

# Committee Guide

GA 3rd



**Enhancing Support  
Systems for Elderly While  
Addressing the Impact of  
Aging Societies**



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## 1. Introduction

Honourable delegates,

It is with great enthusiasm that we welcome you to OLMUN 2026. We are most excited to be chairing the GA3rd and we look forward to meeting you very soon. In order to prepare for the conference, this Committee Guide will provide you with a brief overview of our topic and give you some ideas for further research.

But first, we would like to start by introducing ourselves.

### 1.1. Shuyen Yeh

Hey everyone,

my name is Shuyen and I'm 18 years old. I'm currently in Year 12 at the Carl Friedrich von Weizsäcker Gymnasium in Ratingen. In my free time, I enjoy horse-riding and dancing, especially ballet, something that I have practicing since I was a little child. I also love spending time with my friends, going to cafés, and travelling.

I started my MUN journey back in 2024, with OLMUN being my very first conference. Since then, I have attended BERMUN twice and this conference will mark my first time chairing. With my Co-Chairs David and Shumie I will do my best to guarantee you an unforgettable OLMUN experience!

I look forward to meeting you all in June!

### 1.2. Shumirai Mutetwa

Hi everyone,

My name is Shumirai, but I prefer to go by Shumie. I'm 18 and I'm currently in the 11th Grade at the Kooperativ Gesamtschule in Rastede. In my free time I enjoy listening to music, watching movies, reading books and comics and analysing poetry. I also hope to own a motorcycle one day.

I have participated in 5 MUNs in total but 2025 was my first OLMUN. Where I was a delegate in the GA2nd. This will be my first time chairing a large committee. I am very excited and counting down the days to meeting you all in June!

## 1.3. David Loot

Hello everyone,

My name is David (18 y.o.), and I will be co-chairing the GA 3rd at this year's conference. I have three years of OLMUN experience so far, starting in 2022 - once as a member of staff and twice as a delegate (most recently in the UNHRC at last year's OLMUN).

I live here in Oldenburg and will be completing my A-levels in June 2026. Besides the obvious things (like going out with friends and so on), I enjoy spending my time learning about international politics and history. Apart from that, I really enjoy music of all genres - from the 1950s all the way to the present day.

I'm really looking forward to meeting all of you at this year's OLMUN conference

## 2. About the GA3rd

The United Nations General Assembly Third Committee (GA3rd), or Social, Humanitarian and Cultural Committee (SOCHUM), is one of six main committees of the UN General Assembly focusing on human rights, social development, equality, and humanitarian affairs. It was founded in 1945 in reaction to the establishment of the Universal Declaration on Human Rights and addresses critical matters such as refugee protection, children's rights, and indigenous issues. Its main goal is to improve social well-being worldwide.

The GA3rd meets annually in early October, usually concluding its work by the end of November. All 193 member states of the UN can attend. Through its debates and resolutions, the Third Committee aims to strengthen international cooperation to ensure respect human rights and foster inclusive, cohesive societies.

To fulfil these objectives, the GA3rd collaborates other departments and specialised agencies of the UN to mainstream human rights and social equity into global policy and field operations.

## 3. Introduction to the Topic

This year's topic touches on the growing social, economic, and healthcare pressures caused by increasing elderly populations worldwide. It explores strengthening healthcare access, pension systems, social inclusion etc.

### 3.1. What is Demographic Change?

Demographic change refers to the long-term shifts in a population's size, structure, and distribution, primarily driven by variations in birth rates, death rates, life expectancy, fertility levels, and migration patterns. This process often manifests as population aging in many developed regions due to declining fertility below replacement levels and increasing longevity, while some developing areas experience rapid growth from high birth rates and improved survival rates. These transformations alter the age pyramid, sex ratios, and spatial distribution of people, influencing everything from family sizes to urban-rural balances over decades.

### 3.2. Why is Demographic Change an Issue?

Demographic change poses significant challenges by straining economic systems, social services, and environmental resources in varied ways across regions. In areas with rapid population growth, such as parts of sub-Saharan Africa and South Asia, governments struggle to provide adequate jobs, education, healthcare, and food security for burgeoning youth populations, perpetuating poverty and hindering sustainable development. Conversely, in aging societies like those in Europe and East Asia, shrinking working-age populations lead to labour shortages, overburdened pension and healthcare systems, and reduced productivity, while low fertility rates threaten long-term economic vitality and social cohesion. Additionally, these shifts exacerbate inequalities, migration pressures, and vulnerabilities to climate shocks, demanding adaptive policies to harness opportunities like youth dividends or healthy aging.

