







People of determination are role models for society, for their resilience and compassion. They are also active contributors to the economy. There are global and national frameworks that now include their rights because it is important to do so.

Inclusion has been discussed over the years in the United Nations where global directives have been given to include special needs in policy. The Sendai Framework for Disaster Risk Reduction 2015-2030 highlights the importance of inclusive design, disaster preparedness, and the availability of accessible technology and communications for people of determination.



The UAE government is committed to protect and empower people of determination. The Abu Dhabi Comprehensive Strategy for People of Determination 2020-2024 aims to address the needs in areas of health, rehabilitation, education, employment, social care, social engagement, sports, culture, tourism. It also provides for creation of accessible and enabling environment in building, transportation and housing. Efforts are made to allow for social participation through services and financial inclusion.

The United Nations Climate Change Conference COP28 (Conference of Parties 28) to be held in the UAE, is all set to be one of the most accessible and inclusive COPs where diverse groups including people of determination will be ensured of a seat on the table.

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

Box 1: What is green economy and what is in it for you?

In recent years, countries are making substantial efforts towards sustainable growth with a focus on environmental issues. Countries are also committing to climate action by setting net-zero targets with goals for reducing emissions from industries and citizens. This has led to a transition from a solely profit-focused economy to a green economy.



A green economy is defined by the United Nations Environment Program as low carbon, resource efficient, and socially inclusive.¹

Since every sector will be affected by regulations and market pressures, companies large and small will need to transform from traditional profit driven business models and operations to products and services that are profitable as well as responsible towards people and the environment. These transformations create "green jobs." In 2023, the UAE updated its National Energy

Strategy to include several new goals, including the creation of 50,000 new green jobs by 2030.² These jobs will need people with appropriate skills. The definitive study by GITEX Impact and Sustain Labs Paris on the skills needed for UAE's net-zero future showed a clear shift in the skills needed for establishing and maintaining net-zero emissions in the UAE, with robotics & artificial intelligence, sustainability & climate action skills, and critical thinking emerging as pivotal pillars.³

People of determination can upskill themselves on these 3 skills and more, combining them with any of their existing skills and experience, to avail of the large number of job opportunities across sectors in the field of sustainability and climate change.



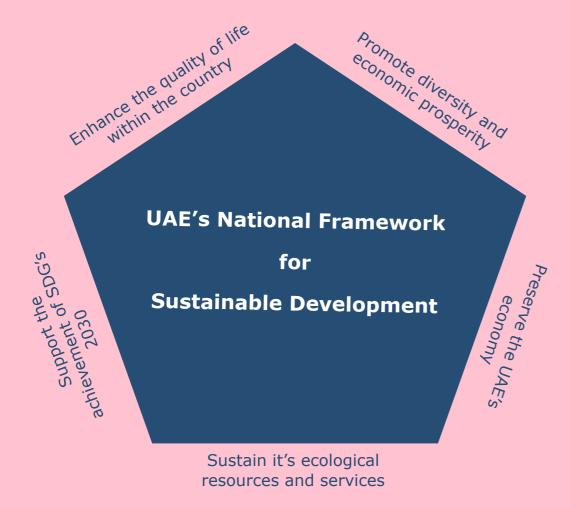
¹⁻https://www.unep.org/regions/asia-and-pacific/regional-initiatives/supporting-resource-efficiency/green economy

²⁻ https://u.ae/en/about-the-uae/strategies-initiatives-and-awards/strategies-plans-and-visions/environment-and-energy/uae-energy-strategy-2050

^{3- &#}x27;Skills for a net-zero future in the UAE', Sustain Labs Paris & GITEX Impact, 2023

Box 2: What is the policy direction for sustainable growth and how can you play a role?

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.⁴



The five aims of UAE's national framework for Sustainable Development

Your voice in designing and participating in the UAE's strategic framework is essential.

Know what is climate change and what the world is doing about it

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

Since the 1800s, human activities have been the main driver of climate change. Burning of coal, oil, and gas has produced heattrapping gases. This has made the planet hotter. The planetary imbalance caused by the changing temperature and loss of biodiversity is challenging the continuity of human existence.

