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# UN Principles for Older Persons Activity Card Manual



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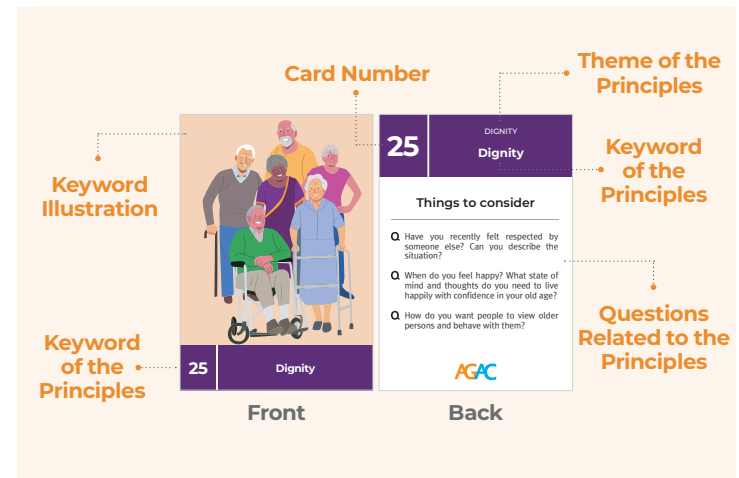
## About UN Principles for Older Persons Activity Card Set

**The international community is making various efforts to protect and promote human rights of older persons.**

As the number of older populations has increased around the world, the UN General Assembly adopted the UN Principles for Older Persons in 1991. The Principles state the rights in old age that should be recognized by both the governments of UN member states and the general public. We have designed age-friendly activity cards that can help the public and older persons to improve their awareness of the UN Principles for Older Persons.

## Contents and Composition

<UN Principles for Older Persons Activity Cards> is consisted of 31 cards, which include the keywords of the UN Principles for Older Persons.



The front side of each card shows a keyword and its illustration of the UN Principles for Older Persons. The backside shows the keyword with related questions.

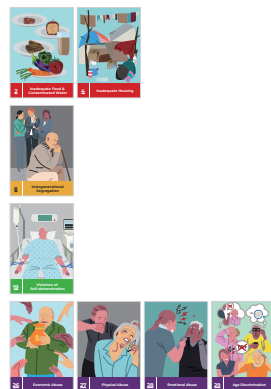
# Card Criteria:

## (1) Assurance vs Violation

The cards are divided into two categories: the assurance of human rights of older persons, and their violation. 23 cards are in the category of 'Human Rights Assurance' and 8 cards are in the category of 'Human Rights Violation.'



**Human Rights Assurance Cards(23)**



**Human Rights Violation Cards(8)**

## (2) UN Principles for Older Persons

The cards are also categorized into the five themes of UN Principles for Older Persons. Different themes are marked in five different colours.

### INDEPENDENCE

- |                                |   |
|--------------------------------|---|
| 1. Adequate Food & Clean Water | 2. Inadequate Food & Contaminated Water |
| 3. Accessible Housing          | 4. Inadequate Housing                   |
| 5. Work & Income Accessibility | 6. Education Accessibility              |

### PARTICIPATION

- |                                       |  |
|---------------------------------------|--|
| 7. Intergenerational Integration      | 8. Intergenerational Segregation               |
| 9. Participation in Policy Activities | 10. Sharing Knowledge with Younger Generations |
| 11. Volunteer Activities              | 12. Form Associations of Older Persons         |

### CARE

- |                                     |   |
|-------------------------------------|---|
| 13. Family Care                     | 14. Community Care                          |
| 15. Access to Health Care           | 16. Social and Legal Services               |
| 17. Rehabilitation                  | 18. Self-determination in Facility Settings |
| 19. Violation of Self-determination |   |

### SELF-FULFILMENT

- |                           |                            |
|---------------------------|----------------------------|
| 20. Potential             | 21. Recreational Resources |
| 22. Cultural Resources    | 23. Spiritual Resources    |
| 24. Educational Resources |                            |

### DIGNITY

- |   |   |
|---|---|
| 25. Dignity                             | 26. Economic Abuse                      |
| 27. Physical Abuse                      | 28. Emotional Abuse                     |
| 29. Age Discrimination                  | 30. Fair Treatment I (Ethnic Diversity) |
| 31. Fair Treatment II (Gender Equality) |   |

# About the UN Principles for Older Persons

The United Nations Principles for Older Persons (resolution 46/91), which was adopted in 1991 by the United Nations General Assembly, exhorted the member states to incorporate the Principles into their policies to prevent and resolve social problems relating to older persons.

