



At the seventh meeting of the International Board held at INIA's premises in Valletta, from left: Prof. Du Peng, Ms Rosemary Lane (UN Focal Point on Ageing), HE Ugo Mifsud Bonnici, Ms Lin Yang (assistant to Mr Wu Hongbo), Dr Marvin Formosa (INIA Director), Prof. Toni Calasanti, Mr Wu Hongbo, Prof. Isabella Aboderin, Prof. Malcolm Johnson, Dr Olga Mikhailova, and Prof. Jose R. Jauregui. (More pictures and report on pages 2-3)

EDITORIAL

International Board meeting highlights INIA's role

May 2015 was a key milestone in the history of the International Institute on Ageing, United Nations – Malta (INIA), for it marked the hosting of INIA's 7th International Board meeting chaired by Mr Wu Hongbo, the United Nations Under-Secretary General for Social and Economic Affairs, and held at INIA's premises in Valletta between May 14 and 15.

The Board meeting was an excellent opportunity for INIA to showcase its work in capacity-building in ageing in developing countries. The meeting was attended by personnel from the United Nations Focal Point on Ageing which signified the close collaborative relationship between INIA and the United Nations in implementing the Madrid Plan of Action on Ageing in developing countries.

I emphasised the multiplication of INIA's activities in preparing developing countries to meet the challenges of population ageing through training of personnel working in ageing welfare and with older persons. INIA's success is evidenced by the increasing number of applications for participation in training programmes organised in Malta, as well as by the growth in requests for *in situ* programmes in developing countries and the setting up of more satellite centres to act as liaison centres between INIA and regional stakeholders in most regions and continents.

Mr Wu concluded the meeting by stressing the importance of INIA's long-standing role in enabling developing countries to create adequate socio-economic and health systems that rendered a smoother transition from younger to ageing populations.

The Board meeting coincided with the organisation of INIA's international training programme in 'Health Promotion, Quality of Life and Well-being' whose aim is to stimulate discussion and

understanding of the relationship between health and longevity from a life course perspective. Special emphasis is put on the holistic aspects of human ageing and the specific challenges faced by older persons in low-income countries.

Apart from Maltese experts on ageing, the training programme included lectures by Professor Harrison Bloom and Professor Marion McMurdo. The number of applications exceeded all expectations and 21 participants from Bangladesh, Belarus, Cameroon, China, Georgia, India, Iran, Kazakhstan, Macedonia, Malta, Moldova, Nigeria, Saudi Arabia, Tunisia and Ukraine were provided with partial scholarships to participate in the programme. Mr Wu and Board members attended the closing ceremony and also distributed certificates to participants.

Reflecting upon the intense discussions at the Board meeting, and our informative interaction with the international candidates who participated in INIA's international programme, it is clear that INIA is entering a new phase of development. The coming months will see INIA distancing itself from long-standing methodological forms of training and information dissemination, and start embracing more contemporary forms of educational initiatives.

This objective entails a re-designing of INIA's webpage to allow interactive communication and distance learning possibilities, and higher level academic outputs. I trust that you will be looking out for these changes and that it is my pleasure to commit INIA more deeply in enabling the world to face better the challenges of population ageing.

Dr Marvin Formosa, Ph.D., Director, INIA



Members of the International Board of INIA, led by Mr Wu Hongbo, paid a courtesy call on the Prime Minister of Malta, Dr Joseph Muscat (centre) at the Auberge de Castille in Valletta. They were accompanied by Dr Justyne Caruana, Malta's Parliamentary Secretary for Rights of Persons with Disability and Active Ageing (seen next to Mr Wu), Dr Marvin Formosa, INIA Director, and Ms Rosette Farrugia Bonello, from INIA (fourth and third from right).

INIA's Seventh International Board Meeting in Valletta

The Seventh International Board Meeting of the International Institute on Ageing, United Nations – Malta (INIA) took place between May 14 and 15, 2015 at INIA's premises in Valletta. The meeting was chaired by Mr Wu Hongbo, the United Nations' Under-Secretary-General for Social and Economic Affairs.

Board members present included Professor Isabella Aboderin (African Population and Health Research Centre, Kenya), Professor Toni M. Calasanti (Virginia Tech University, United States of America), Professor Jose R. Jauregui (Buenos Aires University, Argentina), Professor Malcolm Johnson (University of Bath, United Kingdom), Dr Olga Mikhailova (St Petersburg Institute of Bio-regulation and Gerontology, Russian Federation), HE Dr Ugo Mifsud Bonnici (President of Malta 1994-1999), and Professor Du Peng (Renmin University, People's Republic of China). Professor Anthony Zammit (Malta) was unable to attend due to a personal emergency.

