

A guide for the UAE's senior citizens to live sustainably



وزارة تنمية المجتمع
MINISTRY OF COMMUNITY DEVELOPMENT

بنك أبوظبي الأول

FAB
First Abu Dhabi Bank

Senior citizens in the UAE are a source of wisdom and can use their knowledge to contribute to the green growth and development of the nation.

Globally, the United Nations estimates that by the year 2050, there will be 1.5 billion people aged 65 and above, constituting one-sixth of the world's population.¹ In the UAE, by 2050, the number of people over 65 will increase twelve-fold.² The UAE government is committed to taking care of those who have contributed to the nation's growth and the national policies resonate this.

It is therefore also apparent that the integration of this segment of society into sustainable social and economic frameworks is of

1- United Nations Department of Economic and Social Affairs. (2020). World Population Ageing 2019. <https://www.un.org/en/development/desa/population/publications/pdf/ageing/WorldPopulationAgeing2019-Report.pdf>

2- https://f.hubspotusercontent10.net/hubfs/5081768/Aged%20Care%20Report%20.pdf?__hstc=78953035.1.1700210456519&__hsscp=3212907510&hsCtaTracking=754c1c40-a16d-4288-8519-7ae42a1f615c%7C39210993-569a-4e51-884e-b627c8f61913Population. Springer, Singapore. https://doi.org/10.1007/978-981-99-5772-9_1

vital importance. The National Policy for Senior Emiratis is based on an integrated care system to ensure that seniors remain active and to facilitate their access to services. The policy includes 7 main components: healthcare, community involvement and active life, effective civic participation, infrastructure and transportation, financial stability, safety and security, and quality of future life. The UAE also strives to make COP28 which is the UN Climate Change Conference in Dubai in 2023, the most accessible and inclusive COP (Conference of Parties) meeting to date by proactively and authentically engaging with numerous constituencies and diverse groups, including senior citizens and youth, to not just ensure they have a seat at the table but also amplify their voices.

This toolkit gives information on what the UAE's senior citizens should know about sustainability and climate change, how they can live sustainably, and be an important part of the solution.

Why should UAE's Senior Citizens live sustainably?

Sustainable living positively impacts your health

A sustainable lifestyle ensures that you are connected to people and the planet. This also leads to your mental and physical well being.



For example you would remember that, in the UAE even daily activities such as eating meals, travelling, child rearing were often practiced with community members, providing support and security to each individual. Similarly, eating local, seasonal foods as traditionally done in the UAE are healthier for the body, compared to processed food. Such practices that include social and environmental responsibility also help to reduce mental and physical illnesses, and increase longevity.

According to the World Health Organisation in 2019, 23% of all global deaths could be prevented through healthier environments.³ Healthier environments include living in pollution free or low-pollution zones. Further, the World Health Organisation expects 250,000 additional deaths per year between 2030 and 2050 to be caused by climate change.⁴ This highlights the importance for senior citizens to protect oneself from extreme weather conditions.

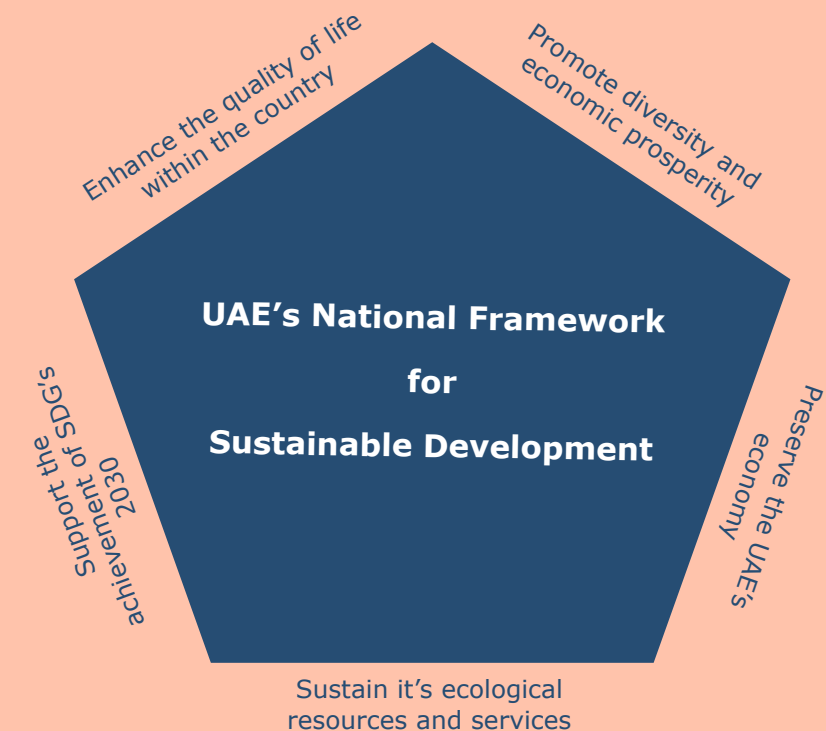
3- <https://iris.who.int/bitstream/handle/10665/325877/WHO-CED-PHE-DO-19.01-eng.pdf?sequence=1>

4- <https://iris.who.int/bitstream/handle/10665/325877/WHO-CED-PHE-DO-19.01-eng.pdf?sequence=1>

You play an important role in UAE's policy direction for sustainable growth

Driven largely by a growing awareness about sustainable growth and international pressure, countries are putting in place policies and regulations to ensure economic growth also supports people and the planet.

The UAE launched the National Framework for Sustainable Development in 2023 with the goal of organizing environmental efforts, and maintaining a sustainable environment that supports economic growth of the UAE.⁵



The five aims of UAE's National Framework for Sustainable Development

These policies can be framed and successfully implemented only by consulting stakeholders at every stage. Your voice in the designing of the UAE's plans for sustainable growth counts.

5-<https://u.ae/en/information-and-services/environment-and-energy/the-national-framework-for-sustainable-development#:~:text=The%20National%20Framework%20for%20Sustainable%20Development%20represents%20a%20comprehensive%20framework,environment%20that%20supports%20economic%20growth.>

Be in step with the world to fight climate change

Climate change refers to long-term shifts in temperatures and weather patterns.

These shifts may be natural, but since the 1800s, human activities have been the main driver of climate change, primarily due to the burning of coal, oil, and gas which produces heat-trapping gasses. This has made the planet hotter. The planetary imbalance caused by the changing temperature and loss of biodiversity challenges the continuity of human existence.

You might have heard about countries therefore pursuing efforts to limit the increase in the earth's temperature to 1.5°C above pre-industrial levels. This is pressuring industries to achieve "net-zero emissions", which means that industries need to balance between the amount of greenhouse gas (GHG) that they produce and the amount that they remove from the atmosphere.

However, more ambition is needed to reduce global GHG emissions by 43% by 2030 and reach net zero CO2 emissions by 2050 globally. The global stocktake is a periodic review mechanism agreed upon in the Paris Agreement in 2015. Scheduled every five years, the first-ever stocktake concludes at the COP28 in Dubai in 2023.