You might have heard about countries therefore pursuing efforts to limit the earth's temperature increase to 1.5°C above pre-industrial levels. This is pressuring industries to achieve 'net-zero emissions', which means that industries need to reduce greenhouse gas (GHG) emissions

However, more ambition is needed to reduce global GHG emissions and reach net zero CO2 emissions by 2050 globally.



Know what sustainable living is and how it relates to you



A sustainable lifestyle means making choices that are responsible towards people and the environment. It calls for an attitude of responsibility towards your family, community, country, plants, animals, and the planet.



It needs you to review your daily decisions and actions to assess if these harm any people, plants, animals, and the wellbeing of the planet, so that you can eliminate these decisions and actions from your lifestyle.



It also needs you to understand how others are moving towards a sustainable lifestyle and how their changed decisions and actions will affect you.

2 Learn about the opportunities that sustainable growth presents to you

The UAE's sustainable growth offers new ways of day-to-day living, studying, working, travelling, purchasing, and producing.

For the UAE to achieve this, it will offer new jobs and entrepreneurship opportunities for you to consider.

This presents several opportunities for you. Check the references section (pg. 35) for more information.

Box 3 : Opportunities for you in the UAE's sustainable growth



Inclusive Employment

The UAE government has been promoting inclusive employment initiatives, encouraging companies to hire people of determination. Please look for opportunities in industries like renewable energy, ecotourism, and environmental conservation where you can contribute.



Smart Cities and Accessibility

Keep a watch on such developments. Share updates with your friends and help them also to prepare and adapt to these changes.



Green Technology Jobs

The UAE's investment in renewable energy and green technology opens up several options. If you already have skills in technology, engineering, or related fields, you can leverage this opportunity.

11

3 Know your SDGs and make them work for you



5 SDGs mention the need for member states to specially meet the needs of people of determination in education, urban development, employment, economic growth, and implementation.

Know your SDGs



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.

Make your 5 SDGs work for you

The UAE acknowledges that countries cannot achieve the SDGs unless citizens and residents are aware of the goals.

The UAE SDG Data Hub is a comprehensive platform that aims to track, monitor, and report milestones and progress towards the implementation of SDGs in the country. The 4 main elements - open SDG indicator data, data stories, initiatives, and media - can be very useful for you to contribute and identify how you can be a part of the UAE achieving SDGs, especially in terms of creating a leadership role for the country in the active participation of people of determination.

Also, find out more about the Voluntary National Review and how it can be enhanced further with your inputs so you can have a voice in programs and policy.

4 Talk about it

We are all responsible for the UAE's sustainable development. Every voice counts. Yours is a unique voice. Talk about what sustainability and climate change mean to you, the challenges you face related to these, and suggestions for solutions. Understand and highlight your role to develop inclusive solutions.

What you say will help build the narrative of how you and your friends can contribute to climate and sustainability action.

Who can you talk to?



Your friends, family, and caregiver



The Ministry of Community Development.

Call this toll free number 800623



The UAE government. Apply and request for different services and assistance here https://u.ae/en/information-and-services/social-affairs/
people-of-determination
and-assistance-of-people-of-determination



The Zayed Higher Organization for people of determination. Apply and request for different services and assistance here: https://zho.gov.ae/



The Community Development Authority. Reach out to them at this toll free number: Toll free number: 8002121/ info@cda.gov.ae



Sharjah City for Humanitarian Services. Reach out to them here: +971 (0)6 5671117 / +971 (0)6 5660667 / Info@schs.sharjah.ae https://www.schs.ae/en/our-activities



UAE Ministry of Climate Change & Environment: Reach out to the Ministry here: 00971 (0)2 4444747, https://www.moccae.gov.ae/en/contact-us.aspx

5 Calculate your carbon footprint

You can check your carbon footprint. It will help you calculate the amount of GHG - carbon dioxide, methane, nitrous oxide, and all the other gases you produce by your lifestyle. An effective carbon calculator is provided by Nature Conservatory. Check the references section (pg.35) to access the carbon calculator. The world average per capita GHG emissions were 6.3 tons of CO2 equivalent in 2020.⁵



Note for caregivers

Along with the individual, go through all the tabs in the calculator and collect the information required separately.



Calculate the values from this information and input it into the calculator to obtain the carbon footprint value.

Discuss together the results and formulate a plan of action that can help reduce the carbon footprint.

