

出國報告（出國類別：開會）

國際高齡聯盟
第16屆全球高齡研討會
IFA（International Federation on Ageing）
16th Global Conference on Ageing

服務機關：衛生福利部國民健康署

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派赴國家/地區：泰國曼谷

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摘要

國際高齡聯盟International Federation on Ageing (IFA)於 2023年6月27日至6月30 日，在泰國曼谷舉行第16屆全球高齡研討會，此次會議主題訂為「Challenge-Transformation-Change 挑戰、轉型、改變」，係回應世界衛生組織全球高齡化及健康報告(Global Report on Ageing and Health)及全球策略與行動計畫的後續目標之實現，例如：衰弱、疫苗接種、非傳染性疾病防治、長期照護和整合照護之間的連結。研討會包括為期4天的大會會議，此研討會主題分為5項：(一)數位科技(digital technologies)與實踐、(二)高齡女性(older women)、(三)促進及維持健康功能(maintaining and improving function)、(四)所有年齡層提供免疫接種疫苗(immunisation)、(五)高齡友善環境(age-friendly environments)。

衛生福利部國民健康署以「Promoting Literacy in Dementia and Friendliness in Taiwan」(提升全國民眾之失智症識能與失智友善態度)，投稿大會第五主題「Age-Friendly Environments」，發表我國自107年起推動營造失智友善社區及失智症防治宣導之成效，展示臺灣推動失智症防治等健康促進作為，及提高臺灣推動健康促進之國際能見度。

國際高齡聯盟是世界衛生組織在高齡議題的官方合作夥伴，本次大會成員來自世界衛生組織與東南亞區署、各國政府、非政府組織、學界、產業界及個人等，遍布70餘個國家，IFA 現已擁有 45 多年的歷史，已成為國際領先的創新組織，跨學科和跨部門致力於改善老年人生活的共同目標。藉由參與此國際性會議，瞭解國際活躍老化趨勢及各國推動經驗，研討會中有討論寂寞及孤獨對於高齡者身心的影響，藉由支持性的社會與物理環境，高齡友善城市推動，加上智慧科技導入與應用，可以促進長者社交、改善長者身心健康情形，達到健康老化及在地老化。

透過本次研討會及觀摩學習，作為台灣持續推動高齡數位科技、促進及維持長者健康功能、營造高齡友善環境，以達健康老化及在地老化的參考，並與國際持續的交流與互動。

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壹、目的

- 一、本次藉由參與此國際性會議，瞭解國際活躍老化趨勢及各國推動經驗、拓展與國際老化聯盟、政府部門、民間組織及研究單位交流。
- 二、透過口頭發表「Promoting Literacy in Dementia and Friendliness in Taiwan」(提升全國民眾之失智症識能與失智友善態度)，分享我國推動營造失智友善社區及失智症防治宣導之成效及健康促進作為，及提高臺灣推動健康促進之國際能見度。
- 三、瞭解各國推動高齡女性、促進及維持健康功能及高齡友善環境情形，並藉研討會現場與各國推動活躍老化及高齡友善環境之主要推動者交流，瞭解世界衛生組織及各國推動活躍老化相關政策的現況及未來方向，增進與參與國際會議之各國代表建立活躍老化相關專業夥伴關係，提升國際合作機會，並汲取他國推動健康識能經驗，作為日後規劃提升國內推動活躍老化相關政策之參考。

貳、過程

本次研討會為112年06月27日至06月30日，參加第16屆全球高齡研討會會前工作坊，及後續為期3天的國際研討會大會，出國行程表如下。

一、行程

日期	行程
06月26日(一)	啟程至泰國曼谷
06月27日(二)	參加「第16屆全球高齡研討會」會前工作坊
06月28日(三) 06月29日(四)	參加「第16屆全球高齡研討會」開幕典禮、專題演講、平行會議、本署口頭發表、海報及攤位展示
06月30日(五)	參加「第16屆全球高齡研討會」平行會議、返程回臺灣

二、內容說明

(一)第16屆IFA國際高齡聯盟研討會會前工作坊

第16屆全球高齡研討會會前工作坊，主題為：「整合式長期照顧的原則與實踐 Models of Integrated Long-term Care Principles and Practice」。會議的目標是在全球高齡化下，增進各國對於當前長期照顧模式工作的理解。讓政策制定者和從業者分享良好做法和經驗，如何連結正規及非正規照顧者，以增進高齡者的生活品質。工作坊內容議題包含：(一)「長期照顧模式類型和範圍之回顧及概述」，「攸關性命的長期照護—以人為本之提升生活品質成效」。(二)「世界衛生組織長期照顧服務架構」，政策環境及照護系統現況-漸進式發展與政策創新的挑戰與機會。(三)「2023年向前邁進—確認長期照護發展的3項首要任務或新系統規劃-何為首要需解決之問題？」。

工作坊中世界衛生組織的專家提及，長期照顧主要目的為提升身體內在功能能力或減緩身體內在能力的下降，如何提供可負擔性(Affordable)、可近性(Accessable)、公平性(Equitable)的長期照顧服務至為重要。世界衛生組織的長

期照顧服務架構中，需考量：(1)跨政府部門、公私協力、衛社政等全面性的整合。(2)永續的財務。(3)服務輸送體系的提供。(4)創新與研究。多數長者住在家裡，如何提供相關服務與照護，包含：研發「照護指引」、「工具包」，以及「線上資源」，以提供主要照顧者、民眾使用。

加拿大多倫多大學教授 Prof. William E. Reiahan 分享疫情流行與長期照顧，需要關注慢性疾病防治的問題與解決方案，強化居民有意義的生活品質服務、確保高品質及安全的照顧、推動品質促進、強化健康和全面推展工作。加拿大有8成長者居住在家裡，因此，政府、服務提供者、媒體等，需要多研發居家在宅策略與活動。另，香港社會服務聯會則分享針對長者咀嚼及吞嚥等問題，研發「高齡友善飲食」在長期照顧服務機構等作法與經驗。世界衛生組織亞太地區健康老化與創新執行長 Dr. Sakarn Boonnag 分享泰國、馬來西亞及新加坡等國家在推動居家、機構式照護、失智症患者照護及主要照顧者支持等。

聯合國亞太地區區署辦公室負責健康老化宣言之推動的 Dr. Rintaro Mori 談到，勞動市場、經濟永續是高齡社會亟需面臨的問題與挑戰。中等收入國家面臨的問題，包括：女性參與勞動市場、出生率低、需要被照顧長者增加、缺乏家庭支持等。



另，南非波切夫斯特魯姆大學教授 Dr. Jaco Hoffman 提出三個策略：(1)開發發展投資案例。(2)家庭/社區支持。(3)跨部門整合、跨世代參與。



紐西蘭社會署高齡辦公室主任表示，長期照顧需建立以實證為基礎，並進行需求評估與服務整合。建議未來挑戰與機會應著重：

(1)長者內在功能能力的提升與維持、(2)資料整合與應用、(3)永續財源(財務系統)、(4)強化世代融合、(5)公平接受照護服務。

(二)第 16 屆 IFA 國際高齡聯盟全球高齡研討會議概況

研討會包括為期4天的大會會議，此研討會主題分為5項：(一)數位科技(digital technologies)與實踐、(二)高齡女性(older women)、(三)促進及維持

健康功能(maintaining and improving function)、(四)所有年齡層提供免疫接種疫苗(immunisation)、(五)高齡友善環境(age-friendly environments)等。大會製作宣導影片說明本次研討會主題。

GLOBAL CONFERENCE ON AGEING THEMES



06月28日開幕致詞，研討會安排國際高齡聯盟主席Mr.Graeme Prior、香港社會服務聯會主席Mr. Bernard Chan致歡迎詞。Prof. Denise Eldemire-Shearer為大會的主講人，牙買加西印度群島大學高齡與健康中心 Prof. Denise Eldemire-Shearer自1982年以來一直致力於高齡領域，40多年來的時間從事研究和參與制訂公共政策。身為牙買加全國高齡公民委員會主席，於1997年啟動了國家高齡政策，其中包含：活躍老化和聯合國健康老化十年宣言活動。她透過發表許多文章並利用研究實證發現來支持強化高齡者健康促進宣導，尤其是高齡女性的政策和方案。身為臨床醫師，自1985年以來一直與世界衛生組織(WHO)合作開展多項活動，體認到高齡是發展中國家面臨的挑戰，因此需要採取適當的因應機制。其亦為熱心關愛高齡健康服務的倡導者，世界衛生組織將其納入當前的「健康老化十年」倡議，該倡議在重要的國際議程中推廣。

研討會每天安排IFA咖啡館論壇-與全球意見領袖對話交流，論壇旨在幫助影響和制定改善高齡者生活質量的政策予當代和後代的老年人。此為期四天的活動將匯集目標和集體行動，對每個人在健康老化領域的啟發，與全球各國非政府組織的其他領袖一起齊聚一堂，透過來自政府、民間組織、學術界和產業界的決策者研究討論，這些決策者共同影響有助於塑造高齡者生活的政策。

加拿大多倫多的Satya Brink是高齡政策研究國際顧問，專長於提供關於延長壽命、其經濟、社會和文化影響結果及其潛力的全球證據，強調終身學習如何增強老年人口的生產貢獻，提出有目標的生活和現代高齡化的政策，系列叢書的一部分：《國際高齡化視角》（Int. Perspect. Aging，第 39 卷）。The Longevity Dividend Later Life, Lifelong Learning and Productive Societies是Satya Brink在2023最新出版的書籍，主要討論長壽紅利晚年生活、終身學習和社會生產力。