Tips for the UAE's senior citizens to live sustainably



1 Know what is sustainable living and how it relates to you

A sustainable lifestyle means making choices that are responsible towards people and the environment. Often, it is similar to the UAE's traditional ways of living, eating, and moving that you would remember doing in your younger days! For example, sustainability is also reflected in the traditional crafts of the UAE that also celebrate the relationship between people and natural resources.

Simply put, sustainability calls for a caring attitude towards your family, community, country, plants, animals, and the planet.

It needs *you* to decide and act in ways that do not harm any people, plants, animals, and the wellbeing of the planet.

It also needs you to understand how others are moving towards a sustainable lifestyle and adapt to that.

Note for caregivers

Draw parallels between the senior citizen's own experiences in the past to current practices of sustainable living. Point out their familiarity to a sustainable lifestyle. Refrain from overwhelming the senior citizen about the social, economic, and regulatory changes towards sustainable growth that will affect their day-to-day

2 Information is your strength

Be wary of myths, unscientific information, and rumours in the field of sustainability and climate change.

Knowing what you need to ask for, requires you to be well informed.

Your experience and knowledge of historical events around you makes information your strength! Boost it with information on sustainable living as well.

To make sure you avail of factually correct information about data, your rights, and what you should do, go to the references section (pg. 35) for a few credible sources of information to keep abreast of.

Note for caregivers

There are a lot of myths and incorrect information on the subject of sustainability and climate change, that might be shared online. Refrain from general internet searches for information related to sustainability and climate change. Only refer to credible information sources. Help senior citizens stay away from misinformation about ways to live sustainably!

3 Recycle your waste

You can recycle your waste without having to move out of your home by booking waste collection slots from Take My Junk and RECAPP in the UAE. Check the references section (pg. 35) for more information.

Avail support from the municipalities of the Emirate you live in to help collect your waste for recycling.

Recycle your waste

Wherever possible buy goods that have a long shelf life.

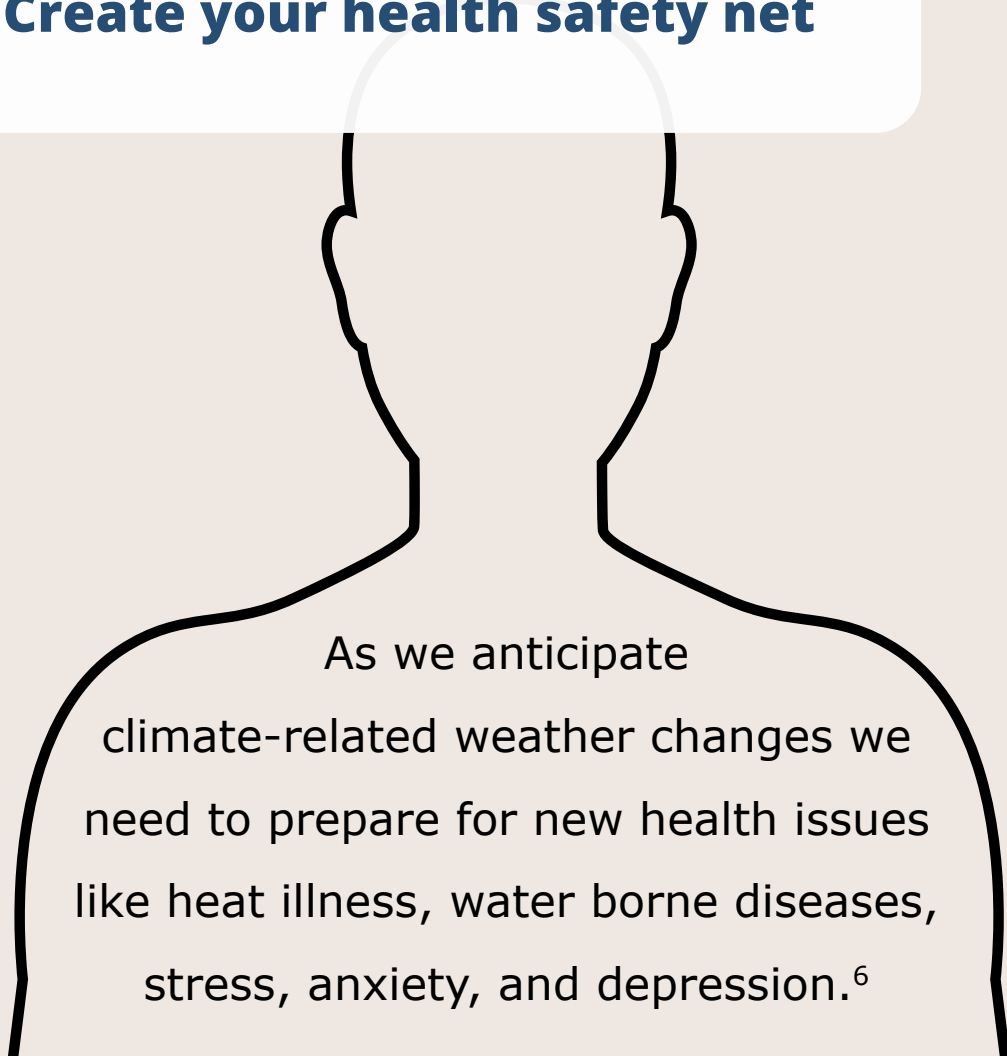
4 Less is more

Bring principles like “no waste” and “frugal living” back into your lifestyle.

You can repurpose your possessions too! This concept is similar to how your mother’s or father’s clothes were passed on to you, which perhaps you passed on to your children.

Alternatively, you can think of multi-purposing your possessions! An example of multi-purposing is the Majlis, a space where you gather for various purposes - to receive guests, resolve problems, or pay condolences. This is also similar to how the date palm tree provides the staple food of the UAE, while the branches and leaves are used in the traditional weaving technique of khoos for making surood, mahafah, makabah, jefeer, and more.

5 Create your health safety net



As we anticipate climate-related weather changes we need to prepare for new health issues like heat illness, water borne diseases, stress, anxiety, and depression.⁶

Stay prepared with a kit that contains medication, food, water, first-aid supplies, and copies of medical records. Have an emergency contact of a medical doctor or nurse.

