

Oral statement from IDF Europe delivered by Cameron Keighron, Diabetes Advocate and IDF Europe Youth Engagement & Strategy Lead: *Ageing is living: a strategy for promoting a lifetime of health and well-being in the WHO European Region 2026–2030*

Seventy-sixth Regional Committee for Europe: Copenhagen, 27–29 October 2026

Chair, distinguished delegates,

I speak on behalf of the International Diabetes Federation Europe as a person living with type 1 diabetes. We welcome the proposed Ageing is Living Strategy, particularly its life-course and integrated care approach and commitment to enabling dignity and autonomy in older age.

For those of us living with type 1 diabetes, which cannot currently be prevented or cured, this approach to health promotion and disease prevention means preventing complications and supporting our health, independence and well-being throughout life.

Diabetes requires care around the clock. As we age, our needs and ability to manage the condition independently may change. Advances in diabetes technology create new opportunities to support us later in life. Health systems must plan for this full life course, ensuring that care, technologies and support adapt to our changing needs, whether we receive care at home or in long-term care facilities.

The strategy calls for better coordination between health services and long-term care, and a more capable workforce. Yet staff in nursing homes and other long-term care settings do not always have the knowledge and skills needed to support the prevention of individual conditions such as diabetes or meet the treatment and care needs of people living with them. We urge Member States to address this gap by equipping staff with training, tools and access to specialist support, so they can provide care adapted to each person's changing needs while respecting their choices and independence.

As a person living with type 1 diabetes, I want to know that this care will be there as I grow older.