



Human Rights do not have a best before date

International Longevity Centre Canada (ILCC)

2025 Annual Report for ILC GA

December 31, 2025

International Longevity Centre Canada

Overview:

ILC Canada has been highly active over this year, advancing advocacy, research, and international engagement on ageing and human rights issues.

Key Activities & Achievements:

- **December 2024:** The President, Margaret, and Kahir met with the Executive Director of Human Rights at Global Affairs Canada (GAC). Outcomes were reflected at the UN HRC, where GAC lawyers supported drafting a convention on older persons' rights and civil society participation; two priorities championed by ILC Canada.
- **January–February:** An IPSOS poll conducted by ILCC and CCAA highlighted the prevalence of ageism in Canada; the data continues to inform advocacy and programmatic work.
- **March:** Margaret and Kahir attended the UN HRC. Interventions were made advocating for the Convention and full representation of older persons in the proposed working groups. The resolution supporting the new drafting working group was passed. Meetings included Canadian Ambassador Peter McDougall, Dr. Chitra Massey, and other NGOs.
- **April:** Margaret and Kahir attended the 58th Session of the UN Commission on Population and Development. Margaret presented at a Healthy Aging Side Event with Canadian Ambassador Gort, Dr. John Beard, Ms. Amal Abou Rafeh of UN DESA. Discussions advanced UN work on older persons.
- **June:** Margaret participated in a Fireside Chat at Mount St. Vincent University on “Ageing is our Future,” a CBC radio interview, and the UN premiere of the Caregiving Documentary, supporting caregiver advocacy. She met with the producers and the Global Coalition on Aging to plan ongoing initiatives. Kahir and Margaret met with Dr. Nancy Hamzawi, President of the Public Health Agency of Canada (PHAC) to request further support for Age-Friendly Cities and Communities. The ILC Global Alliance joined the WHO Age-Friendly Network, with Canada playing a key role.
- Woman and Gender Canada approved \$700K in funding for ILCC to focus on older women, particularly in regard to health, care, income, and housing.
- **July:** Margaret and Kahir attended the UN High-Level Political Forum. Together with ILC GA, HelpAge Canada, UN DESA, and the Canadian Mission, they co-hosted a Side Event on “The Intersectionality of Ageism and Sexism: Harnessing the Power of Older Women.” The event was highly successful, with full attendance at the Mission and 250 participants via webinar. Strategic discussions were held on future UN engagement, including the Commission on the Status of Women.
- **September:** ILC Canada and the ILC Global Alliance took part in the International Federation on Ageing in Cape Town. Margaret presented at a Symposium on “Advancing Human Rights for Ageing Populations: Global Perspectives and Local Actions,” as well as presenting at the Masterclass on “The Power of Influence.”
- Kiran Rabheru hosted the “Presidents Symposium on Ageism” highlighting work to be undertaken by ILC GA. He also hosted a session on “End of life Care” with the ILC GA with a view to ongoing work on the issue.
- Satya Brinks presented on Ageism and Culture.

- Overall ILCC and ILC GA had a large presence at the IFA meeting.
- **October** Kahir and Margaret attended the International Day of Older Persons at the United Nations in New York. ILC Canada and HelpAge Canada were sponsors of the event.
- Kahir and Margaret also attended a session at the UN on Older Indigenous Women and used the occasion to give Ambassador Bob Rae our first ILC Canada Human Rights Award.
- The Global Coalition on Aging released its “News Report highlighting Woman’s Leadership, Vision and Action in the Silver Economy.” It included an interview with Margaret on her work to set up ILCC. Link:

<https://globalcoalitiononaging.com/wp-content/uploads/2025/10/Paving-the-Path-for-Women-in-the-Silver-Economy.pdf>

- Margaret was a keynote speaker at the Coalition of Seniors Organizations of BC (COSCO) on the issue of the need for a Convention on the rights of older persons and hosted a workshop on human rights.
- Olive Bryanton and Zena Simses hosted a workshop at the BC COSCO which focussed on older women and ageism which is part of the WAGE deliverables.
- Kiran attended the Canadian Association of Gerontology and hosted a Symposium on human rights. He also hosted an event on Ageism and older women part of our WAGE funding proposal.
- Kahir hosted an event with the Ismaili community in BC with keynotes by Amal Abou Rafeh of UN DESA and Gregor Sneddon of IFA.
- ILCC and CCAA released the Ageism toolkit.
- **November:** Kahir and Margaret attended the Silver Economy meeting in Manchester England with the Global Alliance on Older Persons. Margaret presented on women in the silver economy.
- Margaret prepared the letters of invitation to set up the Human Rights Table which will be compiled of experts who will provide advice on our human rights work. Safiya is setting up the Ambassador’s table of older persons who will provide advice on our key policy issues on older people, particularly regarding the WAGE funding.

Conclusion:

ILC Canada has strengthened its influence on global policy, advanced the rights of older persons, and fostered partnerships to address key challenges in ageing, ensuring the organization remains at the forefront of international advocacy and innovation.