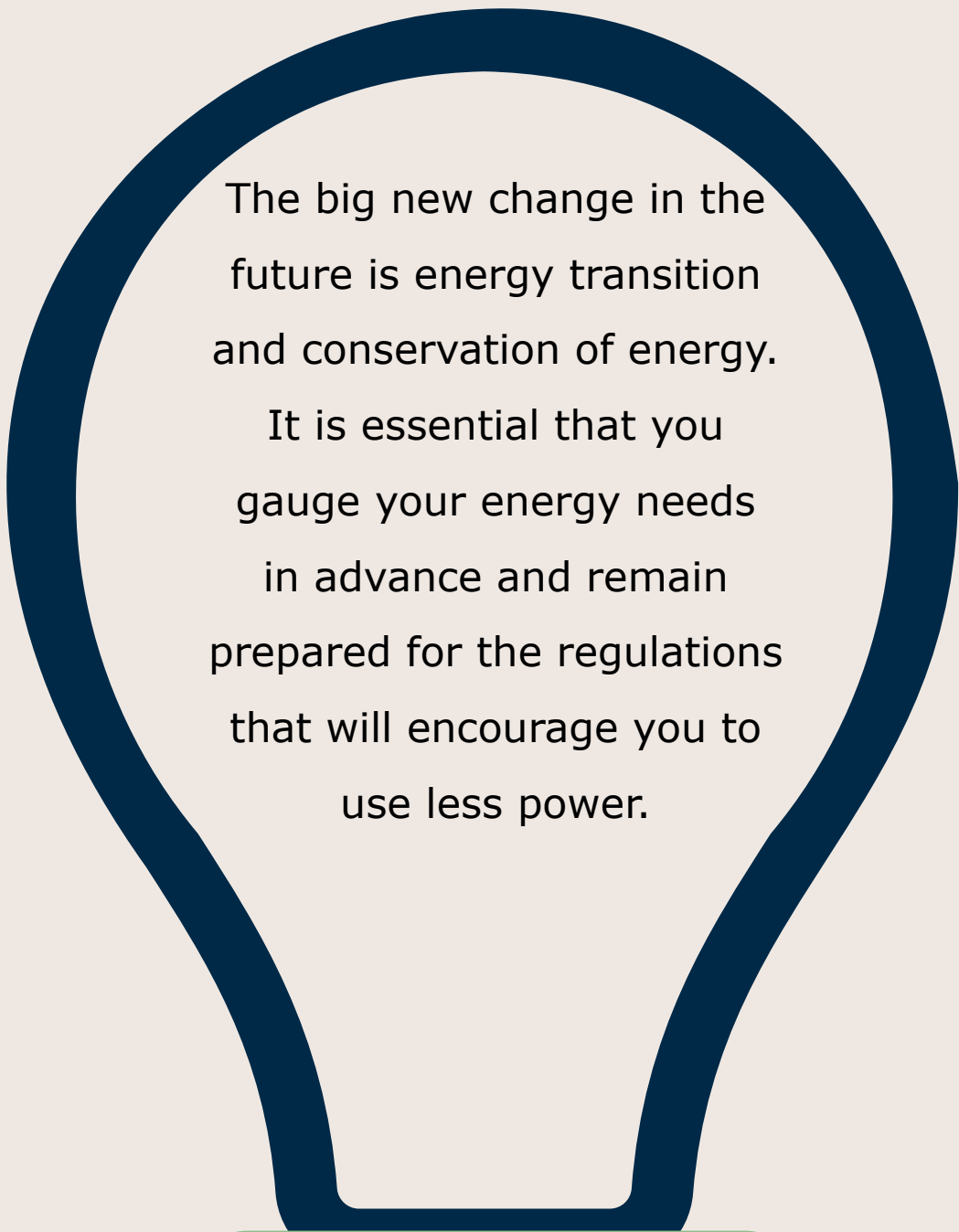


Note for caregivers

You should have access to a copy of the of the one you care for medical records and the contact details of the medical personnel. Openly communicating and listening to their concerns will help in reducing stress and anxiety about weather changes. Training yourself in calming and meditation techniques will also help. Be prepared with medication and first-aid supplies, and to communicate during a climate induced health situation.

6 - United Nations General Assembly. Human Rights Council Forty-fourth session 30 June–17 July 2020. (2020, July 23). Resolution adopted by the Human Rights Council on 16 July 2020, Resolution 44/7. <https://documents-dds-ny.un.org/doc/UNDOC/GEN/G20/189/33/PDF/G2018933.pdf?OpenElement>

6 Make the right energy choice



The big new change in the future is energy transition and conservation of energy.

It is essential that you gauge your energy needs in advance and remain prepared for the regulations that will encourage you to use less power.

For example, “My Sustainable Living” programme is for residential customers in Dubai to enhance the efficiency of their electricity and water consumption

Be prepared for electricity providers to help you minimize energy consumption.

Check the references section (pg. 36) for more information.

7

Be a resource for “sustainability”

There are many learnings that we can imbibe from our past which may be developed as modern sustainability models. You can be a resource for leaving behind values, attitudes, and an intact world for your and others’ children and grandchildren.

Talk to the younger generations about your childhood, community living, the species of animals and plants you could see around you, and how the natural surroundings have changed.

Tell them when you realized that temperatures were rising and what impact you saw.

Talk about your lifestyle then and now.

What you say matters!

8

Make the SDGs work for you



As part of country commitments to Agenda 2030, countries have been encouraged to conduct regular and inclusive reviews of progress at the national and sub-national levels drawing on multiple stakeholders including senior citizens. Find out what your country is doing and share your wisdom and knowledge. Know more about Agenda 2023 in the References section (pg. 35)

SDGs that focus on inclusive development



Reduces inequality within and among countries.



Ensures inclusive and equitable quality education and promote lifelong learning opportunities for all.



Promotes sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.



Makes cities and human settlements inclusive, safe, resilient and sustainable.



Strengthens the means of implementation the Global Partnership for Sustainable Development which would significantly increase the availability of high-quality, timely and reliable data that is inclusive.

The 17 SDGs are structured around 5 pillars - people, planet, prosperity, peace, and partnerships - of the United Nations' 2030 Agenda.

You are at the intersection of the UN Decade of Healthy Ageing (2021–2030) and the 5 pillars of the United Nations' 2030 Agenda

People: The UN Decade of Healthy Ageing is centred on people in the second half of their lives. It proposes actions that will improve both the lives of older people and the situation for future generations.

Planet: Without a healthy planet, healthy ageing will be difficult to achieve for people in the latter half of their lives and for the generations that follow. Climate change is already widening existing wealth- and age-related divides.

Prosperity: Many systemic inequities limit prosperity and intersecting discrimination.

Partnerships: Indeed, partnerships that go beyond the usual coalitions and strengthen global solidarity are essential for attaining the SDGs.

Peace: Actions to foster healthy ageing will contribute to building more inclusive, just, and peaceful societies.

9 Leverage your wisdom as a consumer



Step 1: **Check where your product was produced.**

Is it produced in the UAE, some other country close by, or produced and transported from far away? The more you buy products that are produced locally or from nearby places, the more sustainable you will be!



Step 2: **Check how your product was made.** On the packaging and labelling of the product, read if the product you are purchasing mentions its social and environmental responsibility. If it does, then check the credibility of the product's claims! Use your critical thinking to question the methodology, data, and facts underlying the claims for the product's sustainability.



Note for caregivers

If needed, offer to read out the fine print on packaging of products and services about materials used and place of manufacturing to the senior citizen.

10 Use responsible products

Explore instances from your life when you did not use plastic.

Plastic contributes to 3.4% of global GHG emissions and often ends up in our water and oceans.¹

Avoid purchasing plastic products.

