



October has been an important month for us – Our Team went to CHOGM 2024 to promote our objectives at the various events that took place. Additionally, the “Ageing Well in the Commonwealth - A Roadmap for Healthy Ageing Across the Life Course: 2024–2030” was launched by Dame Carol Black, the Secretary General’s Special Envoy for Ageing Well. Both these major developments have come about following years of advocacy and lobbying by CommonAge.

“We are celebrating the launch of the Roadmap and now the focus must be on member states to pick up it up, and make their own plans for their journey to ensure that their populations are supported to Age Well by keeping fit and healthy. Healthy populations are less expensive to support than sick ones. Please give the roadmap the oxygen it needs to ensure take off in all countries. These are exciting times for our shared endeavour.” – **Andrew Larpent, Chair Emeritus**

Commonwealth Heads of Government Meeting - SAMOA Oct 2024

One Resilient Common Future: Transforming our Common Wealth



Our delegates (left to right) included Linda Justin, Director; Jacqueline Wong, Vice Chair; Mansur Dalal, Chair; Dame Carol Black (Secretary General’s Special Envoy for Ageing Well); Carmel Murugen, Delegate and Douledel Tyndale, Delegate. The Commonwealth Heads of Government Meeting 2024 took place in Apia, Samoa from 21-26 October 2024.

The Commonwealth People's Forum 2024

Day 1:

Our CommonAge Team attended the session entitled, “**The Challenges Ahead: Climate Justice, Health Justice and Freedom of Expression**’. At this session, Mansur Dalal, Chair, asked “**How do we integrate healthy ageing, which we promote through intergenerational activities, to help tackle climate change under the agenda of**

climate justice, with identifiable markers?" Listen to the experts C James Hospedales, Brianna Fruean, and Kalafi Moala, and Dr. Terri-Karelle Johnson answer him.

[Listen to the Experts Here](#)

Day 2:

Linda Justin, Director led a high - level panel discussion on the “Dementia in the Commonwealth Report”. Our CommonAge Team shared their perspectives on addressing Dementia across Commonwealth nations.

[Listen to the entire Panel discussion](#)

Listen to Mansur Dalal, Chair speaking at the Independent Forum of Commonwealth Organisations (IFCO) that brings together the vast majority of the Commonwealth’s Accredited Organisations as the only body representing civil society organisations in the Commonwealth.

[Listen Here](#)

IFCO has made a submission to CHOGM 2024 that reflects concerns about the shrinking civil society space, and has set out a series of proposals for protecting and promoting civil society in the Commonwealth.

Ageing Well in the Commowealth - A Roadmap for Healthy Ageing Across the Life Course: 2024–2030



Dame Carol Black, the Secretary General's Special Envoy on Ageing Well, released a report titled **“Ageing Well in the Commonwealth - A Roadmap for Healthy Ageing Across the Life Course: 2024–2030.”**

“This roadmap built on the great work of the World Health Organization (WHO), the National Academy of Medicine (NAM), and, in particular, CommonAge, which led the way as advocates for ensuring that older people in the Commonwealth were fully recognized in society and supported to live well in age-friendly communities.”

“This was an opportunity for countries with a significant population bulge that would soon create challenges for care to learn from some of the mistakes made by countries ahead of the curve that were now struggling. Healthy ageing would considerably reduce the burden on families and governments.” - **Mansur Dalal, Chair of CommonAge.**

[Read the Report Here](#)

Commonwealth Secretariat - AO Reporting

2023-2024

We are pleased to confirm that our Annual Activity Report has been successfully submitted to the Commonwealth Secretariat. This marks a significant milestone for our organization, reflecting our commitment to transparency and accountability. The report highlights our achievements over the past year, showcases our initiatives, and outlines our future goals. We are grateful for the continued support of our stakeholders and look forward to engaging with the Commonwealth community as we strive to make a positive impact.

