Age inclusion handbook

Section 2: Resources

HelpAge
International

Introduction

This handbook demonstrates that age inclusion is highly achievable. This section provides an extensive array of resources that offer support and information on various aspects of age inclusion, including research, toolkits and policy documents. The technical guidance (Section 1) and organisational assessment (Section 3) include further resources and steps on how to take age inclusion forward in your work.

Mainstreaming ageing

UNECE, *Guide on Mainstreaming Ageing*
https://unece.org/sites/default/files/2022-11/Guidelines-for-Mainstreaming-Ageing-Executive-Summary.pdf →

UNECE, *Online course on mainstreaming ageing*
www.decadeofhealthyageing.org/find-knowledge/support/training-programmes/unece-online-course-on-mainstreaming-ageing →

UNECE, *Policy Brief on Ageing*
https://unece.org/sites/default/files/2023-06/ECE-WG.1-42-PB28.pdf →

UNITAR, *Mainstreaming knowledge on ageing: 'Virtual Roundtable Series'*
www.youtube.com/playlist?list=PLQR8YH-YtQS9wxqOw4udFejL5q5SMMowD →

UNDESA, *UN World Population Prospects 2022*
https://population.un.org/wpp/ →

Towards greater inclusion

AARP, *6 Ways to Add Age in Your Diversity and Inclusion Guide*
www.aarp.org/work/employers/age-diversity-inclusion-guide/ →

UNDESA, *Follow-Up to the International Year of Older Persons: Second World Assembly On Ageing,* 2023 Report
https://social.desa.un.org/publications/follow-up-to-the-international-year-of-older-persons-second-world-assembly-on-ageing-7 →

Nesta, *The Age of Inclusion*
https://media.nesta.org.uk/documents/The_Age_of_Inclusion.pdf →

Age Platform Europe, *Changing the Narrative: Guidelines for Age-Inclusive Communication*
https://changingthenarrativeco.org/wp-content/uploads/2022/01/Guidelines-for-Age-Inclusive-Communications_ChangingtheNarrative-1.pdf →

Office of the First and Deputy First Minister, UK,
Ageing in an Inclusive Society: a consultation document
**www.bristol.ac.uk/poverty/downloads/keyofficialdocuments/ageing%20
inclusive%20NI.pdf** →

Sphere standards/ADCAP, *Humanitarian Inclusion Standards for
older people and people with disabilities*
**https://spherestandards.org/resources/humanitarian-inclusion-standards-for-
older-people-and-people-with-disabilities/** →

WE Forum, *Ensuring Digital Inclusion for Older People*
**www.weforum.org/agenda/2021/10/how-can-we-ensure-digital-inclusion-
for-older-adults/** →

Oxfam, *Inclusive Language Guide*
https://policy-practice.oxfam.org/resources/inclusive-language-guide-621487/ →

The Interagency Standing Committee, *IASC Guidelines, Inclusion of Persons
with Disabilities in Humanitarian Action*
**https://interagencystandingcommittee.org/iasc-guidelines-on-inclusion-
of-persons-with-disabilities-in-humanitarian-action-2019** →

Regional

The World Bank, *Inclusion Matters in Africa*
www.worldbank.org/en/region/afr/publication/social-inclusion-matters-africa →

ESCAP, *Promoting intergenerational solidarity for a more inclusive
and sustainable Asia and the Pacific*
**www.unescap.org/blog/promoting-intergenerational-solidarity-more-inclusive-
and-sustainable-asia-and-pacific** →

ESCAP, *Combating ageism and ensuring age equality in Asia-Pacific*
**www.unescap.org/blog/combating-ageism-and-ensuring-age-equality-asia-
pacific** →

The Conference Board, *Is Age Just a Number? Perspectives on
Generational Diversity in Asia*
www.conference-board.org/publications/is-age-just-a-number →

The World Bank, *How to Age Well in Latin America*
**www.worldbank.org/en/news/feature/2021/07/21/c-mo-envejecer-bien-en-
latinoam-rica** →

CEPAL, *Ageing in Latin America and the Caribbean: inclusion and rights
of older persons*
**www.cepal.org/en/publications/48568-ageing-latin-america-and-caribbean-
inclusion-and-rights-older-persons** →

Conflict and Health, *Ageism, an invisible social determinant of health for older Syrian refugees in Lebanon: a service providers' perspective*
https://conflictandhealth.biomedcentral.com/articles/10.1186/s13031-022-00491-9 →

HelpAge/UNFPA, *Policy Mapping on Ageing in Asia and the Pacific*
www.helpage.org/download/55c2288abe5b6 →

HelpAge, *The right to dignified ageing – A guide to establishing rights-based policies for older people in the Arab region*
www.helpage.org/silo/files/a-guide-to-establishing-rightsbased-policies-for-older-people-in-the-arab-region_pub.pdf →