Keep a look out for products and services that may be using child labour or violating human rights.


Socially and environmentally sustainable alternatives are those that do not harm people, animals, and the earth during production or at the end of their lives.

Check at the store you are purchasing from for socially and environmentally sustainable alternatives to the products you use. If you can't find it, ask for it.

And when you go to shop, carry or ask your caregiver to carry a reusable bag!

7- Plastic leakage and greenhouse gas emissions are increasing. (n.d.). OECD.
The lifecycle of plastics. (2021, July 1). WWF Australia.
Dubai Reduces Reliance on Single-Use Plastics. (2023, May 5). Euronews.

11 Volunteer your services



There is a lot of work in the sustainability space. Volunteering is a great way to do something new, meet new people, and apply your skills to saving the planet.

Here are ways that you can volunteer for sustainable growth in the UAE:

Join community organizations focused on environmental conservation or participate in local tree-planting initiatives. Check the references section (pg. 35) for more information.

You can also initiate a community garden where seniors can cultivate organic fruits and vegetables.

Share your knowledge and skills through workshops or mentoring programs for younger generations. You can conduct workshops on water conservation, sharing tips on efficient water usage at home. This knowledge can empower community members to reduce their water footprint.

Get involved in local wildlife conservation efforts. This could include volunteering at animal shelters or participating in bird-watching and monitoring programs. Volunteer at a wildlife rehabilitation center, providing care for injured or orphaned animals. Check the references section (pg. 36) for more information.

Volunteer with local recycling programs or start one in your community, and encourage proper waste management and recycling practices.

Organize or join clean-up campaigns to maintain the cleanliness of public spaces and beaches. You can find regular environmental clean-up activities in the UAE in the references section (pg. 36). This not only enhances the environment but also fosters community bonding.

Explore opportunities for senior-led social entrepreneurship ventures that align with sustainable goals, such as crafting eco-friendly products or services. You can start a small business like reusable cloth bags or handmade soaps with natural ingredients.

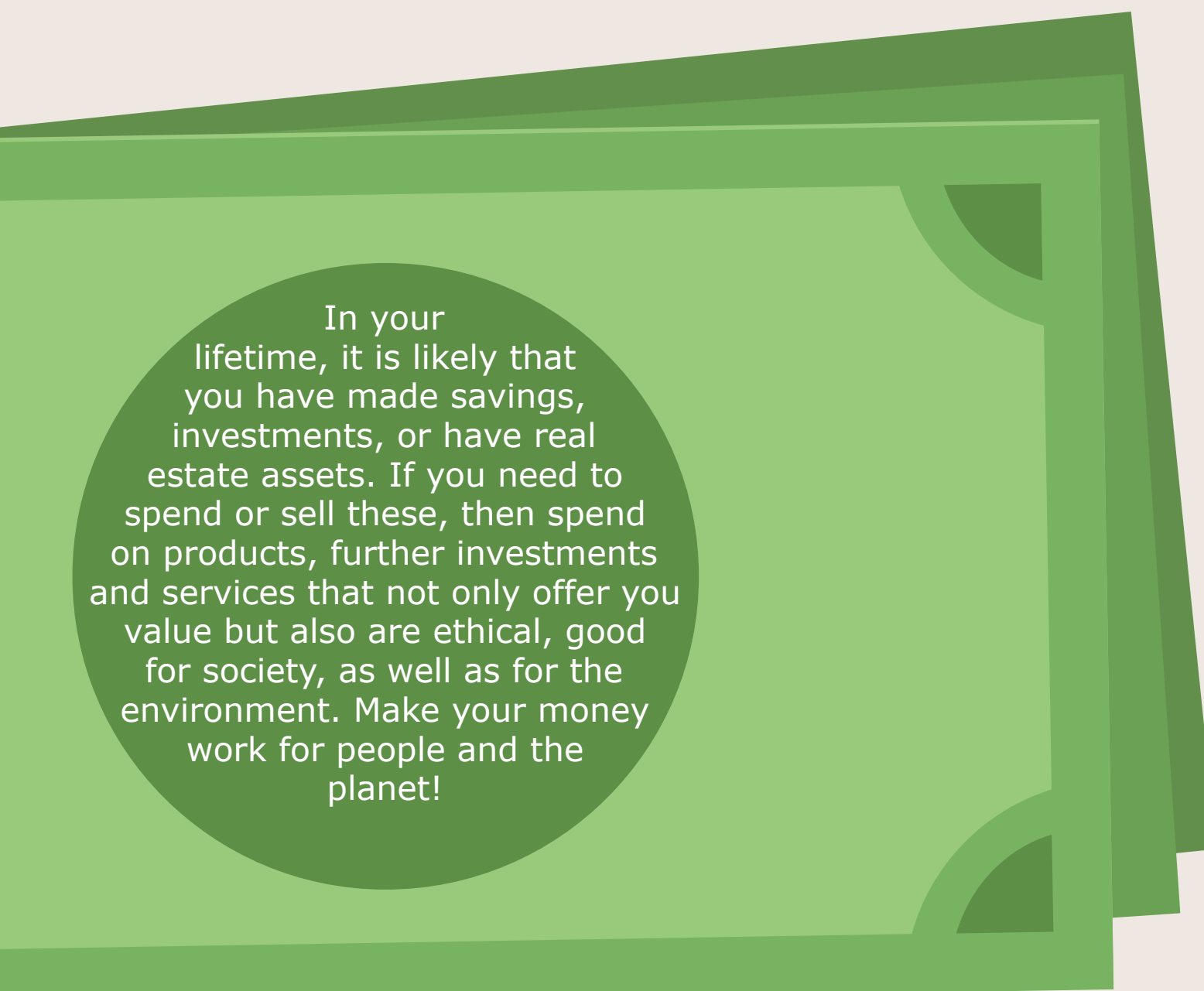
You can also volunteer your time and services to any social and charitable cause of your choice through the UAE government's portal. Check the references section (pg. 36) for more information.



Note for caregivers

Look out for opportunities for the individuals to volunteer their services by matching their skill sets. Accompany the senior citizens to places they go to for volunteering.