Try to make the process a collaborative experience, where the inputs are made by the individual and you are just there to help them note down the information and use the calculator!

^{5 -} United Nations Environment Programme (2022). Emissions Gap Report 2022: The Closing Window — Climate crisis calls for rapid transformation of societies — Executive Summary. Nairobi. https://www.unep.org/emissions-gap-report-2022

6 Be a super smart consumer



Step 1: Check where your product was produced.

Was 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 critical thinking to question the methodology, data, and facts underlying the claims for the sustainability of a product.

7 Be frugal with water use. Avoid wasting water.

About 71

percent of the

Earth's surface is

covered with water, and
the oceans hold about 96.5

percent of all Earth's water.

1.74 percent of total water is locked in ice caps, glaciers, and permanent snow.⁶
3% of the earth's water is fresh.⁷

On an average, in the UAE, a person uses 550 gallons of water daily. Making small changes in your life can reduce your water footprint. For example, even by shortening your bath time you can save water.

Check the references section (pg. 35) for more ways to save water.

⁶⁻ https://www.usgs.gov/special-topics/water-science-school/science/how-much-water-there-earth#:~:text=About%2071%20percent%20of%20the,Water%20is%20never%20sitting%20still

⁷⁻ https://www.usbr.gov/mp/arwec/water-facts-ww-water-sup.html#:~:text=3%25%20of%20the%20earth's%20 water,water%20is%20available%20fresh%20water

Be wise with your food, don't waste it.

The FAO estimates that the global volume of food wastage is estimated at 1.6 billion tonnes of primary product equivalents. Total food wastage for the edible part of this amounts to 1.3 billion tonnes while the carbon footprint of food waste is estimated at 3.3 billion tonnes of CO2 equivalent of GHG released into the atmosphere per year.8 Food waste is a major concern in the UAE, where a staggering 38% of prepared food is thrown out annually. Unfortunately, this number increases by 25% during Ramadan compared to other months.9

- 8- https://www.fao.org/3/i3347e/i3347e.pdf
- 9- https://www.business.hsbc.ae/en-gb/insights/support/ramadan-2023#:~:text=Food%20waste%20is%20a%20major,Ramadan%20compared%20to%20 other%20months.

Don't waste a single morsel of your food.

Try composting your food waste if you cannot finish what is on your plate!



Note for caregivers

Help develop a home food waste composting bin. It is easy and can set an example. If there is a food waste collection system, connect with them for daily food waste collection. Check the references section (pg. 35) for more information.

9 Use responsible products

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 may be violating human rights.



Socially and environmentally sustainable alternatives are those that do not harm people, animals, and the earth while producing or eradicating it.



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!

10 - 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.



