

# Regional summit

on policy innovation for healthy ageing in  
the WHO European Region

10–11 October 2023, Lisbon, Portugal



## Provisional Programme

### Tuesday, 10 October

**8:30–9:30 | Registration and Coffee**

**9:30–10:15 | SESSION 1: Opening (Room: Viena)**

**Chair: Natasha Azzopardi Muscat, Director of Country Policies and Systems, WHO Europe**

**Video: UN Decade of Healthy Ageing (3 mins)**

#### Welcome and opening remarks

- Hans Henri P. Kluge, Regional Director, WHO Europe (**Video message**)
- Maria do Rosário Gama, President of APRe!: Associação de Aposentados Pensionistas e Reformados, Portugal
- Manuel Pizarro, Minister of Health (**TBC**)
- Marcelo Rebelo de Sousa, President of Portugal (**TBC**)

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

**Chair: Piroska Östlin, Regional Advisor, Policy and Governance for Health Through the Life-Course, WHO Europe**

**Video (5 mins)**

#### TED Talk on Healthy Ageing

- Robert Butler, Trainee for World Championship in Ironman (5 mins)
- André Peralta, Deputy Director of the Directorate General of Health, Portugal (10 mins)
- Natasha Azzopardi Muscat, Director of Country Policies and Systems, WHO Europe (10 mins)

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

**11:30–12:30 | SESSION 3: Creating enabling environment for healthy ageing (Room: Viena)**

**Chair: Yongjie Yon, Technical Officer on Ageing and Health, WHO Europe**

**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 panel discussion will showcase inspiring examples from local, national, and international levels, highlighting the vision of creating supportive environments for everyone. The panel discussion will also 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.

**Moderators:** Alexandre Kalache, President International Longevity Centre Brazil and Thiago Herick De Sa, Technical Officer on Age-friendly Cities and Community, WHO Headquarters

### **Video: WHO's Age-friendly Cities and Communities leading the way in supporting older people in Poland**

#### **Navigating Age-friendly Initiatives: Vision, Implementation, and Global Network**

- Vision and inspiration of Age-friendly cities and communities (5 mins)
  - Alexandre Kalache, President International Longevity Centre Brazil
- Implementing WHO Global Network of Age-friendly Cities and Communities (5 mins)
  - Thiago Herick De Sa, Technical Officer on Age-friendly Cities and Community, WHO HQ

#### **Examples of national and sub-national AFCC programmes**

- Empowering communities: investing in age-friendly partnerships (7 mins)
  - Heléna Herklots, Older People's Commissioner, Wales
- From Vision to Impact: Building a National Network in Less than 5 years by Anne-Berit Rafoss (7 mins)
  - Anne Berit Rafoss, Project Manager, Age-friendly Norway, Norway
- Impact Evaluation: Research and Analysis of AFCC Programme Outcomes (7 mins)
  - Sara Ulla Diez, Coordinator of Studies and Technical Support, Institute for the Elderly and Social Services, Spain
- Vertical Integration: Strengthening Age-friendly Environments from Local to National Levels – A Concrete Example (7 mins)
  - Paul McGarry, Assistant Director, Greater Manchester Combined Authority, United Kingdom

#### **Questions and Answer (20 mins)**

**12:30–13:30 | Lunch break  
(Room: Londres AB)**

**13:30–14:30 | SESSION 3 cont'd: Creating enabling environment for healthy ageing (Room: Viena)  
Chair: Miguel Arriaga, Head of the Division of Literacy, Health and Well-being, Directorate General of Health, Portugal**

#### **Unlocking Potential: AFCC Ecosystem in Action for Addressing Technical Topics**

- Fostering Age-friendly Environments: Multisectoral Collaboration and Health-Social Integration – Insights from Germany (12 mins)
  - Nicole Zündorf-Hinte, Head of Division for International Policy on Ageing, Inclusion, Federal Ministry for Family Affairs, Senior Citizens, Women and Youth, Germany