United Nations staff in attendance included Rosemary Lane (United Nations Focal Point on Ageing) and Lin Yang (assistant to Mr Wu), while Dr Marvin Formosa (INIA Director) and Rosette Farrugia-Bonello (rapporteur) represented INIA.

During the Board meeting, INIA's activities for the intervening years since the last meeting were reported under the headings of Training, Networking, Publications and International Activities. It is noteworthy that to date INIA has trained 2,121 participants from 141 countries in training programmes held in Malta. The demand for *in situ* programmes in recent years was also highlighted, with INIA conducting as many as 98 training programmes in 27 countries, training 3,081 personnel working in the field of ageing since 1995. In the coming months, *in situ* programmes are planned to take place in China, the Philippines, India, Turkey, the Russian Federation, Kenya and Argentina.

The success of INIA's capacity-building programme is also evidenced by the number of INIA's satellite centres

in developing countries. In 2015 alone, INIA signed or reached agreement for the opening of satellite centres in the Russian Federation at the St Petersburg Institute for Gerontology and Bio-regulation, and in India at the International Longevity Centre in Pune.

In the same year, INIA published a book titled *Ageing and later life in Malta: Issues, trends and future prospects*, and worked to upgrade INIA's journal BOLD to an internationally refereed journal titled *BOLD: International Journal on Ageing in Developing Countries*.

Dr Formosa presented INIA's Work Programme for 2015 and 2016 which included the core training programmes in 'Social Gerontology', 'Health Promotion, Quality of Life and Well-being', and 'Policy Formulation, Planning, Implementation and Monitoring: The Madrid International Plan of Action on Ageing'. Applications for these programmes for 2015 far outstripped the available places. *In situ* programmes will continue to be held in countries in which they were already held, but also in continents where INIA was not so active in recent years. An important activity for this period is for INIA to investigate the effectiveness of its training programmes.

Dr Formosa finished his report by stating that INIA will continue to take part in various activities in the field of ageing organised by the United Nations and affiliated organisations. He also thanked the Government of Malta and UNFPA for their continued support and assistance, and all the Board members who had travelled so far to attend the Board meeting.

Mr Wu closed the meeting by stressing the importance of INIA's central role in the field of capacity-building in the field of gerontology and geriatrics in developing countries. He hoped that INIA, through its training programmes and networking activities, will help meet the challenges of population ageing in the world, which is a phenomenon with no precedent.



Members of INIA's International Board and their spouses with INIA Director and Mrs Formosa at a reception at the Seabank Hotel in Mellieha after the certificate-award ceremony for participants in the training programme on Health Promotion, Quality of Life and Well-being on May 15.

Dr Marvin Formosa greeting Mr Wu Hongbo at INIA's premises in Valletta for the seventh meeting of the International Board.



The International Board meeting at INIA's premises in Valletta.

UN Under-Secretary-General Hu Wongbo, who chairs INIA's International Board, during talks with Maltese Foreign Minister George Vella (third from right) at the Ministry of Foreign Affairs in Valletta. (Photo: DOI – Omar Camilleri)





Professor Du Peng from Renmin University in Beijing speaking at the opening of the training programme.

In situ training programme in Gerontology and Geriatrics in Beijing

The International Institute on Ageing, United Nations – Malta (INIA) collaborated with the Beijing Civil Affairs Bureau (BCAB), People's Republic of China, in organising a training programme in Gerontology and Geriatrics, held in Beijing between March 30 and April 3, 2015.

Thirty-two Chinese officials from this organisation working in the field of ageing in various districts of China's capital benefited from this training programme which was co-ordinated by INIA's Director Dr Marvin Formosa and Professor Du Peng from Renmin University in Beijing, both of whom also lectured on social and demographic aspects respectively.

Lectures were also given by Professor Gerald Koh (Associate Professor, National University of Singapore) on health aspects of ageing. Other lecture topics included elder abuse, quality of life in long-term care,

good practices in social policies and community services, and nursing support for older people.

The collaboration between INIA and BCAB in the field of ageing dates back to an agreement signed in Beijing on March 22, 1999 where BCAB was represented by Ms Zhang Kun Yi, its Foreign Affairs Director. As a result of this agreement, 23 training programmes have been organised so far in Beijing and in Malta for BCAB officials. To date, 1,132 Chinese officials have successfully completed these programmes.

INIA will be organising another training programme in Malta for BCAB officials between October and November 2016.

Dr Marvin Formosa and other lecturers with participants in the *in situ* training programme held in Beijing.



国际专家委员会东北亚国际专家委员会



4th International Conference on Population Ageing and Longevity



The International Institute on Ageing, United Nations -- Malta (INIA) in collaboration with the International Expert Committee on Population Ageing and Longevity (IECPAL), organised the 4th International Conference on Population Ageing and Longevity.

The conference was held between May 19 and 21 at the University of Malta's Valletta Campus.

