



Empowering older adults in climate action

Climate change as a threat to older populations

Older adults are both vulnerable to the impacts of climate change and uniquely positioned to contribute to climate action. To ensure inclusivity, climate policies must reflect these differences and empower older adults to participate effectively.

Build knowledge and awareness

Education programs around climate issues, with knowledge sharing and trainings tailored for older audiences and delivered through a mix of digital and nondigital mediums.

Benefits to older people

The most obvious benefit to older people of climate change and environmental action is the prospect that if successful, such efforts will slow the process and protect vulnerable populations.



Health benefits

Engagement in pro-environmental activities promotes both physical and mental health among older people.



Psychological benefits

A major mechanism for the positive effects of taking action to resolve local environmental problems can enhance older people's psychological well-being.



Promoting generativity

Across countries and cultures, researches show that older people benefit from activities that are focused on improving the world and leaving a legacy for future generations.



Promoting resilience

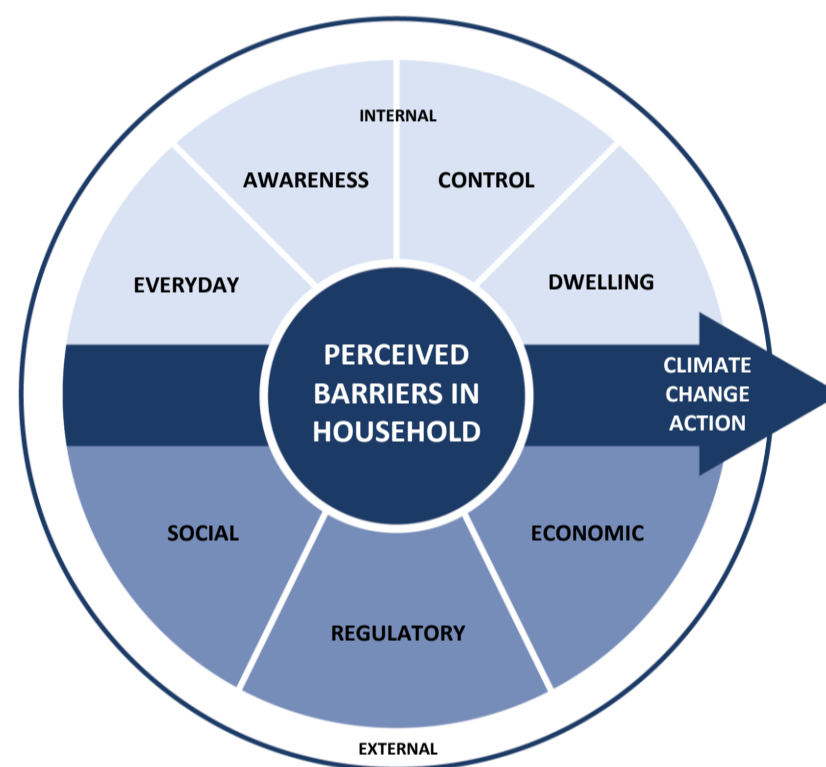
Older people can provide models for resilience in adverse situations, which can contribute to their leadership around climate change.

Engaging older people in climate action dialogue

Older people have both opportunities and challenges in engaging in climate action. First of all, researches have shown that many older individuals are often willing to make significant sacrifices to ensure a healthy climate for future generations. Second, older people share a collective understanding of how to adapt to shifting circumstances.

There are notable barriers to older adults' involvement in climate change actions:

1. Lack of inclusion
2. Knowledge gaps
3. Limited opportunities for participation
4. Lack of adaptation to older people's life stage
5. Systemic barriers to older adults' climate action
6. Intersecting barriers in climate participation



Recommendations for mobilizing older people

Many recommendations based on research and best practices are proposed to increase the participation of older people.

- Provide a basic core of knowledge to facilitate older people's involvement in environment action.
- Provide training to older citizens to be effective environmental activists.
- Adapt activities for the differing levels of ability among older people.
- Include alternatives to internet-based strategies.
- Link climate change organizations to Older People's Associations (OPA).

References

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