



World Day
for Grandparents
and the Elderly
2026



Pastoral guidelines

We suggest celebrating the *Day* – in the footsteps of tradition – around two fundamental gestures: **the celebration of a Eucharistic liturgy dedicated to the elderly** and **a visit to the elderly people who live alone in your community**.

Visiting elderly people who live alone

- Deliver the message. Visit the elderly living alone in your community to ensure that everyone – even the most isolated members – receives the Holy Father’s message of closeness and comfort that the *Day* seeks to convey.
- Show community care. Use the visit as a tangible sign of the Church reaching out, as a way of reaffirming that the elderly, even the most isolated, remain at the heart of our communities.
- Leave no one behind. Make a personal and communal commitment through these visits to ensure that no one is forgotten.
- Bring a small gift. Take the opportunity to bring a small gift, like a flower, and read the *Day*’s message and prayer together.
- Go room to room. When visiting care homes, do not stay only in communal areas but also make the effort to visit bedridden residents in their individual rooms.
- Extend Eucharistic visits. Ask extraordinary ministers of Holy Communion to extend their usual visits to the elderly, setting aside extra time for listening and sharing the message.
- Engage local families. Invite families to visit elderly neighbours living in their own apartment buildings or neighbourhoods to build closer community bonds.



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Preparing for the Day with the elderly

- Focus on them. Remember that the elderly are the main recipients of these activities and that the Holy Father's message is addressed directly to them.
- Encourage attendance. Ensure that as many elderly people as possible can participate in person in the Sunday liturgy celebrated for this occasion.
- Bring families together. Use this *Day* to help older generations and their families joyfully resume the habit of attending Holy Mass together with the whole parish community.
- Gather for reflection. Invite the elderly from your parish or ecclesial community to gather and reflect on the Pope's message, and distribute copies to all participants.
- Start ongoing groups. Consider using this *Day* to launch regular reflection groups for the elderly in your community, using the Pope's catechesis on old age as a guiding resource.
- Invite intercessory prayer. Ask the elderly to offer a special prayer for youth and for peace, honouring the ministry of intercession as a true vocation of old age.
- Include the homebound. Ensure that elderly people unable to attend in person still receive the message through the visits organised for isolated elderly members.



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Preparing for the Day with young people

- Organise ahead. Gather the young people of your community a few weeks in advance of the *Day* to explain the event and plan their visits so they reach as many elderly people as possible.
- Involve youth. Invite young people to help organise one or more of the community celebrations held in honour of the elderly.
- Share stories. Use the *Day* as an opportunity to host a gathering where young people can listen to testimonies and stories from older generations.
- Promote online. Encourage young people to launch social media campaigns to share the *Day*'s message using the hashtag **#NonnieAnziani**