



MESSAGE FROM THE CONFERENCE CHAIR SILVERAGE 2024



Dear Esteemed Guests and Colleagues,

It is with great enthusiasm and a profound sense of responsibility that I welcome you to "Healthy Ageing: Moving Forward with New Perspectives." As we gather here today, we are united by a common goal: to redefine and rejuvenate our approach to ageing, ensuring that every stage of life is marked by vitality, dignity, and opportunity.

In recent years, the concept of ageing has undergone significant transformation. No longer is it seen merely as a period of decline but as an opportunity for growth, enrichment, and continued contribution. This shift in perspective is pivotal, as it encourages us to view ageing not as an inevitable decline but as a dynamic phase filled with potential.

Our discussions and presentations today will focus on innovative strategies and holistic approaches that can enhance quality of life for older adults. We will explore new research, best practices in healthcare, and emerging technologies designed to support healthy ageing. By integrating these new perspectives, we can address the multifaceted challenges faced by our ageing populations and create environments that foster active and fulfilling lives.

This gathering is not just about sharing knowledge but also about collaboration. We must work together across disciplines, sectors, and communities to implement solutions that are not only effective but also equitable. The diversity of experience and expertise represented here is a testament to the collaborative spirit that is essential for driving meaningful change.

As we move forward, let us remain committed to the principles of respect, inclusion, and empowerment. Our goal is to ensure that every individual has the opportunity to age with dignity and to continue contributing to society in meaningful ways.

Thank you for your dedication to this critical issue. Together, we can build a future where healthy ageing is not just a possibility but a reality for all.

Sincerely,

Assoc. Prof. Dr. Ponnusamy Subramaniam
Head of Program & Senior Lecturer / Consultant Clinical Psychologist
Clinical Psychology and Behavioural Health Program/
Centre for Healthy Ageing and Wellness (H-CARE)
Universiti Kebangsaan Malaysia,
Kuala Lumpur, Malaysia



MESSAGE FROM THE CONFERENCE CO-ORGANIZER



It is with great pride and enthusiasm that I welcome all the delegates to Penang Island, Malaysia. We are deeply committed in ensuring that Penang Island remains a place where everyone, regardless of age, can live an active and healthy lifestyle.

The Penang State, which consists of Penang Island and Seberang Perai, will face significant demographic shift by 2040 as it is expected to be an ageing city. According to the United Nations, there are three phases of an ageing society, i.e: Ageing Society (7%-13%), Aged Society (14%-19%) and Super-aged Society (20% and above) that involves citizens aged 65 and above. In 2023, Penang Island reached an ageing population of 136,490 people (7.7%) aged 65 and above.

Penang State Government's vision for a 'Family-Focused Green and Smart State that Inspires the Nation' aligns perfectly with our aspirations for an age-friendly Penang Island. It reflects our commitment to enhancing public spaces, transportation, housing, social participation, communication, health and community support for older adults.

On 28 July 2023, City Council of Penang Island received the recognition from World Health Organization (WHO) as a member of the World Health Organization's Global Network for Age-Friendly Cities and Communities (WHO-GNAFCC). City Council of Penang Island, acting as the Project Implementer has collaborated with Penang Women's Development Corporation (PWDC) as Project Manager and Malaysian Healthy Ageing Society (MHAS) as Project Consultant to make Penang Island an Age Friendly City.

We believe that an age-friendly city is not just about providing services and infrastructure; it's about fostering a culture of respect, understanding, and intergenerational solidarity. It's about creating a city where everyone feels valued, empowered, and connected.

Guided by the WHO framework, City Council of Penang Island focuses on enhancing eight key domains; outdoor spaces and buildings; transportation; housing; social participation; respect and social inclusion; civic participation and employment; communication and information; and health services and community support. Through extensive stakeholder engagements, surveys and workshops, these initiatives aim to identify areas of improvements in age-friendliness ensuring that the city caters to the needs and aspirations of all its residents.

