

**THE INTERNATIONAL INSTITUTE ON AGEING
UNITED NATIONS - MALTA (INIA)**



Providing professional training and research programmes to persons in low-income countries and countries with economies in transition who are responsible for planning, policy formulation and management of ageing or who care for older persons

**ANNUAL REPORT
2020**



STOILOV 1997

DIRECTOR'S FOREWORD

There is no doubt that the past year, and most probably this year, will feature as one of the most unsettling periods in our lives. The COVID-19 emergency situation has claimed many lives and has shattered global levels of emotional and social wellbeing. I remember Malta's first case of COVID-19 on 7 March 2020 as if it was yesterday. Five days later, the government announced an aggressive, 'Asian-style', lockdown. The country, one of the world's most densely populated, became strangely quiet. In due course, we learnt to live with COVID-19, dropping non-essential activities in favour of restricted, bubble-like, social interaction.

I certainly do not need to point out the global attention that the interface between COVID-19 and later life received in recent months. You are surely aware that much global literature underlined the pandemic's deadly effect among frail older persons, whilst highlighting the fact that more than half of all COVID-19 deaths in many countries occurred amid residents in long-term care. Moreover, as governments prohibited older persons from leaving their residences and barred extended family gatherings, much attention was focused on the social isolation and loneliness experienced by older adults, and such impacts on their wellbeing and human rights.

The impact that COVID-19 had on the Institute can never be overstated. After successful training programmes in India, Egypt, Malta, Turkey, Tunisia and Nigeria, other programmes that were scheduled to take place in Armenia, Azerbaijan, China, Egypt, Georgia, Jamaica, Kenya and Malta were postponed to the second half of 2021. The training in Lebanon was successfully held but in a virtual mode. Other *in-situ* training programmes planned for the first six months of 2021 were also put on hold. As I am writing this foreword, on the second day of the new year, it is envisaged that these programmes will be postponed to 2022. Of course, another casualty was INIA's 8th International Board Meeting which was scheduled for May.

However, INIA did not sit still during these past months. As soon as the world realised that the virtual sphere had to take the place of physical face-to-face meetings, INIA embarked on the planning and execution of rigorous virtual training programmes in gerontology, geriatrics and dementia care. The fruit of such labour is being presented in this Annual Report. COVID-19 also meant that INIA's online journal was more important than ever and two separate issues were published in during 2020. Moreover, a number of agreements were also signed with key global organisations working in the field of ageing so as for INIA to be in a stronger position to meet its mandate.

I am certain that the 2020 Annual Report on INIA's activities will encourage our underwriters, particularly the Government of Malta, to continue with their generous support, and that it will inspire other institutions dedicated to the wellbeing of the world's ageing population to remain committed to this pressing global imperative.

In closing this foreword, and especially this year, I wish you a healthy and safe 2021.



Professor Marvin Formosa
Director – INIA
2 January 2021

INTERNATIONAL INSTITUTE ON AGEING UNITED NATIONS - MALTA

The International Institute on Ageing United Nations - Malta (INIA) was set up as a result of a recommendation by the United Nations Economic and Social Council in its Resolution 1987 to the Secretary General of the United Nations. The need for such an Institute was recognised in the Vienna International Plan of Action on Ageing adopted by the World Assembly on Ageing in 1982, in its Resolution 37/51 which recommended *inter alia*, the promotion of training and research, and the exchange of information and knowledge in order to provide an international basis for social policies and action. The Institute was established in Malta in 1987 as an autonomous body under the auspices of the United Nations following an agreement between the Government and the United Nations.

MANDATE

The International Institute on Ageing United Nations - Malta mandate is to train personnel from low-income countries and from countries with economies-in-transition who are working or who intend to work in the field of ageing or with older persons; to provide advocacy to low-income countries and to countries with economies-in-transition in matters concerning capacity building; and to act as a practical bridge between high-income countries and low-income countries as well as countries with economies-in-transition in the area of information exchange in the field of social gerontology, long-term care and dementia care.



INTERNATIONAL BOARD MEMBERS

Mr. Liu Zhenmin (Chairman of the Board)
United Nations Under-Secretary-General for Social and
Economic Affairs.

Professor Isabella Aboderin
Bristol University, United Kingdom & African Population and
Health Research Centre, Kenya.

Professor Toni M. Calasanti
Virginia Tech University, United States of America.

Professor Jose R. Jauregui
Director, Unidad de Investigacion en Biologia del Envejecimiento,
Argentina.

Professor Malcolm Johnson
University of Bristol, International Institute on Health & Ageing,
United Kingdom.

Dr. Olga Mikhailova
St. Petersburg Institute of Bio-regulation and Gerontology, Russian Federation.

Professor Du Peng
Renmin University, People's Republic of China.

H.E. President Emeritus Dr. Ugo Mifsud Bonnici
President of Malta 1994–1999, Malta.

Ms. Rose Fenech
Independent expert, Malta



IN-SITU TRAINING PROGRAMMES & WEBINARS



In its early years, the International Institute on Ageing United Nations - Malta envisaged that the organisational experience acquired from the Malta-based training programmes should be carried over overseas through *in-situ* programmes. The latter are generally modelled on the same pattern with a complement of local staff in addition to INIA's international lecturers and other invited experts. The advantage of *in-situ* programmes is that the training can be specifically tailored as appropriate to and rooted in local socio-economic conditions and needs. Furthermore, the *in-situ* programmes are more varied and interdisciplinary in nature and dealing with a range of various issues.



This year, due to the COVID-19 situation, all of the planned *in-situ* programmes which had to be held during the second part of the year, had to be either postponed or held virtual. INIA sought to continue with its mandate to increase capacity building on ageing in low-income countries and in countries with economies-in-transition, through the organisation of a series of webinars. The series of webinars, under the titles of *Population ageing: Diversity, Social Justice and Equality*, were held weekly from September to December 2020.



As a result, in 2020, as much as 576 participants working with older persons or in the field of ageing have benefitted from the 6 *in-situ* training programmes and 12 webinars that were organised by INIA. The *in-situ* programmes were organised in India, Egypt, Nigeria, Tunisia and Turkey. The other *in-situ* programme which originally had to be held in Lebanon was held virtually.



As in the past years, in running *in-situ* training programmes (and also as from this year, webinars) INIA made use of a strong multi-disciplinary team of international and local experts. This ensured the highest quality levels of professional training in the fields of gerontology and geriatrics while emphasising relational and person-centred care. At the same time, it enabled participants to benefit from the tutors' wide and longstanding knowledge and expertise.