It was officially opened by Dr Justyne Caruana, Parliamentary Secretary for the Rights of Persons with Disability and Active Ageing, and by Dr Lee-Jay Cho, Chairman of IECPAL.

During the conference, papers were also delivered by INIA's Director Dr Marvin Formosa, Deputy Director Dr Peter Ferry and by Research and Programme Manager Rosette Farrugia-Bonello.



A group photo taken at the opening of the International Conference on Population Ageing and Longevity held in Valletta last May.

Live Your Adventure

The International Council on Active Ageing (ICAA) has chosen "Live Your Adventure" as the theme for Active Ageing Week, which it is organising in September.

Following last year's invitation to Let the Adventure Begin, 2015's Live Your Adventure is a call to action to adults 50 and older to really challenge themselves to break their routine and try something new. Live Your Adventure is equally a rallying cry to institutions to consider organising or hosting an event, which in the past have ranged from Tai chi to brain games, group walks, health fairs, dances, fitness classes, concerts and museum trips.

In 2014, Active Ageing Week catalysed a record 3,000 events throughout the United States, Canada and Australia – senior living communities, active adult/community centres, YMCAs, medical practices, universities, government departments and senior services agencies. Media coverage also reached an all-time high.

Held annually in the last week of September, this year's Active Ageing Week will run from September 27 to October 3. Events should be free or low-cost, educational, and presented in a safe, fun and friendly atmosphere.

ICAA urges any organisations interested in participating in Active Ageing Week 2015 to visit the ICAA website (www.icaa.cc) for guidance on the nature, frequency,



venue options, and other details of events they're considering – and ultimately, to register with ICAA as an official host site.

About ICAA

ICAA, a professional association that leads, connects and defines the active ageing industry, supports professionals who develop wellness facilities, programmes and services for adults over 50.

The association is focused on active ageing – an approach to ageing that helps older adults live life as fully as possible within all dimensions of wellness – and provides its members with education, information, resources and tools.

As an active ageing educator and advocate, ICAA has advised numerous organisations and governmental bodies.

Contact: Colin Milner, CEO, ICAA

Toll-free: 1-866-335-9777 (North America)

Telephone: 604-734-4466; mobile: 604-763-4595

colinmilner@icaa.cc

International training programme in Malta on Health promotion, quality of life and well-being

Mr Wu Hongbo, the United Nations' Under-Secretary General for Economic and Social Affairs, and the Hon. Justyne Caruana, Malta's Parliamentary Secretary for Rights of Persons with Disability and Active Ageing, on May 15 presented certificates to participants in an international programme on Health promotion, quality of life and well-being held at a hotel in Malta and organised by the International Institute on Ageing, United Nations -- Malta (INIA).

Mr Wu was in Malta to chair the seventh meeting of the International Board of INIA (*see report on pages 2,3*).

The programme, which was attended by 17 participants from Bangladesh, Belarus, China, Georgia, India, Iran, Kazakhstan, Macedonia, Malta, Moldova, Saudi Arabia, Tunisia and Ukraine, was opened on May 4 by INIA's director, Dr Marvin Formosa, and by Dr Caruana.

Dr Formosa welcomed the participants and explained the aim of the programme. He then introduced the Parliamentary Secretary, who proceeded to explain the objectives and achievements of her secretariat, especially the adoption of innovative policies on active ageing.

Dr Formosa noted that it was Malta which first put ageing on the United Nations' agenda in 1968 and since then this has been a feature of UN policy.

Dr Caruana said that while until the closing decades of the 20th century population ageing affected only high-income nations, many low-income countries entered the 21st century facing the prospect of an ageing population. She noted that the global number of people

aged 60-plus has now surpassed 841 million.

"Governments and policy makers alike have a real challenge in dealing with the diverse needs of the older population," she stressed. "While much of the financial resources and human capital invested in social services is channelled to allay income poverty and deprivation, older persons also make use of significantly more health services than the total population. It is calculated that older adults consume more than 30 per cent of global expenditure on health in many advanced industrial countries, despite comprising only some 10 per cent of the population."

Another key challenge involves the provision of quality care to older persons living in the community facing physical and cognitive struggles, she said.

New programmes and services

Dr Caruana then listed the various programmes and services for the growing number of older persons which her Secretariat undertook in the last two years since her government came to power.

Launched in November 2013, the *National Strategic Policy for Active Ageing* is premised upon three major themes: active participation in the labour market, social participation in the community, and independent living. The national strategic policy aspires to increase the number of older workers in the labour market, to encourage the participation of older persons in social, economic, cultural, and civic affairs, and to transform society's perception of ageing from

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Participants at the opening of the training programme on Health promotion, quality of life and well-being held in Malta between May 4 and 15. (DOI - Pierre Sammut)

Presentation of certificates to participants



Assistant Professor Ritu Sharma from India, a participant in the training programme, holding her certificate, flanked by Mr Wu Hongbo and Dr Justyne Caruana.

