



Asian Regional Conference on
AGING WITH HEALTH AND DIGNITY
Strategies and Best Practices

February 9th - 11th 2006



Bangalore University
Bangalore

IFA



CCR-IFCU Project on
Aging and Development



Welcome to the Asian Regional Conference on

**AGING WITH HEALTH
AND DIGNITY:
*Strategies and Best Practices***



Twentieth century saw the longevity revolution. The challenges in the twenty first century are to ensure security, safety, health and dignity to the steadily growing older segment in the population. Changes in fertility, death rate and social systems are affecting the lives of older people. Long term care, financial and physical security, satisfaction of emotional needs are getting more and more formalized. Developing countries do not yet have in place well organized machinery to meet the health, financial and socio psychological needs of their old. Longevity without optimal health and well-being is an empty prize. There are many challenges to be met if old persons are to be perceived as resources rather than as a burden on the society.

Efforts are continuously being made at individual, community, governmental, and societal level to ensure a healthy and active old age. There are some innovative and indigenous practices worth emulating and publicizing which ensure a dignified life for older people. It is essential to search for strategies that are culturally congruent, indigenous and prevalent in societies that help people age gracefully. There is a need to document best practices that help prevent diseases and disabilities, postpone frailty, and promote well-being in later life. Practices that help people retain their dignity, sense of control and self worth in the face of societal and personal changes are to be identified. This conference plans to bring together gerontologists from different regions and fields to achieve this purpose. The three day event will feature symposia, round table discussions, special lectures, invited talks and also scientific sessions on medical, social, psychological aspects of aging.



Bangalore Palace

The Bangalore Palace in the heart of the city is a unique edifice inspired by Windsor castle and built in the Tudor style in 1880.

Patrons

Dr. M. S. Thimmappa

Vice-Chancellor, Bangalore University, Bangalore

Msgr. Prof. Guy-Real Thivierge

Secretary General, International Federation of Catholic Universities, Paris

Venue and Dates

This conference will be held at Manasa Vihar, the new building of the Department of Psychology, Bangalore University, Bangalore 560 056, India from Thursday 9th February to Saturday 11th February 2006. The conference is open to all who are interested in Gerontology – research, service, advocacy, management, program development, evaluation, training and teaching.

Bangalore is the capital of Karnataka state, located in the southern part of India. It is well connected by air, rail and road. It enjoys a pleasant weather throughout the year.

Organizing Committee

Dr. Indumathi Rao,

Coordinator, CBR Network, South Asia

Dr. Kalyanasundaram,

Prof. of Psychiatry and Principal, The Richmond Fellowship College for Psychosocial Rehabilitation, Bangalore

Dr. A. B. Dey,

Professor of Medicine AIIMS and past President, Indian Academy of Geriatrics, New Delhi.

Dr. Arun Bali,

Director, ICSSR, New Delhi

Mr. Gangadharan,

Director and CEO, Heritage Hospitals. Board Member, IEA and IAHSa

Dr. Radha Murthy,

Managing Trustee, Nightingale Medical Trust

Mr. Parasuram,

President, Federation of Senior Citizens Forums in Karnataka, Bangalore

Members of the Organizing Department

Dr. G. Mohan Kumar, *Professor*

Dr. Sudha Bhogle, *Professor*

Dr. G. Gopala Krishna, *Reader*

Dr. H.S. Ashok, *Sr. Lecturer*

Organizing Secretary

Dr. Indira Jai Prakash, *Professor*

Key Notes

Dr. Mary Ann Tsao, President and CEO, Tsao Foundation, Singapore. *Aging Well in Asia*. Chairperson: Dr. Bela Shah, Sr. Dy. Dir. General, ICMR, New Delhi.

Dr. Narimah Awin, *Family Health and Development, Ministry of Health, Malaysia. Role of the State and Society in Quality Aging*. Chairperson: Dr. S. D. Gokhale, Past IFA president, Pune.

Dr. Arun Bali, Director, Indian council of Social Science Research, New Delhi. *Best Practices in Gerontological research and action*. Chairperson. Dr. P. V. Ramamurti, Professor Emeritus, Centre for Research on Aging, S. V. University, Tirupati.

Symposia

1. *Disaster situations and Older People*. Convened by Dr. Tony Setiabudhi, Director, National Centre for Ageing Studies, Tirsakti medical school, Jakarta, Indonesia & Ms. Anupama Datta, Director, R & D, Helpage India, New Delhi, India
2. *Models in Geriatric Care*. Convened by Dr. Aminath Jameel, Executive Director, Manfaa Centre on Ageing, Maldives and Dr. A. B. Dey, Professor of Geriatric Medicine, AAIMS, New Delhi, India.
3. *Long Term Care in Dementia*. Convened by Dr. Kalyana Sundaram, Prof. of Psychiatry and Principal, The Richmond Fellowship PG College for Psychosocial Rehabilitation, and Dr. Mathew Verghese, Professor of Psychiatry, NIMHANS, Bangalore
4. Symposium convened by International Association for Homes and services for Ageing (IAHSA) on *Services and Living Arrangements for Elderly*, led by Mr. Mitch Green and Dr. M. Dwight, President & CEO of Gerontological Services, Inc. CA., USA.
5. Canara Bank sponsored symposium on *Best Practices in Community based Intervention*. Convened by Dr. Indumathi Rao, Coordinator, CBR Network, South Asia and Mr. Gnanasena Godage, Chairman, S.P.C.D, Ministry of Social Welfare, Sri Lanka.
6. *Building the capacity of NGOs*. Convened by Mr. Gangadharan, MD and CEO, Heritage Hospital, Hyderabad, Board member of IFA, and IAHSA and Dr. Radhamurthy, Managing Trustee, Nightingale Medical Trust, Bangalore.
7. Symposium on *Practices Worth Emulating* led by Dr. Sivaraju, Harmony, Mumbai with participants from HelpAge, India, Elder Helpline, Federation of Senior Citizens Forum of Karnataka, Senior homes and Self Help groups.
8. IFA symposium on *Active Aging and Longevity* convened by Dr. S. D. Gokhale, Director, Longevity Centre, Pune.
9. *Networking for Global Action* convened by Crescendo Network, Spain and CBR Network, South Asia - to be confirmed