IN-SITU TRAINING PROGRAMMES

DATES	CITY/COUNTRY	IN COLLABORATION WITH
12 November 2019 – 30 January 2020	Cairo, Egypt	Ahmed Shawky Geriatrics Hospital & Aim Shams University Hospitals 20 participants
13–17 January	Pune, India	International Longevity Centre-India (ILC-I) & INIA's Satellite Centre 14 participants
24–28 February	Abuja, Nigeria	The Dave Omokaro Foundation (DOF), Nigeria & the Nigeria Union of Journalists (NUJ) 20 participants
2–6 March	Ankara, Turkey	The Turkish Geriatrics Society & Hacettepe University Application and Research Centre of Geriatric Sciences (GEBAM) 26 participants
2–3 August	Monastir, Tunisia	The Tunisian Geriatric Society (STG), Middle East Academy for Medicine of Ageing (MEAMA), Maghreb Academy for Medicine of Aging (MAMA), & the Faculty of Medicine of Monastir (FMM) 50 participants
5–6 November	Tripoli, Lebanon (Virtual)	The Middle East Academy for Medicine of Ageing (MEAMA), Middle East Longevity Institute & Abyad Medical Centre 56 participants



INIA WEBINAR SERIES 2020

Population Ageing: Diversity, Social Justice and Equality

DATES	TOPIC & SPEAKER
23 September	<i>'Ageing, ageism and human rights: Past, present, future'</i> Professor Marvin Formosa <i>International Institute on Ageing, United Nations - Malta</i>
30 September	<i>'The impact of population ageing and longevity on the future of work'</i> Amal Abou Rafeh <i>Chief Programme on Ageing, United Nations, New York</i>
7 October	<i>'Population ageing, heterogeneity & multiple vulnerabilities of older persons in India'</i> Professor Siva Raju <i>Centre for Population Health & Development, Tata Institute of Social Sciences, Mumbai, India</i>
14 October	<i>'Social justice and ageing'</i> Dr. Rosy Pereya <i>International Network for the Prevention of Elder Abuse International Longevity Centre, Dominican Republic</i>
21 October	<i>'Population ageing in Asia: Diversity, challenges and governance of ageing societies'</i> Professor Du Peng <i>Vice President, Renmin University, China</i>
28 October	<i>'Population ageing, ageism and rights of older persons: Balancing autonomy and independence with dependency'</i> Dr. Emem Omokaro <i>Director, Dave Omokaro Foundation, Abuja, Nigeria</i>
4 November	<i>'Osteoporosis in ageing societies'</i> Professor Yesim Gokce Kutsal <i>Turkish Geriatrics Society, Turkey</i>
18 November	<i>'Population ageing in North Africa'</i> Professor Sonia Ouali Hammami <i>Tunisian Geriatric Society & Maghreb Academy for Medicine of Ageing, Tunisia</i>
25 November	<i>'Impact of COVID-19 pandemic: Older persons and institutions in Argentina'</i> Professor Jose Ricardo Jauregui <i>President, International Association of Gerontology & Geriatrics</i>
2 December	<i>'Ageing in and out of place: Inequalities and later life'</i> Professor Shereen Hussein <i>Associate Director of PSSRU, University of Kent, UK</i>
9 December	<i>'Dementia and COVID-19: The impact of the informal carers – a carer's perspective'</i> Datin Jacqueline WM Wong <i>Honorary Advisor, demensia Brunei, Brunei</i>
16 December	<i>'Empowerment of older persons'</i> Dr. Alexandre Sidorenko <i>European Centre for Social Welfare Policy & Research, Vienna, Austria</i>
390 participants	

CAREGIVER TRAINING PROGRAMME

Cairo, Egypt

12 November 2019 – 30 January 2020

A Caregiver Training Programme was held in Cairo, Egypt, between 12 November 2019 and 30 January 2020. This programme was held in collaboration with Ahmed Shawky Geriatric hospital and Ain Shams University hospitals. Sessions were held three times a week.

Fulfilling optimum care for older persons impose a great overwhelming burden on the health care systems, one of which is the shortage of resources especially in number of trained caregivers and nurses in the field of gerontology and geriatrics. In this regard, the training programme aimed to equip caregivers with knowledge, skills and attitudes required to provide high quality care for older persons in different care settings and also, to train new recruits of formal caregivers, so that they will be competent to work in geriatric hospitals.

The programme consisted of 12 modules, namely: introduction to caregiving; communication with older persons; infection control; older persons' safety; skin and personal care; nutrition and feeding; toileting; mobility and ambulation; medication and assistive devices; common medical conditions; self-care and recreational activities; and basic documentation and principles of quality. Sessions were delivered through lectures, videos, discussions, group work and case studies. Moreover, participants also had to undergo guided practical sessions. All participants passed a final assessment.

Twenty participants recruited through the National Egyptian Heritage Revival Association, which is a key non-governmental organisation working in the field of community development in Egypt, participated successfully in the programme.



SOCIAL GERONTOLOGY

Pune, India

13 – 17 January 2020

The International Institute on Ageing United Nations - Malta (INIA), in collaboration with the International Longevity Centre-India (ILC-I) which is the designated INIA's Satellite Centre for the SAARC Countries, organised an *in-situ* programme in *Social Gerontology*. The programme was held at Bharati Vidyapeeth Deemed University, Pune, India, between 13–17 January 2020. The inauguration programme was held on Sunday 12 January 2020.

Present for the opening were Dr. Jayant Umranikar, Chairman of ILC-I, Dr. K. H. Sancheti, Chief Orthopaedic Surgeon Sancheti Hospital, Dr. R. A. Mashelkar, President of ILC-I, Anjali Rajee, Director of ILC-I and Rosette Farrugia-Bonello, Deputy Director at INIA who also lectured on the course. The programme was attended by 14 participants, all professionals in the field on ageing.

The programme addressed the following topics: population ageing: a global perspective, population ageing in India; key concepts in gerontology; social aspects of ageing; economic aspects of ageing; psychological aspects of ageing; health aspects of the older persons; Madrid international plan of action on ageing; dementia and its implications on the individual and the family; policies on older persons in India; maintenance and welfare of parents; active ageing policies for India and low-income countries; social policies and services in the community; feminisation of ageing; caregiving for older persons; communication with older persons; programmes and schemes for older persons in India; international solidarity; abuse of older persons; quality of life in old age; medical conditions experiences by older persons; socio-economic implications of population ageing in India; older persons in the changing role of the family; ageing and disability; healthy nutrition in old age; and national minimum standards for care homes for older persons.





During her stay in Pune, Rosette Farrugia-Bonello visited the International Longevity Centre offices, where she was greeted with a warm welcome from Dr. Jayant Umranikar, Chairman of ILC-I. A presentation on the history of ILC-India was delivered by the staff.



GERONTOLOGY AND GERIATRICS

Abuja, Nigeria

24 – 28 February 2020

The International Institute on Ageing United Nations Malta (INIA) and the Dave Omokaro Foundation (DOF) organised an *in-situ* training programme in *Gerontology* and *Geriatrics*, in Abuja, Nigeria, between 24 and 28 February 2020. Collaborating also in this programme included the Nigeria Union of Journalists (NUJ), the FCT Area Council, Service Commission and some Federal Government Ministries, Departments and Agencies.

The programme was attended by 20 participants and designed for media practitioners, senior administrators, policy and decision makers, advocates and educators from government and nongovernmental organizations, that have direct operational input into advocacy, policy development, planning and implementation.

The Welcome address was delivered by Dr. Emem Omokaro, Executive Director DOF and INIA's Welcome address to participants was delivered via video broadcast by Rosette Farrugia-Bonello, Deputy Director INIA. Emmanuel Ogbeche, Chairman, Nigeria Union of Journalists gave the opening remark while Goodwill messages were offered by the Executive Secretary, National Human Rights Commission; Tony Ojukwu Esq.; Member BOT, Gerontology Association of Nigeria (GERAN), Ibrahim Iro Dan'Iya; Director General, Nigerian Television Authority and the Representative of the Honorable Minister of Education.