馬克·拉赫曼 (Mark Lachmann) 博士是西奈衛生局醫療事務副總裁。他是老年精神科醫師，致力於治療急性、復健、長期護理和社區環境中的患者。他是安大略省老年病學領導辦公室的老年精神病學主任。在從事老年精神病學之前，拉赫曼博士在詹姆斯灣和巴芬島擔任了十年的家庭醫師。主要臨床和研究興趣是城鄉環境中基於跨文化社區的老年人心理護理和創傷護理。



(三)會議重點摘述：

06 月 28 日至 06 月 30 日專題演講及平行場次重點摘要。

(1) 數位科技 (digital technologies) 與實踐

COVID-19 大流行證明了衛生醫療保健系統中數位科技的重要性，以及遠距醫療在促進高齡者健康的關鍵作用。由於大流行的影響仍然存在，衛生醫療保健系統需要繼續發展，以滿足人口高齡化的健康要求。在家戴耳機使用電

腦的高齡女性，快樂的老年生活方式概念。高齡者受到數位科技技術進步和人工智能（AI）相關變化的影響尤為嚴重，高齡者相形比較缺乏數位資訊素養以及互聯網和通信



技術的使用能力，特別是在低收入地區。這些障礙加劇了健康差距，使高齡者和弱勢群體面臨更大的風險。人口高齡化日益增長的全球趨勢需要在健康老化和數位科技技術的討論中採取跨學科和多部門的合作。運用科技技術協助監測及提供高齡者照護，以支持與強化高齡者的內在能力和功能能力。如環境設備控制溫度、光、門窗、認知促進、移動監測等，能提升高齡者之認知與日常活動能力。

研討會分享報告中，有從「失智症」及「失智症主要照顧者」角色來探討與討論，透過由主要照顧者、小孩等角色的觀察等運用影片拍攝生活記錄，紀錄失智者生活過程所發生的事物，如何對失智者及主要照顧者提供支持。影片敘述透過科技運用來輔助監測與提供照護。而失智症患者



狀況，就如海邊潮水，漲退潮有好有壞的變化。與失智症患者溝通對話，「明天」是個重要善用之用語。重要的是看「全人」，以人為中心照護，且將影片作為失智症病患主要照顧者的訓練教材資源。

(2) 促進及維持健康功能（maintaining and improving function）

健康老化的關鍵是在整個生命過程中維持功能並預防衰弱，來自 28 個國家的最新研究發現，老年人衰弱的風險很高，估計六分之一的社區居住老年人

可能會經歷衰弱。Dr. Arvind Mathur 在世界衛生組織東南亞區域辦事處以及印度等國家辦事處擁有長期工作經驗。他一直積極參與對該區域內外成員國的政策倡導、計劃管理、關係建設、夥伴關係發展和技術援助。



而如何採取相關行動措施，從個人衛生與服務方面，促進及維持健康功能，以預防及延緩失能失智是各國努力的重點。世界衛生組織長者整合式照護（Integrated care for older people, ICOPE）指引，為了實現健康老化，需要採取持續行動來保持功能能力並防止衰弱。於高齡長者（認知功能、行動能力、營養、視力、聽力、憂鬱等）6大面向評估後，提供符合需求之衛教及轉介，包括慢性病防治、推廣運動、教導均衡飲食。因此，需要連結地方政府、民間組織資源，改善並營造友善環境（高齡友善城市環境及失智友善社區），讓高齡長者能走出家門接受這些服務，以促進及維持健康功能。

另，英國分享「Healthy Ageing and Prevention Index」健康老化和預防指數由ILC-UK（The International Longevity Centre）研發，是一個全球指數，根據與健康老化和預防相關的六項指標，包括：壽命、健康壽命、工作壽命、收入、環境績效和幸福等，對121個國家進行排名。目前英國、瑞士、加拿大、澳洲、新加坡、日本、泰國、馬來西亞等全球50個國家參與應用此指數，研究分析發現評比指數前段、後段的國家，有明顯的落差與不平等。英國計畫團隊負責的計畫主持人，本署出國人員並與其交換名片及合影，其有邀請臺灣未來可參與。



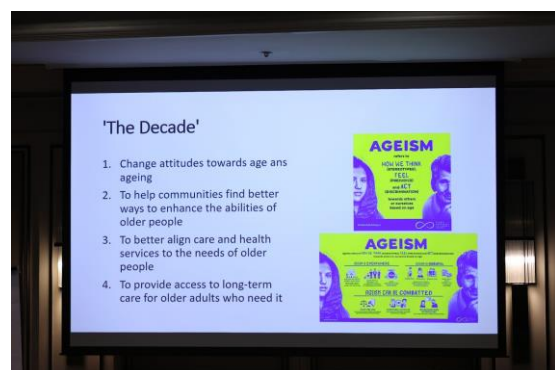
(3) 高齡女性健康（older women）

由Linda Jastin及Dan Levit擔任與談人，場次的進行以輕鬆聊天的方式，與會



者發表每個人對高齡老化的看法、如何避免高齡女性的性別歧視（**Gender Discrimination Among Older Women**）的產生、在疫情下如何持續線上參與學習、如何健康老化等。

報告中提及有些國家（例如：印度）在幾個世紀以來普遍存在的性別不平等現象，男女之間的健康、教育、經濟和政治不平等，一一對高齡女性造成的影響尤其嚴重，因為她們被剝奪了發展的好處，並將她們從主流中邊緣化。性別不平等及其社會原因影響老年婦女的健康和經濟狀況。印度的性別不平等是一個多方面的問題，年輕和年長的女性都關心這一問題。



(4) 所有年齡層提供免疫接種疫苗（**immunisation**）

疫苗接種是最有效的公共衛生干預措施，但所有國家的所有疫苗可預防疾病（例如 **COVID-19**、流感、肺炎）的成人疫苗接種率都很低。疫苗政策的改變是一個漫長而艱鉅的過程，特別是對於經常被視為衛政和社政體系視為負擔的人群而言。**COVID-19** 不僅凸顯了保護和確保那些面臨嚴重、危及生命併發症高風險族群權利的重要性，以及構建醫療保健系統以應對特定人群的方式。首先，反映整個生命週期公平獲得疫苗，是國家人口健康的基礎。

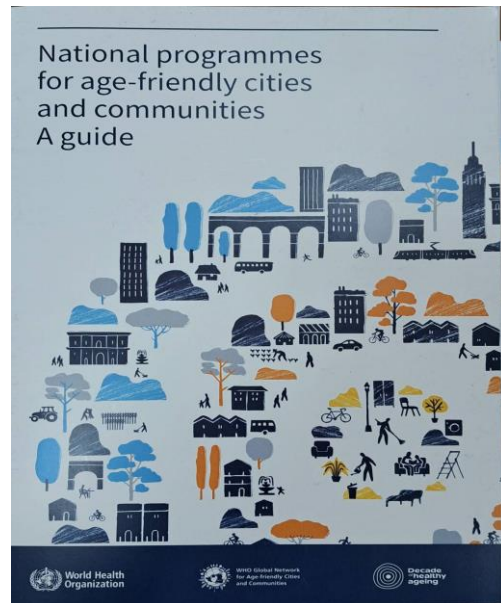
體系制度的改革雖然複雜，但迫切需要增加國家對監測系統等基礎設施的持續投資，



需要確保以可靠的流行病學證據為基礎，以作為國家免疫計劃的決策參考，以即時、適當和負擔得起的免疫接種機會減少不平等。

(5) 高齡友善環境(age-friendly environments)及失智症照護

世界衛生組織代表亦於研討會中推廣發表的「National programmes for age-friendly cities and communities: a guide」，旨為創造對高齡者友善的環境，使所有人都能在適合自己的地方安享晚年、融入社會，為社區做出貢獻，同時實現獨立與健康。發展高齡友善城市 and 社區（age-friendly cities and communities，AFCC）是為每個人創造更加高齡友善環境的之有效的方法。本指引提供各國制定或規劃AFCC計劃的參考。指引包括：關於讓高齡者有意義地參與創建高齡友善環境的建議、現有國家 AFCC 計劃的詳細示例以及創建或加強此類計劃的實際步驟。指引的願景是讓所有國家在聯合國健康老化十年（2021-2030）結束時建立國家 AFCC 計劃推動到各個鄰里、城市、國家。



本場次主題為「Innovations supporting people living with dementia and their caregivers」，包含來自澳洲、英國、新加坡、臺灣等國家發表失智症議題成果，本場次由Dr. Cynthia Stuen是IFA駐聯合國的主要代表。目前擔任紐約非政府組織高齡問題委員會主席，並於2015年至2019年擔任副主席。她是2015年聯合國國際老年人日活動的聯合主席，還負責非政府組織婦女地位委員會的問題。Dr.Stuen在 Lighthouse International任職24年期間擔任過多種職務，最後一個職位是擔任高級副總裁兼首席專業事務官，負責在國家、州和地方各級倡導高齡者權益。Dr.Stuen是美國高齡化協會（American Society on Aging，簡稱ASA）的前任主席，該協會是美國高齡領域最大的專業組織。她是美國老年學會和紐約醫學院的院士、紐約州高齡化協會的前任主席，整個職業生涯都在高齡領域。

新加坡大學分享主題為「失智症病患家庭照顧者之照顧負荷與支持」。英國ILC-UK（The International Longevity Centre）分享主題為「以人為中心之失智症照護」。澳洲分享主題為「早發性失智症之社區機構照護模式」。國民健康署發表「提升全國民眾之失智症識能與失智友善態度」（Promoting Literacy in