The journey towards an Age-Friendly Penang Island is one that City Council of Penang Island wholeheartedly embraces. This commitment involves collaborating closely with the community to enhance the quality of life of people from all walks of life, especially as the population ages. The goals and priorities outlined in this strategic action plan serve as a roadmap to ensure Penang Island caters to the evolving needs of its older residents.



City Council of Penang Island aims to integrate age-friendly initiatives into all aspects of its work, to promote a more holistic approach to serving the needs and preferences of the ageing community. This dedication is evident in City Council of Penang Island's ongoing engagement with the community, ensuring that policies and programmes are responsive to the community's evolving needs.

This collective effort reflects a shared vision for Penang Island; a vibrant and inclusive community where people of all ages can live a fulfilling life. With continued collaboration and dedication, City Council of Penang Island is confident in its ability to realise this vision, ensuring that Penang Island remains a place where everyone can age gracefully and sustain.

Sincerely,

Dato' Ir Rajendran P. Anthony,
Mayor,
City Council of Penang Island, Malaysia



MESSAGE FROM THE ACADEMIC PARTNER SILVERAGE 2024

**LA TROBE**
UNIVERSITY**John Richards Centre**
for Rural Ageing Research

The John Richards Centre for Rural Ageing Research is proud to be an academic partner to the 5th International Conference on Gerontology and Geriatrics Medicine 2024 (SilverAge 2024), under the theme "Healthy Ageing: Moving forward with New Perspectives". Healthy Ageing continues to be a global policy priority, as population numbers across the world continue to rise. Alongside healthy behaviours, supportive physical and social environments contribute to healthy ageing, as they enable older people to continue to live in their communities, and to do the things that are important to them. Physical and social environments are especially important for regional and rural-dwelling older adults, who at greater risk of social isolation, who experience unique vulnerabilities including mobility limitations and access to services, and who generally experience higher rates of injury, hospitalisations and deaths than their counterparts in metropolitan areas. While older people living in rural areas face distinct challenges related to ageing, most, like their metropolitan counterparts, prefer to live in their communities and age in place. The multidisciplinary work at the John Richards Centre for Rural Ageing Research recognises the importance of ageing in place to healthy ageing for rural and regional older people and is Australia's only research centre devoted to rural ageing research. The John Richards Centre contributes to this conference, new perspectives in healthy ageing in highlighting the unique challenges faced by older people in rural and regional settings, and introducing innovative solutions for ageing in place, from Australia. Working together with iConferences to deliver a hybrid event, this year's conference promises to be both memorable and successful.

The purpose of this year's SilverAge conference is to raise awareness about the global challenges that arise from the growth and speed of population ageing. It also seeks to highlight the experiences of being old in the modern world, at this time of the United Nations Decade of Healthy Ageing (2021–2030). As the world grapples with a rapidly ageing population, its focus on healthy living practices and healthy ageing is timely, as is its promotion of an Ageless Era in which the challenges of rapid ageing are overcome. This event, themed "Healthy Ageing: Moving Forward with New Perspectives" is important to the field of Geriatrics / Geriatric Medicine and Gerontology, as its focus encompasses a wide range of topics, including Innovations & Ageing, Elderly Friendly Environments, Social Interaction, Social Participation and Healthy Ageing, and Ageing and Palliative Care. I encourage attendees to make the most of this event by actively participating in discussions and taking the opportunities the conference provides for networking. Population ageing is a global issue which requires a global response, formulated by the experience and knowledge of many; this conference is an opportunity for collaboration and knowledge sharing towards addressing this issue. Conferences are about getting together to share information, renew existing connections and to forge new collaborations. I look forward to meeting as many of you as possible during the course of the event.

A/Prof Sean MacDermott,
Director,
John Richards Centre for Rural Ageing Research,
La Trobe University, Australia





MESSAGE FROM THE ACADEMIC PARTNER SILVERAGE 2024



On behalf of the Indian Academy of Geriatrics, the academic partner for SilverAge 2024, I warmly welcome all the delegates. It is indeed an honor to welcome this assortment of global researchers and professionals who are passionate about improving a lot of older adults.