Zhu Yi, a psychiatrist and lecturer from China, another participant, proudly shows her certificate.



Prof. Andrei Ilnitski from Belarus (centre) and Dr Kiril Prashchayeu from Ukraine presenting Dr Marvin Formosa, INIA's Director, with a Letter of Gratitude & Intent of Further Collaboration.



Varied programme for participants

Continued from page 6

one of dependence to active ageing, which requires a paradigm shift that enables independence and dignity with advancing age.

The Parliamentary Secretariat has also launched the *National Dementia Strategy* which sets out a work programme to enhance the quality of life of individuals with dementia, and provide aid their caregivers and family members.

The adoption of these two national strategies is being complemented with other policy measures, Dr Caruana said, such as the *National Minimum Standards for Care Homes for Older People*.

Other initiatives were legislation on elder abuse, training of hospital and residential home staff on dementia awareness, financing the running of a new centre for Malta's University of the Third Age, setting up of representative committees in all public care homes and day centres for older persons, complementary learning modules on ICT for persons aged 60-plus, and the transformation of day centres into active ageing 'lifelong learning hubs', and the organisation of nationwide pre-retirement learning programmes.

Health is not merely the absence of disease and infirmity, Dr Caruana concluded, but what enables individuals to fulfil human potential and maximise capabilities, achieve success at whatever one does, enable social participation and enjoy good quality of life. Investment in health can bring invaluable returns of a productive, vibrant and successful community of older adults.

Lecture topics

Dr Formosa then introduced Prof. Harrison Bloom, founder and past director of the International Education and Consultation Service for the International Longevity Center-USA of New York, one of the leading tutors in the programme, whose opening lecture gave an overview of geriatric medicine.

In the course of the programme, Prof. Bloom gave lectures on various aspects, including hearing and visual impairment and transitional care, depression and delirium, sleep disorders, end-of-life planning, geriatric care.

Other lectures covered the demographic and epidemiological aspects of ageing (Dr Julian Mamo), health promotion in later life (Dr Sina Bugeja), physiotherapy and occupational therapy for older persons (Dr Stephen Lungaro Mifsud and Rachel Pace), quality of life in old age (Dr Marvin Formosa), dementia:

trends and issues (Rosette Farrugia-Bonello), food and nutrition in later life (Geoffrey Axiaq), dental issues (Dr Alexander Schembri), medical problems in later life (Dr Peter Ferry), and positivity and resilience in old age (Dr Christian Borg Xuereb).

Prof. Marion McMurdo, Head of Ageing and Health at the University of Dundee, Scotland, covered common infections and sarcopenia in later life, professional training, service development and delivery, multi-morbidity, exercise for older persons and prescribing for older persons.

The programme included visits to private and public residential homes for the elderly, including St Vincent de Paul, the largest state-run home, housing over 1,200 residents. A full-day sightseeing tour was also organised.

At the concluding ceremony, during which certificates were handed to the participants, Dr Formosa gave some background on INIA and its activities, pointing out that since its setting up in 1988 it had trained 2,106 participants from 141 countries and organised *in situ* training courses in 27 countries, in which a total of 3,081 professionals in the field of ageing took part. INIA also publishes a book series and from this year resumed the publication of its newsletter, *INIANet*.

Progress on Madrid Action Plan

In his closing remarks, UN Under-Secretary-General Wu Hongbo explained how the Department of Economic and Social Affairs which he heads monitors population ageing and its impact on social policy.

It is the focal point for the monitoring of progress of the 2002 Madrid International Plan of Action for Ageing. Every five years the results of this exercise are submitted to the UN General Assembly.

One of the priority areas of the Madrid Plan, Mr Hu said, is advancing the health and protecting the rights of older persons. At the sixth session of the monitoring group in July, he said, a World Population Ageing report will be presented. He said his department provides technical assistance to governments to build age-specific data and to formulate national policies on ageing.

Mr Wu praised INIA's training programmes. Population ageing affects both developed and developing countries and posed great challenges; he said; he regretted, however, that the international community has not paid adequate attention to this issue. This is why we need to train people, and why INIA's programmes are so important. Indeed, INIA is playing an indispensable role in this regard, he concluded.

INIA at Brazil conference on Ageing in Latin America and Caribbean

INIA's Research and Programme Manager, Rosette Farrugia-Bonello, participated in the VII conference on Ageing for Latin America and the Caribbean (COMLAT) between April 9 and 11.

The conference, on "Scientific Innovation, Sustainability and Ageing", was held in Belem, Brazil. Ms Farrugia-Bonello presented two papers, one on INIA's goals for the coming years and the other on "Demographic Aspects of Ageing and its Implications for Socio-Economic Development and Policies in the next 40 years".