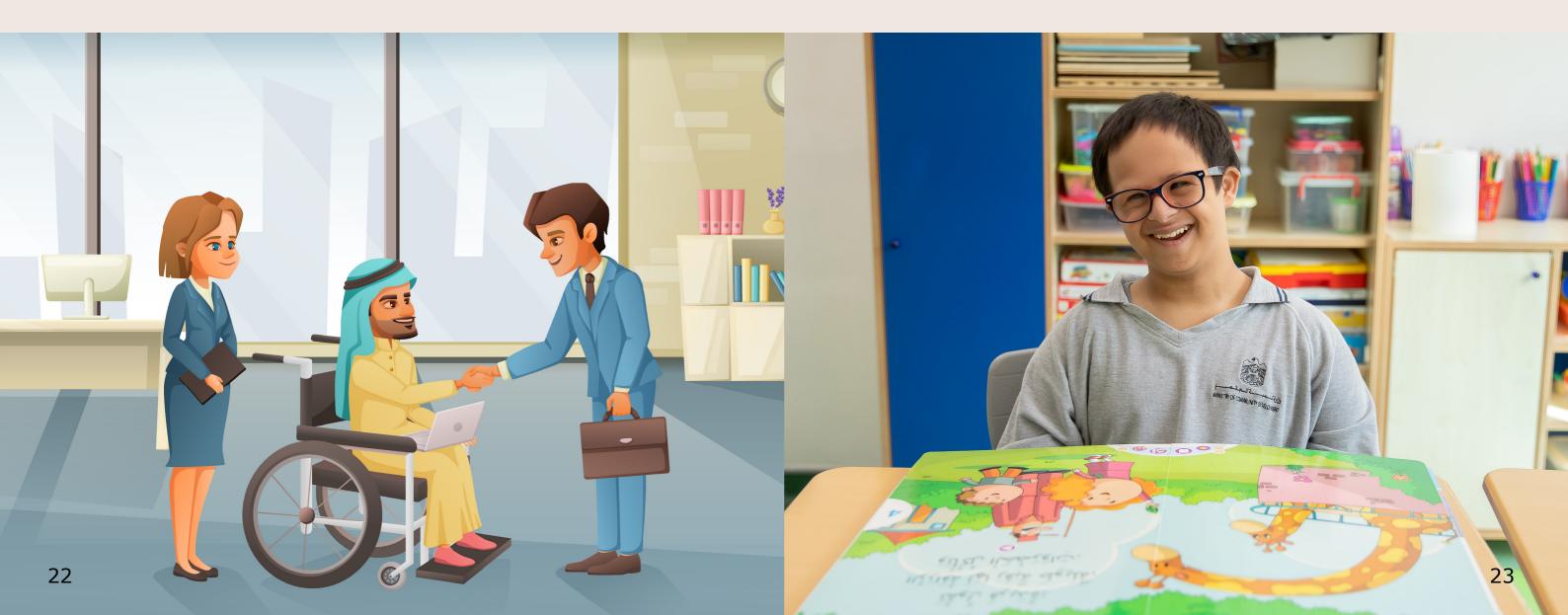
Help the individuals search and inquire about sustainable alternatives to their plastic purchases at the store. This can include products made from eco-friendly material, such as wood, glass, and paper, or reusable purchases, like reusable straws and reusable cloth grocery bags.

10 Stay busy

SDG 8 promotes sustained, inclusive, and sustainable economic growth, full and productive employment and decent work for all. Equal pay and inclusive environments are an integral part of right to work. In the UAE there are several training programmes for people of determination not just for jobs but also entrepreneurship. You can join one of these programs. You will not only stay busy but also develop a new support network called your workplace.

11 Build A library

Access to information is important. It is even more important to access correct information. From what you learn, you can even lead the process of building a library of information for others! Your shared library of resources will help others with information on how to live sustainably and contribute to a more sustainable world. Check the references section (pg. 35) for a few resources to access factually correct information.



12 Reduce and reuse when you cannot recycle



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.

Try to reduce your purchases.

Reduce and reuse when you cannot recycle



possible buy goods that have a long shelf life.

Wherever



Think about how all parts of the date palm tree is used in traditional crafts in the UAE and for making surood, mahafah, makabah, jefeer, and more.



Make sure what you are buying will not stay in the environment forever!

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

Weather conditions are becoming increasingly unpredictable. In 2023, the UAE experienced heatwaves with the temperature reaching 50°C. Extreme heat is not only detrimental to your health and wellbeing, but can also at times cause damage to infrastructure. As the world becomes hotter we must remain response ready.



You can call the following numbers 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

- 1. Keeping track of the extreme weather events within the locality would help you prepare and aid the individuals during emergency situations.
- 2. Keep an open communication between you and the ones you provide care for, so that they don't hesitate to share their issues and concerns.
- 3. This will help you quickly deal with any discomfort and stress that they may face during these extreme weather events.

14 Adapt to changes in your surroundings



New materials are being used to reduce GHG emissions of buildings. Mobility systems are changing the way infrastructure can be accessed. Lighting inside buildings is often fitted with motion sensors.. Public transportation is the future of transportation, so you may prepare yourself for travel options that align with it. Clean energy private vehicles are becoming a popular option. There will be similar minor changes in your surroundings. Notice them and adapt accordingly.





- 1. With the addition of new materials in infrastructure, make sure that the infrastructure is still accessible to the individuals.
- 2. Certain routines may also need to be changed in order to accommodate the changes in the infrastructure. For example, with the public shift to public transportation, your first concern sould be to check if the transportation system in the area has equipment and seating designated for people of determination.
- 3. In areas where motion activated lighting has been installed, you may need to walk before or next to the individual to ensure that the light is activated.
- 4. Make sure that these changes do not become a cause of any mental stress for the individuals. Check in on them and discuss all their issues and concerns.

