



INTERNATIONAL DAY OF OLDER PERSONS

October 1, 2025



Introduction

On October 1, the world will celebrate the International Day of Older Persons, which was designated by the United Nations General Assembly (by resolution 45/106) on 14 December 1990. The day aims to raise awareness about issues affecting older persons, celebrate their contributions to society, and promote respect for their rights, well-being and dignity.

The 2025 UN theme - *'Older persons driving local and global action: Our aspirations, our well-being, our rights'* - emphasises the importance of empowering older persons to participate actively in both local and global initiatives while spotlighting their rights, inclusion and quality of life.

Aligned with the UN theme, the IF International Working Group on Ageing with SBH is organising a webinar entitled:

'Living with Spina Bifida and Hydrocephalus: Our lives, our choices'

to promote the message that people with SBH should have the power and autonomy to make their own choices at any age and in various aspects of life, allowing them to shape their own futures and experience the positive impact that comes with it, such as empowerment and achieving independence.

[Register for the webinar here](#)



IF International Day of Older Persons 2025

On this day, the goal is to raise awareness on ageing with SBH, the barriers older persons with SBH can face and the need for lifting these barriers.

IF aims to emphasise the importance of integrated care for persons ageing with SBH and the fact that individuals with SBH are subject to "accelerated ageing" which means the ageing process for some groups of people with disabilities begins earlier than usual, such as for individuals with SBH.

To overcome these barriers, they need access to multidisciplinary clinics, where professionals have up-to-date in-depth knowledge on SBH treatment and care, including mental health care. They need access to assistive devices, access to inclusive education, employment with reasonable accommodations, such as flexible working hours. They need social protection against financial hardship and the risk of institutionalisation. More research is needed into the effects of ageing with SBH and the impact on daily life of secondary conditions. The health and the lives of people ageing with SBH should not be at risk due to stigma, prejudice, and the combined discrimination based on age and disability.

Another important aspect to highlight on this day is the risk of institutionalisation and abuse for older persons with SBH is a serious violation of human rights.

It is vital to protect older persons with SBH from experiencing preventable loss of independence and to develop community based services to prevent institutionalisation and abuse in old age. Individuals with SBH and intellectual disabilities may have already been subjected to loss of legal capacity or institutionalisation at a younger age.

Their right to transition to community based living regardless of age or perception of quality of life must be addressed by policy makers and service providers.

IF Working Group on Ageing with SBH

IF represents the global SBH community and aims to advance and protect the rights of individuals with SBH and their families. IF achieves this through its policy and advocacy work as well as through awareness raising. IF actively works to increase its presence and visibility on the regional and international level, including in the EU's implementation of the UNCRPD and in relevant activities on the UN level.

In the past years, our members have emphasised the importance of raising awareness about ageing with spina bifida and hydrocephalus (SBH).

Due to improved treatment and care, many children born with SBH have grown up, become adults, and are reaching their senior years. At the same time, we know very little about ageing with SBH and its impact on physiology, mental abilities and independence.

There is a need to improve our understanding of **the lived experience of older persons with SBH**, which is why it has become a key objective for our organisation.

IF Working Group on Ageing conducts several activities such as reports, webinars, monitors policies and consultations relevant to older persons with disabilities, SBH in particular.



Happy

Older

INTERNATIONAL

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What does this toolkit contain?

This toolkit provides practical resources to support engagement in the International Day of Older Persons campaign. It includes:

- Key messages
- Hashtags
- Customisable picture frames
- Useful links
- A poster and banners

Use this material on your social media to share knowledge and spark action on 1 October! Do not forget to tag @IFS HB so that we can share your messages.



Key messages

- Our lives, our choices! People with #SBH should have the power and autonomy to make their own choices at any age and in various aspects of life, allowing them to shape their own futures and experience the positive impact that comes with it, such as empowerment and achieving independence. #OlderPersonsDay25 #AgeingWithSBH #IDOP25
- Multidisciplinary care for all life stages. The needs of individuals with #SBH change with age, and healthcare services need to be able to meet them. The needs may change, but the rights stay the same. #MultidisciplinaryCareForSBHElders #OlderPersonsDay25 #AgeingWithSBH #IDOP25
- Health and social care professionals, individuals with SBH and their families need support to adjust to the change in demographics. Develop training content for professionals, carers and service users on transition to old age and building resilience skills. #OlderPersonsDay 25 #AgeingWithSBH #IDOP25
- Support the needs of carers and partners of individuals with SBH who are transitioning into old age. #OlderPersonsDay25 #AgeingWithSBH #ElderlySBH #IDOP25
- New ways and greater support are needed to address incontinence, pain management and sexual health issues for people with SBH as they age. #OlderPersonsDay25 #AgeingWithSBH #ElderlySBH #IDOP25