Scientific sessions and Poster presentations

Older women's health and well-being

Care giving issues

Prevention of Elder Abuse

Active aging

Assisted living

Successful aging practices

Disadvantaged elderly

Living arrangements

Family and Elderly

Mentoring and new roles in
late adulthood

Geriatric issues

Mental health and well being

Interventions with elderly

Migration and elderly

Social security

Psychological problems.

Demographic changes

Role of NGOs and CBOs in elder care

Policy and advocacy issues



Special Feature

In memory of Late Dr. Venkoba Rao, a young researcher (below 35 years) will be given an award for the best paper in the conference. Delegates should send papers marked 'For Award' by 30th December 2005.

Programme

Inauguration of the Conference

8th February 2006 at 3.30 pm at the Department Auditorium

Registration: On 8th February from 10.00 am to 3.00 pm.
On 9th February from 9.00 am to 10.00 am.

9th February

10.00 am - 10.45 am	Key note
11.00 am - 01.00 pm	Symposium - Library Hall
01.45 pm - 03.15 pm	Concurrent session: Hall A, B, C
03.30 pm - 05.00 pm	Sessions continue: Hall A, B, C Symposium - Library Hall
05.00 pm	Meetings of organizations and associations
06.00 pm	Cultural evening

10th February

10.00 am - 10.45	Key Note
11.00 am - 01.00 pm	Symposium - Library Hall Symposium - Hall A
01.45 pm - 03.15 pm	Symposium - Library Hall Concurrent sessions. Halls A, B, C
03.30 pm - 05.00 pm	Concurrent sessions continue Symposium - Library Hall
06.00 pm	Cultural evening

11th February

10.00 am - 10.45 am	Key Note
11.00 am - 01.00 pm	Symposium - Library Hall Symposium - Hall A
01.45 pm - 02.45 pm	Scientific sessions
03.00 pm - 04.00 pm	Panel discussion with invited speakers: Lessons and future agenda
4.15 pm	Valedictory

Submission of abstracts for presentations, posters, symposia, workshops

Participants desirous of making presentations in scientific session are requested to send an abstract of the paper before 30th December. Abstract not exceeding 250 words should be printed on A4 size paper with 1inch margin all around in Times New Roman 12 font. Title of the paper/poster followed by name/s of author/s, address, email should be given on top. Requirements such as OHP, LCD etc should be indicated at the bottom.

Registration

	30th December	30th January	On the spot
Indian participants	INR 750	900	1000
Research students	INR 500	600	750
Senior citizens	INR 500		
Foreign delegates	USD 50	75	100

Accommodation

Reasonably priced accommodation close to the venue could be arranged for delegates who ask for it before December 30th 2005. On request, accommodation may be arranged. Foreign delegates who wish to stay with family in Bangalore may indicate their interest in the registration form.

Maximum tariff per day varies from Rs. 5000 (USD 150) per room at 5 Star Hotels to Rs.400-500 for Budget Hotel Rooms. Limited guest house accommodation is available ranging from Rs.150 to Rs. 1000 (suite). Please send Rs. 500 as advance.

Please check www.karnataka.com/toursim/bangalore/hotels.html; www.bangalore_hotels.com; www.bangalore.travelmall.com; www.destinationindia.com for details regarding rates, discounts and online booking of hotel rooms.

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Payments should be made by
demand draft drawn
in favour of

Organizing Secretary
Asian Regional Conference 2006
Bangalore

Collaborators



International Association for Homes and Services for Ageing (IASHA)



International Federation on Ageing (IFA)

Helpage India



Bangalore University



CCR-IFCU Project on Aging and Development

ICMR, New Delhi

ICSSR, New Delhi

CBR Network, South Asia

Nightingales Medical Trust

Federation of Senior Citizens Forums of Karnataka

Heritage Hospitals

The capital of the state of Karnataka, **Bangalore** is situated halfway between the coasts in southern India. The city was founded in the 16th century, and witnessed great southern dynasties like the Kadambas, the Hoysalas and Vijayanagar emperors. Legend has it that the name Bangalore comes from "boiled beans" (Benda Kaluru), which were served by a humble old lady to a hungry ruler in the 10th century.

Visit: www.karnatakaturism.com/south/bangalore