Over the next few days, you will be captivated by the thought-provoking discussions, presentations, and workshops planned out for you by the organizers. This conference opens up exciting opportunities to share our knowledge, exchange ideas, and, most importantly, collaborate. Together, we can develop innovative solutions to address the complex challenges -both physical and psychosocial – faced by older adults in the autumn of their lives

I especially extend a warm welcome to the international delegates and faculty, who have traveled across the seas to share their experiences from cultures that differ from ours, especially where facilities are scarce, and necessity becomes the mother of invention. To the Malaysian delegates, may this conference provide opportunities for networking, learning, and growth. Along with others who come from countries marked with opulence, this conference is a platform that fosters global connections and thus benefits our collective endeavors. In the milieu of cutting-edge technology, may we not forget the basic human qualities of love, compassion, empathy, and patient-centered care. May we enhance the dignity of these seniors, who have brought us thus far.

I want to take a moment to express my heartfelt gratitude to the organizers, sponsors, and all the unsung heroes who worked tirelessly behind the scenes. Your dedication and hard work have been instrumental in making this conference a resounding success.

Let's embark on this scientific journey together, ready to absorb the knowledge, forge lasting connections, and leave this conference with a renewed sense of inspiration and a treasure trove of memories.

God bless you all.

Dr Surekha Viggewarpu MD(Med), FRCP
President, Indian Academy of Geriatrics
India



MESSAGE FROM THE ACADEMIC PARTNER SILVERAGE 2024



International Institute on Ageing
United Nations - Malta

The International Institute on Ageing, United Nations–Malta (INIA) is proud to partner with the 5th International Conference on Gerontology and Geriatrics Medicine 2024 (SilverAge 2024), themed “Healthy Ageing: Moving Forward with New Perspectives.” As the global population continues to age, healthy aging remains a critical policy priority, and we must work together to address the unique challenges faced by older people worldwide.

This year’s conference aims to raise awareness of the pressing issues related to population aging and to highlight the experiences of older individuals in today’s society. In line with the United Nations Decade of Healthy Ageing (2021–2030), we recognize the importance of fostering healthy living practices and promoting an Ageless Era where the challenges of rapid aging are met with innovative solutions.

The theme “Healthy Aging: Moving Forward with New Perspectives” is particularly relevant as we explore a broad range of topics, including innovations and aging, elderly-friendly environments, social interaction, social participation, and palliative care. This multidisciplinary approach is essential for creating supportive environments that empower older people to age in place and maintain their independence and quality of life.

We encourage all participants to engage actively in the discussions, share insights, and take advantage of the networking opportunities that this hybrid event provides. Collaboration and knowledge sharing are key to addressing the global challenges of population aging, and together we can pave the way for a brighter future for older individuals in our communities.

I look forward to connecting with many of you during this important event and am excited about the potential for new collaborations that can arise from our shared commitment to healthy aging.

Warm regards,
Rosette Farrugia-Bonello
Deputy Director
International Institute on Ageing, United Nations-Malta (INIA)



DAY 01 – THURSDAY, 12TH SEPTEMBER 2024

**INAUGURATION
SESSION**

Thursday, 12th September 2024 | 09.00 MYT to 10.05 MYT | Pinang Ballroom

09.00 – 09.10

Welcome Address by the Conference Convener



Liyanage Thulakshana Dilrukshi

(Conference Convener SilverAge 2024, Director, iConferences, Sri Lanka)

09.10 – 09.20

Welcome Address by the Conference Chair



Assoc. Prof. Dr. Ponnusamy Subramaniam

(Head of Program & Senior Lecturer / Consultant Clinical Psychologist, Clinical Psychology and Behavioural Health Program/ Centre for Healthy Ageing and Wellness (H-CARE), Universiti Kebangsaan, Kuala Lumpur, Malaysia)

09.20 – 09.30

Welcome Address by Academic Partner



Assoc. Prof. Sean Macdermott

(Director, John Richards Centre for Rural Ageing Research, La Trobe University, Australia)

09.30 – 09.40

Welcome Address by Academic Partner



Prof. Meenaxi Sharda

(Vice President, Indian Academy of Geriatrics (IAG), India)