She also discussed the possibility of collaboration in the field of ageing with associations representing the Latin American and Caribbean regions.

Ms Rosette Farrugia-Bonello with the president and treasurer of the Brazilian Association of Geriatrics and Gerontology (SBGG) at its stand at the conference in Belem, Brazil, last April.



International seminar on Active Ageing Index

Two INIA officials -- Research and Programme Manager Rosette Farrugia-Bonello and Research and Programme Officer Christian Vella -- attended an international seminar on "Active Ageing Index and its potential: Building an evidence base for Active Ageing Policies".

The seminar was organised by the United Nations Economic Commission for Europe (UNECE) and by the European Commission (EU), and was held in Brussels on April 16 and 17.

The conference was also attended by INIA's international tutors Dr Alexandre Sidorenko, Dr Tomas Kucera and Dr Asghar Zaidi, together with some of INIA's past participants from the Czech Republic, Georgia, Russia and India.

Ms Shuchandrima Chakraborty, an INIA programme past participant from India, was awarded with a certificate for her highly commendable paper on "Active Ageing Index in India -- Is the UNECE approach applicable to developing countries?"



INIA's International tutors and past participants at the international seminar on the Active Ageing Index held in Brussels. Ms Rosette Farrugia Bonello and Mr Christian Vella are fourth and first from left.

Brazilian Congress of Geriatrics and Gerontology to be held in Fortaleza in June 2016

How are we getting older? *The Individual, the Society and Brazil?* will be the theme of the Brazilian Congress of Geriatrics and Gerontology 2016 (CBGG 2016) to be held at the Ceará Events Center in Fortaleza, Brazil, between June 8 and 11, 2016. The congress is being organised by the Sociedade Brasileira de Geriatria e Gerontologia (SBGG).

Dr João Bastos Freire Neto, president of the Scientific Committee and of SBGG, explained that the congress will address issues on health, quality of life, public policies and challenges faced today in caring for the aged at different levels.

CBGG 2016 will be an opportunity to bring to light issues that allow a reassessment of the ways that have been adopted to deal with the ageing process in Brazil and bring a new perspective on older persons and later life.

Founded on May 16, 1961, the SBGG is a non-profit civil association that brings together experts from all over Brazil and is the geriatrics and gerontology arm of the Brazilian Medical Association (AMA), an institution that brings together 54 societies of medical specialties.

With approximately 2,250 associates, the entity currently comprises 18 state sections. In addition to AMA, the society is also affiliated with the International Association of Gerontology and Geriatrics (IAGG).

Membership requirements

To become a member of SBGG, it is necessary to have higher education, be registered in professional advice in the respective class, complete the membership form, and submit the registration to the evaluation of the SBGG section in the corresponding state.

The main objective of the new management of the society is the strengthening and improvement of physicians and professionals working in the field of health care for older persons.



**Dr João Bastos Freire Neto,
president of SBGG**

"The future that our pioneers envisioned knocks at our door. Our country needs physicians and trained professionals to serve the older population in a comprehensive manner. We need to transform the segmented front of the health care sector targeted for older persons", Dr Bastos declared.

Training of professionals

According to him, this is one of the greatest responsibilities as a medical speciality association: to collaborate with and encourage the training of professionals who are responsible for the daily management of elderly care to provide order and hence refine and improve the overall service to this sector of the population.

Dr Bastos also stressed the importance of moving forward in promoting training in the field of ageing. "Despite important achievements in recent years, the deficit is still very large. We need to give more conditions for medical schools to offer greater access to knowledge in the field of ageing, providing a solid training for doctors and all professionals working in the field of ageing".

For information about the society visit its website: <http://www.sbgg.org.br/>

For information on the 2016 congress visit <http://www.cbgg2016.com.br>

Diary of INIA Activities

- September 7-11** *In situ* training programme on *Gerontology and Geriatrics* in collaboration with the Philippine Society of Gerontology and Geriatrics, The Philippines.
- September 19 to October 2** The *2015 Executive Training Course on Population, Ageing and Development* in collaboration with UNFPA and Charles University, Prague, Czech Republic.
- October 2** Launch of INIA's new publication *Ageing and Later Life in Malta: Issues, Policies and future trends* by Dr. Marvin Formosa, INIA's Director.
- November 23 to December 4** International training programme on *Policy Formulation, Planning, Implementation and Monitoring of the Madrid International Plan of Action on Ageing*, Malta.
- November 27-29** *Dementia care in developing countries*, an INIA session during the People's Forum, Commonwealth Heads of Government Meeting, Malta.
- December 6-12** *In situ* training programme on *Gerontology and Geriatrics* in collaboration with the Gerontological Society of China, China.