Evelyn Onyilo, Former National President, Nigerian Association of Women Journalists (NAWOJ) delivered the Keynote Address titled *Leveraging the Power of the Media for Social Justice: Older Persons and Development*.

The objectives of this five-day training programme was to build policy makers and relevant stakeholders confidence and competence in all aspects of ageing to influence approach to development policy, planning and implementation; to enable skills and knowledge acquisition towards inter-sectoral collaboration in an all-inclusive plan of action; to herald a formidable national campaign against ageism and significantly create support and consensus for ageing policy and comprehensive legislative base for quality of life and wellbeing of present and future older persons.

The programme addressed by the following topics: ageing demographics and paradigm shift; ageing mainstreaming across multi-sectors; human rights framework and advocacy; ratification of the protocol to African union charter to human and people's rights; the OEWGA process and the UN convention for the rights of older persons; social determinants of older persons health; resourceful community; and primary health care and geriatric care for older persons. The power of the media to frame conversion and influence national agenda was also discussed within the context of finding innovative and transformative solutions to age equality, equity and inclusiveness. All this was carried out through lectures, policy practice, case studies, report presentations, participants' forum / situation analysis and break-out sessions.

Representatives from a number of Ministries were invited in order to present the status of ageing mainstreaming into their sector policy and their challenges. Ministries participating were the Federal Ministry of Humanitarian Affairs, Disaster Management and Social Development, the National Bureau of Statistics, the Federal Ministry of Justice and the Federal Ministry of Foreign Affairs. Alumni of INIA-DOF training programmes from across the Ministries, Department and Agencies, were also invited to interact with the current participants so as to engage in discourse and activities that highlighted beliefs, attitudes, perspectives, paradigms and approaches to policy and planning that negatively define experiences of older persons.

As a result of this training programme, the trained journalists have formalised the Nigeria Network of Journalists on Ageing (NNOJA) and the Executive was inaugurated on June 18 2020. Moreover, DOF has signed a Memorandum of Understanding with the Nigeria Union of Journalists (NUJ), to collaborate with Campaigns Against Ageism, Policy and Legislations, with the aim of influencing policy on ageing in Nigeria.



GERONTOLOGY AND GERIATRICS

Ankara, Turkey

2 – 6 March 2020

An *in-situ* programme in *Gerontology and Geriatrics* was held in Ankara, Turkey between 2 – 6 March 2020. The programme was carried out in collaboration with the Turkish Geriatrics Society, Hacettepe University Application and Research Centre of Geriatric Sciences.

The programme addressed a variety of topics on demographic, social, psychological, ethical and medical issues on ageing, including the Madrid International Plan of action on Ageing and The Turkey National Plan on Ageing. The participants also had the opportunity to visit a nursing home. This five-day programme was attended by 26 participants from different professional fields namely, medical doctors, nurses, psychologists, sociologists, nutritionists, physiotherapists and social workers. Lecturing on the programme included the members of the Turkish Geriatrics Society and Hacettepe University Research Centre of Geriatrics Sciences.



GERIATRICS

Monastir, Tunisia

2 – 3 August 2020

The International Institute on Ageing United Nations - Malta (INIA), in collaboration with the Tunisian Geriatric Society (STG), the Middle East Academy for Medicine of Ageing (MEAMA), the Maghreb Academy for Medicine of Aging (MAMA), and the Faculty of Medicine of Monastir (FMM) organised the fourth *in-situ* programme in Geriatrics. This was held in Monastir, Tunisia on the 2nd and 3rd of August 2020.

The programme was attended by 50 participants from Tunisia, Algeria and Morocco. The sessions addressed multiple geriatric conditions such as metabolic pathologies; Osteoarthritis; Geriatric giants; Chronic pain and cognitive problems in old age. These were delivered through lectures, discussions and group work. Local and foreign experts lecturing during this programme comprised of Professor Sonia Ouali Hammami, Director of the course and President of the Tunisian Society of Geriatrics, along with other experts from Tunisia, Belgium, France, Switzerland, Lebanon, Egypt, Saudi Arabia, Morocco and Cote d'Ivoire.



GERIATRICS

(virtual programme)

November & December

The International Institute on Ageing United Nations - Malta (INIA), worked with the Middle East Academy for Medicine of Ageing (MEAMA) and in collaboration with the Middle-East and North Africa Association on Ageing and Alzheimer's (MENAAA) in holding a training programme in *Geriatrics*. The programme, which took place virtually, was organized by Abyad Medical Centre, Lebanon and Middle East Longevity Institute, Lebanon. The format of the programme was presented as two hours sessions on 13, 14, 20, 21, 27, 28 November and on 4, and 5 December 2020.

The programme addressed World and Middle East demographic and epidemiological prospects and perspectives, Biological and physiological basis of ageing and longevity, Successful and Healthy ageing, Mid-life risks, Comprehensive Geriatric Assessment, Multimorbidity and Comorbidity, Drug metabolism and adverse effects, Frailty process and reversibility, Diagnosis and management, Geriatric Giants and clinical cases discussions on frailty and sarcopenia.

The sessions were presented by eight faculty members of MEAMA – namely, Dr. Abyad Abdulrazak, Dr. Hadeel S. Alothman, Dr. Balubaid Hashim, Dr. Giovanni Gambassi, Dr. Sonia Ouali Hammami, Dr. Marwan Ramadan, Prof. Maurits Vandewoude, and Prof. Mohamud A. Verjee. The sessions were attended by 56 participants hailing from Lebanon, Qatar, Kuwait, Saudi Arabia, Tunisia and Bahrain.



INIA WEBINAR SERIES 2020

Population Ageing: Diversity, Social Justice and Equality

23 September – 16 December

This year, due to the COVID-19 situation, all of the planned *in-situ* programmes which had to be held during the second part of the year, had to be postponed or held virtual, with the exception of the programme in Tunisia. INIA sought to continue with its remit in increasing capacity building on ageing in low-income countries and in countries with economies-in-transition, through the organisation of a Webinar Series 2020.

All sessions were run under a general theme of *Population Ageing: Diversity, Social Justice and Equality*. The webinars, which were held weekly as from September till December 2020, were addressed by INIA's International experts and an array of topics were discussed. Almost 400 participants hailing from 60 different countries benefitted from these webinars. Moreover, sessions were recorded and uploaded on INIA's social platform. Following are the sessions which were presented.

AGEING, AGEISM AND HUMAN RIGHTS: PAST, PRESENT, FUTURE *23 September 2020*

Professor Marvin Formosa, Director, INIA.

The United Nations Universal Declaration of Human Rights celebrates its 72 Anniversary during 2020. Nevertheless, age remained a Cinderella figure in public discussions on human rights and when it features, it is rarely given any much thought but it is simply a lip-service. Testimonies and research from around the world document forcibly that ageism is a form of highly widespread discrimination. As people get older, ageism affects their life chances and opportunities and hence their wellbeing and quality of life. Yet, ageism remains more or less socially accepted, one of the least known forms of discrimination. This session celebrated human longevity as well as documented the dark side of ageing. It also discussed possibilities of safeguarding the rights of older persons through popular and public policy mechanisms.



