



# Transforming the future of ageing

## Lessons from the SAPEA report and its application to the Portuguese context PROGRAMME

**09.30 – 10.00** **REGISTRATION**

**10.00 – 10h15** **OPENING AND WELCOME**

- . Prof. Maria-Céu Machado (PT), INFARMED Executive Board – President
- . Prof. Fatima Carneiro (PT), National Medicine Academy - President
- . Prof. George Griffin (UK), Academy of Medical Sciences, FEAM - President

**10.15 - 10.45** **PRESENTATION OF THE FEAM/SAPEA REPORT**

- . Prof. George Griffin (UK), Academy of Medical Sciences, FEAM - President
- . Prof. Jean-Pierre Michel (FR/CH), Working Group - Chairperson

**Comments**

- . Prof. João Gorjão Clara (PT), Geriatric Association – President

**10.45 – 11.15** *Coffee Break*

**11.15 – 12.00** **SESSION 1 - AGEING ACROSS THE LIFE COURSE**

**Chairs**

- . Prof. Maria-Céu Machado (PT), National Medicine Academy, FEAM – Vice-president
- . Prof. Pedro Von Hafe (PT), Faculty of Medicine of Porto University

**11.15 – 11.45** ***Addressing the health challenges of ageing across the life course***

- . Prof. Diana Kuh (UK), Working Group - Co-chairperson

**11.45 – 12.00** ***Physical exercise in preserving muscular strength throughout aging***

- . Dr. Miguel Toscano Rico (PT), Internal Medicine - Researcher

**12.00 – 12.10** **Q & A**

**12.10 – 12.45** **SESSION 2 - HEALTH AND SOCIAL CARE**

**Chairs**

- . Prof. Manuel Verissimo (PT), National Medicine Academy
- . Prof. António Sousa Guerreiro (PT), National Medicine Academy

**12.10 – 12.25** ***Optimising health and social care to the old European citizens***

- . Prof. Jean-Pierre Michel (FR/CH), Working Group - Chairperson

**12.25 – 12.40** ***Healthy ageing at Coimbra – good practices***

- . Prof. Catarina Resende Oliveira (PT), Neurosciences - Researcher

**12.40 – 12.50** **Q & A**

**12.50 – 13.45** *Lunch*



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### 13.45 – 14.30 **SESSION 3 - TECHNOLOGICAL ADVANCES AND AGEING**

#### **Chairs**

- . Prof. Manuel Sobrinho Simões (PT), National Medicine Academy
- . Prof. Jean-Pierre Michel (FR/CH), Working Group - Chairperson

#### 13.45 – 14.05 ***Favouring Healthy Ageing and Wellness using the most Advanced Technology***

- . Prof. Lenka Lhotská (Cz), Working Group - Member

#### 14.05 – 14.30 ***Health professionals experiences with elderly***

- . Prof. Manuel Caldas de Almeida (PT), Mar Hospital - Clínica Director (*video testimony*)
- . Silvia Nunes (PT/UK), Ford Place Nursing Home - Great British Care Awards/The Good Nurse Award Winner

#### 14.30 – 14.40 **Q & A**

### 14.40 – 15.00 **REINFORCING AND UPDATING THE SOCIAL AND HEALTH CARE WORKFORCE IN EUROPE**

**Chair** - Prof. George Griffin (UK), Academy of Medical Sciences, FEAM - President

- . Prof. Jean-Pierre Michel (FR/CH), Working Group - Chairperson

### 15.00 – 15.30 **DISCUSSION PANNEL**

**Moderator** - Prof. George Griffin (UK), Academy of Medical Sciences, FEAM - President

#### *3m Remarks* **Stakeholders Perspectives**

- . Prof. José Pereira Miguel (PT), Interministerial Working Group for Strategic Plan for an Healthy and Active Ageing - Coordinator
- . Prof. Jean-Pierre Michel (FR/CH), Working Group - Chairperson
- . Nuno Veludo (PT), Lisbon City Councilor for Education and Social Rights – Advisor
- . Hugo Bringel (PT), NOS Corporate Sales/Health platform – Consultant

#### **Comments from the Public**

### 15.30 **CONCLUSIONS AND CLOSING**

- . Dr. Francisco Ramos, Secretary of State Assistant and of Health, Ministry of Health
- . Prof. Fatima Carneiro (PT), National Medicine Academy - President
- . Prof. George Griffin (UK), Academy of Medical Sciences, FEAM - President