Operational Updates

Women and Gender Equality (WAGE)

Overview

The ILCC is leading a national initiative to tackle ageism and advance the rights of older Canadian women, especially those who are racialized and are of low-income. With support from WAGE, this project is redesigning how the ILCC approaches housing, income, care, and health

for older women by combining policy reform, community engagement, and intergenerational collaboration.

Key Objectives

1. Establish a National Rights-Based Framework for Older Women:
 - Launch Canada's first Human Rights Table for Older People, bringing together 10–15 national leaders and advocates.
 - Release annual policy papers focused on housing, care, health, and income.
 - Work directly with older, racialized women to amplify their voices, share their stories, and shape policies that affect their lives.
2. Foster Intergenerational Connection and Understanding:
 - Create an Intergenerational Hub that connects more than 1,200 organizations to share ideas, tools, and program models.
 - Publish a white paper and a national inventory of evidence-based intergenerational programs.
 - Build relationships between younger and older women through shared cultural, linguistic, and community experiences.
3. Set Up Committees and Governance Structures
 - A Project Management Office coordinates activities, milestones, and reporting.
 - A Project Advisory Committee brings together ILCC leadership, project partners, and older women with diverse lived experiences.
 - Establish provincial and territorial ambassadors to champion the work locally, ensuring inclusion and representation across all regions of Canada.

Impact and Reach

This initiative is laying the foundation for a national, rights-based movement that ensures older women (particularly those who are racialized and of lower-income) can access housing, healthcare, income, and care systems that are fair, inclusive, and age-positive. By expanding partnerships, influencing policy, and bridging generations, we are building a Canada where older women live with dignity, connection, and equality.

Canadian Coalition Against Ageism (CCAA)

Overview

The Canadian Coalition Against Ageism (CCAA), an initiative of ILCC continues to grow as Canada's leading network dedicated to addressing ageism at every level of society. Building on the success of its initial phase, the CCAA is now being scaled and reimagined to deepen its impact, expand participation, and make engagement more inclusive and accessible. At the October meeting of the ILC GA in Cape Town it was decided that ILC GA will expand its work on ageism, expanding the Ageism Working Group to move.

This year CCAA produced two excellent tools to address agesim:

[**The Ageism Awareness & Education Module**](#) offers people across Canada and beyond a foundational introduction to what ageism is, why it matters, how it affects us all, and how

to address it. The module is available for free online on the Thinkific platform and it takes about 15 minutes to complete. The module is available in English and French and will soon in Spanish as well. <https://ccaageism.ca/ageism-module/>

The Ageism Toolkit is a complementary resource that brings together a diverse set of tools and activities to deepen understanding of ageism, explore its impacts, and promote concrete actions to challenge it across multiple sectors of society. The toolkit is currently available in English and French. <https://ccaageism.ca/ageism-toolkit/>.

Communications and Outreach

The CCAA's outreach strategy is being strengthened to increase visibility and engagement.

Human Rights Table

Recruitment for the Human Rights Table for Older People is now underway, with ILCC in the process of identifying national stakeholders from across sectors to participate. The table will bring together policy leaders, advocates, and lived-experience representatives to guide the development of a rights-based framework for older Canadians.

International Updates

- **UN Human Rights Commission (UNHRC):** In March, Margaret and Kahir attended the UN HRC. Interventions were made advocating for the Convention and full representation of older persons in the proposed working groups.
- **UN Commission on Population and Development:** In April Margaret and Kahir attended the 58th Session of the UN Commission on Population and Development. Margaret presented at a Healthy Aging Side Event with Canadian Ambassador Gort, Dr. John Beard and Ms. Amal Abou Rafeh of UN DESA, and discussed advancing UN work on older persons.
- **Side Event on Ageism and Sexism (New York, USA):** In July 2025, ILCC co-hosted a global side event highlighting the intersecting impacts of ageism and sexism on older women. The event was held at the Canadian Mission and included, amongst others, Canadian Ambassador Rae, Ms. Abou Rafeh, Dr. Rosie Pereyra, Mr. Kahir Lalji and Ms. Margaret Gillis. Margaret was also part of the Canadian Ministerial Delegation.
- **International Day of Older Persons (New York, USA):** In September 2025, ILCC served as a sponsor and contributor, reaffirming Canada's commitment to the rights and visibility of older persons worldwide.
- **Silver Economy Forum (Manchester, UK):** In November 2025, Margaret and Kahir represented ILCC, sharing insights on inclusive economic participation and the growing value of the silver economy. Margaret presented on older women and Kahir chaired a session.
- **Roundtable on Microfinancing and Digital Access (London, UK):** In November 2025, ILCC participated in an expert roundtable focused on improving digital access and financial inclusion for older women in LMICs.
- **World Social Summit (Doha, Qatar):** In November 2025, Kahir attended the World social summit participating in 2 events:

- One with the World Health Organization on age-friendly cities and communities.
- Another with BAGSO and the UK Independent Expert on Ageing, addressing labour, poverty, and inclusion for older people.