



Welcome to

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, Program Director, Strategic Research Programs on Security and Urbanisation, Academy of Finland
- Ms. Ulla-Karin Nurm, Director, Northern Dimension Partnership in Public Health and Social Wellbeing

10:10 Keynote speech (tbc.)

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,

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

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

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, National University of Ireland

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

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

15:10 – 15:50 Discussion and comments from decision-makers

15:50 Concluding remarks

Reception



Ministry for Foreign
Affairs of Finland



Northern Dimension
Partnership in Public Health
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