2016

- February 15-26** International training programme on *Social Gerontology*, Malta.
- April 11-15** Training programme in *Gerontology and Geriatrics* in Pune, India, in collaboration with the International Longevity Centre of Pune.
- April 25-29** Training programme in *Gerontology and Geriatrics* in Ankara, Turkey, in collaboration with the Turkish Geriatric Society.
- May 2-13** International training programme on *Health promotion, Quality of Life and Well-being*, Malta.
- October 31 to November 11** Training programme in *Social Gerontology* for Chinese officials working within the Beijing Civil Affairs Bureau, Malta.
- November 14-25** International training programme on *Policy Formulation, Planning, Implementation and Monitoring of the Madrid International Plan of Action on Ageing*, Malta.

INIA's International Diary

2015

- July 30-August 2** The 2nd World Congress On Healthy Ageing, organised by the World Congress on Healthy Ageing, **Johannesburg, South Africa**. Conference website: <http://10times.com/healthyageing>
- August 24-25** International Conference on Gerontology and Geriatrics, **Toronto, Canada**. Conference website: www.omicsonline.org
- August 31 - September 2** The Third International Conference on Alzheimer's and Dementia, **Toronto, Canada**. Conference website: www.alzheimers-dementia.conference-series.com
- August 31-September 4** Global communities come together, organised by Aged and Community Services Australia (ACSA) and International Association of Homes and Services for the Ageing (IAHSA), **Perth, Australia**. Conference website: <http://www.globalageingconf2015.com/>
- September 2-4** 25th Alzheimer's Europe Conference on Dementia: Putting strategies and research into practice, **Ljubljana, Slovenia**. Conference website: <http://www.alzheimer-europe.org/Conferences/2015-Ljubljana/>
- September 24-25** *From Managing to Networking - Building Partner Networks in Long-term Care*, organised by the European Association for Directors and Providers of Long-Term Care (EDE), **Montreux, Switzerland**. Conference website: www.ede-congress.ch

- October 15-17** International Health and Wealth Conference, **Algarve, Portugal**. Conference website: <http://www.ihw-conference.com/>
- November 27-29** Third International Congress on Gerontology and Geriatric Medicine 2015 and First Congress of the International Network for Prevention of Elder Abuse, organised by All India Institute of Medical Sciences (AIIMS), Indian Army, University College of Medical Science (UCMS), International Association of Gerontology (IAG), and University of Delhi, **New Delhi, India**. Conference website: www.icggm2015.com

2016

- March 20-24** 2016 Aging in America Conference, organised by the American Society on Aging (ASA), **Washington, DC, USA**. Conference website: <http://asaging.org>
- June 8-11** Brazilian Congress on Gerontology and Geriatrics: *How are we getting older? The individual, society, and Brazil* organised by the Sociedade Brasileira de Geriatria e Gerontologia (SBGG), **Fortaleza, Brazil**. Conference website: <http://www.cbogg2016.com.br>
- September 22-24** The European Association of Homes and Services for the Ageing (EAHSA) Biannual Conference, **Lyon, France**. Conference website: www.eahsa.eu Twitter: @eahsa2016



INTERNATIONAL INSTITUTE ON AGEING
UNITED NATIONS – MALTA
in collaboration with
United Nations Population Fund (UNFPA)



INTERNATIONAL TRAINING PROGRAMME

POLICY FORMULATION, PLANNING, IMPLEMENTATION and MONITORING: *Madrid International Plan of Action on Ageing*

November 23 – December 4, 2015, Malta

BACKGROUND

The dramatic and unprecedented increase in the number and proportion of older persons in the world is leading to various political, economic and social consequences and challenges. In developing countries, where by the year 2025, seventy-two per cent of the world's older persons are expected to be living, this demographic phenomenon will pose a particular challenge. Although a number of developing countries have initiated various innovative and concrete measures aimed at meeting the needs of older persons, there exists an acute shortage of ageing welfare policies. In 2007, the United Nations began its five-year review of progress towards the achievement of the *Madrid International Plan of Action on Ageing*, with a second review and appraisal process finalised in 2012. Since plans for a third global review of the Plan of Action are currently under way, this training programme is highly suited to personnel in the field of ageing who are interested in measuring the implementation of the Plan of Action in their respective countries.

OBJECTIVES

This multi-disciplinary Training Programme in Social Policy is aimed at discussing the implications of population ageing, underscore the importance of including ageing issues in a country's development planning and discuss options for policy formulation and programme / services' implementation. It also aims at providing a broad and up-to-date understanding of the complex and far-reaching consequences of longevity. Participants are aided to evolve and implement appropriate policies that ensure the quality of life and well-being of older persons in their own country.