12 Spend your money wisely



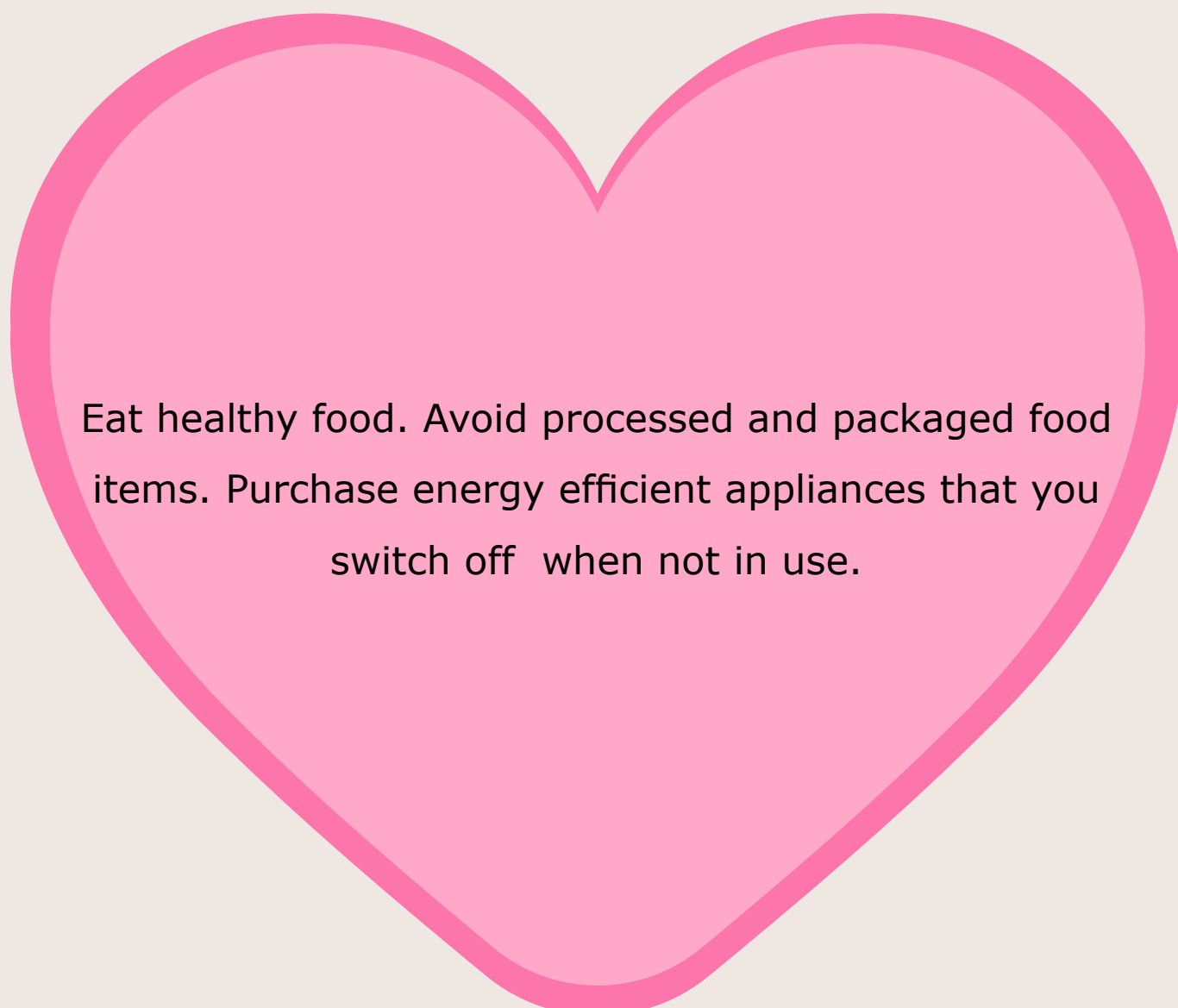
In your lifetime, it is likely that you have made savings, investments, or have real estate assets. If you need to spend or sell these, then spend on products, further investments and services that not only offer you value but also are ethical, good for society, as well as for the environment. Make your money work for people and the planet!



Note for caregivers

Look out for safe and ethical asset classes for the senior citizen to invest in. Help them to open accounts where needed and complete formalities for investments. Also help the senior citizens make an informed choice while buying any product by giving them necessary information on the product.

13 Make a lifestyle change



Eat healthy food. Avoid processed and packaged food items. Purchase energy efficient appliances that you switch off when not in use.

14 Be frugal with water use. Avoid wasting water.

You can start by doing a home water audit. This will help you to identify places around your house where you could prevent water waste.

A home water audit will also include suggestions and help make water-efficiency improvements. Once you have information about your water usage, you can make strategic moves to conserve water at home.

You can find an organization that provides this service in the UAE in the references section (pg. 36).

15 Help design your city to meet your needs

With your experience, you can mobilize stakeholder engagement and drive conversations between governments, research institutions, end users, and private actors, to enable in a co-creative manner, solutions tailored and tested to meet the mobility and living needs of senior citizens.

Being aware of the UAE's sustainable growth plans can help you to lend a credible voice towards supporting these initiatives and assessing where you can fit in. If you think there is a place for you but you need it to be modified to make you more productive, suggest the change. Being an active contributor to how the UAE's sustainable growth initiatives evolve can help integrate inclusive strategies.



Note for caregivers

Help set up meetings with the government, research institutions, and other concerned people.

16 Plant a Garden

Greening is the simplest and best way to make your life and those of others more sustainable. Cultivate your own green space with local and native plants. Remember to use natural, organic materials that are chemical-free and recycled water if possible. To set an example you can even grow your own food. A garden can increase physical activity and help you stay healthy.

You might also want to consider vertical aeroponic gardening systems that avoid the need for bending, soil cultivation, and weeding, making it easier for senior citizens to garden.

Note for caregivers

Assist the senior citizen in procuring materials for gardening as well in some of the gardening activities.

17 Understand the risk (and how you can protect yourself)

Weather conditions are becoming increasingly unpredictable. In 2023, the UAE experienced heatwaves reaching up to 50°C that led to the introduction of mandatory mid-day breaks for workers. These heatwaves and scorching temperatures not only pose a serious threat to human health and wellbeing, but can also cause damage to infrastructure.

As the world becomes hotter you need to prepare yourself and improve your capacity to handle heat illness and water borne diseases.

Learn to measure air quality so you can plan your day around it. In case of poor air quality, stay indoors.

In extreme heat cases, stay indoors for a while.

You can call the numbers below for more information:



+971 (0)2 4444747

[UAE Ministry of Climate Change & Environment](#)

+971 (0)2 4177000

[National Emergency and Crisis Management Authority](#)

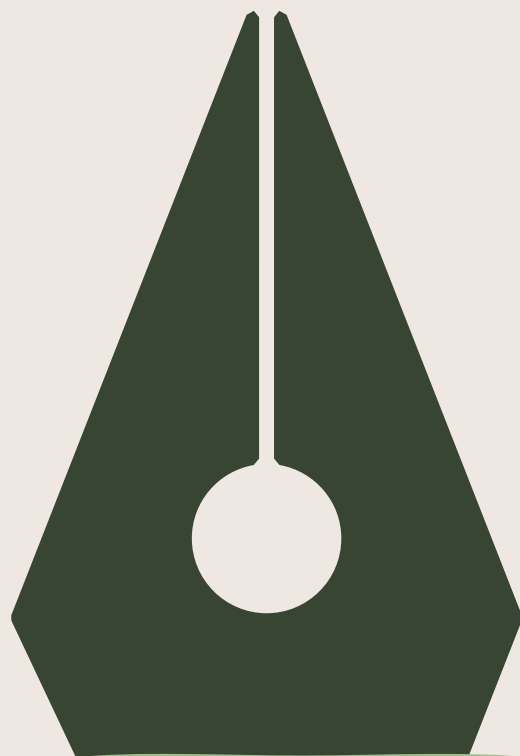
Check the references section (pg. 36) for more information.