09.40 – 09.50

Welcome Address by Academic Partner



Rosette Farrugia-Bonello

(Deputy Director International Institute on Ageing United Nations-Malta (INIA))

10.05 – 10.05

Chief Guest Speech

YB PUAN LIM SIEW KHIM



(Penang State Exco for Social Development, Welfare & Non-Islamic Religious Affairs, City Council of Penang Island, Malaysia)



KEYNOTE FORUM Thursday, 12th September 2024 | 10.05 MYT to 10.35 MYT | Pinang Ballroom

10.05 – 10.35

Dato' Ir. Rajendran P. Anthony

(Mayor, City Council of Penang Island, Malaysia)



"Age-Friendly Initiatives by the City Council of Penang Island"

Dato' Ir. Rajendran Anthony is a distinguished civil engineer with a career spanning over three decades. Beginning his journey at the Municipal Council of Penang Island in 1986, he rose through various roles, demonstrating expertise in highway and bridges construction, traffic and public transport planning, and solid waste management. His leadership led to his appointment as the City Secretary in 2022, and in May 2023, he became the Mayor of Penang Island. Dato' Ir. Rajendran also spearheads the City Council's digital transformation and was honored with the Distinguished Engineer Award by the Institution of Engineers Malaysia in 2021. His vision is to make Penang Island a progressive, resilient, and happy city.

10.35 – 10.55

MORNING REFRESHMENTS

KEYNOTE FORUM Thursday, 12th September 2024 | 10.55 MYT to 11.25 MYT | Pinang Ballroom

10.35 – 11.25

Dr. Shiromi Maduwage

(Public Health Specialist, Ministry of Health, Sri Lanka President, College of Community Physicians, Sri Lanka)



"Golden Years, Golden Opportunities: New Paradigm through Redefining Care of Older Persons"

Dr. Shiromi Maduwage is the President of the College of Community Physicians, Sri Lanka. She has extensive work experience in Public Health including the Elderly, because of that she engages in the planning, implementation, monitoring and evaluation of public health programmes with a special focus on the elderly, and disabled at the National and Provincial levels in Sri Lanka. A researcher with skills in conducting elderly care research. Presentations and publications of research articles at the national and international levels. Experience in medical undergraduate and postgraduate teaching and supervising elderly research projects. Council member to the National Council of Elderly, Sri Lanka. Founder member of the Geriatric Association, Sri Lanka and a member of the Palliative care and end-of-life care taskforce, Sri Lanka. Council member and the Secretary 2016/2017 and the treasurer 2018/2019 of the College of Community Physicians of Sri Lanka. Council Member of The International Institute on Ageing (Malta) Satellite Centre for SAARC Countries.



Ageing & Mental Well-Being

Thursday, 12th September 2024 | 11.25 MYT to 12.25 MYT | Pinang Ballroom

Chaired by **Assoc. Prof. Dr. Ponnusamy Subramaniam**

(Head of Program & Senior Lecturer / Consultant Clinical Psychologist, Clinical Psychology and Behavioural Health Program/
Centre for Healthy Ageing and Wellness (H-CARE), Universiti Kebangsaan, Kuala Lumpur, Malaysia)

TECHNICAL SESSION 01

11.25 – 11.40

A1



Das, M.

(The Hong Kong Polytechnic University, Hong Kong)

Negotiating Cultural Traditions and Contemporary Care Options: An Interpretative Phenomenological Analysis of Hong Kong Older Adults' Perceptions of Care Home Facilities

11.40 – 11.55

A2



Giri Shankar, V., Galanopoulos, A., Debnam, A., Whitwell, S., Robertson, D.

(The Institute of Psychiatry, Psychology and Neuroscience, King's College London and South London and Maudsley NHS Foundation Trust)

"Too Late to Pay Attention? – An Epidemiological Overview of Mental and Physical Health in the Elderly with ADHD

11.55 – 12.10

A3



Yogaparan, T., Moloney, J., Veinish, S., Grenier, S., Yau, S., Berall, A.

