

# Regional summit

on policy innovation for healthy ageing in  
the WHO European Region

10–11 October 2023, Lisbon, Portugal



## Provisional Agenda

### Tuesday, 10 October

**9:00–9:30 | Registration and Coffee**

**9:30–10:15 | SESSION 1: Opening**

Welcome and opening remarks

Room: Viena

**10:15–10:45 | SESSION 2: Ageing redefined: harnessing population ageing as a catalyst for policy innovations towards longer and healthier lives**

TED Talk on Healthy Ageing

Meeting Objectives and expected outcome

Room: Viena

**10:45–11:30 | Coffee break / family photo**

**11:30–12:30 | SESSION 3: Creating enabling environment for healthy ageing**

**Description:** This session offers a comprehensive overview of age-friendly environments and their crucial role in promoting healthy ageing. The focus will be on the implementation of technical topics that support healthy ageing within the framework of the World Health Organization's Age-friendly Cities and Communities (AFCC) initiative. The keynote presentation and panel discussion will showcase inspiring examples from local, national, and international levels, highlighting the vision of creating supportive environments for everyone. The regional dialogue will delve into the establishment and operationalization of age-friendly environments, covering national AFCC programs with various governance and funding structures, as well as Member States' successful utilization of the AFCC ecosystem to address critical issues like mental health and emergency preparedness.

Room: Viena		
<b>12:30–13:30   Lunch break</b> Room: Londres AB		
<b>13:30–14:30   SESSION 3 cont'd: Creating enabling environment for healthy ageing</b>		
<b>14:30–16:00   SESSION 4: Parallel sessions</b>		
<b>SESSION 4A</b>	<b>SESSION 4B</b>	<b>SESSION 4C</b>
Topic 1: Active living and healthy diets for healthy ageing  Room: Madrid A	Topic 2: Health and Care Workforce: Supporting an Ageing Workforce  Room: Viena	Topic 3: Strengthening data and measurements of healthy ageing  Room: Madrid B
<b>16:00–16:30   Coffee break</b> Room: Londres AB		
<b>16:30–17:30   SESSION 5: Call for action: Lisbon outcome statement</b>		
<p><b>Description:</b> This session aims to facilitate discussion and endorsement of the Lisbon Outcome Statement as a technical document to advance healthy ageing in the WHO European Region. Through the focused deliberations, the session will delve into the key priorities outlined in the statement, with the aim of effective implementation.</p> Room: Viena		
<b>19:00–20:30   Dinner reception</b> Room: Londres AB		

# Wednesday, 11 October

**9:00–10:00 | Side Session: Healthy ageing and person-centred care: improving access to rehabilitation services**

**Description:** This session offers insights into how strengthening rehabilitation services through health systems supports healthy ageing. It commences with a user's testimonial highlighting the person-centered approach's potential in enhancing well-being among older individuals. Subsequently, the session will showcase the ongoing work of the World Health Organization Collaborating Centre on Rehabilitation in Global Health Systems, hosted by the University of Lucerne. This segment provides an overview of current rehabilitation service provisions for the ageing population in European countries. The session concludes with an interactive Q&A segment, fostering insightful discussions among stakeholders.

Room: Viena

**9:30–10:00 | Registration and Coffee**

**10:00–11:00 | SESSION 6: Person-centred and integrated long-term care in the community**

**Description:** The session will provide an overview of the broad spectrum of integrated long-term care models and their potential to improve functionality, quality of life and autonomy for growing numbers of people with complex care needs. In addition, the session will share information on successful integrated care models and explore opportunities to develop and scale-up integrated long-term care models across the European region as well as to identify joint challenges and potential for knowledge exchange, learning and innovation.

Room: Viena

**11:00–11:30 | Coffee break**

Room: Londres AB

**11:30–12:30 | SESSION 6 cont'd: Person-centred and integrated long-term care in the community**

**12:30–13:30 | Lunch break**

Room: Londres AB

**13:30–14:30 | SESSION 7: How we think, feel, and act on ageing**

**Description:** The session sheds light on the widespread prevalence of ageism in society and its profound impact on the physical, social, and mental health of individuals where experts explore strategies to transform the narrative surrounding age and ageing. Topics such as human rights, intergenerational solidarity, and the invaluable contributions of older persons in society take center stage. By challenging stereotypes and promoting inclusivity, this session aims to empower attendees to combat ageism and

<p>create a society that values and honours individuals of all ages, fostering a culture of respect and appreciation.</p> <p>Room: Viena</p>		
<b>14:30–16:00   SESSION 8: Parallel sessions</b>		
<b>SESSION 8A</b>	<b>SESSION 8B</b>	<b>SESSION 8C</b>
<p>Topic 1: Challenging the prevailing myths of population ageing and debunking misconceptions that hinder effective health financing policies</p> <p>Room: Madrid A</p>	<p>Topic 2: Informal Caregiving: Supporting and Protecting Informal Caregivers</p> <p>Room: Viena</p>	<p>Topic 3: Health &amp; Digital Literacy</p> <p>Room: Madrid B</p>
<p><b>16:00–16:30   Coffee break</b></p> <p>Room: Londres AB</p>		
<b>16:30–17:30   SESSION 9: Quality of care</b>		
<p><b>Description:</b> The session will offer an overview of the crucial role of quality care in promoting equity and resilience in ageing societies, featuring a dynamic panel discussion on ageism through a human-rights and equity approach, care integration's impact on quality of care and health outcomes exemplified by the Portuguese ULS model, creating safe environments for the older populations across all levels of care, and the transformative potential of digital health for inclusiveness and self-care.</p> <p>Room: Viena</p>		
<b>17:30–17:45   SESSION 10: Closing</b>		
<p><b>Closing remarks</b></p> <p>Room: Viena</p>		