



International Psychogeriatric Association

IPA Better Mental Health for Older People

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For Immediate Release

IPA lends its voice in support of United Nations International Day of Older Persons

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On 1 October 2021, the International Psychogeriatric Association (IPA) lends its voice to the United Nations (UN) in support of **International Day of Older Persons 2021** (#UNIDOP21). For nearly 40 years, IPA members have come together as researchers and clinicians to provide better mental health for older people. And as we kick off the inaugural [Older Adult Mental Health Awareness Week](#), UNIDOP21 is the perfect launch to highlight the need for equal access and inclusion, regardless of age.

The United Nations has set the 2021 theme as "Digital Equity for All Ages", bringing digital inclusivity to the forefront. As we have seen over the last year and a half, older adults without access to, or understanding of, new technologies often experienced the most significant negative impacts of COVID-19 community lockdowns and resulting social isolation.

Now, IPA leaders join with the UN in supporting the following Objectives of #UNIDOP21:

- **Ageism & Human Rights**
To bring awareness of the importance of digital inclusion of older persons, while tackling stereotypes, prejudice and discrimination associated with digitalization taking into account sociocultural norms and the right to autonomy.
- **Sustainable Development**
To highlight policies to leverage digital technologies for full achievement of the sustainable development goals (SDGs).
- **Access & Literacy**
To address public and private interests, in the areas of availability, connectivity, design, affordability, capacity building, infrastructure, and innovation.
- **Cybersecurity & Ethics**
To explore the role of policies and legal frameworks to ensure privacy and safety of older persons in the digital world.
- **Accountability**
To highlight the need for a legally binding instrument on the rights of older persons and an intersectional person-centered human rights approach for a society for all ages.

With this new initiative - Older Adult Mental Health Awareness Week (1 October -10 October 2021) - we encourage all to participate and share in the daily activities. Throughout the week, programs and resources will highlight both older adult mental health issues as well as healthy ageing initiatives around the globe. Learn more, download social media messaging, and register for programs at www.awarenessweek.ipa-online.org



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