### 3.3. Current State

As of early 2026, global demographic trends show divergent paths: over 70% of population growth concentrates in 26 low- and middle-income countries, mainly in Africa and South Asia, while 76 nations face decline due to low fertility and aging, with older persons now outnumbering young children worldwide. The United Nations has actively addressed this through longstanding frameworks like the Programme of Action from the 1994 International

Conference on Population and Development, emphasizing reproductive rights and sustainable growth, alongside regular World Population Prospects reports by UN DESA that project peaks around 10.3 billion before stabilization. Recently, in June 2025, the UN High-level Committee on Programmes (HLCP) launched a task team led by UNFPA and UN DESA to foster system-wide coherence; this effort produced endorsed “UN System Common Messages on Policy Responses to Demographic Change” in October 2025, promoting rights-based strategies focused on human capital investment, inclusive economies, resilient communities, and data-driven governance to help member states navigate aging, youth bulges, and migration. These measures underscore the UN’s commitment to integrating demographic insights into the 2030 Agenda, preparing for ongoing shifts through evidence-based support rather than coercive interventions.

## 4. Enhancing Support Systems for Elderly While Addressing the Impact of Aging Societies

### 4.1. What Measures has the UN Taken to Combat this Issue?

The United Nations projects that by 2070, the population of persons aged 65 and older will surpass the number of children under the age of 18. This is an example of one of the many world population projections estimated by the UN over the decades even dating back to the 1980s. The issues brought up by the worldwide demographic change were first addressed in Vienna, 1982, at the first World Assembly on Ageing. Up till that time, there had been no assembly held to exclusively focus on issues relating to the elderly. The main problems addressed included the dependence of the elderly on young and economically active people, the necessity of the education of the general public on the aging process, retirement policies, housing, the protection of elderly consumers and adequate social services and health care systems.

In 1991, the General Assembly resolution 46/91 adopted the 18 United Nations Principles for Older Persons, which include but are not limited to; access to basic necessities such as access to food, water, and shelter, participation in society, financial independence, access to education as well as, dignity and fair treatment in society. The year, 1999, was declared the International Year of Older Persons by the UN General Assembly, and annually on the first of October, the International Day of Older Persons is celebrated.

The second World Assembly on Ageing was held in Madrid, 2002, with the purpose of modelling international policy on ageing for the 21st century. The Assembly adopted the Political

Declaration and Madrid International Plan of Action, which called on governments and policy makers in the global effort to address the ageing population. The plan revolved around three priorities, i.e. the elderly and development, promotion of the health and well-being of the elderly, and creating a supportive environment for the elderly.

In reports such as the UN Report on the World Social Situation 2018 and the World Social Report 2023, the importance of social protection in the form of pensions and access to healthcare is emphasised as critical in the achievement of the UN Sustainable Development Goals (SDGs). The establishment of firmer measures to support older persons with elements such as pension and healthcare, still posing disadvantages is called for.

The United Nations Population Fund (UNFPA), as a subsidiary organ of the UN General Assembly, its missions are to end unmet needs for family planning, maternal death and gender-based violence. However, with the objective of supporting countries in building resilience to and taking advantage of demographic change, has also established its Programme on Demographic Resilience.

The years 2021-2030 were proclaimed the UN Decade of Healthy Ageing (Resolution 75/131). The global collaboration, led by the World Health Organisation (WHO), aims to combat ageism, create age-friendly environments and provide integrated and long-term care in the last ten years of the SDGs.

However, despite these efforts, disparities between the established systems in developed and developing countries remain apparent.

### 4.2. What else could the UN do? / Possible Solutions

There are several additional steps that can be taken in order to enhance the current support systems for older persons while addressing the impact of the growing demographic change. The issue of effective pensions remains one of great importance and complexity. As stated in the Report on the World Social Situation 2018, a balance between adequate benefits and long-term sustainability must be reached.

Additionally, the economic problems brought about by an ageing population might be considered. As the percentage of elderly citizens within a given population grows, the working-age population, which brings the most economic value and pays the highest share of taxes, shrinks, undermining the ability of the government to properly fund increased social and healthcare costs. Policies may address the prolonging of the retirement age or the grad-

ual implementation of flexible work options.

Naturally, ageing is accompanied by increased health risks, therefore leading to a rising need for assistance. According to the Department of Economic and Social Affairs of the United Nations Secretariat (UN DESA) World Social Report 2023, there is a 13.6 million deficit of long-term care workers globally. The UN could work on establishing a regulatory framework that focuses on training, supporting and valuing long-term caregivers.

Furthermore, women are more likely to face old-age poverty than men. Older women are more likely to have worked in lower-paying jobs and because of the unequal distribution of care and domestic work, women stand to have shorter working careers and lower pension incomes even as they spend longer periods in retirement (World Social Report 2023). Thus, the promotion of policies that ensure equal access to healthcare, education, and economic opportunities for women could bridge the gap.

## 5. How to Continue

### 5.1. Research

During the conference you will represent your assigned country's point of view and try to form a resolution with fellow delegations that aim to accomplish similar goals. Thus, it is crucial that you are well informed about your country's policies to ensure a fruitful debate. We have collected a few guiding questions that can help you start your research. Furthermore, we also encourage you to critically reflect on the topic yourself, especially if the opinions you form collide with those of your delegation's policies.