Ensuring income security

The World Bank, *Gender Differences in Poverty and Household Composition through the Life-Cycle: A Global Perspective*
https://openknowledge.worldbank.org/handle/10986/29426 →

International Labour Organization, *World Social Protection Report 2017–2019*
www.ilo.org/global/about-the-ilo/newsroom/news/WCMS_601903/lang--en/index.htm →

International Labour Office Social Protection Department, *Social protection for older persons: Policy trends and statistics 2017–19*
www.ilo.org/wcmsp5/groups/public/---ed_protect/---soc_sec/documents/publication/wcms_645692.pdf →

Center for Financial Inclusion at Accion/HelpAge International, *Aging and Financial Inclusion: An Opportunity*
www.metlife.com/content/dam/metlifecom/us/sustainability/pdf/Reports-and-statements/metlife-foundation-reports/partner-reports/Aging_and_Financial_Inclusion_an_Opportunity.pdf →

Promoting healthy ageing

HelpAge International, *Health Outcomes Tool*
www.helpage.org/what-we-do/healthy-ageing/health-outcomes-tool/ →

WHO, *Enabling diverse voices and meaningful engagement of older people*
www.who.int/activities/enabling-diverse-voices-and-meaningful-engagement-of-older-people →

WHO, *World Report on Ageing and Health*
www.who.int/publications/i/item/9789241565042 →

WHO, *Decade of Healthy Ageing Platform*
www.decadeofhealthyageing.org/ →

Institute for Health Metrics, *Global Burden of Disease Study*
www.healthdata.org/gbd →

HelpAge, *Achieving Universal Health Coverage fit for an ageing world*
www.helpage.org/wp-content/uploads/2022/12/HelpAge-Achieving-UHC-fit-for-an-ageing-world-2022.pdf →

WHO, *Global report on health equity for persons with disabilities*
www.who.int/teams/noncommunicable-diseases/sensory-functions-disability-and-rehabilitation/global-report-on-health-equity-for-persons-with-disabilities →

Responding effectively to humanitarian crises

HelpAge, *Age Inclusive Disaster Risk Reduction: A Toolkit*
www.helpage.org/resource/ageinclusive-disaster-risk-reduction-a-toolkit/ →

HelpAge, *Helping Older People in Emergencies (HOPE)*
https://kayaconnect.org/course/info.php?id=4704 →

HelpAge, Age Inclusive Humanitarian Interventions (AIHI)
https://kayaconnect.org/course/info.php?id=4781 →

ELHRA, *Training on the Inclusion of Older People and People with Disabilities*
www.elrha.org/wp-content/uploads/2020/03/Training-for-the-Inclusion-of-People-with-Disabilities-and-Older-People-in-the-Humanitarian-Sector.pdf →

Age and Disability Capacity Programme (ADCAP), *Good Practice guide: embedding inclusion of older people and people with disabilities in humanitarian practice and policy*
https://radar.brookes.ac.uk/radar/file/ec852012-3807-421f-a01d-93fbad49c495/1/Good%20Practice%20Guide%20ADCAP.pdf →

HelpAge, *Ensuring inclusion of older people in initial emergency needs assessments*
https://reliefweb.int/sites/reliefweb.int/files/resources/Needs-FINAL-3.pdf →

Ensuring accountability and safeguarding

CHS Alliance, *PSEAH Implementation: Quick Reference Handbook*
www.chsalliance.org/get-support/resource/pseah-implementation-quick-reference-handbook/ →

Age UK, *Safeguarding Older People from Abuse and Neglect*
www.ageuk.org.uk/globalassets/age-uk/documents/factsheets/fs78_safeguarding_older_people_from_abuse_fcs.pdf →

ALNAP, *Good Enough Guide: Impact Measurement and Accountability in Emergencies*
www.alnap.org/help-library/good-enough-guide-impact-measurement-and-accountability-in-emergencies →

HelpAge, *Protection interventions for older people in emergencies*
www.helpage.org/silo/files/protection-interventions-for-older-people-in-emergencies.pdf →

CHS Alliance, *The Core Humanitarian Standard*
www.corehumanitarianstandard.org/ →

InterAction, *Community Based Safeguarding, A Visual Toolkit*
www.interaction.org/resource-library/community-based-safeguarding-visual-toolkit/ →

IFRC, *Safeguarding Self-Assessment*
https://pgi.ifrc.org/sites/default/files/media/document/2024-01/ifrc-en-safeguarding-self-assessment-final-lo-res-122023.pdf →

Working towards inclusive data

Global Partnership for Sustainable Development Data, *Unpacking Intersectional Approaches to Data*
www.data4sdgs.org/resources/unpacking-intersectional-approaches-data →

WHO, *Ageing Data Hub*
https://platform.who.int/data/maternal-newborn-child-adolescent-ageing/ageing-data →