Dementia and Friendliness in Taiwan) ，分享我國推動營造失智友善社區及失智症防治宣導之成效及健康促進作為，包含如下：臺灣人口高齡化趨勢、失智症人口推估、失智症防治照護政策綱領2.0等，藉由跨部門合作，給予失智者以及照顧者家庭醫療照護與社區支持的資源，演說中播放本署製作之「如果你迷路」繪本影音、「長者活躍老化競賽剪輯影片」，主持人及本場次之各國與會者，對於國民健康署推動長者營養及健康飲食、長者活躍老化競賽、失智友善社區等，透過多元行銷的方式增進民眾識能，提升大眾對於失智症的認識與友善的態度，並藉由慢性疾病防治與管理、鼓勵長者運動以及營養均衡飲食，降低罹患失智症的風險、推動高齡及失智者社會參與，共同營造健康樂齡、失智友善的環境等工作成果感到讚許。



參、心得與建議

一、營造友善社區，建構高齡城市，以實踐「在地安老」及「活躍老化」

我國人口快速老化，推估2025年時，65歲以上人口將超過總人口20%，邁入「超高齡社會」，且考量長者多於社區活動，為讓服務更貼近長者，國民健康署自99年起積極引領地方政府推動「高齡友善城市計畫」，在基層組織跨域平台研議優先議題，逐步改善不利長者社區生活的障礙，增進長者社會參與及活躍老化；此外，並持續透過辦理「健康城市暨高齡友善城市獎項評選」活動，藉此樹立典範及展現各地方政府高齡友善城市永續發展之推動成效。

「健康」是基本人權，也不單是衛生單位的事，是需要大家一起努力的。高齡友善議題，需因地制宜發展在地化的多元策略，不僅需要跨部門平台，建立夥伴關係，也需要社區組織及資源的連結，共同為社區健康而努力。未來將持續依據世界衛生組織指引及此次研討會相關新知，透過「倡議」、「媒介」、「賦能」來帶領地方政府，推動高齡友善環境，未來將持續與各地方政府、學界及民間團體建立夥伴關係，整合並運用社區資產，將高齡友善納入施政核心，營造出因地制宜的高齡友善環境，讓每位長者無論到哪裡都方便，鼓勵長者走入鄰近的社區據點，參與活動、認識新朋友，達到「在地安老」及「活躍老化」的目標。

二、高齡營養與質地調整飲食之推廣

此次大會，香港社會服務聯會則分享針對長者咀嚼及吞嚥等問題，研發「高齡友善飲食」在長期照顧服務機構等作法與經驗。然而，各國對於「高齡營養議題」的分享與討論尚闕如，此次研討會與國際專家學交流過程中，亦說明及贈送營養議題之相關文宣製作物。未來可將臺灣推動之經驗及成果，在相關國際研討會發表，將有助提高臺灣推動健康促進之國際能見度。

依據106年國民健康訪問調查結果顯示，65歲以上長者，有70.6%部分缺牙；21%的長者覺得自己的牙齒（包括裝假牙者）功能狀況不好，63.2%的長者因為牙齒狀況、咀嚼或吞嚥的問題，而限制吃東西的種類。而營養的好壞攸關長者的健康，為呼應行政院頒布『高齡社會白皮書』，營造高齡友善飲食環境，國民健康署自111年起，全台跑透透，教導飯店、餐飲業、社區據點等製作長輩可以咬得動、吃得下的質地調整飲食，讓長輩餐餐吃得營養開心。國民健康署為照顧牙口和咀

嚼功能逐漸低下的長輩，依實證基礎與我國飲食習慣，推出「高齡營養飲食質地衛教手冊」，除運用「食材挑選」、「切割烹煮技巧」、「簡易檢測方式」，製備適合且容易入口的食物，還透過設計教案工具、培訓種子師資等方式，已於全國輔導超過100家餐飲業者和社區據點加入提供高齡美味餐點的行列。也透過辦理「質地調整飲食成果發表會」，展現中央地方、社區營養推廣中心、餐飲業者及民間團體等為提升營養識能、推動質地調整餐點的努力，也期盼透過經驗的分享與交流，讓更多團體、業者共襄盛舉，一起提供長輩更完善的營養照護。


三、長者整合式照護 (ICOPE) 之推廣

根據統計資料，截至111年底國內65歲以上人口逾408萬人，占全人口之17.6%，依據衛生福利部106年老人狀況調查報告，65歲以上長者有17.5%有衰弱風險。當長者身體出現失能的情況時，死亡率會比未失能者來得更高，國民健康署參考世界衛生組織長者整合式照護 (ICOPE) 策略，針對長者六大能力「認知、行動、營養、視力、聽力及憂鬱」建立評估模式，整合為一套「長者功能評估」，希望透過這評估工具可以早期發現功能衰退，及早介入運動、營養飲食及社交互動等活動，預防延緩失能。未來將持續提供長者功能評估服務，及增加服務之可近性。

四、著重高齡科技創新與研發數位學習相關資源

多數長者住在家裡，如何提供相關服務與照護，包含：研發「照護指引」、「工具包」，以及「線上資源」，以提供主要照顧者、民眾使用。特別是COVID-19疫情後，應爭取相關科技預算及資源，著重於高齡科技創新與研發數位學習，運用科技的技術協助監測及提供高齡者照護，以支持與強化高齡者的內在能力和功能能力。


附錄一、發表簡報



Promoting Literacy in Dementia and Friendliness in Taiwan

Presented by:
**Health Promotion Administration (HPA),
 Ministry of Health and Welfare, Taiwan**

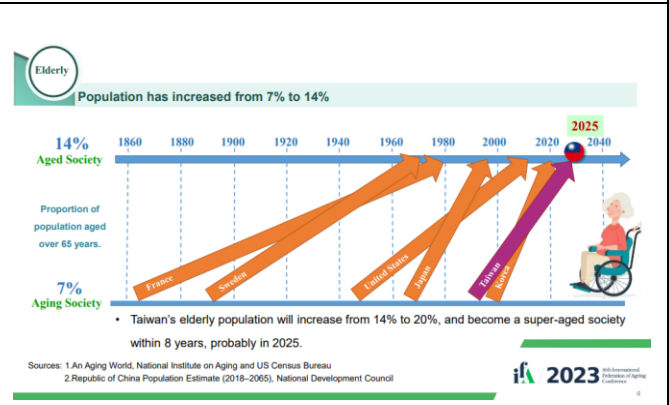
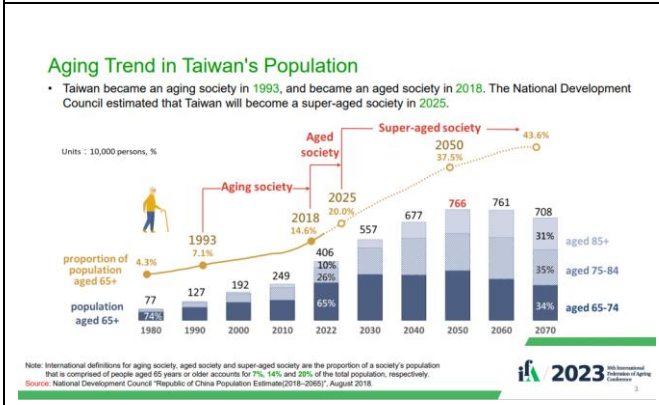
Presenter: Shu-Ying Lo
 Authors: Chao-Chun Wu*, Shu-Li Chia, Hsi-Lun Wei
 Shu-Ying Lo, Chen-Su Lin



Agenda


- 1 Elderly population in Taiwan
- 2 Dementia population in Taiwan
- 3 National dementia prevention and care policy 2.0 in Taiwan
- 4 Raise people's dementia awareness and friendliness
- 5 Accomplishments of local governments






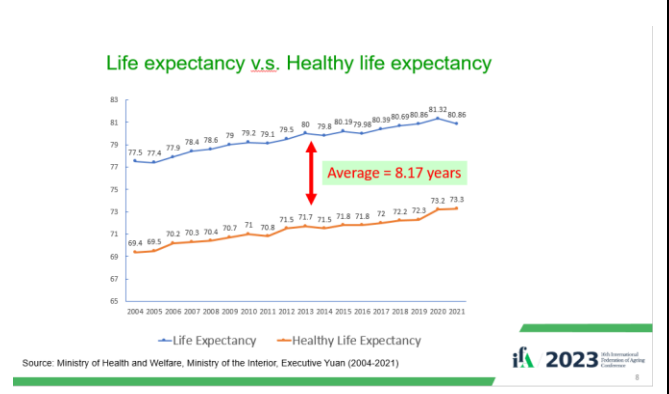
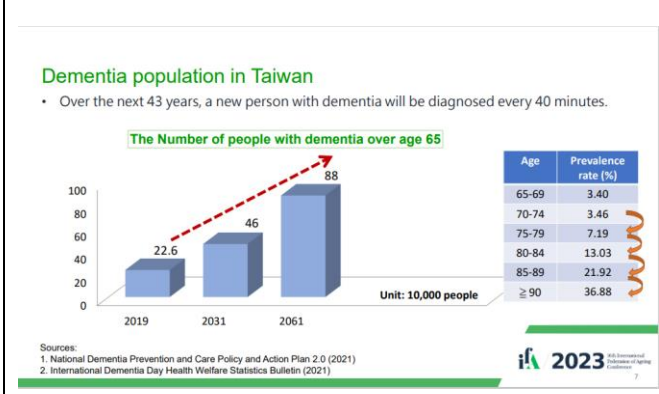
Top 10 Causes of Death over age 65 in Taiwan