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| <ul style="list-style-type: none"> <li>○ Kira Hower, Policy Advisor for the Division of Target group specific health promotion and prevention, Federal Ministry of Health, Germany</li> <li>• Elevating Health and Leadership: Insights from Portugal's National Programme on Age-friendly Environments (12 mins) <ul style="list-style-type: none"> <li>○ Andreia Jorge Silva, Professor at Escola Superior de Enfermagem de Lisboa. Consultant to the Directorate-General for Health of Portugal</li> </ul> </li> <li>• Empowering Response: How Poland's National AFCC Programme Could Support Older Persons at local and national levels (12 mins) <ul style="list-style-type: none"> <li>○ Anna Okońska-Walkowicz, Plenipotentiary of the Mayor of Kraków, Krakow, Poland</li> <li>○ Joanna Głazewska, Deputy Director, Department of Public Health, Poland</li> </ul> </li> </ul> <p><b>Interventions from the floor; Questions and Answers (24 mins)</b></p> <ul style="list-style-type: none"> <li>• Branko Gabrovec, Director, National Institute of Public Health, Slovenia</li> </ul> |   |   |
| <b>14:30–16:00   SESSION 4: Parallel sessions</b>  |   |   |
| <b>SESSION 4A</b>  | <b>SESSION 4B</b>   | <b>SESSION 4C</b>   |
| Active living and healthy diets for healthy ageing<br><br>Stephen Whiting, WHO Europe<br><br>Room: Madrid E  | Health and Care Workforce: Supporting an Ageing Workforce<br><br>Nicola Hattie, Government of Scotland<br><br>Room: Viena | Strengthening data and measurements of healthy ageing<br><br>Jotheeswaran Amuthavalli Thiyagarajan, WHO Headquarters<br><br>Room: Paris |
| <b>16:15–16:45   Coffee break</b>  |   |   |
| <b>16:45–17:30   SESSION 5: Call for action: Lisbon outcome statement (Room: Viena)</b><br><b>Chair: Maria de Belém Roseira, Minister of Health of Portugal (1995-1999)</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> <p>Moderator: Miguel Arriaga, Directorate General of Health, Portugal</p> <ul style="list-style-type: none"> <li>• Lisbon Outcome Statement</li> </ul>  |   |   |
| <b>19:00–20:30   Dinner reception (Room: Londres AB)</b>   |   |   |

## Wednesday, 11 October

**9:00–10:00 | Side Event: Healthy ageing and person-centred care: improving access to rehabilitation services (Room: Madrid E)**

**Chair: Maggie Langins, Regional Nursing Technical Officer, WHO Europe**

**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.

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

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

**Chair: Elsa Fridfinnsdottir, Senior Adviser, Ministry of Health, Iceland**

**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.

**Welcome and introduction (10 min)**

**Videos (3 + 6 mins)**

**Panel Discussion: Leveraging social and technological innovation for person-centred and integrated long-term care delivery (20 mins)**

Moderator: Stefania Ilinca, Technical Officer on Long-term Care, WHO Europe

- Social innovation in and across LTC – managing collaboration and change processes
  - Mirella Minkman, CEO Vilans - the National Centre of Expertise for Long-term Care in the Netherlands
  - Malcolm Lachlan, Co-Director of the Assisting Living & Learning Institute, Maynooth University

**Interactive audience participation (10 min)**

**Discussants (10 min)**

- Flaviana Teodosiu, Policy Officer, Directorate-General for Employment, Social Affairs and Inclusion, Social Protection, European Commission
- Hyobum Jang, Medical Officer, Ageing and Health Unit, WHO Headquarters (TBC)

**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 (Room: Viena)**

**Chair: Helle Stentoft Dalum, Deputy director, Elderly and Dementia, Danish Health Authority**

**Regional Dialogue “The long road to transformation: lessons from integration initiatives at system, service, and community level” (60 mins)**