THE IMPACT OF AGEING AND LONGEVITY ON THE FUTURE OF WORK *30 September 2020*

Amal Abou Rafeh, Chief, Programme on Ageing, United Nations, USA.

This session provided an analysis of the impact of population ageing among other global trends on the future of work. The speaker sought to explore different pathways in order to guarantee economic security in old age. This was done by highlighting several challenges and opportunities in the promotion of employment among older adults.



POPULATION AGEING, HETEROGENEITY & MULTIPLE VULNERABILITIES OF OLDER PERSONS IN INDIA

7 October 2020

Professor S. Siva Raju, Centre for Population Health & Development, Tata Institute of Social Sciences, Mumbai, India.

Given the population ageing in India and its huge variations across different geographical regions, heterogeneity and multiple vulnerabilities are two important dimensions that need to be focused on when studying ageing in India. This session covered demographic, various socio-economic, health and psychological aspects of older persons. It also addressed the policy and programmatic response of various stakeholders associated with ageing issues and the future scenarios. Also explored were the necessary data from various primary and secondary sources on ageing issues in India.

Outline of presentation

- Population Ageing in India
- Profile of Elderly in India
- Heterogeneity among elderly
- Multiple vulnerabilities among Elderly
- Needs of Elderly (Social, Economical, Health, Psychological and other dimensions)
- Interventions (Elderly self Help Groups, SCA, Day care Centre, Old Age Home, Volunteerism, Social Participation, Autonomy, Self Dignity, Intergenerational Bonding, Role of Technology and other measures)
- Policy and Programmatic Responses
- Focus of elderly during COVID-19 – Increasing attention on elderly, Ministry of Health and Family Welfare, MOSJE advisory for Elderly (Do's & Don't)

SOCIAL JUSTICE AND AGEING

14 October 2020

Dr. Rosy Pereyra, International Longevity Centre, Dominican Republic & International Network for the Prevention of Elder Abuse, Dominican Republic, Caribbean.

The world's population is rapidly ageing. As a result, the needs of an ageing population have impacted all societies resulting in effecting public policies. Unfortunately, ageism – the negative connotation that is associated with ageing, is still on the rise. This has affected the way policies are being drafted and implemented resulting in a deficiency of justice social for older persons. This session discussed the premise that even in the light of the above, no one should be left behind. Older people have rights and their needs should also be addressed within national policy frameworks, particularly in Central America and the Caribbean. Change is necessary and needed now where all stakeholders, being the government, the private sector, NGOs' and older persons themselves work together. In order to reach a wider audience as much as possible, this webinar was addressed in Spanish.

Justicia Social y Envejecimiento

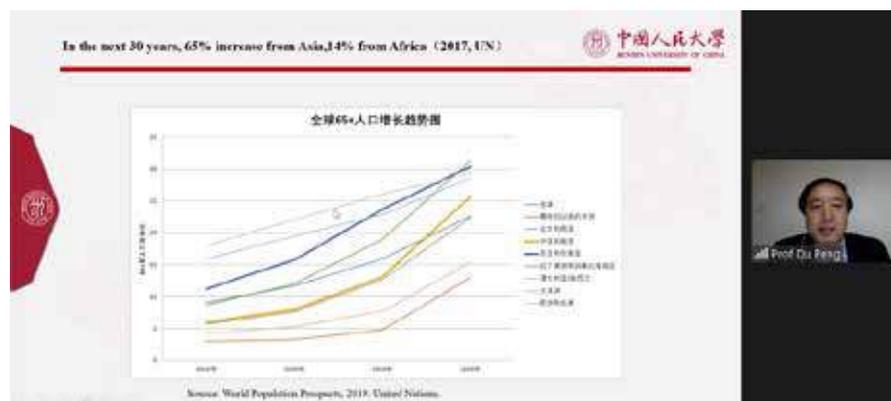
¿Qué es justicia social? Justicia social es el trato justo de todos los miembros de una sociedad incluyendo los derechos de las minorías y la distribución equitativa de los recursos entre los miembros de la misma.

POPULATION AGEING IN ASIA: DIVERSITY, CHALLENGES & GOVERNANCE OF AGEING SOCIETIES

21 October 2020

Professor Du Peng, Vice-President, Renmin University, Beijing, China.

The majority of the world's ageing population is located in Asia. The vast diversity amongst Asian countries indicates various challenges of equity issues and social justice along with the call for efforts and strategies of governance of ageing societies. This session introduced the trend of population ageing in Asia, its characteristics of equality issues, diversity and policy development. It is a general trend to incorporate population ageing and the challenges it brings into the scope of national governance, in order to stimulate discussion and ultimately action. Fruitful achievements have been made in the governance of ageing societies in high-income countries. We are living in an important period where the focus of global population ageing is being transferred from high-income countries to low-income countries. In ensuring better governance of ageing societies and in better coping with the challenges faced, it is of great significance for Asia to assimilate such international experience.



POPULATION AGEING, AGEISM AND RIGHTS OF OLDER PERSONS: BALANCING AUTONOMY & INDEPENDENCE WITH DEPENDENCY

28 October 2020

Dr. Emem Omokaro, Director, Dave Omokaro Foundation, Abuja, Nigeria.

The webinar addressed older persons' right to autonomy and independence as a component of the International Bill of Human Rights and that the ability to exercise them, is at the core of human dignity and equality. Dr. Omokaro discussed how COVID-19 has magnified ageism and exposed socioeconomic impacts and deepening inequalities with special reference to Africa. The dominant narrative that frames ageing is the negative experience of older persons, assumption of the homogeneity of persons aged 60-plus and the stereotypes that determine the prejudices and discrimination against older persons. The maintenance of the intrinsic capacity of older persons consists of both maintaining the functional capacity and the provision of the enabling environment which supports their resilience. The session addressed also population ageing and the systematic drivers of older persons' vulnerabilities. It considered the life course pathways to challenge ageism and balance the narrative of dependency with older persons constituting important and viable human resources.

Population Ageing - Diversity in Africa

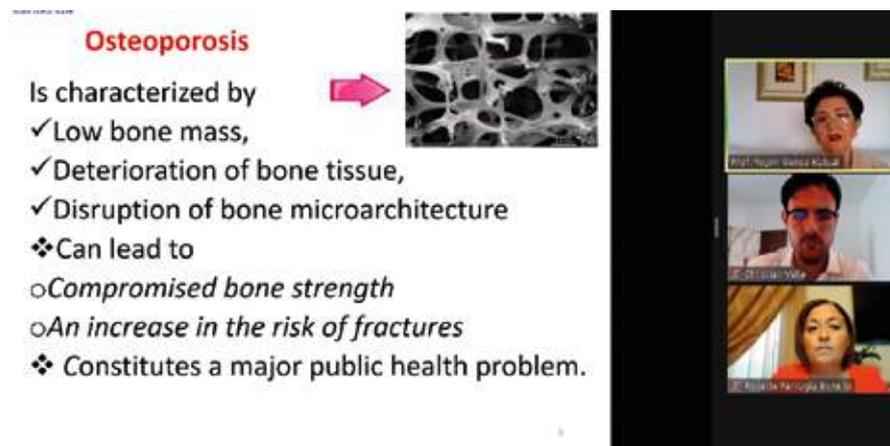
- In absolute numbers, there are 14.9 million older persons (60 years+) living in Nigeria (NBS 2019). This number is projected to grow rapidly and double to about 30 million in 2050.
- Older persons are not homogenous. There are social, economic and cultural disparities.
- With varied intrinsic capacities, older persons continue to contribute to families, communities and the larger society in economic, social, political and cultural spheres.
- Seven in 10 adults ages 60 to 64 and almost half of those age 65 and older in sub-Saharan Africa remain in the labor force, a higher share than in all other world regions.
- However large numbers of older persons in Nigeria like most in sub-Saharan Africa, are entering retirement age when significant economic and social support systems including long-term care have yet to be put in place.