AREAS OF CONCENTRATION

The programme consists of lectures, seminars, site visits and workshops. Topics dealt with include: understanding

the commitments of the *Madrid International Plan of Action on Ageing* as well as the *Regional Implementation Strategies*; exploring ways of facilitating the participation of all stakeholders, namely: governments, civil society, the family, the community and the older persons themselves; collecting and disseminating the best knowledge and evidence-based practices available regarding adequate policy responses to population ageing, and monitoring progress towards the achievement of the Priority Directions and Recommendations of the *Madrid Plan of Action*.

WHO SHOULD ATTEND THIS COURSE

Applications are invited from **policy-makers and decision-makers** in the field of Ageing in developing countries. They should be directly engaged in policy and decision-making for older persons in the statutory, voluntary or private sectors in their own country.

APPLICATION PROCEDURE

Interested persons and organisations may apply by sending the following to:

The Director, International Institute on Ageing, 117 St Paul Street, Valletta VLT 1216, MALTA

1. An application form which is available through the Institute's website or directly from INIA.
2. Proof of proficiency in English.
3. A letter of recommendation from the director of the applicant's organisation.
4. A personal letter (giving reasons for attending the course).
5. Copies of relevant certificates.

Closing date for applications is August 31, 2015.

Course fee: US\$2,680 (includes tuition, board-accommodation and meals but excludes travel).

INIA is offering a limited number of partial scholarships. However, since this is not guaranteed, it is in the interest of prospective candidates to secure alternative funding.

International Institute on Ageing, United Nations – Malta, 117, St Paul Street,
Valletta VLT 1216, MALTA

Telephone: (+356) 21-243044/5/6 Telefax : (+356) 21-230248

E-mail: programmes@inia.org.mt Website: <http://www.inia.org.mt>

Ways of further raising awareness of elder sbuse discussed

On the occasion of World Elder Abuse Awareness Day, observed on June 15, Malta's Parliamentary Secretary for Rights of Persons with Disability and Active Ageing, Dr Justyne Caruana, and Police Commissioner Michael Cassar paid a courtesy visit to the International Institute on Ageing, United Nations -- Malta (INIA) in Valletta.

INIA's Director, Dr Marvin Formosa, spoke about the mandate and vision of the Institute. Ways how entities could collaborate to further raise awareness on elder abuse were discussed. Mr Cassar was accompanied by Vice Squad Inspectors Sylvana Briffa and Joseph Busuttill.

The United Nations has designated June 15 as World Elder Abuse Awareness Day (WEAAD). Launched in 2012, WEEAD aims to draw global attention to the problems of explicit physical, emotional and financial abuse of older persons, as well as to the distress caused to them through physical, emotional and social neglect.

Several recent studies conducted in Malta show that elder abuse through neglect, violence and exploitation is becoming one of the major issues facing older persons. The research indicates that between four and six per cent of older persons suffer some form of abuse, and that a much larger percentage of abuse goes unreported.

Police role

Many are aware of the dedicated services rendered by the Malta Police both in the prevention of elder abuse and in the support of its victims. Moreover, the Parliamentary Secretariat is promoting legislation to protect older persons from abuse.

INIA is similarly committed to contribute towards promoting awareness of elder abuse through its training and research activities undertaken both in Malta and abroad.



Like the rest of the world, Malta is undergoing significant demographic changes. Its 65-plus cohort, which currently makes up around 16 per cent of the population, will exceed 20 per cent by 2020 and approach 25 per cent by 2030. This accelerating rate of population ageing has led to various government initiatives to meet the needs of senior citizens, including protection from elder abuse.

Pictured at INIA's premises are, from left: Tarcisio Zammit (INIA's administrator), Rosette Farrugia-Bonello (research and programme manager), Dr Marvin Formosa (INIA's Director), Dr Justyne Caruana, Parliamentary Secretary for Rights of Persons with Disability and Active Ageing, Police Commissioner Michael Cassar, and Vice Squad Inspectors Sylvana Briffa and Joseph Busuttill.



INTERNATIONAL INSTITUTE ON AGEING
UNITED NATIONS – MALTA
in collaboration with
United Nations Population Fund (UNFPA)



INTERNATIONAL TRAINING PROGRAMME

SOCIAL GERONTOLOGY

February 15–26, 2016, Malta

BACKGROUND

The dramatic and unprecedented increase in the number and proportion of older persons in the world will lead to unique political, economic and social consequences. In developing countries, where by the year 2025, seventy-two per cent of the world's older persons will live, this demographic development will pose a particular challenge. Although a number of developing countries have initiated various innovative and concrete measures aimed at meeting the needs of older persons, there exists an acute shortage of trained care-givers at all levels in gerontology.

OBJECTIVES

This multi-disciplinary Training Programme in Social Gerontology, designed by an international expert group, aims at providing a broad and up-to-date understanding of the complex and far-reaching consequences of mass longevity. Participants are helped to evolve and implement appropriate policies, which will ensure for older persons a high quality of life in their own society.