Moderator: Stefania Ilinca, Technical Officer on Long-term Care, WHO Europe

- Policies and Strategies to promote Integrated Long-term Care in Portugal (7 mins)
  - Nuno Marques, Coordinator PAEAS, Ministry of Labour, Solidarity and Social Security Portugal & Ministry of Health of Portugal
- Promotion of Autonomy and Integrated Care for Older People in France (7 mins)
  - Roxane Berjaoui, International prevention expert advisor, European and International Affairs Mission, Directorate-General for Health, Ministry of Solidarity and Health, France
- Integrating Care Resources for Home and Community-based Care in Moldova (7 mins)
  - Natalia Postolachi, Executive Director at CASMED, Republic of Moldova
- Interventions from the floor; Open discussion (35 mins)
  - Helle Stentoft Dalum, Deputy director, Elderly and Dementia, Danish Health Authority, Denmark
  - Mehmet Erdem Alagüney, Deputy Director, General Directorate of Public Health, Ministry of Health, Türkiye (TBC)
  - Flaviana Teodosiu, Policy Officer, Directorate-General for Employment, Social Affairs and Inclusion, Social Protection, European Commission

**12:30–13:30 | Lunch break**

**(Room: Londres AB)**

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

**Chair: Hagar Mizrahi, Head of the General Medicine Division, Ministry of Health, Israel**

**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 create a society that values and honours individuals of all ages, fostering a culture of respect and appreciation.

**Interactive Poll “Debunking the Myth of Ageing and Ageism” (10 mins)**

- Liat Ayalon, Professor of Social Work, Bar Ilan University, Israel

**Video: Art Makes Older People Happy (4 mins)**

**Panel Discussion “Changing Narrative of Age and Ageing” (45 mins)**

Moderator: Liat Ayalon, Professor of Social Work, Bar Ilan University, Israel

- Charles Normand, Fellow Emeritus, Public Health & Primary Care, Trinity College Dublin, Ireland
- Anabela Paixão, APRe!: Associação de Aposentados Pensionistas e Reformados, Portugal
- Zhanar Kalmakova, National coordinator for ageing, Deputy Head of the National Centre of Public Health, Kazakhstan

#### 14:30–16:00 | SESSION 8: Parallel sessions

| SESSION 8A  | SESSION 8B  | SESSION 8C  |
|---|---|---|
| <p>Challenging the prevailing myths of population ageing and debunking misconceptions that hinder effective health financing policies</p> <p>WHO Observatory<br/>Room: Madrid E</p> | <p>Informal Caregiving: Supporting and Protecting Informal Caregivers</p> <p>Stefania Ilinca, WHO Europe</p> <p>Room: Viena</p> | <p>Health &amp; Digital Literacy</p> <p>Miguel Arriaga, Head of the Division of Literacy, Health and Well-being, Directorate General of Health, Portugal</p> <p>Room: Paris</p> |

**16:15–16:45 | Coffee break**  
**(Room: Londres AB)**

#### 16:45–17:45 | SESSION 9: Quality of care (Room: Viena)

**Chair: João Breda, Head of the WHO Athens Quality of Care and Patient Safety, WHO Europe**

**Description:** 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.

**Keynote presentation: Acting on ageism through Quality-of-Care: a human-right and equity approach (15 mins)**

- Válder R Fonseca, Technical Officer of Health Systems, WHO Athens Office on Quality of Care and Patient Safety, WHO Europe

**Short presentations (15 mins)**

- Enabling safety environments for older populations across all levels of care
  - Vita Steina, Patient experience specialist
- Digital health to promote inclusiveness and self-care of older persons
  - Ton in't Veen, Caregiving Veteran & Entrepreneur
- Care integration to strengthening quality of care and health outcomes: the Portuguese ULS model
  - Francisco Goiana da Silva, Portuguese National Health Service Executive Board, Portugal

**Panel Discussion (30 mins)**

**17:45–18:00 | SESSION 10: Closing (Room: Viena)**

**Chair: Piroska Östlin, Regional Advisor, Policy and Governance for Health Through the Life-Course, WHO Europe**

**Closing remarks**

- Miguel Arriaga, Head of the Division of Literacy, Health and Well-being, Directorate General of Health, Portugal
- Yongjie Yon, Technical Officer on Ageing and Health, WHO Europe