OSTEOPOROSIS IN AGEING SOCIETIES

4 November

Professor Yesim Gokce Kutsal, President, Turkish Geriatrics Society, Turkey.

Osteoporosis is a silent and asymptomatic disease characterised by loss of bone mass and bone strength which leads to an increased susceptibility of fragility fractures. OP constitutes a major public health problem through its association with age-related fractures, particularly of the hip, vertebrae, distal forearm and *humerus*. Professor Kutsal explained how currently more than 200 million people worldwide are estimated to be osteoporotic and it is predicted that by 2050 there will be up to 21.3 million hip fractures each year globally. The session addressed the physical, emotional and psychological incapacity, combined with the pain that results from hip, spine or wrist fractures can alter the quality of life. It also discussed treatment is based on informing the person about non-pharmacological approaches, prevention of falls and medical treatment. Physical medicine and rehabilitation can reduce disability, improve physical function and activities of daily living, self-care activities and lower the risk of subsequent falls in persons diagnosed with osteoporosis.



Osteoporosis

Is characterized by

- ✓ Low bone mass,
- ✓ Deterioration of bone tissue,
- ✓ Disruption of bone microarchitecture
- ❖ Can lead to
 - Compromised bone strength
 - An increase in the risk of fractures
- ❖ Constitutes a major public health problem.

The slide includes a microscopic image of bone tissue showing a porous structure and a video call inset with three participants.

POPULATION AGEING IN NORTH AFRICA

18 November 2020

Professor Sonia Ouali Hammami, President, Tunisian Geriatric Society & Maghreb Academy for Medicine of Ageing, Tunisia.

Professor Hammami discussed how North Africa's demographic trends reveal a growing ageing population, including lower fertility, lower mortality rates, and longer life expectancy. As a consequence, the populations are expected to age rapidly during the coming decades. An increasing number of the older population also leads to a significant consequence for the cost and organization of health systems. Among older persons, the need for family care and support will increase toward the end of life. However, the change in family structure and social changes may negatively affect the availability of family members to provide care for their relatives. This session explained how this present scenario is not being reflected in policy measures. It further discussed how the process is relatively a recent phenomenon in the MENA region, and hence the majority of countries do not appear to be ready to address the many implications of such changes.

North Africa, demographic ageing

- represents an emerging question
- little attention has been devoted to that issue
- The number of older persons is predicted to **more than quadruple by 2050,**

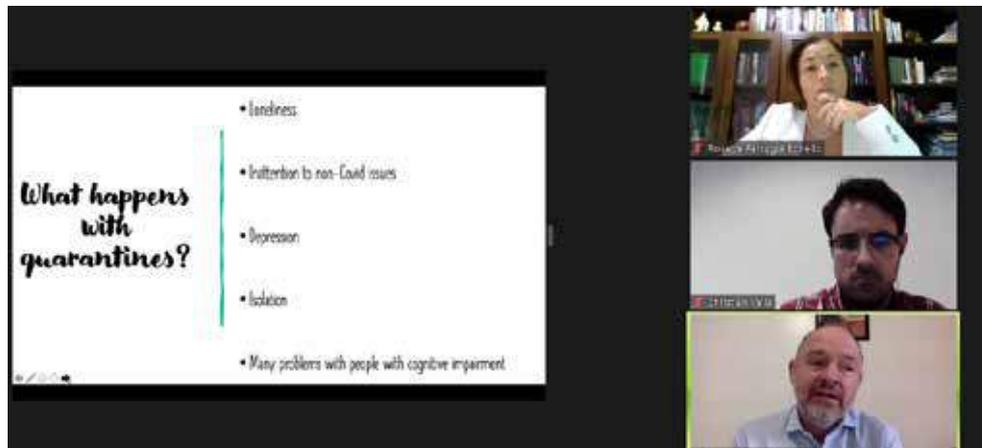


IMPACT OF COVID-19 PANDEMIC: OLDER PERSONS & CARE HOMES IN ARGENTINA

25 November 2020

Professor Jose Ricardo Jauregui, President, International Association of Gerontology & Geriatrics (IAGG), Director Hospital Italiano de Buenos Aires, Argentina.

In this webinar, Professor Jose Ricardo Jauregui addressed the situation of COVID-19 in Argentina and neighbouring countries in Latin America. This was done by reviewing figures, as well as comparisons of public policies, human rights, and the impact on long-term care health systems. The session further delved into the preparedness and future recommendations of this real 'Pandemonium'.

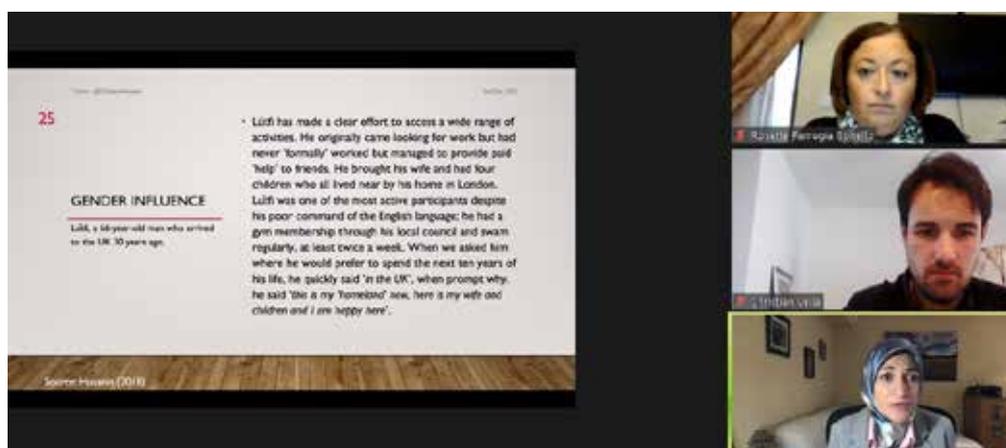


AGEING IN AND OUT OF PLACE: INEQUALITIES AND LATER LIFE

2 December 2020

Professor Shereen Hussein, Associate Director of PSSRU, University of Kent, UK.

Across the globe, changes in demographic and socio-economic structures mean that large segments of societies are growing older across the world. Population ageing is occurring in countries previously characterised by young populations and where their policy and systems are not well prepared to meet the needs of older people. Professor Hussein explain that there is a need for the creation of new models that are effective in enabling these large segments of the society to continue contributing to the economic and social dynamics while ensuring meeting the care needs for those requiring support. There is a need to formulate equitable policy and practice that aspires to enhance the quality of life of older people and their informal carers. This session also discussed, that furthermore, global mobility and migration result in diverse groups of migrants growing older within 'new' host societies, with different expectations and opportunities for older people. For this session, the example of Turkey was used to consider the experiences of older people growing older 'in place'. A traditionally young country, where those who had migrated earlier in their years to the UK and are now growing older 'out of place'. Specifically, this session discussed the policy and practice implications on healthy ageing within various sets of constraints and opportunities.