Research questions:

1. Is my assigned country currently experiencing a "youth bulge" (early transition) or a shrinking workforce?
2. If our population is still young, what urgent social investments are needed to ensure that we can support an aging population in the future?
3. How does the country that I am representing define and penalise "ageism" in the workplace and in access to public services?
4. What legal mechanism exist to protect the right of the elderly to make their own decisions regarding healthcare and finances?
5. Given the demographic shift, is my country's pension system sustainable for the next 30 years?

6. What specific measures has my assigned country implemented to ensure that the elderly are not excluded from social protection systems?

### 5.2. Helpful Links

- <https://population.un.org/dataportal/home?df=9fc653a5-a637-4527-89ea-12ee787f7f77>
- <http://www.globalagewatch.org>
- <https://social.desa.un.org/issues/ageing>
- <https://www.ohchr.org/en/older-persons>
- <https://digitallibrary.un.org>
- <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>
- <https://unsceb.org/topics/demographic-change>
- <https://unece.org/population/ageing>
- <https://www.un.org/en/un-chronicle/digital-technologies-can-help-older-persons-maintain-healthy-productive-lives>
- <https://social.desa.un.org/publications/2023-leaving-no-one-behind-in-an-ageing-world>

### 5.3. Policy Statement and Draft Resolution

In preparation for the conference, you should draw up both a draft resolution and a policy statement which summarise your delegation's perspective on the topic. Each draft resolution should be at least one page long and include at least four preambulatory clauses. Priority should be placed on the operative clauses that outline specific, actionable solutions. Policy statements should be rather concise, ideally not exceeding 300 words to ensure they can be delivered within a one-minute speaking limit.

In order to support you in your preparations for this year's conference, we kindly ask you to hand in both a policy statement and a draft resolution by the 20th of May.

### 5.4. Usage of AI

Additional Information Regarding the Use of Artificial Intelligence Before and During the Conference

First of all, we as chairs would like to inform you that there are no universal rules regarding the use of AI at OLMUN 2026, which means that the presidency has provided us with full scope of action. The following guidelines therefore apply solely to our committee.

- i. You may use AI for research or as guidance when writing your draft resolution. The use of Artificial Intelligence can be helpful when searching for appropriate websites and oth-

er types of online sources. However, it is strictly forbidden to let AI compile your entire draft resolution. If we detect a submitted document that we identify as entirely AI-generated, we will kindly ask you to repeat the drafting process.

ii. If you decide to use AI in your draft resolution, please do us the favor of pinpointing the exact paragraph or sentence, so that we are able to verify this information.

iii. During the active conference sessions, you are asked to refrain from using AI altogether. Since we are neither able nor intend to monitor your digital devices, we can only urge you to follow our request for the sake of a productive as well as educational dialogue.

Lastly, we would like to remind you of the idea behind a successful Model United Nations conference. Our shared goal is to learn and grow through discussions and engagement, not through mere instrumentalization of Artificial Intelligence.

## 6. References

- <https://unsceb.org/topics/demographic-change>
- <https://unsceb.org/un-system-common-messages-policy-responses-demographic-change>
- <https://unsceb.org/sites/default/files/2025-10/UN%20System%20Common%20Messages%20on%20Policy%20Responses%20to%20Demographic%20Change.pdf>
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- [https://www.ined.fr/en/everything\\_about\\_population/demographic-facts-sheets/focus-on/2024-les-nations-unies-publient-de-nouvelles-projections-mondiales/](https://www.ined.fr/en/everything_about_population/demographic-facts-sheets/focus-on/2024-les-nations-unies-publient-de-nouvelles-projections-mondiales/)
- <https://web.archive.org/web/20100309232005/http://www.unfpa.org/icpd/summary.cfm>
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- [https://news.un.org/en/story/2023/01/1132392?\\_gl=1\\*oejp15\\*\\_ga\\*MTg3NTIwMjY3LjE3NzQ4MDAwNTI.\\*\\_ga\\_TK9BQL5X7Z\\*cZ3NzQ4MDM0NDUkbzIkZzEkdDE3NzQ4MDc0MDckajU1JGwwJGgw](https://news.un.org/en/story/2023/01/1132392?_gl=1*oejp15*_ga*MTg3NTIwMjY3LjE3NzQ4MDAwNTI.*_ga_TK9BQL5X7Z*cZ3NzQ4MDM0NDUkbzIkZzEkdDE3NzQ4MDc0MDckajU1JGwwJGgw)
- <https://www.un-ilibrary.org/content/books/9789213615478c009/read>

- <https://www.unfpa.org/ageing>
- <https://www.decadeofhealthyageing.org/>
- <https://www.who.int/initiatives/decade-of-healthy-ageing>
- <https://www.ohchr.org/en/instruments-mechanisms/instruments/united-nations-principles-older-persons>
- <https://docs.un.org/en/A/RES/75/131>
- <https://unece.org/DAM/pau/MIPAA.pdf>
- <https://www.eurasian-research.org/publication/united-nations-report-on-ageing-world-2023/>
- <https://untoday.org/a-un-convention-on-the-rights-of-older-persons-the-time-to-act/>



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