(Baycrest Hospital, University of Toronto, Canada)

"Delirium Quality Standard Implementation: A Multicomponent Interdisciplinary Quality Improvement Project: Gap Analysis Survey: Qualitative Component"

12.10 – 12.25

A4



Yau, S., Yogaparan, T., See, V., Sankar, P., Huynh, A., Moloney, J., Berall, A., Ramirez, K.

(Baycrest Hospital, University of Toronto, Canada)

Retrospective Chart Review to Assess Appropriate Prescribing of Medications: A Quality Improvement Educational Project

12.25 – 13.25

NETWORKING LUNCH | CAFE JEN, LOBBY LEVEL



Dementia & Ageing

Thursday, 12th September 2024 | 13.25 MYT to 14.40 MYT | Pinang Ballroom

Chaired by Assoc. Prof. Dr. Shiromi Maduwage

(Public Health Specialist, Ministry of Health, Sri Lanka President, College of Community Physicians, Sri Lanka)

TECHNICAL SESSION 02

13.25 - 13.40

B1



Sharma, S.^{1,2}, Halim, N.A.¹, Maniam, P.³

(¹Speech Sciences Programme, Faculty of Health Sciences, University Kebangsaan Malaysia, Malaysia, ²Centre for Healthy Ageing and Wellness (H-Care), Faculty of Health Sciences, University Kebangsaan Malaysia, Malaysia, ³Department of Otorhinolaryngology, Kuala Lumpur General Hospital, Malaysia)

Surviving the Strain: Coping Strategies for Caregivers Managing Stress, Burden, and Mealtime Difficulties in Dementia Care

13.40 - 13.55

B2



Vickneaswaran, A.^{1,3}, Shanmuganathan, T.³, Sriharan, S.³, Yogaparan, T.^{1,2,3}

(¹Baycrest Hospital, ²University of Toronto, ³Scarborough Grace Family Health Organization)

A Pilot Study on Caregiver Stress in Immigrant Tamil Canadian Family Caregivers of Persons with Dementia (PWD)

13.55 - 14.10

B3



Shahrulnizam, S.I.D.¹, Hassan, F.H.¹, Sokmum, S.², Rasli, A.F.²

(¹Faculty of Health Science of Universiti Kebangsaan Malaysia, ²Hospital Canselor Tuanku Muhriz Universiti Kebangsaan Malaysia, Malaysia)

The Development and Psychometrics of the Communication Experience Perceptual Scale for Care Partners of People with Dementia

14.10 - 14.25

B4



Wan, W.S.K.

(Saint Francis University, Hong Kong)

The Impact of Dementia on Individuals with Intellectual Disabilities Living in Residential Care Homes in Hong Kong

14.25 - 14.40

B5



Vasu., Chatterjee, P., Chakrawarty, A., Wig, N.

(Department of Geriatric medicine, AIIMS New Delhi)

Change in the Cognitive Status of Older People Registered and Followed Up in Memory Clinic of AIIMS, New Delhi, on Three-Year Follow-Up



KEYNOTE FORUM Thursday, 12th September 2024 | 14.40 MYT to 15.10 MYT | Pinang Ballroom

14.40 – 15.10

Prof. Meenaxi Sharda

(Vice President, Indian Academy of Geriatrics (IAG), India)

"Future of Long-Term Care for Older People in India"



Professor Meenaxi Sharda, MD, is a distinguished consultant physician and Head of the Department of Internal Medicine at Government Medical College, Kota, Rajasthan. With a career spanning over 28 years in teaching and 18 years as a postgraduate guide, she has played a key role in establishing geriatric services at GMC, Kota. Professor Sharda has guided 24 postgraduate theses and oversees the research of 200 postgraduate students annually. She has organized major conferences, including GERICON 2018 and RAJAPICON 2023, and is the scientific chair for the upcoming RSSDI conference in 2025. With 40 publications and 20 book chapters, she is a leading figure in geriatric medicine.