15 Find an innovator

Scientists are creating new technologies for greater inclusivity, designers are finding solutions in inclusive design of climate-friendly products, and concerned architects are focusing on inclusive public and private spaces.

The world
today is
filled with
brilliant
minds,
many of
whom take
the case of
climate seriously,
with some of them
exploring solutions for
climate adaptation and
mitigation.

Ask around here

- Your friends, family, caregivers
- Khalifa Fund for
 Entrepreneurship Development
- Emirates Foundation
- OpenIDEO

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

So, if you have a problem then most likely there is a solution from somewhere, someplace. Try and find the solution that works for you.

16 Information is your strength

Be informed (if you can!) about services you could avail to live sustainably.

Find digital services for people of determination in the UAE, in the references section (pg.36)

Also check in the references section (pg 36) the key milestones in the United Nations' work for you since 1945!

17 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.

18 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.²

You need not worry. Keep the contact of your medical doctor or nurse handy just in case you need it.



Note for caregivers

You should have access to a copy of the individual's medical records and the contact details of their medical personnel. Openly communicating with the individual and listening to their concerns, will help in reducing their stress and anxiety about weather changes. Training yourself in certain calming and meditation techniques will also help.

19 Make new friends

You are not alone in the taking action against climate change. Find friends in the local community who are concerned and contributing to various initiatives for reducing the environmental impact of industrialization. This will also help you stay in touch with local organizations who provide support during emergency weather incidents.



^{2 -} 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

20 Upskill yourself



There are plenty of new job opportunities in the UAE and abroad in the field of sustainability and climate change!

Learn the skills needed for these jobs.

Here are a few good courses you can explore:

- Dubai Chamber of Commerce provides premium online training programs in the field of sustainability.
- Masdar provides year-long Youth 4 Sustainability programs for high school, and university students, and young professionals to acquire knowledge and skills in sustainability.
- The University of Edinburgh provides a climate solution program through Future Learn to acquire knowledge and tools to help tackle climate emergency in the UAE.

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

21 Teach others

22 Know you are part of the solution

You have experiences to share about how to live sustainably. You may know facts and tips to do so. Share your stories with your friends and family.



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 people of determination to live sustainably

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https://resources.enwwf.ae/the-sustainable-life/48-ways-to-save-water-in-the-uae#:~:text=48%20ways%20to%20save%20water%20in%20the%20UAE,and%20pool%20...%207%20Around%20the%20home%20

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Tip 11 https://www.un.org/en/climatechange/
reports#:~:text=Climate%20change%20is%20taking%20
a,Glacier%20melt%20was%20unprecedented.

https://www.who.int/health-topics/disability#tab=tab_1

https://sdgs.un.org

https://www.cda.gov.ae/en/HumanRights/Documents/CDA-My-Rights-EN.pdf

https://u.ae/en/information-and-services/education/ education-for-people-with-special-needs **Tip 12** https://takemyjunkuae.com/what-we-take/#Residential
https://www.gorecapp.com/our-services-recapp-app

Tip 13 https://www.moccae.gov.ae/en/contact-us.aspx

https://www.ncema.gov.ae/en/contact-us.aspx

Tip 15 https://www.moec.gov.ae/en/khalifa-fund-for-enterprise-development

https://arab.org/directory/emirates-foundation/

https://www.openideo.com/

Tip 16 <a href="https://u.ae/en/information-and-services/social-affairs/people-of-determination/protection-support-and-assistance-of-people-of-determination#:~:text=The%20UAE%20Government%20provides%20specific,providing%20educational%20material%20in%20Braille.

https://www.un.org/disabilities/documents/ historyinfographic.pdf

Tip 17 https://www.dewa.gov.ae/en/consumer/consumption-management/my-sustainable-living-programme

Tip 20 https://www.dubaichamber.com/en/sustainability-week/sustainability-training-platform-online/

https://masdar.ae/en/strategic-global-initiatives/y4s

https://www.futurelearn.com/courses/ climate-solutions-uae?utm_campaign=edin_ bau&%3Bamp%3Bamp%3Butm_medium=organic_ social&%3Bamp%3Bamp%3Butm_source=OL_website



As a caregiver, you have the immense responsibility of supporting and assisting people of determination in their daily activities. Now that they need to adapt to a more sustainable lifestyle, your role is paramount in helping them do so. This way, you are not only doing your job well, but you and the larger community can also benefit from what you have thought through and implemented.