Priority	Age 65-74		Age 75-84		Age over 85	
	Causes of Death	Mortality Rate (Per 100,000 population)	Causes of Death	Mortality Rate (Per 100,000 population)	Causes of Death	Mortality Rate (Per 100,000 population)
1	Cancer	571.0	Cancer	1,182.0	Heart diseases (Excluding hypertensive diseases)	1,931.5
2	Heart diseases (Excluding hypertensive diseases)	154.7	Heart diseases (Excluding hypertensive diseases)	511.4	Cancer	1,921.5
3	Diabetes	104.4	Pneumonia	363.6	Pneumonia	1,686.4
4	Cerebrovascular diseases	96.3	Diabetes	341.9	Cerebrovascular diseases	1,002.1
5	Pneumonia	71.9	Cerebrovascular diseases	328.3	Hypertensive diseases	937.0
6	Accident	50.5	Hypertensive diseases	181.6	Diabetes	818.4
7	Hypertensive diseases	45.9	Chronic lower respiratory diseases	180.6	Chronic lower respiratory diseases	749.4
8	Nephritis, renal syndrome and nephropathy	40.6	Nephritis, renal syndrome and nephropathy	159.9	Vascular and unspecified dementia	536.4
9	Chronic lower respiratory diseases	35.6	Accident	113.5	Senility	528.6
10	Chronic liver diseases and cirrhosis	29.2	Vascular and unspecified dementia	74.2	Nephritis, renal syndrome and nephropathy	496.7



Top 10 Causes of Death over age 65 in Taiwan

Priority	Age 65-74		Age 75-84		Age over 85	
	Causes of Death	Mortality Rate (Per 100,000 population)	Causes of Death	Mortality Rate (Per 100,000 population)	Causes of Death	Mortality Rate (Per 100,000 population)
1	Due to All Causes of Death	1,607.9	Due to All Causes of Death	4,858.8	Due to All Causes of Death	16,119.7
2	Heart diseases (Excluding hypertensive diseases)	162	Heart diseases (Excluding hypertensive diseases)	541.8	Cancer	2,144.3
3	Diabetes	104.2	Severe specific infectious pneumonia (COVID-19)	388.7	Pneumonia	1,737.5
4	Severe specific infectious pneumonia (COVID-19)	98.9	Pneumonia	373.5	Severe specific infectious pneumonia (COVID-19)	1,455.9
5	Cerebrovascular diseases	95.9	Diabetes	344.4	Hypertensive diseases	1,012.7
6	Pneumonia	76	Cerebrovascular diseases	330.6	Cerebrovascular diseases	1,009.9
7	Accident	53	Hypertensive diseases	200.6	Diabetes	941.4
8	Hypertensive diseases	48.8	Chronic lower respiratory diseases	175.3	Chronic lower respiratory diseases	774.5
9	Nephritis, renal syndrome and nephropathy	46.1	Nephritis, renal syndrome and nephropathy	161.4	Senescence	567.3
10	Chronic lower respiratory diseases	37.2	Accident	121.5	Vascular and unspecified dementia	564.0

World Health Organization Decade of Healthy Ageing 2021-2030

2021 WHA conference topics: 4 major action areas of the Decade of Healthy Aging(2021-2030)

Long-term care

- Age-friendly long-term care organization
- Long-term care institution
- Day care
- Family care
- Establish an interdepartmental cooperation mechanism

Elimination of age discrimination

- Raise the public's understanding of aging
- Age discrimination publicity campaign
- ...

Integrative care

- Integrated Care - Elderly Centered
- Health, Pre-frailty, Frailty
- Aging research
- Integrated Care for Older People(ICOPE)
- Chronic disease risk assessment
- Prevention and treatment of hypertension, diabetes and hyperlipidemia
- Metabolic Syndrome Management

Age-friendly cities and communities

- Senior Health Promotion Station
- Silver Hair Fitness Clubs
- Community Nutrition Promotion Center
- Age-friendly cities and communities
- Dementia-friendly communities
- Age-friendly Health Care Organizations
- Age-friendly Technological Interactive Platform

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Dementia Prevention and Care policy in Taiwan

National Dementia Prevention and Care Policy and Action Plan 2.0
Taiwan is the 13th country in the world to formulate a national policy framework.

2020

22 Local governments Action Plans

"2025 Dementia-friendly Taiwan 777"

- More than 70% of family caregivers with dementia receive support and training.
- More than 70% of the population with dementia has access to diagnosis and services.
- More than 7% of the people in the country have a correct understanding and friendly attitude towards dementia.

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7 Domains of Global Dementia Prevention Action Plan

- Dementia as a public health priority
- Dementia awareness and friendliness
- Dementia risk reduction
- Dementia diagnosis, treatment, care and support
- Support for dementia caregivers
- Information systems for dementia
- Dementia research and innovation

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Dementia Prevention and Care Policy and Action Plan 2.0 Cross-domain cooperation

Strategies	Responsible ministries
1. Recognize dementia as a public health priority 列失智症為公共衛生之優先任務	Ministry of Health and Welfare (衛福部) Ministry of Justice (法務部) Ministry of Labor (勞務部) Financial Supervisory Commission (金管會) Ministry of Interior (內政部)
2. Raise dementia awareness and friendliness 提升大眾對失智症之認識及友善態度	Ministry of Health and Welfare (衛福部) Ministry of Education (教育部) Ministry of Transportation (交通部) Ministry of Interior (內政部)
3. Reduce the risk of dementia 降低罹患失智症之風險因子	Ministry of Health and Welfare (衛福部)
4. Comprehensive dementia diagnosis, treatment, care and support 健全失智症診斷、治療及照護網絡	Ministry of Health and Welfare (衛福部) Veterans Affairs Council (退輔會)
5. Support and assistance to family caregivers of people with dementia 普及對失智症家庭照顧者的支持協助	Ministry of Health and Welfare (衛福部) Ministry of Justice (法務部)
6. Construction of dementia information collection and analysis 建置失智症資訊蒐集與分析平台	Ministry of Health and Welfare (衛福部)
7. Promoting innovation dementia research and development 推動失智症之研究與創新發展	Ministry of Health and Welfare (衛福部) National Health Research Institutes (衛研院)

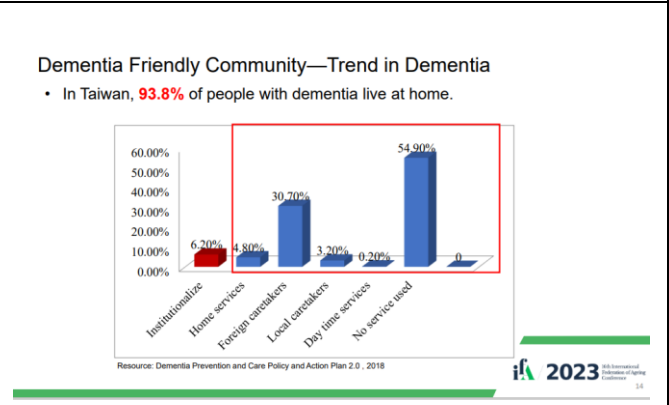
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2017-2025 Global Dementia Action Plan Strategies

- Recognize dementia as a public health priority
- Raise dementia awareness and friendliness
- Reduce the risk of dementia (HPA)
- Provide dementia diagnosis, treatment, care and support
- Provide Support for dementia caretakers
- Build information system for dementia
- Promote dementia research and innovation

Dementia-friendly Community (DFC)
A dementia-friendly community is a community in which people with dementia can be understood, respected, included and supported.
(Alzheimer's Society - 2018)

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● Raise dementia awareness and friendliness

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Promoting dementia friendliness framework

Vision • Raise the public's dementia awareness and friendliness

Goal > To enhance dementia literacy > To cultivate friendly attitude > To reduce dementia risk

Implementation

Constructing dementia-friendly environment

- Environment
- Organizations
- Residents
- Participation

Promoting social participation

- Nutrition
- Exercise
- Active aging competition

Dementia prevention material

Brochure

Video

Dementia resources platform

Health 99+ Lifetime Resource

失智友善社區營造平台

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Raise the public's dementia awareness and friendliness

Social media

HPA Official Facebook / Poster

Podcast

Multiple marketing

Dementia-friendly Microfilm

Press conference

Multiple materials

Picture book with animation

Dementia prevention online courses

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Dementia
Commission

10 Early Signs and Symptoms of Alzheimer's

• E-Leaflet

1 Memory loss that disrupts daily life

2 Challenges in planning or solving problems

3 Difficulty completing familiar tasks

4 Confusion with time or place

5 Trouble understanding visual images and spatial relationships

6 New problems with words in speaking or writing

7 Misplacing things and losing the ability to retrace steps

8 Decreased or poor judgment

9 Withdrawal from work or social activities

10 Changes in mood and personality

10 Early Signs and Symptoms of Alzheimer's

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Four elements of dementia-friendly community

- To construct dementia-friendly community networks to ensure that people with dementia can live safely and participate in social activities with dignity.

- Dementia-friendly environment:** To improve facility such as accessibility/ramps/lighting/anti-slip /transportation, etc.
- Dementia-friendly organizations:** To provide friendly assistance (e.g. giving beverages and rest places) in shops/banks/eateries/police stations/temples/churches, etc.)
- Increasing participation of people with dementia and their families:** Through multiple marketing and education, construction of community resource networks to ensure those with dementia can maintain daily living.
- Dementia-friendly residents:** With correct understanding, attitude and human rights towards dementia, and also have willingness to provide assistance, remove labeling, eliminate prejudice for people suffer from dementia.

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Dementia-friendly Community

Dementia-friendly Community Project
County-level promotion group ;
Cross-departmental action at the township level

Item	2018	2019	2020	2021	2022
Dementia-friendly Community (Number of participating cities)	4 units (4 cities)	10 units (9 cities)	41 units (22 cities)	76 units (22 cities)	94 units (22 cities)
Cumulative number of dementia-friendly angels	53,000	197,000	415,000	516,000	453,000
Cumulative number of dementia-friendly organizations	1,851	5,598	9,211	12,000	11,000

7% target in 2025

5% (KPI) in 2020
People have a correct understanding and friendly attitude towards dementia (Targeted 5.6% in 2020)

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Multiple marketing and publicity promotion

Social media

Facebook

Magazine Articles

Multiple marketing

Press conference (2022.11)

Supermarkets' TV Wall

Exhibitions & Events

Annual Public Health Conference (2020.9)

Public exhibition of International Dementia Month (2020.9)

Materials

Animation picture book

Online Courses

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Dementia-friendly Education Resources

- Dementia-friendly micro-film**
- Health99+ web Education Resource**
- Dementia-friendly resources platform**

• Micro-film "Yage in the online fitness class": The protagonist Yi-ge performed in the online fitness class with unscripted date the coach (played by Hsing-Chun Kuo, an Olympic weightlifting gold medalist) keenly aware of his signs of dementia, and encourage him to seek diagnosis in clinic as soon as possible. Early detection and treatment of dementia can improve our quality of life.

