

October 1: Join Alberta Council on Aging and declare International Day of Older Persons!

In 1990, the United Nations declared International Day of Older Persons to bring awareness to, and to celebrate older persons. This day was formally recognized in Alberta in 2017 through a minister declaration, and since then communities across Alberta have joined the movement and made their own proclamations.

International Day of Older Persons gives us the opportunity to: recognize and acknowledge older Albertans and their contributions to our communities; raise awareness about seniors' interests and concerns; and address misconceptions about older persons and aging.

What can you do?

- **Declare** October 1 as International Day of Older Persons in your community. *Contact us for a declaration template.*
- **Celebrate** with a flag raising, tea, lunch, or an afternoon of local entertainment!

#LetsStopAgeism together. Now.

On October 1, Alberta Council on Aging is launching the Let's Stop Ageism campaign. Incorporating digital marketing, arts-based events, and educational programming, this campaign will address ageism head on, raise awareness, promote discussion, and invite community members of all ages to embrace and celebrate older people. Learn more: <https://acaging.ca/lets-stop-ageism/>

Alberta Council on Aging

For over 52 years, Alberta Council on Aging has advised government and the general public about matters relating to the opportunity for full and equal participation of older persons living in Alberta and Canada. The council encourages and enables seniors' full participation in all aspects of community through inclusion, education and advocacy.

Contact our Campaign Coordinator, Becca Barrington, for more information

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