Aged Care and Medical Services

Thursday, 12th September 2024 | 15.10 MYT to 16.10 MYT | Pinang Ballroom

Chaired by Professor Meenaxi Sharda

(Vice President, Indian Academy of Geriatrics (IAG), India)

TECHNICAL SESSION 03

15.10 - 15.25

C1



George, S.M.¹, Chatterjee, P.², Chakrawart, A.², Chaudhary, R.³, Bamola, V.D.³, Khan, M.A.⁴

(¹Department of Geriatric Medicine, All India Institute of Medical Sciences, Rishikesh, India, ²Department of Geriatric Medicine, All India Institute of Medical Sciences, Delhi, India, ³Department of Microbiology, All India Institute of Medical Sciences, ⁴Department of Biostatistics, All India Institute of Medical Sciences, New Delhi, India)

Study of Gut Microbiota in Sarcopenic and Non-Sarcopenic Older Adults

15.25 - 15.40

C2



Engheepi, F.B.P., Sonowal, N.J., Rai, A.D.

(Sikkim Manipal College of Physiotherapy, Sikkim Manipal University, India)

Perceived Disability and Its Association with Quality of Life Among Older Persons in Hilly Areas of Sikkim, Northeast India

15.40 - 15.55

C3



Nayana, N., Girija, P.C., Labeeba, K.

(AWH Special College, India)

Understanding Semantic Recognition in Healthy Ageing: Employing Priming Tasks to Navigate the Subtleties

15.55 - 16.10

C4



Avarebeel, S., Basavana, G., Michael, V., Pratibha, P., Saarika, S., Uma, D.B.S., Murli, K.

(JSS Medical College Hospital, India)

Multimorbidity and Frailty in Hospital-Based Cohort of Older Adults: CHARMS—Cohort of Healthy Ageing Related to Multimorbidity Study

16.10 - 16.30

EVENING REFRESHMENTS



Ageing & Disability

Thursday, 12th September 2024 | 16.30 MYT to 17.00 MYT | Pinang Ballroom

Chaired by Dr. Shiromi Maduwage

(Public Health Specialist, Ministry of Health, Sri Lanka President, College of Community Physicians, Sri Lanka)

POSTER SESSION 01

P1



Engheepi, F.B.P., Rai, A.D., Sonowal, N.J.

(Sikkim Manipal College of Physiotherapy, Sikkim Manipal University, India)

"Impact of Environmental Barriers on Perception of Disability among Community-Dwelling Older Persons in Sikkim, Himalayan Region: A Cross-Sectional Study"

P2



George, S.M.¹, Vasu¹, Nidhi, S²

(¹Department of Geriatric Medicine, All India Institute of Medical Sciences, Rishikesh, India, ²Department of Geriatric Medicine, All India Institute of Medical Sciences, New Delhi, India)

Polypharmacy in an Older Lady: Thoughtful Deprescribing – A Case Report

P3



Kritartha, K., Pankhuri, S., Vasu, Dhar, M., Pathania, M.

(Department of Geriatric Medicine, All India Institute of Medical Sciences Rishikesh, Uttarakhand, India)

"Unmasking Renal Cell Carcinoma - Pericardial Effusion in an Elderly Woman: A Case Report"

P4



Pankhuri, S., George, S.M., Vasu., Minakshi, D., Monika, P.

(Department of Geriatric Medicine, All India Institute of Medical Sciences, Rishikesh, Uttarakhand, India)

A Complex Convergence: Chronic Liver Disease, Sepsis, and Autoimmune Hemolytic Anemia - A Case Report

P5



Irvine-Hogg, L.E.

(NUMed Malaysia | Project conducted at Northumbria Hospitals Trust)

Strengthening Frailty Pathways : A Quality Improvement Initiative in Northumberland



DAY 02 – THURSDAY, 13TH SEPTEMBER 2024

KEYNOTE FORUM Thursday, 13th September 2024 | 09.00 MYT to 09.30 MYT | Pinang Ballroom

09.00 – 09.30 **Prof. Keith Hill**



(Director, Rehabilitation, Ageing and Independent Living (RAIL) research centre, School of Primary and Allied Health Care, Peninsula Campus, Monash University, Australia)

"Who cares for the Carers - Developing a Novel Co-designed Service to Support the Health and Well-being of Older Carers of Older People"

Professor Keith Hill is the Director of the Rehabilitation, Ageing and Independent Living Research Centre at Monash University. A physiotherapist with over 40 years of clinical experience, he specializes in rehabilitation and aged care. His research expertise includes fall prevention, exercise, and ageing well, with a focus on interdisciplinary work. He has led projects across the globe, including in Singapore, Thailand, and Canada. Professor Hill has been a Chief Investigator on 131 research grants totaling \$48 million and has authored 390 peer-reviewed publications, significantly contributing to the field of geriatric care and rehabilitation.