Key messages

- Support needs to not end after childhood. Older people with Spina Bifida and Hydrocephalus have the same rights as every other person. To overcome the barriers, they need access to multidisciplinary clinics. #MultidisciplinaryCareForSBHElders #OlderPersonsDay25 #AgeingWithSBH #IDOP25
- More research is needed into the effects of ageing with SBH and the impact on daily life of secondary conditions. #OlderPersonsDay25 #AgeingWithSBH #ElderlySBH #IDOP25
- The health and the lives of people ageing with SBH should not be at risk due to stigma, prejudice, and the combined discrimination based on age and disability. #OlderPersonsDay25 #AgeingWithSBH #ElderlySBH #IDOP25
- It is vitally important that policymakers take into account the needs of individuals who experience accelerated ageing due to SBH or other conditions. #OlderPersonsDay25 #AgeingWithSBH #IDOP25
- A multidisciplinary care model of care and support is essential as it is one of the most efficient ways of addressing the challenges brought on by ageing with SBH. #MultidisciplinaryCareForSBHElders #OlderPersonsDay #IDOP25



Key messages

- Multidisciplinary care for SBH must not omit older people with SBH. Integrated approach to treatment, care and support for adults with SBH is as essential as for children and youth with SBH. #MultidisciplinaryCareForSBHElders #OlderPersonsDay25
- Older people with SBH can be at risk of mental health issues, such as depression and anxiety, in part due to. Inaccessibility, lack of support and stigma. An association between disability and depression has been established, identifying mental health concerns as a secondary conditions is a priority for persons with SBH. #OlderPersonsDay25 #ElderlySBH #AgeingWithSBH
- Encouraging the development of personalised and holistic model of care for the older adult with SBH and a sustainable and well informed workforce is of utmost importance. #MultidisciplinaryCareForSBHElders #OlderPersonsDay25
- It is necessary to support further neurological research including further qualitative research on the impact of ageing and identification of outcome measures that are meaningful to people who are part of the SBH community. #OlderPersonsDay25 #ElderlySBH #AgeingWithSBH

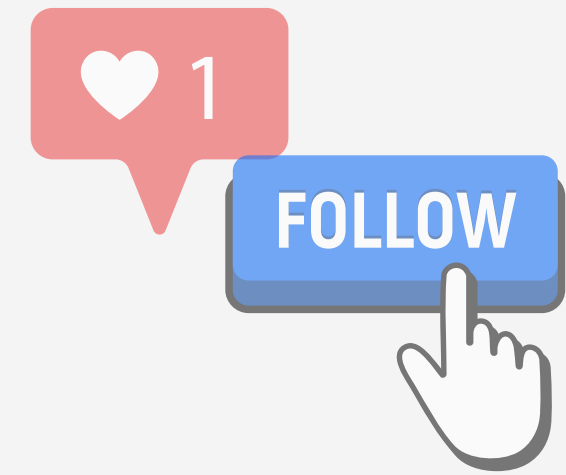
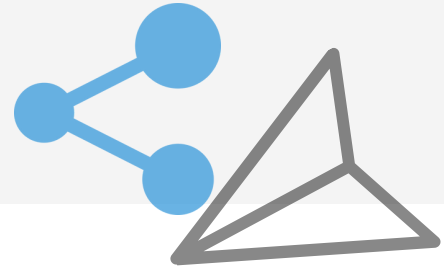
Materials to download and share:



- The #IDOP25 Poster
- The #IDOP25 Banner
- The #IDOP25 Frame picture
- The #IDOP25 Frame message
- The #IDOP25 Frame picture with quote 1
- The #IDOP25 Frame picture with quote 2
- The #IDOP25 Frame picture with quote 3



Tag @IFSBH, share & follow



Share, use the hashtags:

#IDOP25

#AgeingWithSBH

#ElderlySBH

#OlderPersonsDay

#InternationalOlderPersonsDay

#MultidisciplinaryCareForSBHElders

#OlderPersons



And follow @IFSBH



Useful Links

IF Website Working Group on Ageing:

www.ifglobal.org/our-work/working-group-on-ageing-with-sbh

IF Working Group on Ageing Report: 'Ageing With Spina Bifida and Hydrocephalus: An Overview of Best Practices Around the World':

www.ifglobal.org/wp-content/uploads/2022/12/Report-of-Best-Practices-on-Ageing-with-SBH..pdf

IF Submission on the Rights of Older Persons with Disabilities:

www.ifglobal.org/news/if-submission-on-the-rights-of-older-persons-with-disabilities

United Nations DESA:

www.un.org/development/desa/ageing/international-day-of-older-persons-homepage.html

United Nations DESA 'World Social Report 2023: Leaving No One Behind In An Ageing World':

www.un.org/development/desa/dspd/wp-content/uploads/sites/22/2023/01/2023wsr-fullreport.pdf

United Nations 2025 UNIDOP theme:

www.un.org/other/afics/events/35th-un-international-day-older-persons

**THANK YOU FOR
YOUR PARTICIPATION**
IF TEAM

CONTACT DETAILS

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