1 Make the right choice

You are responsible for helping with taking care of the home and everyday needs like dressing up, preparing meals, or shopping. This is an important role in times of climate change. While your support is primarily to assist and provide safety, your decisions can help in the choice of products and lifestyles that can promote sustainability. Explore and find products that use less paper, and plastic. Find ways to reduce waste. Be creative, explore alternatives, and lead the sustainability movement for caregivers. Your choices can help guide the ones you are caring for.

2 Get the digital edge

The world is becoming more digital every day. Devices can be a huge support for you as a caregiver. Make them work for you. Find devices that can support your role and sustainability. Train yourself in device use that will simplify self-care tasks. The mobile phone is an excellent device that you can exploit to your advantage if you use it right and find ways to reduce effort (and energy!). Information will be at your fingertips if you

learn to use the mobile phone, applications, and the internet with proficiency. Robotics today promises many options that would be good to learn about.

Train yourself on emergency health relief

We must all prepare ourselves and become more resilient as environmental disasters increase. As a caregiver you can equip yourself for extreme weather and play an active role with coordination of care to ensure that medical and supportive services are both linked. You can do this by taking training in emergency care that will prevent a panic situation in case of unforeseen extreme weather.

4 Innovate and inspire

Become an innovator. Look out for ways in which you can make spaces more inclusive (and sustainable). Slight changes in the home repair and maintenance of devices can allow for safe living and better quality of life. While helping with repairs, maintenance, and servicing, explore eco-friendly, energy saving and long lasting options. Smart home technology that can monitor risks and provide early warning systems, or newly emerging technologies that provides cues for grooming or

toileting can provide additional assistance in carrying out daily activities. You can become a thought leader and explore options that make the home an example of sustainable living.

5 Share about sustainable care

Remember you are an expert in your space because of the special circumstances you work in and because of the special person you care for. In all probability you may be the first to make some of the sustainability choices that you will implement in your workspace. You must also find a way to share your solutions with others. Social media can provide you with ample opportunities. Make a reel, share your story. Watch how others follow your footsteps!

6 Establishing a reliable information network

Staying informed about government provisions for sustainable living and support for people of determination is crucial to ensure that you have access to the available resources. You can create a reliable network of resources and contacts in order to stay informed about government provisions and support networks. This network can include government agencies, non-profit organizations, community support groups, healthcare professionals, and credible online platforms.

List of abbreviations

COP - Conference of Parties

COP28 - 28th United Nations Climate Change Conference

FAO - Food and Agricultural Organization

GHG - Greenhouse Gas

GITEX - Gulf Information Technology Exhibition

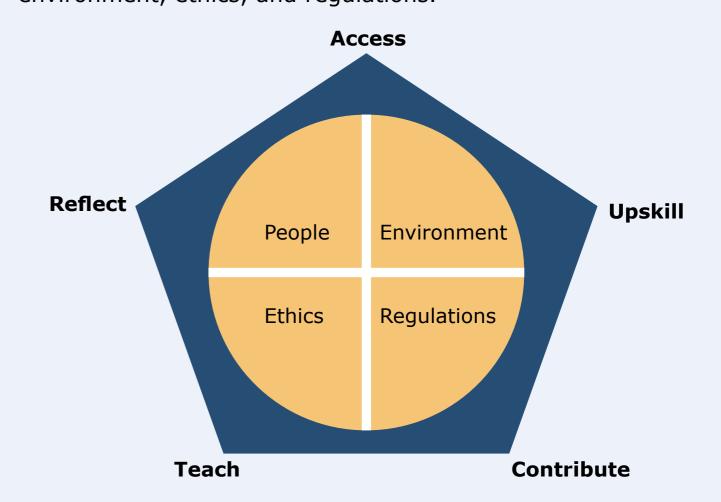
SDG - Sustainable Development Goals

UNEP - United Nations Environment Program

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 the UAE's People of determination 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 Upskill; Contribute to sustainable growth; Teach the community, next generation, and those around. These 5 aspects were then analyzed at the intersection 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 people of determination in the UAE, but also making people of determination actively contribute and lead with their unique experience and perspective towards the UAE's sustainable growth.

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