Note for caregivers

Keeping track of the extreme weather events within the locality would help you prepare and aid the individuals during emergency situations. Keep an open communication between you and the individual, so that they don't hesitate to share their issues and concerns.

18 Read, join a program of study, contribute with your past expertise

Age is a number. This is a new area where anyone can continue or begin to work! Whether you have a background in the fashion industry, practiced law or any other field, your experience and interests are needed!



Environmental and sustainability related regulations are on the rise, meaning corporations need to upskill their legal teams around corporate governance practices. You can go back to work to advise the sector you have worked in if you upskill and learn about the latest developments in the environmental space.

19 Influence policy



You have your experiences to offer to drive policy direction in the UAE! Your voice is important in programs and initiatives being designed by the government to address the impact of environmental and social changes in the modern world. Whether it is community initiatives for social upliftment, economic issues that lead to over-utilization of natural resources, or stakeholder engagement for design of new cities, your inputs can build on the impact to senior citizens and how your generation can support sustainable development.



Note for caregivers

Help set up meetings with the government, research institutions, and other concerned people.

20 Build networks

It is important that you share information on sustainability and anticipated development changes in your surroundings.

This will help create a larger voice for people who should have a say in addressing the issues as well as to inform and prepare them for disasters, resilience changes, adaptation and mitigation strategies and so they are able to contribute to future and more inclusive models of development.

21 Tell A story

Tell these stories to those around you in an interesting, attractive, and motivating way that also provides practical tips on how to live a sustainable life.

David Attenborough, Al Gore and Jane Goodall were all brilliant storytellers who led the conservation and climate movements with their storytelling!

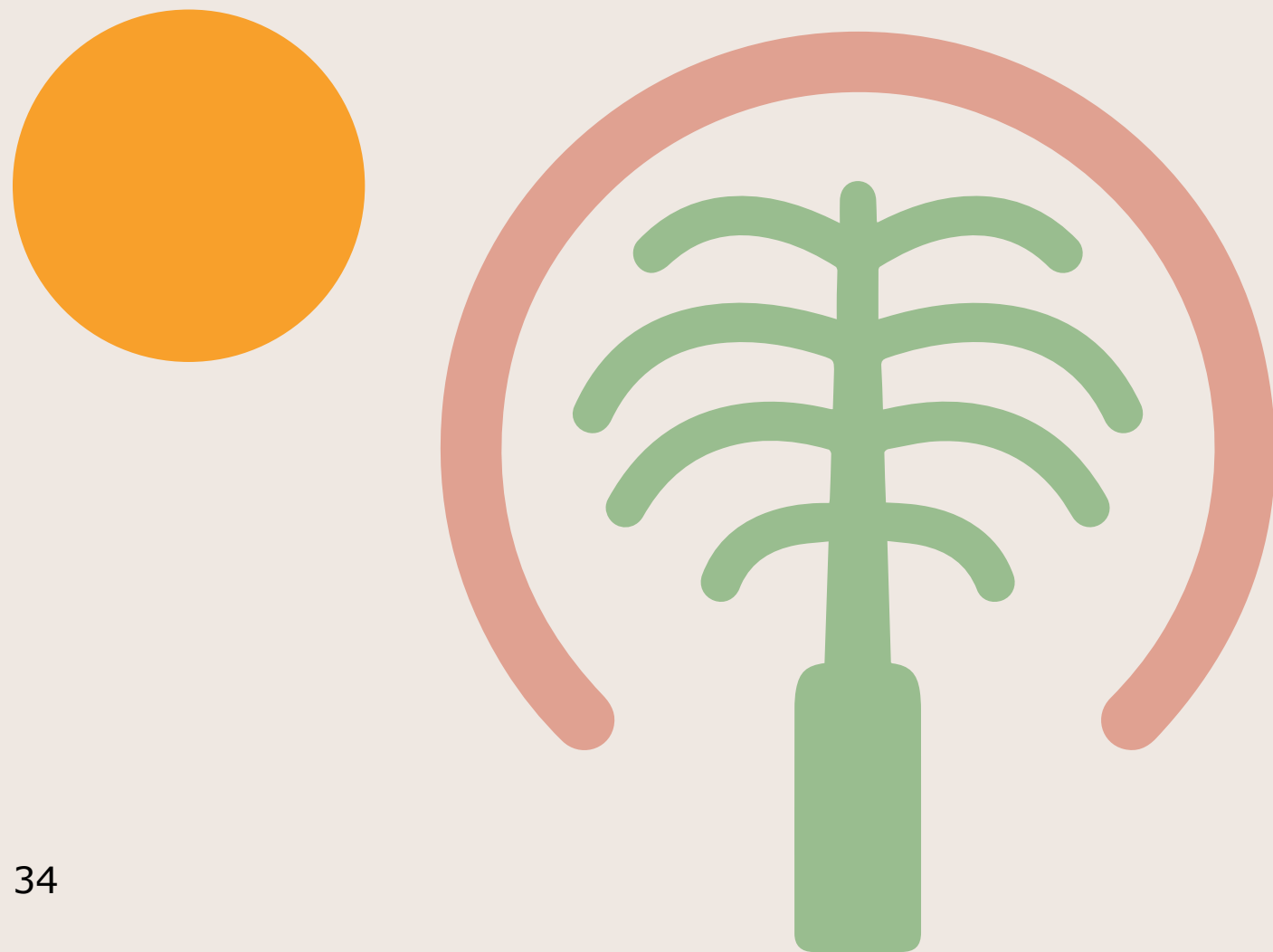
In the UAE, oral storytelling has a significant place where stories have been used as a record of victories, means of education, and a form of entertainment.

Today too, the UAE is leading a global movement to re-shape storytelling in humanitarian and development contexts.

Connect your story with resources from UAE's traditions and these global environmental leaders to tell your story to the community. Be the face of the UAE's sustainability story!