DEMENTIA & COVID-19: THE IMPACT ON THE INFORMAL CARERS-A CARER'S PERSPECTIVE

9 December 2020

Datin Jacqueline WM Wong, Honorary Advisor, demensia Brunei.

To-date, almost 700 million people are now over the age of 60. With ageing, dementia is the number one public health disease and will be the 'most serious health crisis of the 21st Century'. This session addressed the notion of dementia being the major cause of disability and dependency among older people. The cost of caring for people with dementia is substantial, yet people with dementia rely on help from an informal carer (most of the time, women) receiving no paid wage or salary. Prevalence and incidence projections indicate that the number of people living with dementia will continue to grow, particularly among the oldest old, reaching 152 million by 2050 globally. In 2018, the total cost of dementia care surpassed US\$1 trillion and will rise to US\$2 trillion by 2030. Cost of care for informal caregivers is undoubtedly a complex area but regardless of how the costs are expressed and calculated, it is obvious that the contribution of informal caregivers, particularly from women, is substantial. The session further discussed the implications of how dementia and cost of care may further impact recovering economies in post-COVID-19.



EMPOWERMENT OF OLDER PERSONS

16 December 2020

Dr. Alexandre Sidorenko, European Centre for Social Welfare Policy & Research, Vienna, Austria.

This session addressed the issue of empowerment of older persons as an important prerequisite for a policy approach to improving the quality of life of older persons and integrating them into society. The materials of the lecture were linked to the conceptual narratives and specific recommendations of the major international policy frameworks on ageing, including the Madrid International Plan of Action on Ageing (MIPAA).



CONFERENCES, SOCIAL EXCHANGES AND NETWORKING

PUBLIC LECTURE, COLONEL’S CUBE *Pune-India (12 January 2020)*

INIA’s Deputy Director Rosette Farrugia-Bonello was invited to deliver a lecture on Dementia Care for older persons to the members of Colonel’s Cube, Pune. Colonel’s Cube is an NGO founded in 2015 by INIA’s alumni Lt. Colonel Fulay Kumar who is also the President of the said association. The role of the NGO is to hold educational sessions for older persons and to organise certified training courses for those interested to work as caregivers with older persons still living in the community.



INIA PRESENTATION, SAVITRIBAI PHULE PUNE UNIVERSITY *Pune-India (14 January 2020)*

Rosette Farrugia-Bonello visited Savitribai Phule Pune University, Interdisciplinary School of Health Sciences, Pune-India. She was hosted by Dr. Aarti Nagarkar, Director of the School. Rosette Farrugia-Bonello delivered a presentation on the role of INIA and its work and talks were held on how both organisations can collaborate in the field of ageing. Students from the School of Health Sciences, presented and discussed their respective research work in the field of ageing.



LONG-TERM CARE HOMES VISITS: **MADHUR BHAV, ATHASHARI AASTHA & ATHASHI AASTHA** *Pune-India (15–16 January 2020)*

Rosette Farrugia-Bonello was invited to visit two Madhur Bhav (meaning ageing with joy) private care homes for older persons which are managed on the concept of person-centred care. In both homes, she was greeted warmly by the residents and staff and shown around by Founder and CEO Anjali Deshpande. Madhur Bhav homes offer an array of services including independent living, assisted living, post-operative care, palliative care, assistance for persons living with dementia and Maitri Day Care – a child day centre so as to promote intergenerational living within the Homes. Ms. Farrugia-Bonello was also invited to visit Athashari Aastha, a retirement village offering assisted living and close by Athashi Aastha, a private residential home.



**ACTIVE AGEING PROJECT AT SENIOR EXPRESS
Pune-India (17 January 2020)**

Rosette Farrugia-Bonello was invited to visit ‘Senior Express’. This organisation was founded in 2013 by INIA’s alumni Dr. Nidhi Mishra. The mission of ‘Senior Express’ is to promote active ageing and intergenerational bonding through projects carried out with people of all ages. One of the projects carried out is Kathak – dancing for all ages led by professional dancer Shrungali Paranjape. She spoke about the project and about the benefits of Kathak for older people, through the special movements that the dance entails. Kathak is one of the eight major forms of Indian classical dance. Its origins are traditionally attributed to the traveling bards of ancient northern India known as Kathakars or storytellers. Rosette Farrugia-Bonello met also with some of the students, whose ages ranged between 8 years and 65 years, who performed a number of Kathak moves.



**PUBLIC LECTURE, GOETHE UNIVERSITY
Germany (20–24 January 2020)**

INIA’s Director Professor Marvin Formosa was invited as a Visiting Professor of Gerontology at Goethe University Frankfurt where he lectured on older adult learning, fourth age learning and critical gerontology. He also delivered a Public Lecture on the theme of his book *The University of the Third Age and Active Ageing*, and met the Committee Members of the University of the Third Age in Frankfurt.



**MENARAH NETWORK
Virtual (29 September 2020)**

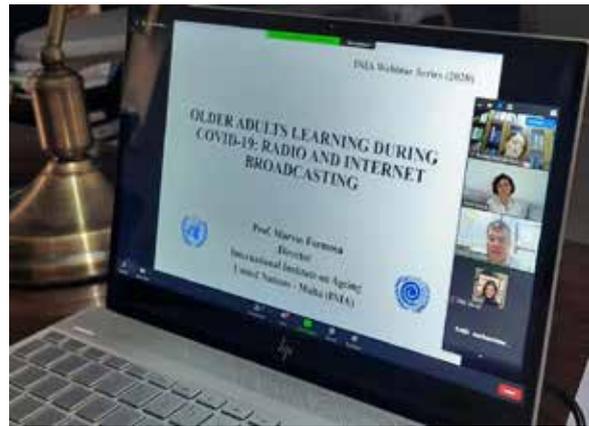
Professor Marvin Formosa was invited to contribute during the MENARAH network which was launched in a very well attended virtual event, held on 29 September 2020. MENARAH (meaning lighthouse in Arabic) brings together those interested in healthy ageing, research and policy across the Middle East and North Africa (MENA) region. It brings together prominent researchers with expertise on the topic from MENA and across the globe. In addition to representations from the international research community, policymakers and non-governmental organisations concerned with the wellbeing of older people and their families are also actively involved. Membership includes key non-academic stakeholders interested in the welfare of older people in the region and globally, such as HelpAge International, the International Institute on Ageing, and the Global Brain Health Institute.



BASIC GERIATRICS AGEING: APPROACH TO THE ADVANCED AGE GROUP IN THE COVID-19 PANDEMIC

Virtual (1–3 October 2020)

INIA’s Director and Deputy Director were invited to participate in a virtual training programme with the theme *Basic Geriatrics ageing: approach to the advanced age group in the COVID-19 pandemic*. The programme which was held between 1 – 3 October, was organised by the Turkish Geriatric Society. Professor Formosa presentation was titled ‘Older adults learning during COVID-19: Possibilities and limitations of radio and internet broadcasting’, and Rosette Farrugia-Bonello spoke on the ‘Challenges for persons living with dementia and their informal caregivers during COVID-19 Pandemic’.



