

# **RECOMMENDATIONS FOR THE PREPARATION OF AN INTERNATIONAL LEGAL INSTRUMENT TO PROMOTE AND PROTECT THE RIGHTS AND DIGNITY OF OLDER PERSONS**

## **Purpose**

To promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by older persons, and to promote respect for their inherent dignity.

## **Definitions**

- Age
- Old Age
- Active Ageing
- Ageism
- Reasonable Accommodation
- Universal Design

## **General Principles**

- Respect for the individual characteristics of older persons;
- Respect for the autonomy of older persons;
- Full and effective participation and inclusion of older persons in society;
- Providing older persons with suitable environment required for self-realization;
- Respect for the honor of older persons within society;
- Respect for the right to access short/long term care;
- Non-discrimination;
- Equality of opportunity;
- Accessibility;
- Equality between men and women.

## **SUGGESTED ARTICLES**

### **1. Independent Living**

All older persons have right to;

- Enjoy all human rights and fundamental freedoms fully and equally;
- Choose living independently or receiving social services;
- Have an adequate income for all basic needs like nourishment, sheltering, clothing as well as receiving healthcare;
- Demand necessary accommodations required for freedom of movement;
- Demand contemporary care services taking living conditions and lifestyle into account, if needed;
- Self-determination even if they are dependent.

## **2. Living a Decent Life**

All older persons have right to;

- Live in an environment that they prefer;
- Assume a social responsibility;
- Live a decent life with dignity;
- Refuse all kinds of behaviors and attitudes that would harm their dignity even if they are dependent.

## **3. Raising Awareness**

All older persons have right to;

- Demand necessary endeavors towards raising awareness for ageing and respect for the rights of older persons in all societal areas;
- Demand for inclusion of the topics stated above into the curricula of formal and mass education.

## **4. Development, social Relations and Religious Necessities**

All older persons have right to;

- Enjoy education self-development, and self-determination;
- Access to opportunities of lifelong learning and participation within society;
- Access to appropriate places for their religious exercises according to their beliefs;
- Choose their social environment, and attend cultural, leisure and sports activities.

## **5. Accessibility**

All older persons have right to;

- Access all physical environment, transportation facilities, information and communication technologies, public places in both urban and rural areas, and services that will enable them to enjoy independent living and integration to the society.

## **6. Participation and Integration to the Society**

All older persons have right to;

- Participate in economic, political, and social life fully and effectively;
- Participate in preparation and implementation process of policies that would affect their welfare directly;
- Form non-governmental organizations.

## **7. Non-discrimination**

All older persons have equal rights with all other individuals within the society regardless of their gender, ethnicity, age, religious beliefs, lifestyle, economic and social status.

## **8. Healthcare Services**

All older persons have right to;

- Access qualified healthcare services freely and efficiently.

## **9. Employment**

All older persons have right to;

- Participate in all kinds of paying business or work at paying jobs.
- Work under equal conditions with other individuals;

## **10. Services Increasing Life Quality**

All older persons have right to;

- Enjoy contemporary service models (home care/support, elderly clubs etc.) developed in accordance with societal conditions and values.

## **11. Preventing Violence and Abuse**

All older persons have right to;

- Refuse all kinds of violence and abuse targeting them.