[Read the Annual Activity Report here](#)

ACCPA National Conference 2024, Oct 23-25 at the Adelaide Convention Centre



Featured in the picture (from left to right) **Graeme Prior** IFA president, **Janice Chai** Ageing Asia, **Tom Symondson** CEO ACCPA, **Femada Shamam**, **Cathy Hecimovich** - CEO Ontario retirement communities association, **Donald Macaskill** CEO ScottishCare.

The conference theme **'Age of Excellence: Inspire, Innovate, Impact'** highlighted the aged care services industry's commitment to achieving exceptional standards. It emphasized the importance of innovative practices and collaborative learning in providing world-class care for older Australians.

The ACCPA National Conference 2024 program sought to inspire aged care providers and motivate them to innovate beyond their existing processes, programs, and systems. We aimed to do this not only through thought-provoking presentations but also by equipping them with the knowledge, tools, and networks necessary to achieve the level of excellence that older Australians deserved.

[Details of the Event](#)

CommonAge at the 5th ASLI AGEING FEST on 6th December 2024 , Bangalore India .



COMMONAGE @ THE 5TH ASLI AGEING FEST

Senior Care Sector: Ready for Take Off

The most anticipated Senior Care event of the year, focusing on innovation, retirement financing, technology, and human skilling. This event fosters knowledge exchange and brings together industry leaders, experts, government bodies, investors, and businesses to shape the future of senior care in India.

Speakers Representing CommonAge



Andrew Larpent
Founder



Mansur Dalal
Chair



Femada Shamam
Vice Chair

[Know more about the Registration Here](#)

Lets Hear it from the BOARD

Podcast Episode

Business Show with Common Age: Dementia in the Commonwealth (2024)



The Business Show

Andrew Larpent OBE, Chair Emeritus, was the featured guest on the podcast 'Business Show with CommonAge: Dementia in the Commonwealth,' hosted by **Arif Zaman**, Executive Director of the Commonwealth Businesswomen's Network (CBWN).

In this episode, Andrew discusses this pivotal Report on Dementia, shedding light on the current state of care and support across the Commonwealth. He highlights key disparities and challenges, shares best practices, and emphasizes the urgent need for action to enhance the lives of those affected by dementia

[Tune In Here](#)



Coming of Age: Meeting the needs of our ageing population: In this podcast by the Ontario Long Term Care Association, host **Donna Duncan** is joined by two visionary leaders to discuss how to tackle these workforce challenges on a global scale:

- **Mansur Dalal**, Chair of CommonAge and founder of the Association of Senior Living in India.
- **Robyn Stone**, Senior Vice President of Research at LeadingAge, Co-Director of the LeadingAge LTSS Centre in the U.S. at UMass Boston.

How can we tackle the global shortage of healthcare workers and ensure sustainable seniors' care as demand rises worldwide?

[Tune In Here](#)

Spotlight on Members



The Botswana Chapter Commemorated World Alzheimer's day & Month on September 21st, 2024

The Botswana Chapter took part in an Awareness Walk and a Gala Dinner to raise awareness about dementia.



Awareness Walk: Organized by Pelonomi Foundations, a charity focused on dementia and non-communicable diseases (NCDs), and Ageless Inspirations (affiliated with CommonAge Africa and Pass It On Network), the walk featured participation from Magen Mutepefa, CommonAge Botswana Chapter Chair and Liaison Officer for PION, along with Vice Chair O. Batisi.

Gala Dinner: Coordinated by Pelonomi Foundations, the event brought together members from Ageless Inspirations, Brain Health Assist, Alzheimer's Disease International (ADI), healthcare experts, activists, and community members, all focussed on increasing dementia awareness and its impact on individuals and families. Dr. Batisi delivered a keynote address on the medical dimensions of dementia. Additionally, Sneha Purakkattil, a 4th-year B Psych student, presented findings from her research on Mild Cognitive Impairment, a condition that can lead to Alzheimer's if not properly managed.



The Kenya Chapter celebrated International Day of Older Persons on October 1st 2024



A football match was organised by Richard Waindi, Chair of CommonAge Kenya Chapter, that featured former international footballers and Kenyan legends aged 60+. The 4 teams were Ex-Kenya International Team, Obama All-Stars Legend, Dandora Legends, and SJAK FC. The winners were SJAK FC. To honour older persons, food bags and warm jackets were distributed after the tournament.