• English full version micro-film in 5 minutes (<https://www.youtube.com/watch?v=9cuA4kPLiU8>)

• English version micro-film in 30 seconds (<https://www.youtube.com/watch?v=G-KGYN8QpIE>)

iH 2023 International
Dementia
Commission

2022 "Dementia-friendly Hope Action +1" event nationwide

- Connected 22 counties and cities nationwide to promote "Dementia-friendly Hope Action +1" event
- "If You Lose Your Way" picture book : The image of getting lost projected the mood of people and families who suffer from dementia.

Press conference

"If you lose your way" picture book and animation

Picture book animation video (Chinese, 5 minutes)
<https://youtu.be/777f02u2564>

Picture book animation video (English, 5 minutes)
<https://youtu.be/777f02u2564>

Picture e-book (Big) (48, 5 minutes)
<https://health99.hpa.gov.tw/material/7925>

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Dementia
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"Dementia-friendly Hope Action +1" event nationwide

➢ 12 districts has specific characteristic dementia-friendly communities in Taipei City.

➢ The alliance with the Post Office provided dementia-friendly training in Chiayi County.

➢ Lohas brain health bus toured to provide dementia-friendly service in New Taipei City

➢ The hair salons were invited to become dementia-friendly organizations in Tainan City.

➢ The anti-lost peace symbol to let people with dementia back home safely in Chiayi City.

iH 2023 International
Dementia
Commission

2017-2025 Global Dementia Action Plan Strategies

- 1. Recognize dementia as a public health priority
- 2. Raise dementia awareness and friendliness
- 3. Reduce the risk of dementia (HPA)
- 4. Provide diagnosis, treatment, care and support
- 5. Provide Support for dementia caregivers
- 6. Build dementia information collection and analysis platform
- 7. Promote dementia research and innovation

2017-2025 全球失智症行動計畫

Dementia-friendly Community (DFC)
A dementia-friendly community is a community in which people with dementia can be understood, respected, included and supported.
(Alzheimer's Society - 2018)

(Dementia Prevention and Care Policy and Action Plan 2.0, 2018)

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85% of the elderly has 1 type of chronic disease.

About 17% of the elderly is at risk for frailty.

1 person is diagnosed with cancer every 4 minutes and 58 seconds.

This has been 1 minute 58 seconds faster over the last 10 years.

Note:
1. Source for the top 10 causes of death is the Department of Statistics, Ministry of Health and Welfare.
2. Information on elderly health is based on the 2018 Health Promotion Administration, Ministry of Health and Welfare frailty assessment of those aged 65 years or older in Taiwan.
3. Information on cancer incidence is based on the 2016 Health Promotion Administration, Ministry of Health and Welfare records of cancer registries.

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Building up an environment for active and healthy aging

- Prevent and Delay Disability – Physical Activities in the Senior Health Promotion Courses

✓ In 585 community elderly centers, health promotion courses with reference to ICOPE assessment are provided in 2022.

Target population
Priority is given to frail, sub-healthy and healthy elders over 65.

Assessment
Use the ICOPE scale

Sports instructor provides courses

Prevent and Delay Disability

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Prevent and Delay Disability - Silver Fitness Clubs

- A plan to set up 288 silver fitness clubs with hydraulic fitness equipment from 2021 to 2025 in publicly owned but idle or low-use space with US\$9.2 million budget.
- By the end of 2022, a total of 99 fitness clubs have been established in 21 cities.

Fitness Clubs • **ICOPE assessment** • **Sports Intervention** • **Prevent and Delay Disability**

Professional Sports instructor

iA 2023 28

Elderly people's intake of the Six Food Groups in Taiwan

	Grains & starchy vegetables	Beans, fish, eggs, and meat	Vegetables	Fruits	Dairy products	Fat & oil	Nuts & seeds
M 10-14 servings	M 4-5-6 servings	M 3-4 servings	M 2-3.5 servings	M 1.5 servings	M 3-3servings	M 1 servings	M 1 servings
F 8-12 servings	F 3-5 servings	F 3 servings	F 2 servings	F 1.5 servings	F 3-4 servings	F 1 servings	F 1 servings
M 13 servings	M 7 servings	M 3 servings	M 2.2 servings	M 0.4 servings	M 4.2 servings	M 0.9 servings	M 0.9 servings
F 10.2 servings	F 7.3 servings	F 2 servings	F 1.2 servings	F 0.5 servings	F 4.8 servings	F 0.2 servings	F 0.2 servings
	excessive intake	less than 1 servings	less than 1 servings	less than 1 servings	excessive intake	less than 1 servings	less than 1 servings

M: Male F: Female
 「Beans, fish, eggs, and meat」 「Fat & oil」 excessive intake;
 「Dairy products」 「Vegetables」 「Fruits」 「Nuts & seeds」 insufficient intake.

Source :2017-2020 Nutrition and Health Survey in Taiwan (NAHSIT)

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Elderly Nutrition—Strategies for Delaying Disability

Research on Elderly Nutrition → **Recommendations for Elderly Nutrition** → **Promote Knowledge on Elderly Nutrition** → **Promote Elderly Nutrition Through Community Nutrition**

Methods for promoting nutrition and healthy diet.

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Elderly Nutrition

- In 2018, we updated "Daily dietary guide" and designed "nutrition leaflet for elderly people". Among these, a fan-shaped image was used to convey daily dietary recommendation to elderly people. The information about diet recommendation for 6 groups of food has been transformed from text to image.

My Plate **My Bowl** **Nutrition leaflet for the elderly**

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Community nutrition promotion centers

Developing referral mechanism → **Developing innovative Materials** → **Providing Group nutrition education Program** → **Providing Guidance Service for Comprehensive Used Program** → **Assessing Nutritional Risk** → **Conducting Nutritional Cognitive Survey** → **Developing referral mechanism**

Eat easily
Eat enough
Eat right
Eat well

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Texture Modified Diet tips

Eat well

Food selection and processing

- Remove the core, seeds, rough peel, bones, fishbone, etc.
- Natural local ingredients

Eat right

COOK AT HOME
爸爸回家做晚餐

QR-Code of Video: Cook at home

Cutting and Cooking Tips

- Whole grains can be washed first and soaked in water
- The meat can be marinated and tenderized with pineapple juice (pineapple enzyme)
- The vegetables of more fiber and harder texture will using to freezing
- Ingredients cut into 3 cm or less
- Cutting the fascia of the meat, changing the thickness of the tissue

Eat enough

Eat easily

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Texture Adjustment Diet Guidelines for Local Ingredients for the Elderly

肉類類別	種子類類	蔬菜類類	蛋類類	其他在地食材	改善切割烹煮	結合在地飲食文化
1. 豬蹄膀 豬蹄膀切塊 小塊	1. 花生油 花生油 小塊	1. 清蒸 清蒸 小塊	1. 文字蛋 文字蛋 小塊	1. 紅豆 紅豆 小塊	1. 紅豆 紅豆 小塊	1. 紅豆 紅豆 小塊
2. 豬蹄膀 豬蹄膀切塊 小塊	2. 花生油 花生油 小塊	2. 清蒸 清蒸 小塊	2. 文字蛋 文字蛋 小塊	2. 紅豆 紅豆 小塊	2. 紅豆 紅豆 小塊	2. 紅豆 紅豆 小塊
3. 豬蹄膀 豬蹄膀切塊 小塊	3. 花生油 花生油 小塊	3. 清蒸 清蒸 小塊	3. 文字蛋 文字蛋 小塊	3. 紅豆 紅豆 小塊	3. 紅豆 紅豆 小塊	3. 紅豆 紅豆 小塊
4. 豬蹄膀 豬蹄膀切塊 小塊	4. 花生油 花生油 小塊	4. 清蒸 清蒸 小塊	4. 文字蛋 文字蛋 小塊	4. 紅豆 紅豆 小塊	4. 紅豆 紅豆 小塊	4. 紅豆 紅豆 小塊

Train chefs to make people's favorite dishes in restaurants more tenderized and edible for the elderly.

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Elderly Nutrition—Multiple marketing and public promotion

• Hold a press conference with festivals

• KOL marketing

• TV program marketing

• Tableware design

• Through multi-sectorial approaches promote elderly dietary

iFA 2023

Active Aging-LOHAS Activities for the Elderly

- Competitions for active aging: "Nationwide Grandpa and Grandma Conference—Speak for Personal Health"

Facilitate physical and mental health in the elderly, and promote social engagement.

Provide a stage for the elderly to display their vitality and value.

Promote overall physical, mental and social health in the elderly.

Enable the elderly to maintain happiness, and prevent and delay disability.

Promote opportunities for independent learning, experience sharing and interaction among the elderly.

➢ Achieving the goals of active aging and health promotion.

iFA 2023

National competition for senior health promotion

• In 2022, 6,945 seniors averaging 67 years old formed 252 teams, with the oldest attendee being 101 years old, participated in the competition; the event had been held annually for 12 years.

- The teams were formed by community seniors, and the content of the performances is diverse, including folk performances, dances, rhythms, percussion, etc.
- Through practicing and making props for the performance, the elderly had chances to be physically active to prevent and delay disability. By caring for their teammates, they could also be more socially active.
- Participants had to advance through three stages: local preliminary, regional final, and national final to compete for the highest honor of championship.