AREAS OF CONCENTRATION

The programme consists of lectures, site visits and workshops. Topics dealt with include: Basic Concepts in Social Gerontology; Demographic Determinants and Consequences; Socio-Cultural Changes and their Impact; Economics of Ageing; Environment and Ageing; Health Aspects of Ageing; Social Care in the Family; Community and Institutions and the Needs of Special Concern Groups. Candidates will also be given an opportunity to pursue *one* of the following skills: Social Policy Development; Community Development Programmes and Services and Health Promotion and Disease Prevention.

WHO SHOULD ATTEND THIS COURSE

Applications are invited from social workers and trainers in the field of Ageing in developing countries. Applicants should have one of the following pre-requisites:

- 1 Engaged in social service delivery for older persons in statutory, voluntary or private sectors.
- 2 Holding a potential to provide leadership in securing a better social service delivery system to older persons.
- 3 Active in awareness development in the field of ageing.

APPLICATION PROCEDURE

Interested persons may apply on-line through INIA's website. Attached with the application form, one also has to send the following:

- 4 Proof of proficiency in English.
- 5 A letter of recommendation from the director of the applicant's organisation.
- 6 A personal letter (giving reasons for attending the course).
- 7 Copies of relevant certificates.

Closing date for applications is November 30, 2015.
Course Fee: US\$2,680 (includes accommodation on bed and breakfast basis, tuition and lunches, but excludes travel).

INIA might have available a limited number of partial scholarships. However, since this is not guaranteed, it is in the interest of prospective candidates to secure alternative funding.

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INIA's library – a popular research tool

INIA's library is popular with students reading for postgraduate degrees in Gerontology and Geriatrics, as well as scholars and policy makers with a special interest in ageing. Moreover, the final day of each training programme is dedicated to a visit to INIA's library where participants are encouraged to browse and also make limited photocopies, in accordance with copyright laws, of journal articles and book chapters. In 2014, as many as 350 individuals frequented INIA's library, with foreign universities also organising field trips during their brief exchange visits in Malta.

During the first half of 2015, INIA's library reactivated inactive subscriptions to two international journals on ageing – *Ageing & Society*, *Gerontology*, and *Journals of Gerontology: Biological/Medical Sciences–Social/Psychological Sciences*. Moreover, funds were allocated to the procurement of recent books on ageing, with special focus on developing countries. In order to avoid duplication of journals with the University of Malta library, as well as other related libraries in Malta, a common catalogue was set up.

Recent book acquisitions included:

Contemporary grandparenting: Changing family relationships in global context;

Safeguarding older people from abuse: Critical contexts to policy and practice;

Handbook of theories of aging; Aging as a spiritual journey;

Measuring health: A review of quality of life measurement scales;

Gerontology nursing case studies: 100 narratives for learning;

Developing excellent care for people living with dementia in care homes;

Elder abuse detection and intervention: A collaborative approach;

HIV/Aids and older adults: Challenges for individuals, families, and communities;

Death, Dying & Bereavement;

Global ageing: Age concerns and special perspectives;

Ageing and loss: Mourning and maturity in contemporary Japan; and

Ageing in India: Retrospect and prospect. Bangalore University, Bangalore, India.



INIA to launch a new International Journal on Ageing in Developing Countries

INIA will be launching a peer-reviewed online journal, titled *International Journal of Ageing in Developing Countries*. The journal follows up on the quarterly journal BOLD which was published by INIA between 1990 and 2014.

INIA felt the need to elevate the original BOLD journal to establish a peer-reviewed publication containing academic articles which will cover the ageing phenomenon in low-income countries and countries with economies in transition from a multidisciplinary and interdisciplinary perspective that includes biological, psychological, economic, social, political, medical, historical and spiritual dimensions.

The journal will be open-access, non-profit, and published online on a biannual basis, with the first issue planned for the first quarter of 2016.

The *International Journal of Ageing in Developing Countries* will have five objectives – to draw experts from various disciplines related to this ageing phenomenon, and to provide an international, peer-reviewed platform for their work; to give a voice to researchers in developing countries, enabling them to transmit their findings to a broad number of readers; to facilitate rapid, international dissemination of ground-breaking work in the area, via pre-publication access if necessary; to review books on related topics and thus increase awareness of their publication; to be an openly accessible forum, maximising readership and discussion, and hence the journal's ability to transmit work in the area to the stakeholders that need it most.

INIA's *International Journal on Ageing in Developing Countries* presents new openings for academics researching the state of population ageing in developing countries and has great potential to have a large, positive impact in the area. It will have an international editorial board of 24 members.

International Journal on Ageing in Developing Countries

The Editor and the Editorial Board are now considering papers for publication.

'Instructions to authors' are forthcoming on INIA's website

www.inia.org.mt

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