Innovations & Ageing

Thursday, 13th September 2024 | 09.30 MYT to 10.45 MYT | Pinang Ballroom

Chaired by Associate Professor Sean MacDermott

(Director, John Richards Centre for Rural Ageing Research, La Trobe University, Australia)

TECHNICAL SESSION 04

09.30 – 09.45

D1



Soh, S-E.¹, Santos, I.K.D.², Erome, J.³, Grant, J.³, Mollins, J.³, Ashe, M.C.³
(¹Monash University, Australia, ²Federal University of Rio Grande do Norte, Brazil, ³The University of British Columbia, Canada)

Adherence to Technology-Based Falls Prevention Programs for Community-Dwelling Older Adults: A Systematic Review and Meta-Analysis

09.45 – 10.00

D2



Rasekaba, T.M.^{1,2}, Akter, S.¹, MacDermott, S.^{1,2}, Blackberry, I.^{1,2},
Douglass, D.³, Jose, G.⁴, Couroupis, A.⁵, Slatter, S.⁶

(¹John Richards Centre for Rural Ageing Research, La Trobe Rural Health School, La Trobe University, Australia, ²Care Economy Research Institute, La Trobe University, Australia, ³Heathcote Health, Heathcote, Australia, ⁴Rural Care Australia Ltd, Merbein, Australia, ⁵Princes Court Homes, Mildura, Australia, ⁶Heathcote Dementia Alliance Inc., Heathcote, Australia)

GreenConnect Dementia Respite Project: Codesign and Implementation of Innovative Dementia Respite Based on Green Care Principles

10.00 – 10.15

D3



You, Y.X.¹, Zapawi, M.M.M.¹, Shahar, S.¹, Shahril, M.R.¹, Rivan, N.F.M.¹, Fakhruddin, N.N.I.N.M.², Yap, A.X.W.¹

(¹Centre for Healthy Ageing and Wellness (HCare), Faculty of Health Sciences, University Kebangsaan Malaysia, ²Malaysia Jeffrey Cheah School of Medicine & Health Sciences, Malaysia)

Development and Validation of Malaysian-MIND Diet Scores for Prediction of Mild Cognitive Impairment Among Older Adults in Malaysia

10.15 – 10.30

D4



Alavi, K.¹, Azlan, S.Z.¹, Mat, S.B.², Mohamad, M.S.¹, Rajaratnam, S.¹, Subramaniam, P.²

(¹Research Centre for the Psychology and Human Well-Being, Faculty of Social Sciences and Humanities, University Kebangsaan Malaysia, ²Center For Healthy Ageing & Wellness (H-Care), Faculty of Health Sciences, University Kebangsaan Malaysia)

Explore Care Workers' Resource Mobilization Strategies to Enhance Career Development in Community Elderly Care

10.30 – 10.45

D5



Vijayan, G., Avarebeel, A., Benny, D., Jose, A.S., Pereira, P., Patil, V.
(JSS Academy of Higher Education and Research Mysuru, Karnataka, India)

The Correlation of Muscle Thickness and Functional Outcome of Critically Ill Elderly

10.45 – 11.05

MORNING REFRESHMENTS

KEYNOTE FORUM **Thursday, 13th September 2024 | 11.05 MYT to 11.35 MYT | Pinang Ballroom**

11.05 – 11.35

Assoc. Prof. Sean MacDermott

(Director, John Richards Centre for Rural Ageing Research, La Trobe University, Australia)



"Healthy Ageing in Rural and Regional Settings; Challenges and Solutions from Australia and Beyond"