Video: The Diary of Grandpa and Grandma's Runway
<https://www.youtube.com/watch?v=yu2P4D5xM>

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Co-ownership

• Through cross-domain Integration to construct dementia care networks.

Information exchange

• Using information and communication to reduce health inequalities.

Live and prosper together

• Let people go from visiting to participating.

Do the right thing in the right way

• To promote human health, we also need to protect the health of the planet.

Age with happiness

• The promise: Good treatment for the elderly.

iFA 2023

Thank you for participating.

促進健康 **Promotion.**
預防疾病 **Prevention.**
安全防護 **Protection.**
共同參與 **Participation.**
夥伴合作 **Partnership!**

民眾為中心的照顧
Person-centered
Care

民眾參與
Person engagement
民眾增能
Person empowerment

衛生福利部
國民健康署
Health Promotion Administration,
Ministry of Health and Welfare

iFA 2023

iFA 2023

附錄二、會前工作坊暨研討會議程

Day 1 : 27 June 2023

8:00 a.m. – 8:25 a.m.	Registration			
8:25 a.m. – 8:30 a.m.	Welcome: Mr. Graeme Prior, IFA President - Australia			
8:30 a.m. – 8:40 a.m.	Welcome: Mr. Bernard Chan - Chairperson of Hong Kong Council of Social Service - Hong Kong (China)			
8:40 a.m. – 9:00 a.m.	Opening Remarks - Dr. Sabine Henning Chief, Sustainable Demographic Transition Section, Social Development Division United Nations Economic and Social Commission for Asia and the Pacific - Thailand			
9:00 a.m. – 9:40 a.m.	Setting the Scene and Overview of LTC Models: Types and Range - Dr. Mary Ann Tsao Chairman and Founding Director of the Tsao Foundation - Singapore			
9:40 a.m. – 10:10 a.m.	WHO LTC Framework - Range and Types of LTC Models in LMICs and HICs - Dr. Vânia de la Fuente-Núñez (Former) Technical Officer Demographic Change and Healthy Ageing Unit, World Health Organization - Geneva. Independent Senior Consultant - Healthy Ageing & Global Health - Spain.			
10:10a.m. - 10:30a.m.	Health Break			
10:30 a.m. – 11:45a.m.	Long -term Care Matters for Life - Delivering Quality of Life Outcomes in a Person-Centred			
	Mr. (Paul) Chi Keong Ong Chief Strategy Officer Tsao Foundation Singapore	Dr. William E. Reichman President and CEO Baycrest Canada	Ms. Grace Chan Business Director of the Hong Kong Council of Social Service Hong kong, China	Ms. Tran Bich Thuy Country Director HelpAge International Vietnam (invited)
11:45a.m. - 12:45p.m.	Lunch			

12:45 p.m. – 14:00 p.m.	Current Status of Care Systems and Policy Environments - Challenges & Opportunities for Progressive Development & Policy Innovations			
	<p>Ms. Meredith Wyse</p> <p>Senior Social Development Specialist - Aging and Care Asian Development Bank Thailand</p>	<p>Dr. Sakarn Boonnag</p> <p>Executive Director ASEAN Centre for Active Ageing and Innovation (ACAI) Thailand (Invited)</p>	<p>Ms. Diane Turner</p> <p>Director, Office for Seniors at Ministry of Social Development (MSD) New Zealand</p>	<p>Dr. Prakash Tyagi</p> <p>Executive Director Gramin Vikas Vigyan Samiti (Gravis) India</p>
14:00 p.m. - 14:20 p.m.	Health Break			
14:20 p.m. – 15:35 p.m.	Moving forward in 2023: Identifying the 3 Top Priorities for LTC Development or for the Planning of New LTC Systems - What to Tackle First?			
	<p>Dr. Rintaro Mori</p> <p>Regional Adviser (Population Ageing and Sustainable Development) United Nations Population Fund - Asia and the Pacific Regional Office Thailand</p>	<p>Dr. Yongjie Yon</p> <p>Technical Officer Ageing and Health WHO Regional Office Denmark</p>	<p>Dr. Jaco Hoffman</p> <p>Professor of Socio-Gerontology at North-West University (Vanderbijlpark Campus) South Africa</p>	<p>Mr. Kevin G. Orr</p> <p>General Manager & Executive Director Winner Medical (Hong Kong) Ltd China</p>
15:35 p.m. – 16:00 p.m.	<p>Open Discussion Forum</p> <p>Moderator: Mr. Dan Levitt Chief Executive Officer of Kin Village.</p>			

7:00 a.m. - 8:25 a.m.	Registration Main Lobby										
8:30 a.m. - 9:00 a.m.	Kairos Alive Performance										
9:00 a.m. - 10:00 a.m.	Global Café Reclaiming the rights to live with dignity Experts: Dr. Mark Lachmann - Medical Lead, Hennick Bridgepoint Hospital, Canada Moderator: Mr. Seth Ginsberg - Founder, Global Healthy Living Foundation, United States Room: Thai Chitlada 1-2										
10:00 a.m. - 10:30 a.m.	HEALTH BREAK										
Rooms	Thai Chakkraphat 1 2nd Floor	Thai Chakkraphat 2 2nd Floor	Thai Chakkraphat 3 2nd Floor	Thai Chitlada 3 2nd Floor	Thai Boromphimarn 1 3rd Floor	Thai Boromphimarn 2 3rd Floor	Thai Boromphimarn 3 3rd Floor	Thai Boromphimarn 4 3rd Floor	Thai Boromphimarn 5 3rd Floor	The Pavilion 1 4th Floor	The Pavilion 2 4th Floor
Theme	Digital Technologies and Practices	Immunization for All Ages	Age Friendly Environments	Older Women	Age Friendly Environments	Digital Technologies and Practices	Age Friendly Environments	Immunization for All Ages	Digital Technologies and Practices	Digital Technologies and Practices	Closed Meeting
Session Type	Workshop	Symposium	Symposium	Symposium	Workshop	Workshop	Symposium	Paper Presentation	Symposium	Movie	
10:30 a.m. - 12:00 p.m.	AI-based elderly care: how far do we want to go with chatbots? van Berla, A., Arends, M. 579W_DTP	Protecting Older Adults in an Evolving Pandemic: The Burden of Vaccine-Preventable Respiratory Diseases Moore, M., Bennett, J., Feldman, C. 13055, IAA	National action plans on aging: a vehicle to embed aging into policies, programs, and services Henning, S., Toas, M.A., Iyengar, V. 6055_AFE	Presidential symposium on older women - Prioritizing Bone Health to Foster Healthy Ageing for Older Women Merchant, R. A. Jaisamran, U., Vinomwetvee, P. 11975, OW	Piloting a new intergenerational self-help model for a dignified life of older Cambodians Kruy, P., Khoun, T. 733W_AFE	ROOM CHANGE Pagoda Meeting - 4th floor Choreography of Care™ creativity and health virtual engagement strategies 433W_DTP	Best practices of community based eldercare services in Asia-Pacific Ma, C., Harding, S., Amuro, M., Tam, B.T., Tam, V., Beridico, E. 5935_AFE	Exploring vaccine safety and the role of vaccine hesitancy towards increasing uptake 568P, IAA, Liu, C. 569, IAA, Anonworanich, J. 325P, IAA, Liu, S. 183P, IAA, Sinclair, D. 588P, IAA, Keogh, C. 3075, DTP	How can we mobilize adults from idea to practice? Sekuler, A.B., Rashid, S., Moyes, J., Smith, G. 3075, DTP	Seeing dementia through the eyes of my parents Littmore, K. 304P_DTP	The Implementation of the African Union Policy Framework and Plan of Action on Ageing. Kesamang, L., Hoffman, J., Roberts, U., Bwire, F., Adreje, U., Jaji, B., Ross, V. 11005_AFE
Moderator	No Moderator	Diane Thomson	Debra Whitman	Katrina Bouzaris	No Moderator	No Moderator	No Moderator	Lochana Shrestha	No Moderator	Kimberley Littlemore	Roxana Badiei & Jaco Hoffman
12:00 p.m. - 1:00 p.m.	LUNCH										
Theme	Age Friendly Environments, Maintaining and Improving Function, Older Women	Immunization for All Ages	Maintaining and Improving Function, Age Friendly Environments, Digital Technologies and Practices	Immunization for All Ages	Age Friendly Environments, Maintaining and Improving Function, Digital Technologies and Practices	Age Friendly Environments	Age Friendly Environments and Maintaining and Improving Function	Digital Technologies and Practices and Maintaining and Improving Function	Age Friendly Environments		
Session Type	Paper Presentation	Workshop	Paper Presentation	Symposium	Paper Presentation	Symposium	Paper Presentation	Panel Session	Workshop		
1:00 p.m. - 3:00 p.m.	"Being the change" in Long-term care 511P_AFE, Tu, A. 690P_AFE, Bamber, N. 690P_AFE, Jameel, A. 148P_AFE, Kim, E.K. 92P_OW, Edmond, S. 306P_MIF, Byles, J.	Let's Talk: Conversation techniques for improving vaccination uptake among older adults Orbina, J.R. 712W, IAA	Improving functional ability through measurement and action 556P_MIF, Chua, D., Ma, C. 232P_MIF, Tsai, D. 483P_AFE, Walsgrave, C. 554P_AFE, Sahoo, H. 1070P_DTP, Chen, Tz, Hong, R., Yuan, Lai, Wang, E.	Presidential Symposium - A life-course approach to vaccination to achieve health equity in Asia and beyond Muangpoisan, W., Gravenstein, S., Van Buyneder, P., MacFarlane, R. 11965, IAA	Innovations supporting people living with dementia and their caregivers 133P_AFE, Jilek, R. 1073W_AFE, LAW, Man, Ching, T. 181P_AFE, Sinclair, D. 1151P_MIF, Thang, L.L. 309P_AFE, Shu-Ying, L. 1039P_DTP, Norman, M.	Community based approach for successful ageing Harding, S., Ong, P., Leong, R. 6645, AFE	Ageing without ageism 547P_AFE, Maxwell, J. 502P_AFE, Brink, S. 647P_MIF, Tong, H. 83P_AFE, Kozovitsky, M. 115P_AFE, Justin, L. 466P_AFE, Sibole, E.	Innovations in LTC from global thought leaders 424P_DTP, Reichman, W. 1203P_MIF, Prior, G. 123P_MIF, Merchant, R.A. 1217P_MIF, Sriwattvijakul, U.	Developing national age-friendly cities and communities programmes Henric de Sa, T., Turner, D., McCann, A., Ramoni, A. 702W_AFE		
Moderator	James O'Neal	Katrina Bouzaris	Dan Levitt	Jane Barratt	Cynthia Stuenkel	No moderator	Prakash Tyagi	Greg Shaw	No moderator		
3:00 p.m. - 3:30 p.m.	HEALTH BREAK										
Theme	Age Friendly Environments, Maintaining and Improving Function Older Women	Older Women	Age Friendly Environments, Maintaining and Improving Function	Maintaining and Improving Function, Older Women	Older Women	Immunization for All Ages	Immunization for All Ages	Age Friendly Environments	Maintaining and Improving Function, Age Friendly Environments, Digital Technologies and Practices		
Session Type	Paper Presentation	Workshop	Paper presentation	Paper Presentation	Symposium	IFA Session	Paper Presentation	Workshop	Paper Presentation		
3:30 p.m. - 5:00 p.m.	Societal challenges and changes 110P_OW, Osborne, O. 475P_AFE, Mishra, P. 270P_AFE, Yin, E. 692P_MIF, Simpson, L. 472P_OW, Mody, R.	At every life stage: placing older women at the centre of the population ageing agenda Setchanonwaku, N., Mori, R., Kuck, T., Harding, S. 5445_OW	Age friendly in action 631P_AFE, Ramova, A. 739P_AFE, Holloway, K. 456P_AFE, Brasler, K. 484P_MIF, Walsgrave, C. 697P_AFE, Reddy, R.	Function vs a diagnosis - a new narrative 630P_MIF, Tambyn Wiatts, L. 421P_MIF, de la Fuente-Núñez, V. 322P_MIF, Li, P.S. 251P_MIF, Kim, S.E. 519P_OW, Goyal, A.	Transgender, lesbian, bisexual and queer womanhood in older age Yore, H., Edmonds, S., Lu, J., Chaudhary, S., Cristobal, G. 5405_OW	Vaccination and healthy ageing through the pillars of prevention, access, and equity Badiei, R., Bouzaris, K., Bennett, J. 13075, IAA	Vaccine confidence and safety in action 691P, IAA, Preese, E. 570P, IAA, Paris, R. 273P, IAA, Hinawan, A. 781P, IAA, Diggikar, P.	Evolution of the Older People' Associations (OPAs) - multifunctional OPAs in Asia/Pacific Mathews, C., Tran, Q., Tam, V., Tran, B.T., Tyagi, P., Koozemath, S., Jofazzel, H.M. 706W_AFE	National perspectives on ageing and care 501P_AFE, Brink, S. 728P_MIF, Khoun, T. 293P_DTP, Deng, X. 86P_DTP, Mshaka, Mutepfa, M. 1123P_AFE, Medise, O. Lekoko, R. Arti Panchal		
Moderator	Christine Young	No Moderator	Jennene Buckley	Julie Byles	No Moderator		Paul Van Buyneder	Usa Khiewword	Silvia Perel-Levin		
5:00 p.m. - 6:00 p.m.	NETWORKING										
6:00 p.m.	Gala Dinner Room: Thai Chitlada 1-2										

