

INTERNATIONAL DAY of the OLDER PERSON

WHAT: International Day of the Older Person was declared to bring awareness to seniors, their interests, and the issues that affect them.

WHEN: The International Day of the Older Person is on October 1, 2024

WHY: Our aging population is increasing. In 2019, there were 703 million people over the age of 65 across the world. Over the next three decades, that number is expected to double. In light of this, it is important that we work together to make our communities a safe and supportive environment!

HOW to foster a safe and supportive community for seniors:

- Volunteer and spend time with seniors in your community.
- Keep your neighborhood accessible by raking leaves, keeping sidewalks shoveled and salted, and collecting debris.
- Educate the seniors in your life about elder abuse. Here are some helpful resources for learning about and preventing elder abuse:
 - Government of Alberta: [Facts on Elder Abuse](#)
 - Alberta Elder Abuse Awareness Council: [Staying Safe: A Resource for Older Adults Living in Alberta](#)
 - Contact the Lethbridge Elder Abuse Response Network: 403-394-0306

HOW FCSS supports seniors:

- FCSS has many programs and services available for seniors, including presentations, workshops, conferences, and support with applications (provincial and federal seniors' benefits). For more information about Senior Services, contact Renee White at (587) 370-8518 or renee.white@fcss.ca.

Visit www.fcss.ca for more information.

Renee White
Senior Services Coordinator



SERVING:

Barnwell | Barons | Coaldale | Coalhurst | Lethbridge County | County of Warner | Coutts | Milk River
M.D. of Taber | Nobleford | Picture Butte | Raymond | Stirling | Taber | Vauxhall | Warner