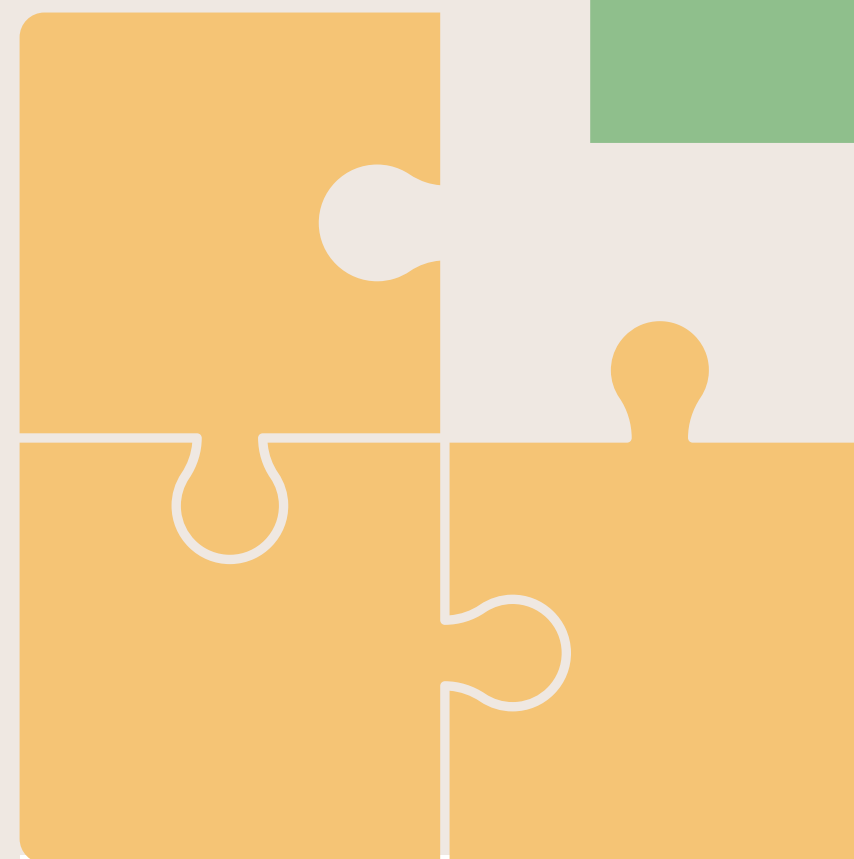
The palm tree is a great example of traditional practices in the UAE for sustainable living

The palm tree is a source of life, cherished throughout the country. It provides dates, a source of sustenance; offers shelter; and also serves as a building material for traditional (Al-Areesh) dwellings. The tree protects from heatwaves and sandstorms. It also provides floor spreads for food (Al-Hasir), and facilitates date collection (Al-Mikharfa). Even the date stalks, known as (Al-Aadj) or (Al-Arjun), are utilized for cleaning houses. Along the coast, palm fronds are used to construct small fishing boats (called Al-Shahshah). The fibres from the palm leaves are also used to produce ropes for handicrafts and ship sails. Every part is used. Nothing is a waste.



24 Know you are part of the solution

Sustainability solutions must have your perspective. It is important that you share information on climate and sustainability. You are essential to building a sustainable world. Every voice matters. Every action counts.



References for senior citizens to live sustainably

- Tip 2** <https://climateknowledgeportal.worldbank.org/country/united-arab-emirates>
<https://www.ohchr.org/en/climate-change/impact-climate-change-rights-older-persons>
- Tip 3** <https://takemyjunkuae.com/what-we-take/#Residential>
<https://www.gorecapp.com/our-services-recapp-app>
- Tip 6** <https://www.dewa.gov.ae/en/consumer/consumption-management/my-sustainable-living-programme>
- Tip 8** <https://sdgs.un.org/2030agenda> in references
<https://cdn.who.int/media/docs/default-source/2021-dha-docs/decade-connection-series-agenda2030.pdf>
- Tip 11** <https://www.eeg-uae.org/#:~:text=Emirates%20Environmental%20Group%20%E2%80%93%20The%20Emirates,in%201991%20in%20Dubai%2C%20UAE.&text=Educating%20and%20inspiring%20the%20future,is%20crucial%20for%20sustainable%20development.>
<https://theethicalist.com/volunteer-strays-wildlife-in-the-uae/#:~:text=From%20taking%20part%20in%20beach,with%20animals%20in%20the%20UAE.>

- Tip 11** <https://www.eeg-uae.org/projects/clean-up-uae/>
<https://u.ae/en/information-and-services/charity-and-humanitarian-work/volunteering>
- Tip 14** <https://savewateruae.com/product/home-water-audit-for-your-entire-home/>
- Tip 17** [https://www.moccae.gov.ae/en/contact-us.aspx+971 \(0\)2 4444747](https://www.moccae.gov.ae/en/contact-us.aspx+971%20(0)2%204444747)
[https://www.ncema.gov.ae/en/contact-us.aspx+971 \(0\)2 4177000](https://www.ncema.gov.ae/en/contact-us.aspx+971%20(0)2%204177000)



Tips for caregivers

You have an important role to play in helping senior citizens adapt to the social, economic, and regulatory landscape that is rapidly changing towards becoming more sustainable. This is why, as the world looks at ways to address social and environmental challenges, caregivers are uniquely positioned to actively contribute to people and the planet's wellbeing, while ensuring that those who they provide care for, have a safe, inclusive, and sustainable lifestyle.

1 Re-imagine self-care with sustainability

If you make eco-friendly choices about your own self-care you are most likely to feel the burden less and integrate it into your client's life. Your hobbies and interests as self-care can begin to focus on green habits and on greening the planet. Identify activities that support your wellbeing and fit into sustainability principles. You will feel rejuvenated and also be filled with ideas for helping the senior citizen you care for as well!

2 Make a plan

Your worries as a caregiver are real. These worries can cloud your thinking and even cause you to be overwhelmed especially when you are caring for an elder and this can increase with an unexpected event. What plans can you make? Anticipating what can happen will help you ask questions on how to prepare yourself and your client. You will then research which will lead you to resources and answers that will help you plan the "what if" strategy. This will also provide answers to plan for care within the home or prepare for situations like when you may not be able to drive.

3 Build a Sustainable Caregiving Support System

Caregiving requires dealing with unpredictable people and situations. You may not always have an answer so it is always better to talk to others like you who can provide support when you are stressed for an answer or faced with a situation that you may not have anticipated. Join or create a caregiver group focusing on sustainable living. Even if it is a small number of people, your group can set the ball rolling for a support system for you and those you care for.

4 Take action

Small actions can make you an active participant in addressing the challenges of climate and sustainability. Lighting, cooling, and heating are the biggest contributors to GHG. An energy audit of your workplace or the home of the senior citizen you care for by qualified professionals can help you understand where the senior citizen can reduce energy efficiency and what changes, repairs, and reduction will reduce the energy bill. For example, here is a list of energy auditors in Dubai you can pick from: [Energy Auditor Accreditation | RSB \(rsbdubai.gov.ae\)](https://rsbdubai.gov.ae/energy-auditor-accreditation)

5 Recycle

Recycling is the easiest way to help reduce the senior citizen's ecological footprint. Here are few ways that you can help senior citizens you care for, recycle their waste:

1. Carry your own reusable bags to the grocery store.
2. Empty, clean, and dry all recyclable items before throwing them in the bin.
3. Only buy recyclable items (take the time to read the packaging).
4. Check your city's website to determine the type of recyclable items they accept.
5. Reuse cardboard boxes for crafts, storage, or other projects.
6. Repurpose empty glass jars for storage.

You can find more recycling tips here: [EarthDay.org](https://www.earthday.org)

6 Eat sustainably, cook a meal

The foods that you and the one you care for eat have a significant impact on the environment. Eating sustainably is not just about choosing foods that are healthy but also those that are healthy for the planet! Make your own meal. You will prevent food waste because you know how much you or your client will eat. Also you can use what is already there in the house creatively rather than buy more and waste more.