## The composition and details

The UN Principles for Older Persons comprises 18 principles in 5 themes: independence, participation, care, self-fulfilment and dignity.

### ► Theme

<b>Independence</b>	<b>Participation</b>
<b>Care</b>	<b>Self-fulfilment</b>
<b>Dignity</b>	

## UN Principles for Older Persons **Theme 1** Independence

- 1 Older persons should have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support, and self-help.
- 2 Older persons should have the opportunity to work or to have access to other income-generating opportunities.
- 3 Older persons should be able to participate in determining when and at what pace withdrawal from the labour force takes place.
- 4 Older persons should have access to appropriate educational and training programmes.
- 5 Older persons should be able to live in environments that are safe and adaptable to personal preferences and changing capacities.
- 6 Older persons should be able to reside at home for as long as possible.

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## UN Principles for Older Persons **Theme 2**

# Participation

- 7 Older persons should remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.
- 8 Older persons should be able to seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.
- 9 Older persons should be able to form movements or associations of older persons.

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## UN Principles for Older Persons **Theme 3**

# Care

- 10 Older persons should benefit from family and community care and protection in accordance with each society's system of cultural values.
- 11 Older persons should have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.
- 12 Older persons should have access to social and legal services to enhance their autonomy, protection and care.
- 13 Older persons should be able to utilize appropriate levels of institutional care providing protection, rehabilitation and social and mental stimulation in a humane and secure environment.
- 14 Older persons should be able to enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.

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## UN Principles for Older Persons **Theme 4**

# Self-fulfilment

- 15 Older persons should be able to pursue opportunities for the full development of their potential.
- 16 Older persons should have access to the educational, cultural, spiritual and recreational resources of society.

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## UN Principles for Older Persons **Theme 5**

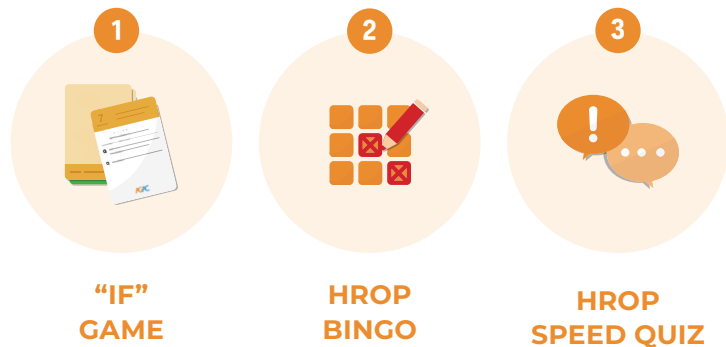
# Dignity

- 17 Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.
- 18 Older persons should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.

# How to use the cards

You can learn more about human rights of older persons by using the cards.

You can start by talking about any of the keywords and questions on the backsides of the cards or by playing the games described below!



# Card Activity 1 "IF" GAME

- 01 Read the questions below and **select the cards that match them.**
- 02 **Write the number** of the card selected for each question and **write the reason for choosing it.**
- 03 **Share with others** which cards have been selected.

## "IF" Questions

- Q. If you have mobility problems, which human rights are relevant to this?
- Q. If you get dementia, which human rights are relevant to this?
- Q. If half of the population is aged 65+, what human rights should we pay more attention to? (Choose 3 cards)
- Q. If you could meet a lawmaker and ask the person to do something to promote older persons' human rights, what would your request be done?

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## Card Activity 2

# HROP BINGO

- 01 **Select 25 cards** that you think important.
- 02 **Arrange the selected cards** in five horizontal and vertical lines with the backside of the cards on the top (**5x5 bingo board**).
- 03 **Take turns to choose the human rights cards** that each thinks are most important, and turn them upside down. Here, the person who has chosen the card **briefly describes the reason for picking it**.
- 04 When **three squares come in a row crosswise, lengthwise or diagonally**, shout Bingo!
- 05 The person or group that **shouts Bingo first** is the winner.

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## Card Activity 3

# HROP SPEED QUIZ

- 01 Each group **selects one quiz presenter**.  
  
For each group, the presenter **comes forward and describes the human rights cards** (by not telling the exact word) and the group members **give the right keyword for the card** (within two minutes; hard to describe questions may be skipped).
- 02
- 03 The group that **gets the most cards right in a limited time period** is the winner.