7:00 a.m. - 8:25 a.m.	Registration Main Lobby										
9:00 a.m. - 10:00 a.m.	<p>Global Café Protecting Older Adults from Vaccine-Preventable Respiratory Diseases: Have Any Lessons Been Learned from COVID-19? Experts: Dr. Michael Moore - Past President of the World Federation of Public Health Associations and Former CEO of the Public Health Association of Australia, Australia Ms. Diane Thomson - Senior Director, Global Vaccines Public Affairs, Pfizer, United Kingdom</p> <p>Moderator: Dr Jane Barratt, Secretary General, International Federation on Ageing, Canada</p> <p>Room: Thai Chitlada 1-2</p>										
10:00 a.m. - 10:30 a.m.	HEALTH BREAK										
Rooms	Thai Chakkraphat 1 2nd Floor	Thai Chakkraphat 2 2nd Floor	Thai Chakkraphat 3 2nd Floor	Thai Chitlada 3 2nd Floor	Thai Boromphimarn 1 3rd Floor	Thai Boromphimarn 2 3rd Floor	Thai Boromphimarn 3 3rd Floor	Thai Boromphimarn 4 3rd Floor	Thai Boromphimarn 5 3rd Floor	The Pavilion 1 4th Floor	The Pavilion 2 4th Floor
Theme	Maintaining and Improving Function and Age Friendly Environments	Immunization for All Ages	Age Friendly Environments	Older Women	Digital Technologies and Practices	Digital Technologies and Practices	Age Friendly Environments	Immunization for All Ages	Digital Technologies and Practices		
Session Type	Paper Presentation	Symposium	Symposium	Symposium	Paper Presentation	Workshop	Symposium	Paper Presentation	Symposium		
10:30 a.m. - 12:00 p.m.	Age-friendly cities and communities - Enabling environments 302P_MIF, Brasher, K. 256P_MIF, Ambali, A. 1234P_AFE, Osman, O. 1083P_AFE, Flynn, M. Aloma Fenwell	Transforming the Approach to Healthy Ageing: The Importance of a Life Course Approach to Vaccination for Older Adults Trachet, M. C., Moore, M., Sinclair, D., Barratt, J. 1306S_IAA	Advancing age-friendly environments in low- and middle-income countries: challenges and opportunities for promoting the age-friendly agenda Brown, R., Herick de Sa, T., Puthussari, W., Tsao, M.A., Tran, Q., Kray, P., Gopal, P.M. 752S_AFE	Older women: a lifecycle human rights perspective Stuenkel, C., Eldemire-Shearer, D., Penhale, B., Henning, S., Perel-Levin, S., Young, C. 449S_OW	Digital Innovation 289W_DTP, Roos, V., Hoffman, J. 517P_OW, Griffith, J. 71P_DTP, Turner, D. 529P_DTP, Lee, W.L.	Aging under the rainbow: the LGBTI elders advancing initiative Yare, H., Cristobal, G., Ravago, R., K.C., S. 539S_AFE	Call to governments: ageing and long-term care 169S_AFE, Levitt, D. 10:30-11:15am Workshop: Systematic support for age-friendly communities through a model technical assistance program 11:20am-12:00pm	Linking people, communities and primary healthcare: essential for achieving UHC fit for an ageing world Littleton, C., Tran, B.T., Swe, K.H., Rana, R., Triagi, P., Chawla, K., Jaji, B. 635W_AFE	Metaverse for age-friendly environment - results from the VR2Care project van Berla, A., Mota, V., Arendse, M. 577W_DTP		
Moderator	Charles Waldegrave	Jane Barratt	No Moderator	Amy D'Aprix	Mariane Krasovitsky	No Moderator	No Moderator	No Moderator	No Moderator		
12:00 p.m. - 1:00 p.m.	LUNCH										
Theme	Age Friendly Environments, Digital Technologies and Practices	Age Friendly Environments, Older Women	Immunization for All Ages	Maintaining and Improving Function	Digital Technologies and Practices	Age Friendly Environments and Older Women	Maintaining and Improving Function		Age Friendly Environments	Maintaining and Improving Function	
Session Type	Workshop	Paper Presentation	Paper Presentation	Symposium	Paper Presentation	Paper Presentation	Workshop	Symposium	Symposium	Workshop	Closed Meeting
1:00 p.m. - 3:00 p.m.	Disrupt ageism: accelerating and mobilizing healthy ageing globally and locally Justin, L., Levitt, D. 170W_AFE 1:00pm - 2:00pm	Interventions to combatting abuse and violence 583P_AFE, Yen, Y. 93P_OW, Edmonds, S. 270P_OW, Bhatnagar, M. A. A. 46P_AFE, Zhang, W. 85P_MIF, Mhako-Mutepfa, M. 564P_OW, Leksakulakul-Mokgele, E.	Responding to vaccine-preventable disease 272P_JAA, Parsey, L. 607P_JAA, Anamwarich, J. 489P_JAA, Tsai T. 465P_JAA, Paris, R. 334P_JAA, Griffith, J. 184P_JAA, Sinclair, D.	Symposium on vision health: advancing person-centred vision health in the context of healthy ageing Bouzaris, K., de la Fuente Nunez, V., Cheng, G., Le, T. 1206S_MIF	Technology as a key enabler to healthy ageing 333P_DTP, Edwards, N. 1066S_MIF, Low Kai Nin, S. 524P_DTP, KT, S. 1066P_DTP, Billings-Jensen, K. 1069S_DTP, Chan Chung Ho, K., Lau, Tak Wong, D. 1090P_DTP, LEE Yeh Hei, YUEN Tsz Fung.	Emergency preparedness 620P_AFE, Katsabanis, M. 646P_AFE, Tang, H. 191P_AFE, Collingridge Moore, D. 339P_AFE, Bouslingham, M.A. 765P_OW, Flores-Castillo, N.L. 1141P_AFE, Koster, D.	A conversation about trauma and ageing Lachmann, M. 1035P_MIF. 1:00 - 1:45pm Paper Presentation: The essential nature of care and community 402P_DTP, Ma, C., Teo, E., Koh, S. 517P_DTP, Komaruzaman, S. 1098P_AFE, Byles, J. 2:00 - 3:00pm	Transforming health and social care system to provide integrated care for older people (WHO SEARO) Sumi, Y., Raina, N., Mathur, A., Chatterjee, P., Shantri, G.S., Hemadri, M.N., Sari, N.K., Dinulirama, A.A., Kandel, R., Bhattachari, U., Bhumini, J., Burnag, S., Pellowaraku, A. 1052S_MIF	Community-based long term care in Asia: lessons from India, Indonesia, Philippines, Singapore, and Thailand Tsao M.A., Beridica, E., Triagi, P., Wisitsongkrom, J., Subdono, E., Togelang, W. 689S_AFE	Dwight in Denmark TV documentary screening: Older adults as transmitters of culture Anderson, C. 431W_MIF	Closed Meeting: Integrating hearing in health systems Chedha, S., Sumi, Y., Pichons-Fuller, K., Stuenkel, C., Brasher, K., Niamon, C., McMahon, C., Swanger, N., Best, L., De Ravee, L., Utomprankorn, N. 1101S_MIF Closed Meeting: Innovation, technology, and hearing 1:00 - 4:30pm
Moderator	No Moderator	Joanna Maxwell	Michael Moore	Katrina Bouzaris	Vera Roos	Amy D'Aprix	No Moderator	Suvajee	No Moderator	No Moderator	Roxana Badiei
3:00 p.m. - 3:30 p.m.	HEALTH BREAK										

