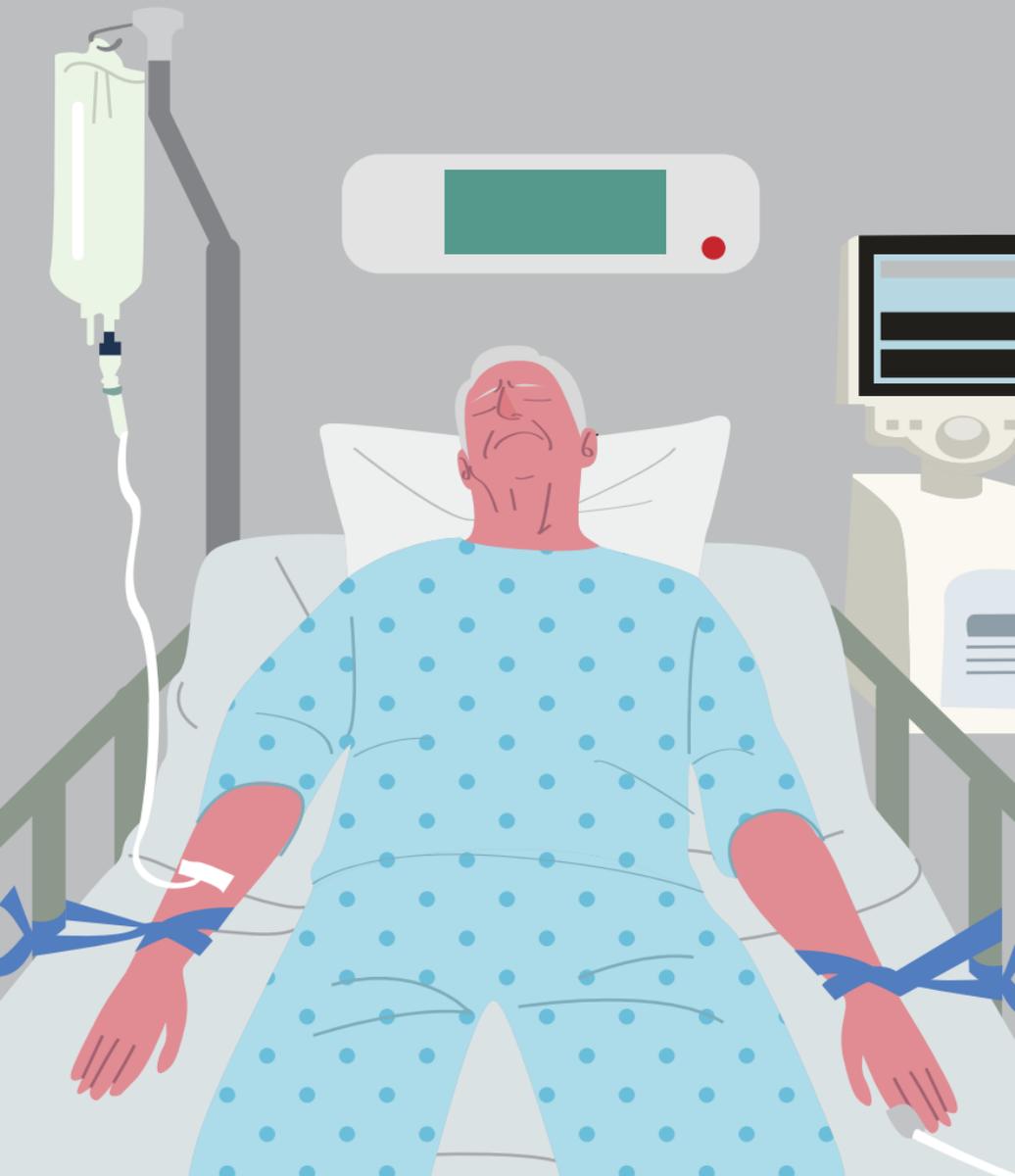


Things to consider

- Q** Do you usually decide for yourself what you want to do?

- Q** What kind of life do you envision as a dignified life in old age?

- Q** Have you heard of the requirement to give informed consent to the withholding or withdrawal of life-sustaining treatment?



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Violation of Self-determination

Things to consider

- Q** What should be done to have your rights respected at care or treatment facilities?
- Q** What is needed to ensure that you are respected and your choices are reflected even when your health condition deteriorates or during the final years of your life?



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Potential

Things to consider

- Q** Do you know people who have achieved their life-time goals or taken on new challenges past age 60?
- Q** Are there any tasks or challenges that you have always wanted to attempt or that you have recently become interested in trying out?
- Q** Do you have any dreams you want to fulfil down the road?



Things to consider

- Q** How do you normally spend your leisure time? (e.g. watching movies, playing sports, performing arts, etc.)

- Q** What recreational activities interest you?

- Q** Are there any recreational activities that you want to try out some time?



Things to consider

- Q** What cultural events did you recently participate in? What do you particularly remember? (e.g. movies, performing arts, or exhibitions)
- Q** Where can older persons comfortably enjoy cultural events and arts? What should be done for more older persons to visit cultural venues?



Things to consider

- Q** Do you practice religion, yoga, or meditation?
- Q** What do you do to take care of your mind and body?
- Q** What activities can you do to keep your mind healthy?



Things to consider

- Q** What are the most memorable lessons that you have had in your life?
- Q** Are there any new activities that you began to learn past age 60? If so, what are they?
- Q** Are there any activities that you want to learn in the future? If so, what are they?



Things to consider

- Q** Have you recently felt respected by someone else? Can you describe the situation?
- Q** When do you feel happy? What state of mind and thoughts do you need to live happily with confidence in your old age?
- Q** How do you want people to view older persons and behave with them?



Things to consider

- Q Do you know anyone who has experienced economic abuse or financial fraud?
- Q Have you ever received financial fraud prevention education?
- Q What should you do to keep your money and assets safe?



Things to consider

- Q** Do you know anyone subjected to physical abuse? If so, what should you do?

- Q** Where should you report elder abuse? Are you familiar with an agency where you can report elder abuse?



Things to consider

- Q** What do you understand as mental or emotional abuse?
- Q** Have you ever heard words that hurt your heart? What were they?
- Q** How should we respond to emotional abuse?



Things to consider

- Q What do you think of getting old?
- Q Have you ever felt discriminated against on the basis of your age?
- Q How should we respond to age discrimination?



Fair Treatment I (Ethnic Diversity)

Things to consider

- Q** Do you know anyone who is from a different culture/country? How do you and your acquaintances handle cultural differences?
- Q** What would a society look like in which the older persons of all cultures are respected and live together harmoniously?



Fair Treatment II (Gender Equality)

Things to consider

- Q** Are there any pros and cons of you being male or female?
- Q** What does a society look like in which all older persons are respected and not discriminated against by gender?