To kick-off IDOP, Richard Waindi had also organised children's football matches between eight primary schools. He said, "This is a wonderful case of intergenerational cohesion." He also highlighted the need to support retired players, stating, "Being old is not a problem; it's a phase of life. We aim to enrol these retired players in income-generating initiatives so they can sustain themselves."



Video recording of the Launch of the “Dementia in the Commonwealth” Report at IDC, Sydney

Dr Emma Hodges, Development Director, Compassionate Communities UK (UK) was instrumental in producing the report on “Dementia in the Commonwealth”. She is an experienced senior leader committed to improving health and care systems and services, removing health inequalities where possible.

At the launch of the report, Emma and Linda Justin, Director provided an insightful overview of the findings and shared the personal pledges they made at the event.

[Link to Recording of the Launch of the “Dementia in the Commonwealth”](#)



We are grateful to The International Dementia Conference, run by The Dementia Centre, HammondCare



COSROPIN
Coalition of Societies for Rights
of Older Persons in Nigeria

Coalition of Societies for the Rights of Older Persons In Nigeria, COSROPIN organised a golf tournament tagged “Veteran Kitty” for older persons in the Federal Capital Territory, to mark this year’s UN International Day of Older Persons. The golf tournament which was for people who are sixty years and above was held at TYB Golf Resort and Country Club, Abuja.



Speaking during the tournament, the President of COSROPIN, Senator Eze Ajoku, OFR, said the essence of the tournament was to promote exercise among older persons to enhance healthy living.

“Today we’re reaching this class of Nigerians who are also older persons, the elite class who play golf and we are here with the older persons among them so that the older persons can always exercise, feel young and interact with one another ”.

To read the full article: <https://www.citypost.ng/cosropin-organizes-golf-tournament-to-commemorate-un-intl-day-of-older-persons-2/>



Marg Wagner’s Journey from Nurse to Resident at Resthaven

Margaret (Marg) Wagner, a former registered nurse at Resthaven Leabrook, now enjoys life as a resident at Resthaven Mitcham. Having dedicated years to nurturing a culture of care, dignity, and respect, Marg now appreciates this same environment herself. “Love, care, support – a happy home,” she says. “These are the things people want, and Resthaven has all of that.



Marg's journey began with nurse training at The Queen Elizabeth Hospital, followed by private nursing in London, where she spent a year before returning to Adelaide. She eventually joined Resthaven in the 1970s, dedicating over 20 years to aged care. Later in her career, she worked for other providers in supervisory roles.

Reflecting on her time at Resthaven Leabrook, Marg shares, "It's the little things that make a difference—I used to offer them, and now I accept them." Since moving to Resthaven Mitcham in 2023, Marg has become an active and valued member of the community, surrounded by friends and enjoying a fulfilling new chapter.

Established in 1935, Resthaven is a South Australian not-for-profit aged care community service associated with the Uniting Church in Australia. Every day, Resthaven shares the lives and wisdom of older people and their carers, opening doors to the full range of aged care service options available. Services are provided throughout metropolitan Adelaide, the Adelaide Hills, Murraylands, Riverland, Fleurieu Peninsula, lower Barossa region and the Limestone Coast of South Australia."

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Our Board

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Join us!

We are a charity and our voluntary Board of Directors is committed to making changes to older people's lives across the Commonwealth.

Help us deliver the ideal of an "All Age Friendly" Commonwealth that values the dignity of older people, respects their wisdom and experience, and that leaves no one behind in the journey towards a sustainable, peaceful future.

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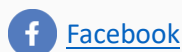
Get in Touch! We'd love to share your stories and help us to grow the conversations about our mission and vision, and to celebrate the great achievements of organisations and older people themselves.

Thank you for you continued support.

Team CommonAge

Visit our website www.commage.org for more information about our work and for regular updates.

Email Reneta Dsouza, Executive Assistant at secretariat@commage.org or connect with us on social media.



THANK YOU FOR YOUR CONTINUED SUPPORT

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