3:00 p.m. - 3:30 p.m. HEALTH BREAK											
Rooms	Thai Chakkraphat 1 2nd Floor	Thai Chakkraphat 2 2nd Floor	Thai Chakkraphat 3 2nd Floor	Thai Chittlada 3 2nd Floor	Thai Boromphimarn 1 3rd Floor	Thai Boromphimarn 2 3rd Floor	Thai Boromphimarn 3 3rd Floor	Thai Boromphimarn 4 3rd Floor	Thai Boromphimarn 5 3rd Floor	The Pavilion 1 4th Floor	The Pavilion 2 4th Floor
Theme											
Session Type	Paper Presentation	Symposium	Symposium	Symposium	Workshop	Symposium	Workshop	Workshop	Paper Presentation	Documentary	
3:30 p.m. - 5:00 p.m.	Prevention the key to healthier ageing 262P_MIF, Hinawan, A., 404P_OW, Griffith, J., 219P_OW, Dickson-Swift, V., Adams, J., 324P_MIF, Liu, S., 1074W_OW, CHAN Tsz On, J.	The Aspen Tree: Innovations in future lifestyles 1219S_MIF, 1222P_MIF, Sawannachai, W. Vision / mission / concept 1223P_MIF, Toivonen, K. Operations Excellence 1224P_MIF, Ballon, A. The Aspen Tree x Baycrest	Making immunization coverage change really happen: measurement, media and movement Tambllyn Watts, L., Keogh, C., Schwarz, S. 628S_JAA	Ageing and the role of vaccines in vaccine-preventable diseases Luu, C., Ramasubramanian, V., Kurup, A. 600S_JAA	Bridging the artificial intelligence gap Barros, M. 738W_DTP	Paving the way towards a UN Convention on the rights of older persons: The role of civil society Bluestone, K., Mathews, C., Shan, C., Penf-Lewis, S., Tolzatz, H.M. 1057S_AFE	Have your say on the global campaign to combat ageism Krasovitsky, M., Yamada, K. 418W_AFE	Co-designing age-friendly communities for Māori kaumātua: developing a culture-centered toolkit Reddy, R., Simpson, M., Nock, S., Oetzel, J., Wilson, Y., Meha, P. 700W_AFE	Age-friendly environments today, what has changed? 293P_AFE, Peng, R., 315P_AFE, Thamattor, S., 480P_AFE, Young, C., 1088P_DTP, WONG Cho Wai, V., 1089P_MIF, CHOW Ka Chun, D., Qamar, M.	Keys Bags Names Words - a film exploring hope in aging and dementia Falksgraff, L. 732P_MIF	
Moderator		No Moderator	Jane Barratt	No Moderator	No Moderator	No Moderator	No Moderator	No Moderator	Rodney Jilek	Amy D'Aprix	
5:00 p.m. - 6:00 p.m. NETWORKING											

7:00 a.m. - 8:25 a.m. Registration Main Lobby											
9:00 a.m. - 10:00 a.m. Global Café Responding to the humanitarian needs of older people in uncertain times: voice, inclusion, and protection Experts: Mr. Cheria Mathews, Deputy Chief Executive Officer at HelpAge International, United Kingdom Moderator: Ms. Alison Marshall, CEO, Age International, United Kingdom Room: Thai Chittlada 1-2											
10:00 a.m. - 10:30 a.m. HEALTH BREAK											
Rooms	Thai Chakkraphat 1 2nd Floor	Thai Chakkraphat 2 2nd Floor	Thai Chakkraphat 3 2nd Floor	Thai Chittlada 3 2nd Floor	Thai Boromphimarn 1 3rd Floor	Thai Boromphimarn 2 3rd Floor	Thai Boromphimarn 3 3rd Floor	Thai Boromphimarn 4 3rd Floor	Thai Boromphimarn 5 3rd Floor	The Pavilion 1 4th Floor	The Pavilion 2 4th Floor
Theme	Age Friendly Environments	Age Friendly Environments	Immunization for All Ages	Age Friendly Environments and Older women	Digital Technologies and Practices	Digital Technologies and Practices	Digital Technologies and Practices	Maintaining and Improving Function and Age Friendly Environments	Age Friendly Environments		
Session Type	Workshop	Workshop	Workshop	Paper Presentation		Workshop	Workshop	Paper Presentation			
10:30 a.m. - 11:45 a.m.	Measuring a national dementia strategy: a how to guide for policy and knowledge impact Tambllyn Watts, L., Mirza, R. 634W_AFE	Removing the social barrier in fostering age-friendly environments - case studies from civil society and media platform Abe, M. Inkanunt, P., Tran, Q., Khawwad, U. 614W_AFE	Healthy ageing and prevention index Hinawan, A., Parsly, L. 296W_JAA	Research and innovation in practice: cultural and societal perspectives 411P_OW, Simlikwe, A. 562P_AFE, Mishra, P.J. 598P_OW, Montoya, S., 1207P_OW, Stroebe, R.	Innovations in quality of life of older people in Hong Kong SAR, China 1174P_AFE, Liu, S., 659P_DTP, Liu, V., 1071W_MIF, Law Man Ching, T., 1067W_MIF, Man Wei Yin, Q.	Why we're scared to death of aging: The traumatized caregivers Atkinson, L. 1055W_OW	Even if you build it, they may not come. Why creating a breakthrough technology is not enough for healthcare transformation. Sekuler, A., Rashid, S., Meyer, J., Smith, G. 306S_DTP	Caregivers' wellbeing 623P_AFE, Lee, Y., Bierman, A., Ko, S., 313P_MIF, Johnson, G., 658P_AFE, Leung, D.K.Y., 353P_MIF, Leloko, R.	Mechanisms to create enabling environments 84P_AFE, Edmonds, S., 699P_AFE, Meha, P., 1072W_MIF, WONG Hoi Ching, K., 738P_AFE, SIU Pui Yee, C.	Changing the way we do business, together: a conversation with the International Federation of Ageing and the UN Decade of Healthy Ageing Secretariat Barratt, J., Yamada, K. 1313W_AFE	
Moderator	No Moderator	No Moderator	No Moderator			No Moderator	No Moderator				
11:45 a.m. - 12:00 p.m. CHANGE OF SESSIONS											
Theme	Age Friendly Environments, Digital Technologies and Practices	Age Friendly Environments, Older Women	Immunization for All Ages	Maintaining and Improving Function	Digital Technologies and Practices	Age Friendly Environments and Older Women	Maintaining and Improving Function	Age Friendly Environments	Age Friendly Environments		
Session Type	Workshop	Paper Presentation	Paper Presentation	Paper Presentation	Paper Presentation	Workshop	Paper Presentation	Workshop	Paper Presentation		
12:00 p.m. - 1:00 p.m.	Advocating for change: Lessons learned from Ontario's quest for a renewed dementia strategy Fitzgerald, K., Paron, S. 67W_MIF	Sexual health 94P_OW, Edmonds, S., 649P_OW, Willie-Frydole, D., 595P_AFE, Chan, A.S.W., 139P_Reddy, H.	Innovations in community and long term-care 104P_DTP, Buckley, J., 1091P_DTP, Wong, D., Leung, E., 1049P_MIF, Wyse, M.	Physical activity and function 531P_MIF, Yang, L., 522P_MIF, James, A., 105P_OW, Kim, Y.H.	Diverse communities need diverse resources: meeting needs and tackling challenges 481P_AFE, Young, C., 1173P_MIF, Liu, S., 546P_OW, Wright, S., 332P_MIF, Adams, J.	Age friendly space through universal design thinking Dubey, N., Dinesh, A. 1152W_AFE	Exploring the relationship between social engagement and physical activity 171P_MIF, Chia, J., 648P_MIF, Reid, J., 1187P_AFE, Brasher, K.	The case of death: identifying risk factors and eradicating abuse and neglect in long term care facilities 264W_AFE, Koster, D.	Innovations in development and approaches to adult vaccination 606P_JAA, Anwarwanich, J., 231P_JAA, Van Buender, P., 629P_JAA, Paris, R.		
Moderator	No Moderator			Dalia Tsimpida		No Moderator		No Moderator	Arunima Himawan		
1:00 p.m. - 2:00 p.m. NETWORKING											