



NORTHERN DIMENSION FUTURE FORUM ON HEALTH:

Healthy Ageing

DATE: Wednesday 28 November 2018, at 10:00 – 16:00

VENUE: Heureka, the Finnish Science Center, address: Tiedepuisto 1, Helsinki/Vantaa, Finland

PROGRAMME

09:30 Registration and coffee

10:00 Welcoming words

- Ms. Riitta Kosonen, Director, Center for Markets in Transition, Aalto University; Lead Coordinator, Northern Dimension Institute, Finland
- Ms. Ulla-Karin Nurm, Director, Northern Dimension Partnership in Public Health and Social Wellbeing

10:15 Keynote speech

- Transforming the Challenges of Population Ageing into Opportunities with the Survey of Health, Ageing and Retirement in Europe (SHARE), Mr. Miika Mäki, Researcher, Country Team Operator for SHARE Finland, the Family Federation of Finland

10:30 – 11:15 Knowledge Arena 1: Approaches towards preventing loneliness and mental health among Elderly

Quality of life, healthy ageing and loneliness - what can be done? Ms. Marja Vaarama, Professor, University of Eastern Finland, Strategic Research Program on Health, Academy of Finland

Volunteering as a means of social inclusion in old age: The Arctic context, Ms. Anastasia Emelyanova, Researcher, University of Oulu

Prevention of mental disorders among elderly: how to actively involve older persons and their relatives in this primary and secondary prevention, Mr. Andrey Soloviev, Professor, Director, Institute of Mental Health; Chief, Department of Psychiatry & Clinical Psychology, Northern State Medical University, Russia

Let us be active! -project, Ms. Aija Vecenane, Chief specialist, Project Manager, Riga City Council, Latvia

11:15 – 12:00 Discussion and comments from decision-makers

- Mr. Zbigniew Król, Undersecretary of State (Deputy Minister) of Health in Poland
- Ms. Sari Raassima, MP, Social Affairs and Health Committee, Finnish Parliament

12:00 -12:45 Lunch

12:45 – 13:20 Knowledge Arena 2: Supporting active and healthy lifestyles

Approaches to empower individuals to adopt and maintain healthy lifestyle to reduce the risk of type 2 diabetes, Ms. Jaana Lindström, Research Manager, National Institute for Health and Welfare, Finland, Strategic Research Program on Health, Academy of Finland

Multidomain interventions to prevent dementia. Dr. Shireen Sindi, Researcher, Department of Neurobiology, Care Sciences and Society (NVS) at Karolinska Institutet, Aging Research Center and Division of Clinical Geriatrics, Sweden

Managing active and healthy aging with use of caring service robots – Mario project, Dr. Eva Barrett, Government of Ireland Postdoctoral Research Fellow, Galway National University of Ireland

13:20 – 13:50 Discussion and comments from decision-makers

- Ms. Anna Brooks, The National Board of Health and Welfare, Sweden
- Ms. Anja Noro, Research Professor, Project Manager, Ministry of Social Affairs and Health, Finland

13:50 - 14:20 Coffee

14:20 – 15:10 Knowledge Arena 3: Creating environments supporting healthy aging

Intergenerational practice as a tool for improving ageing societies, Ms. Tiina Tambaum, Researcher, Project Manager, Estonian Institute for Population Studies, Estonia

Innovations in developing social services in Russia: focus on circumpolar areas, Ms. Elena Golubeva, Professor, Northern (Arctic) Federal University, Russia

Organizational technologies of medical and social care for people 60+ based on individual needs, Ms. Tatiana Zadorkina, Deputy Chief Doctor, Medical prevention and rehabilitation center for Kaliningrad region, Russia and Ms. Olga Andreeva, Deputy manager, Federal Research Institute for Health Organization and Informatics, Ministry of Health of the Russian Federation, Russia

Human needs approach to ageing in urban environments, Ms. Liisa Häikiö, Professor, University of Tampere, Finland, Strategic Research Program on Urbanising Society, Academy of Finland

15.10 – 15:50 Discussion and comments from decision-makers

- Ms. Mari Patronen, Senior Advisor, Services for Elderly, Association of Finnish Local and Regional Authorities
- Mr. Jyrki Kasvi, MP, Finnish Parliament

15:50 Concluding remarks

- Ms. Ulla-Karin Nurm, Director, Northern Dimension Partnership in Public Health and Social Wellbeing

Reception

The event is organized by the Northern Dimension Institute in collaboration with the Northern Dimension Partnership on Public Health and Social Well-being. The organization of ND Future Forums is financially supported by the European Commission/DG NEAR and the Ministry for Foreign Affairs of Finland.

