



## International Day of Older Persons

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PolyU School of Nursing

Research. Rights. Resilience. The Blueprint for Healthy Ageing.

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This October, with the UN International Day of Older Persons, The UN's call to recognise older persons as "drivers of progress" requires a shift from philosophy to action. At PolyU School of Nursing, we're building the evidence for that shift. Our research into innovative methods like co-design proves how to empower older adults, turning them into active partners in their own healthcare. Discover the research that's putting this vision into practice:

## PolyU School of Nursing - Related Research on International Day of Older Persons

Bonus, C. G., Hatcher, D., Northall, T., & Montayre, J. (2024). Using a co-design methodological approach to optimize perioperative nursing care for older adult patients from ethnically diverse backgrounds: A study protocol. *International Journal of Qualitative Studies on Health and Well-being*, 19(1) doi: <https://doi.org/10.1080/17482631.2024.2349438>

- **Summary:** This article describes a research project that uses a co-design approach to improve perioperative care experiences for ethnically diverse older adults and their family carers. By involving older adults, carers, and healthcare staff in every stage—from forming an advisory group and conducting interviews to collaborative workshops—the study ensures that the voices and needs of diverse older populations are central to developing culturally responsive nursing care. This methodology directly aligns with the UN International Day of Older Persons 2025 theme, which emphasizes equity, inclusion, and the active participation of older persons in society. Through its focus on partnership, empowerment, and reducing healthcare disparities, the research exemplifies the UN's call to recognize and support the contributions and needs of older adults from all backgrounds, fostering a more inclusive and equitable healthcare system and society.

Shannon, K., Montayre, J., & Neville, S. (2021). Nothing About us Without us: Research Methods Enabling Participation for Aged Care Residents Who Have Dementia. *International Journal of Qualitative Methods*, 20, Article 16094069211055938. <https://doi.org/10.1177/16094069211055938>

- **Summary:** Older adults living with dementia often face barriers to participating in research, largely due to concerns about cognitive challenges and informed consent. This article addresses these issues by outlining a step-by-step, case study-based process that enables aged care residents with dementia to be actively involved in primary data collection. Key methodological strategies include fostering researcher familiarity with participants, allowing flexible interview pacing, and accommodating interruptions by restarting conversations as needed. Central to this approach is the emphasis on building authentic relationships and adapting research methods to the unique needs of each participant. In the context of the UN International Day of Older Persons 2025 theme—which highlights equity, inclusion, and empowerment—the study's methodology stands out as a model for ensuring that even those with cognitive impairments have their voices heard and respected. By facilitating genuine engagement and participation, this research advances the UN's vision of a society where all older persons, regardless of background or ability, are included and valued in shaping their own care and wellbeing.