HelpAge, *Breaking through the 60+ ceiling*
www.helpage.org/silo/files/breaking-through-the-60-ceiling-data-disaggregation-brief-of-sdg-indicators-on-older-people.pdf →

HelpAge, *Older Citizens Monitoring*
www.helpage.org/resource/older-citizens-monitoring/ →

HelpAge, *HelpAge International's sex- and age-disaggregated data methodology*
www.helpage.org/silo/files/helpage-internationals-sex-and-agedisaggregated-data-methodology.pdf →

Challenging ageism

WHO, *Global Report on Ageism*
www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/combatting-ageism/global-report-on-ageism →

HelpAge, *Advancing equality for older people*
www.helpage.org/what-we-do/society-for-all-ages/age-equality/ →

Encouraging voice and participation

WHO/HelpAge, *Participatory Voice Project*
www.decadeofhealthyageing.org/find-knowledge/innovation/research-projects/participatory-video-voice-project →

HelpAge/UNECE, *Meaningful participation of older persons and civil society in policymaking*
https://unece.org/sites/default/files/2021-09/UNECE%20meaningful%20participation%20guidance%20note.pdf →

HelpAge, *Voice and COVID-19: Are older people being heard?*
www.helpage.org/silo/files/are-older-people-being-heard.pdf →

INTRAC, *Participatory Learning and Action Guidance*
www.intrac.org/wpcms/wp-content/uploads/2017/01/Participatory-learning-and-action.pdf →

Christian Aid, *Participatory Vulnerability and Capacity Assessments*
www.christianaid.org.uk/sites/default/files/2022-09/christian-aid-good-practice-guide-pvca-oct-2009.pdf →

Local2Global, *Survivor and Community Led Response*
www.local2global.info/sclr/ →

Protecting rights

HelpAge, *FAIR Guidelines*
www.helpage.org/news/new-advocacy-guidelines-launched-for-a-un-convention/ →

Scottish Human Rights Commission, *PANEL Principles*
www.scottishhumanrights.com/projects-and-programmes/human-rights-based-approach/#:~:text=The%20Panel%20Principles&text=These%20are%3A%20
Participation%2C%20Accountability%2C,%2DDiscrimination%2C%20Empowerment
%20and%20Legality →

HelpAge, *UN convention on the rights of older people: It's time for action*
www.helpage.org/what-we-do/human-rights/un-convention/ →

Promoting gender equality

HelpAge, *Gender equality training toolkit*
www.helpage.org/what-we-do/gender-equality/gender-equality-training-toolkit/ →

HelpAge, *Older women's lived experiences of gendered ageism*
www.helpage.org/silo/files/older-womens-lived-experiences-of-gendered-ageism.pdf →

HelpAge, *Transforming gender relations in an ageing world*
www.helpage.org/silo/files/transforming-gender-relations-in-an-ageing-world.pdf →

HelpAge, *Exploring systemic ageism: a practical guide for campaigners*
www.helpage.org/silo/files/exploring-systemic-ageisma-practical-guide-for-campaigners.pdf →

Using an intergenerational approach

HelpAge, *Bringing Generations Together for Change,*
www.helpage.org/what-we-do/society-for-all-ages/bringing-generations-together-for-change/ →

WHO, *Connecting generations: planning and implementing interventions for intergenerational contact*
www.who.int/publications/i/item/9789240070264 →

Developing age-friendly cities and communities

WHO, *Creating Age Friendly Cities and Communities*
www.who.int/activities/creating-age-friendly-cities-and-communities →

WHO, *National programmes for age-friendly cities and communities: a guide*
www.who.int/publications/i/item/9789240068698 →

WHO, *Global age-friendly cities: a guide*
www.who.int/publications/i/item/9789241547307 →

HelpAge, PAHO and AARP, *Let's Go: Steps for engaging older people and improving communities for all ages*
www.helpage.org/what-we-do/society-for-all-ages/society-for-all-ages-campaigns/let-s-go-guide/ →

HelpAge, *Ageing and the City*
www.helpage.org/silo/files/ageing-and-the-city-making-urban-spaces-work-for-older-people.pdf →

Action against climate change

HelpAge, *Climate Justice in an Ageing World*
www.helpage.org/resource/climate-justice-in-an-ageing-world/ →

HelpAge, *#GreyAndGreenManifesto*
www.helpage.org/resource/greyandgreen-manifesto-en/ →

Supporting Older People's Associations

HelpAge, *Older people's associations in Asia: Strengths and key factors for sustainability and replication*
www.helpage.org/silo/files/older-people-s-associations-in-asia--strengths-and-key-factors-for-sustainability-and-replication.pdf →

HelpAge, *Older people's associations in community disaster risk reduction*
www.helpage.org/silo/files/older-peoples-associations-in-community-disaster-risk-reduction.pdf →

Dorcas

Find out more:

www.helpage.org/what-we-do/

HelpAge International is a global network of organisations promoting the right of all older people to lead dignified, healthy and secure lives.

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