7 Buy in bulk

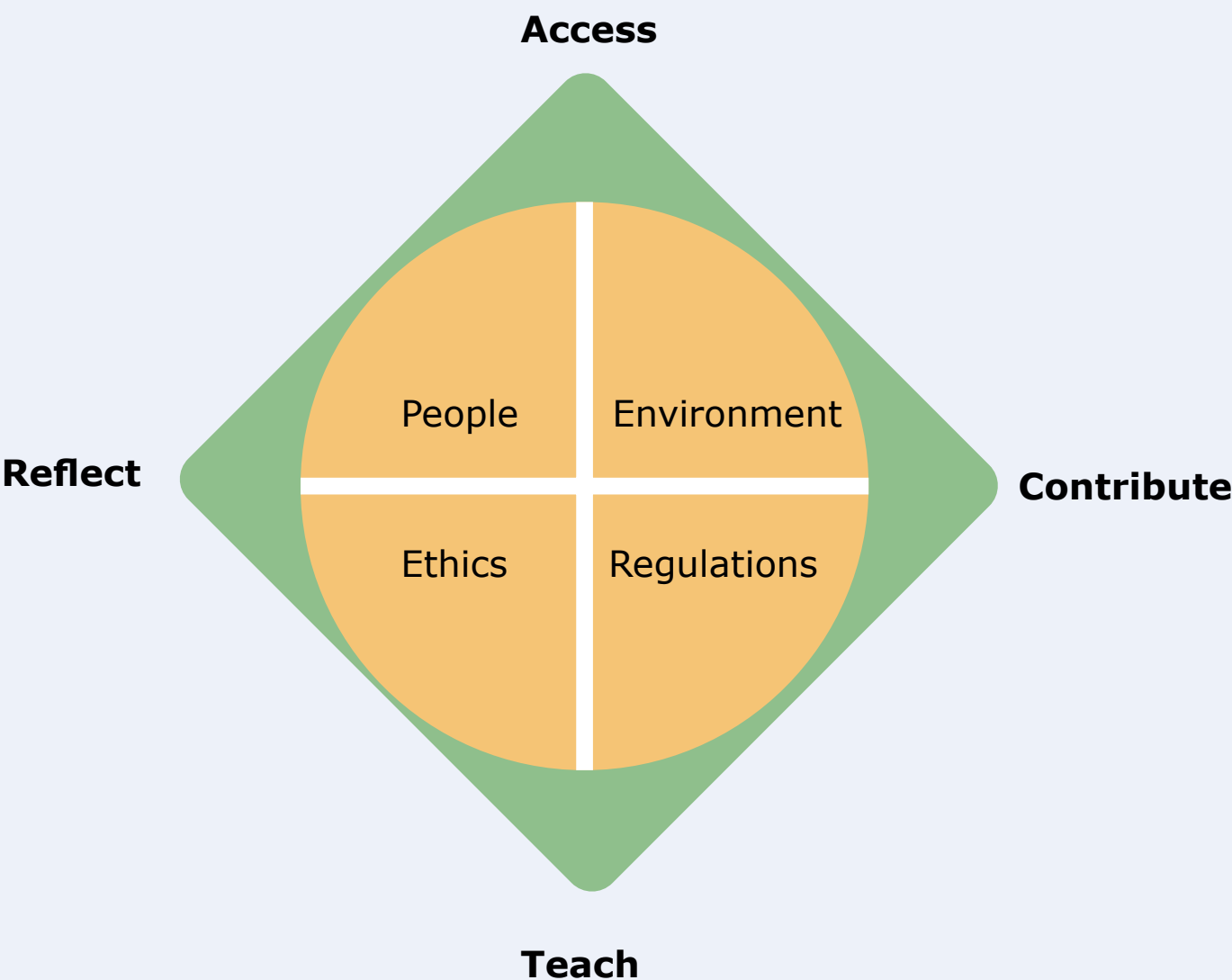
Buying smaller quantities may mean encouraging more packaging. Every time you buy, you throw away a bottle or some paper packaging. This can be prevented if you buy larger refill packs. As a caregiver you know what your client will need. You can buy larger amounts that last longer.

List of abbreviations

- CDA** - Dubai Community Development Authority
- COP** - Conference of Parties
- COP28** - 28th United Nations Climate Change Conference
- GHG** - Greenhouse Gas
- MOCCA** - UAE Ministry of Climate Change & Environment
- NCEMA** - National Emergency and Crisis Management Authority
- SDG** - Sustainable Development Goals
- WHO** - World Health Organization

Methodology

A research driven approach was taken towards drafting this toolkit. The authors first addressed the social, economic, and governance aspects that are being affected by new ways of sustainable living, that UAE’s senior citizens need to be included within. It was narrowed down to 5 aspects - Reflect i.e. understand sustainability and climate change; Access to correct information, infrastructure, discourses; Contribute to sustainable growth; Teach the community, next generation, and those around. These 4 aspects were then analyzed at the intersections with people, environment, ethics, and regulations.



While drafting the guidebook, there was an intentional focus on not only providing practical information for sustainable living amongst senior citizens in the UAE, but also making senior citizens actively contribute and lead with their unique experience and perspective towards the UAE's sustainable growth.

Bibliography

1. Dugarova, E. (2017). Ageing, older persons and the 2030 agenda for sustainable development. United Nations Development Programme; New York.
2. Fischer, D., Selm, H., Sundermann, A., & Storksdieck, M. (2020). Storytelling for sustainability: A definition and its implications for education and communication. *Storytelling for Sustainability in Higher Education*, 38-51.
3. World Health Organization. (2022). The UN decade of healthy ageing 2021–2030 in a climate changing world. *Decade of Healthy Ageing Connection Series*, 3.
4. HelpAge International, United Nations ESCAP, IGES, & UN Environment Programme. (2021, February). *Older People and Climate Action*.
5. U.S. Environmental Protection Agency. (2022, December 13). Climate Change and the Health of Older Adults. <https://www.epa.gov/climateimpacts/climate-change-and-health-older-adults>
6. UN Office of the High Commissioner for Human Rights. (2021, July). Analytical study on the promotion and protection of the rights of older persons in the context of climate change.
7. Government of Dubai Community Development Authority. (n.d.). Senior Citizens Services. <https://cda.gov.ae/en/socialcare/SeniorCitizens/Pages/default.aspx>
8. UAE Government. (n.d.). Senior Emiratis. The Official Portal of the UAE Government. <https://u.ae/en/information-and-services/social-affairs/senior-emiratis>
9. Frumkin, H., Fried, L., & Moody, R. (2012). Aging, climate change, and legacy thinking. *American journal of public health*, 102(8), 1434-1438.
10. Pillemer, K., Cope, M. T., & Nolte, J. (2021). Older people and action on climate change: A powerful but underutilized resource. V: HelpAge International.