INTERNATIONAL CONFERENCE ON OLDER PEOPLE IN A PANDEMIC: ADAPTAION TO A NEW EVERYDAY LIFE

Virtual (5 October)

The Sociological Institute of the Russian Academy of Sciences (RAS) – Branch of the Federal Centre of Theoretical and Applied Sociology in St. Petersburg, Russia – organised a scientific conference on *Older people in a pandemic: adaptation to a new everyday life*. The conference was held virtually on 5 October and discussed the problems of everyday life and adaptation of older people during the coronavirus pandemic. Rosette Farrugia-Bonello delivered a paper titled ‘Support for older people in social isolation’.



PUBLIC LECTURE AT GITAM SCHOOL OF GANDHIAN STUDIES

Virtual (16 October 2020)

Rosette Farrugia-Bonello was invited by the GITAM School of Gandhian Studies, Andhra Pradesh, India, to deliver a Public Lecture on ‘The impact of demographic change and Covid-19 on older persons’. The lecture was held virtually on 16 October 2020, and was well attended and received good coverage from the local media.



SILVERAGE INTERNATIONAL CONFERENCE ON GERONTOLOGY AND GERIATRICS
Virtual (5–6 December 2020)

For the second consecutive year, the International Institute on Ageing United Nations - Malta (INIA) teamed with the Ministry of Health in Sri Lanka to organise the 2nd International Conference on Gerontology and Geriatric Medicine with the theme *Adding holistic quality care for the silver aged*. The conference was held virtually between 5 and 6 December 2020. Rosette Farrugia-Bonello delivered a keynote paper titled ‘The impact of social isolation on older persons during the COVID-19 pandemic’.



CONFERENCE ON THE RIGHTS OF OLDER PERSONS
Virtual (7 December 2020)

Professor Marvin Formosa was invited as a panel speaker during the Human Rights Institution (HRI) 2020 Conference on the Rights of Older Persons. This conference was hosted by the National Human Rights Commission of Korea (NHRCK) and was held virtual on 7 December 2020. The conference was organised in collaboration with the United Nations Department of Economic and Social Affairs (ECOSOC), Office of the High Commissioner for Human Rights, Global Alliance of National Human Rights Institutions and Permanent Mission of the Argentine Republic to the United Nations.



NATIONAL CONGRESS ON PUBLIC HEALTH
Virtual (13–19 December 2020)

Rosette Farrugia-Bonello was invited to deliver a keynote paper during the 4th International & 22nd National Congress on Public Health. The Congress was held online between 13 and 19 December 2020 by Turkish Association of Public Health Specialists (HASUDER). Rosette Farrugia-Bonello presented a keynote paper on ‘The impact of an ageing population on public health’. She also formed part of the Scientific committee.



AGREEMENTS

To date, the International Institute on Ageing United Nations - Malta (INIA) succeeded in signing collaborative agreements with the following institutes and/or organisations: Zhongshan College Nanjing, People's Republic of China-China; The Support and Nursing Committee for the Elderly, China Gerontology Society (SNCE), People's Republic of China-China; Population and Healthy Longevity Committee, Chinese Social Economy System Analysis Research Association-China Shanglin County Government of Guangxi Province (China), the Beijing Guangqin Kangyuan Investment Company Limited (China), Huachuan Smart Senior Care Company Limited in Beijing, China (HSSCC), Geriatrics & Gerontology Department, Faculty of Medicine, Ain Shams University-Egypt; Asian Population and Development Association-Japan; Middle East Academy for Medicine and Gerontology (MEAMA)-Lebanon; The Dave Omokaro Foundation (DOF)-Nigeria; The South African Geriatric Humanities (SAGS)-South Africa; Korean Association of Converging Humanities (KACH) – South Korea; CHA University-South Korea; Tunisian Association of Gerontology (ATUGER) – Tunisia; and Turkish Geriatrics Society (TGS) – Turkey.

During 2020, INIA signed six collaboration agreements with organisations/associations in the People's Republic of China. The Memorandum of Understanding (MoU) was signed with with Chengmai County Government (CCG), Hainan Province; Greenland Holding Group, Hainan Division, China (GHRHG); Wanning City Government (WCG) Hainan Province, China (HYD); with Tianning District Government (TDG), Changzhou City, Jiangsu Province; with Zhongxiang City Government (ZCG), Changzhou City, Hubei Province and with the Veteran Service Association. The aim of such MoUs is to strengthen capacity building development in the field of ageing in the respective regions in the People's Republic of China for the implementation of programmes and policies on ageing.





SATELLITE CENTRES

The aim and function of INIA's Satellite Centres is to promote the International Institute on Ageing United Nations - Malta (INIA) training programmes as well as to disseminate information on ageing among countries in the region and hence promoting advocacy through INIA's publications and other UN material on ageing. In the years preceding 2020, INIA established nine Satellite Centres – namely, with

- Renmin University for the People's Republic of China
- International Longevity Centre (Pune) for SAARC Countries
- St. Petersburg Institute of Bioregulation and Gerontology for Central and Eastern European Countries
- Malaysian Research Institute of Ageing and Universiti Putra Malaysia for ASEAN countries
- Argentinian Society of Gerontology and Geriatrics for South America
- Zhongshan College (Nanjing) for East China
- Fundacion NTD Ingredientes for the Caribbean and Central America
- Institute of Physiology Azerbaijan National Academy of Science for the Eurasian region,
- Batumi Shota Rustaveli State University, Faculty of Natural Sciences and Health Care, Georgia, for the Black Sea and Caucasus Regional Countries.

During 2020, INIA opened two other Satellite Centres, one in the People's Republic of China and another in Nigeria, South Africa. The Satellite Centres in the People's Republic of China was opened in collaboration with Beijing ORENDA Life Science and Technology Company Ltd. For the Beijing, Shanghai, Guangzhou City and Hebei Province.

In 2020, a Satellite Centre in Nigeria was opened in collaboration with the Dave Omokaro Foundation (DOF) for the Sub-Saharan Africa region.

During the same year, INIA renewed its agreement for a Satellite Centre with The International Longevity Centre-India (ILC-I) for the South Asian Association for Regional Cooperation countries (SAARC).



PUBLICATIONS

INTERNATIONAL JOURNAL ON AGEING IN DEVELOPING COUNTRIES

The peer-reviewed, open-access, *International Journal on Ageing in Developing Countries* (ISSN No. 2519-1594) was launched in July 2016. The year 2020 saw the publishing of two special issues. The first issue, volume 5, no.1, was titled Ageing in Africa and was carried out in collaboration with Dave Omokaro Foundation, INIA's Satellite Centre for Sub Saharan Africa. The second issue, volume 5, no.2, was a special issue on The impact of COVID-19 on older population. Papers reflected the situation in European and Post-Soviet Countries, Latin America, Malta, Nigeria and Sri Lanka. Both journals included two book reviews and all issues may be accessed through INIA's website. The forthcoming issue is a special issue on Ageing in Central America and the Caribbean. Work is being carried out in collaboration with NTD Fundacion, INIA's Satellite Centre for Central America and the Caribbean. Another special issue being prepared, will be focusing on 'Ageing in Asia'. Both Journals will be published during 2021.



