

# Handout 1.3- Checklist on Recommendations on activity in using data and recommendations from the Ageing on the Move Report

## Module 1

Participants will be connected with good practices in the field, bringing them closer to their own experiences.

### Slide reference- 16

For Participants as pre reading and as an exercise for the Module 1 to prepare for the session Participants will be connected with good practices in the field, bringing them closer to their own experiences.

What type of activities have you been engaged with in working with older persons?

Look at the recommendations in “A claim to dignity: Ageing on the Move. Regional assessment on the situation and needs of older persons on the move in the Americas) and tick off if you have identified these actions:

Link to the [English Version](#)

Link to the [Spanish Version](#)

Recommendations to ensure inclusion of older persons	Yes / No / Some
<b>Documentation</b>	
● Increase accessibility to mechanisms and routes for regularization	
● Sensitize governments to make mechanisms more flexible for regularization	
● Deploy different informative and guiding actions in a friendly language	
● Make assessments participatory and identify needs of older women and men	
● Offer legal aid services on migration and refugee issues	



**Recommendations to ensure inclusion of older persons**

**Yes / No / Some**

**Economic security**

- Provide work permits in the framework of regularization
- Identify possibilities of labour integration of older persons
- Create incentives for public and private employers who hire older persons
- Identify new competencies and skills of older persons
- identify cases of harassment, discrimination and labour exploitation, along with information and complaint channels

**Health**

- Implement priority care protocols for older persons on the move, so that their medical appointments, medication delivery, treatment follow-up and access to care in general is efficient, timely and age-friendly.
- Promote adequate nutritional programs that respond to older people's needs and comorbidities. Promote activities that encourage physical activity aimed at older adults.
- Improve access and mobility in medical facilities, especially for persons with disabilities or sensory impairments, as this is one of the barriers to accessing health services identified in the assessment.
- Diagnose the mental health of older persons on the move and implement psychosocial and medical care accordingly. Include information on non-communicable diseases, dementias and their implications.
- Take advantage of the technological means available to older persons on the move to provide health information and support.
- Promote research for the evaluation, improvement and design of public policies in health, that target this population.
- Make older persons on the move more visible in all efforts to include them, regardless of their status, in the universal coverage of National Health Systems in host countries, ensuring that health services are accessible, affordable and timely, and respond holistically, on the one hand, to the physical and mental health conditions of older persons on the move and, on the other hand, to the heterogeneity and diversity of ageing away from their homeland.

**Recommendations to ensure inclusion of older persons**

**Yes / No / Some**

**Care**

- Identify the care needs of older persons on the move and generate or link these with a trained, professional and monitored care and support offer for this population.
- Implement a tracing and family reunification route in the case of older persons on the move who live alone and wish to do so.
- Generate family reconciliation measures for situations that expose the older person on the move to abandonment or neglect, seeking psychosocial and legal support mechanisms.
- Support intergenerational and community-level support mechanisms, including associations of older persons and youth on the move, or any other type of local organization, to impart information on healthy ageing, including diet, exercise, health offers, access guidance and fostering mutual support.
- Promote Universal Comprehensive Care Systems, where older persons on the move are included to receive care and support services, including assistive technologies, according to their degree of dependency and disability.
- Promote and encourage a culture of self-care among older persons on the move, through gender-sensitive information and awareness-raising so that they adapt changes and healthy habits that are within their reach, at low cost, but with a high impact on quality of life.