INIANET NEWSLETTER

Since its re-inception in 2015, INIA has managed to publish 18 issues of its newsletter INIANet. The aim of the newsletter is to keep touch with all INIA's alumni and also to inform about the activities that are carried out by INIA.

LIBRARY

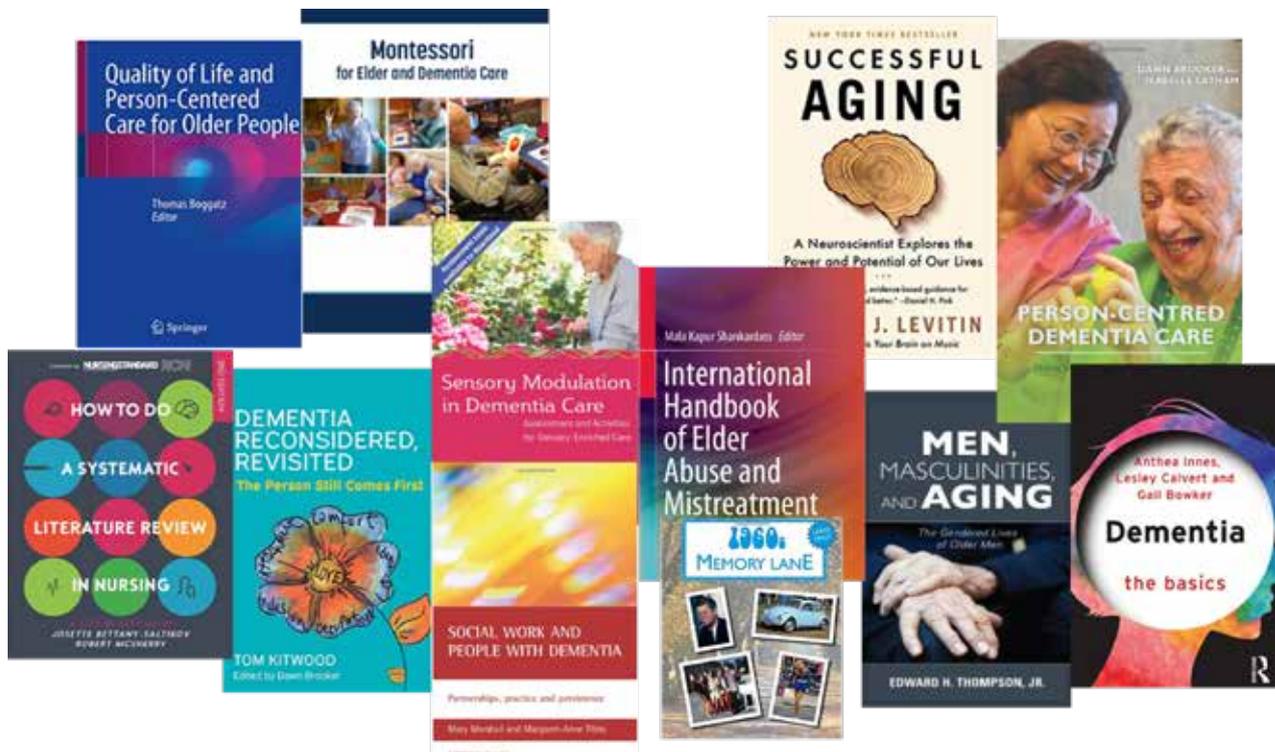
Over the years, INIA has built up a specialised library of over 1,300 books, journals and reports on ageing. Funds are being allocated to renew inactive subscriptions to international journals on ageing, to procure recent books on ageing with special focus on low-income countries and on countries with economies-in-transition, and also include an available internet-connected for library members. In order to avoid duplication of journals with the University of Malta library and other related libraries in Malta, a common catalogue is being set up. In the meantime, books purchased by INIA during the year 2020 were the following:

- Bettany-Saltikov, J., & Mcsherry, R. (2016). *How to do a systematic literature review in nursing: A step – by-step guide* (2nd ed.). London: McGraw Hill Education.
- Boggatz, T. (ed). (2020). *Quality of life and person-centered care for older people*. Cham, Switzerland: Springer.
- Brooker, D., & Latham, I. (2015). *Person-centred dementia care: Making services better with the VIPS framework* (2nd ed.). London: Jessica Kingsley Publishers.
- Brush, J. A. (2020). *Montessori for elder and dementia care*. Baltimore: Health Professions Press.
- Champagne. T. (2018). *Sensory modulation in dementia care: Assessment and activities for sensory enriched care*. London: Jessica Kingsley Publishers.
- Dychtwald, K., & Morison, R. (2020). *What retirees want: A holistic view of life's third age*. New Jersey: Wiley & Sons.

- Innes, A., Calvert, L & Bowker, G. (2021). *Dementia: The basics*. London: Routledge.
- Kitwood, T. (2019). *Dementia reconsidered, revisited: The person still comes first* (2nd ed). D. Brooker (Ed.). London: Open University Press, McGraw-Hill Education.
- Levitin, D. (2020). *Successful aging: A neuroscientist explores the power and potential of our lives*. Dutton: Penguin Books USA.
- Marshall, M. (2006). *Social work and people with dementia: Partnerships, practice and persistence (BASW/ Policy Press titles)* (2nd ed.). Bristol: The Policy Press.
- Morrison, H. (2017). *1960s memory lane: Large print book for dementia patients*. London: Montpelier Publishing.
- Shankardass Kapur, M. (ed). (2020). *International Handbook of Elder Abuse and Mistreatment*. Singapore: Springer
- Thompson, E. H. (2019). *Men, masculinities, and aging: The gendered lives of older men*. Maryland: Rowman & Littlefield.

During 2020, INIA's staff have published a number of books and articles in peer-reviewed journals which included the following: Formosa, M., & Scerri, C. (2020). Punching above its weight: Current and future aging policy in Malta. *The Gerontologist*, 60(8), 1384–1391.

Currently INIA is working on a new book *Population Ageing in the Middle East and North Africa: Research and Policy Implications*. This is an edited book in collaboration with the Middle-East Academy for Medicine of Ageing (MEAMA) and the Middle-East and North Africa Association on Ageing and Alzheimer's (MENAAA).



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Population Ageing: Diversity, Social Justice and Equality

Wednesdays 13:00 CET

23 September
to
16 December



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Director, INIA



AMAL ABOU RAFAH
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Tata Inst. of Social Sciences, Mumbai



Dr ROSY PEREYRA
Int. Longevity Centre -
Dominican Rep. & Int. Network for the
Prevention of Elder Abuse



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Prof JOSE JAUREGUI
President, International Association
of Gerontology & Geriatrics



Prof SHEREEN HUSSEIN
Associate Director of PSSRU,
University of Kent



**DATIN JACQUELINE
WM WONG**
Honorary Advisor
demensia Brunei



**Dr ALEXANDRE
SIDORENKO**
European Centre for Social Welfare
Policy & Research, Vienna



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International Institute on Ageing - United Nations (Malta)
No. 117, St. Paul Street
Valletta VLT 1216
Malta