Dr. Sean MacDermott is an Associate Professor and Director of the John Richards Centre for Rural Ageing Research at La Trobe University's Rural Health School. With postgraduate qualifications in Management, Social Work, and Psychology, Dr. MacDermott has extensive experience in rural ageing research, focusing on the unique challenges faced by older adults in rural communities. His work spans dementia care, cognitive decline, intergenerational care, and ageing in place. He has collaborated with over 50 health services on program implementation and health service redesign. As a leader in rural health and ageing, he actively advances research, policy, and practice in this critical field



Ageing & Gerontology

Thursday, 13th September 2024 | 11.35 MYT to 12.35 MYT | Pinang Ballroom

Chaired by Professor Keith Hill

(Director, Rehabilitation, Ageing and Independent Living (RAIL) research centre,
School of Primary and Allied Health Care, Peninsula Campus, Monash University, Australia)

TECHNICAL SESSION 05

11.35 - 11.50

E1



Chejor, P.¹, Atee, M.^{1,2,3,4}, Cain, P.¹, Porock, D.¹

(¹Centre for Research in Aged Care, School of Nursing and Midwifery, Edith Cowan University, ²The Dementia Centre, HammondCare, ³Curtin Medical School, Faculty of Health Sciences, Curtin University, ⁴Sydney Pharmacy School, Faculty of Medicine and Health, The University of Sydney, Australia)

Understanding the Experiences of Older Immigrants Living with Dementia in Australia: A Multi-Method Study Using Secondary Data

11.50 - 12.05

E2



Heung, R.S.M.¹, Wong, C.T.T.²

(¹School of Health Sciences, Caritas Institute of Higher Education, ²Division of Nursing Education, Hong Kong Baptist University)

Needs of Foreign Domestic Helpers' Infection Prevention and Control Training in Hong Kong to Promote Elderly Health

12.05 - 12.20

E3



Kwong, A.N.L.¹, Low, L.P.L.¹, Wang, Y.²

(¹S.K. Yee School of Health Sciences, Saint Francis University, Hong Kong, ²School of Nursing, Tianjin Medical University, Tianjin, China)

Caregivers' Strategies for Adult Family Members with Intellectual Disabilities and Challenging Behaviors

12.20 - 12.35

E4



Chejor, P.¹, Atee, M.^{1,2,3,4}, Cain, P.¹, Whiting, D.⁵, Morris, T.^{5,6}, Porock, D.¹

(¹Centre for Research in Aged Care, School of Nursing and Midwifery, Edith Cowan University, ²The Dementia Centre, HammondCare, ³Curtin Medical School, Faculty of Health Sciences, Curtin University, ⁴Sydney Pharmacy School, Faculty of Medicine and Health, The University of Sydney, ⁵The Dementia Centre, HammondCare, St Leonards, New South Wales, ⁶Sydney School of Public Health, Faculty of Medicine and Health, The University of Sydney, Australia)

Comparing Pain Experience for Immigrants and Non-Immigrants Living with Dementia in Australian Residential Aged Care Homes: A Cross-Sectional Study

12.35 - 13.35

NETWORKING LUNCH | CAFE JEN, LOBBY LEVEL



Thursday, 13th September 2024 | 13.35 MYT to 17.25 MYT | Pinang Ballroom

WORKSHOP

"Healthy & Active Ageing in South East Asia: Challenges and Opportunities"

Conducted by International Institute on Ageing United Nations-Malta

13.35 – 14.05

Opening Session



Ms. Rosette Bonello (Moderator)

(Deputy Director, International Institute on Ageing, United Nations-Malta (INIA))

14.05 – 14.50

Presentation 1



Dr. Shiromi Maduwage

(College of Community Physicians, Sri Lanka)

"Beyond longevity: Empowering older persons with innovations and compassions"

14.50 – 15.35

Presentation 2



Dr. Ganesh Raj Joshi

(Professor and Head of Department of Community Medicine in National Army Institute of Health and Science (NAIHS), Kathmandu)

"Building Healthy, Active and Livable Communities: Learning from Japan"

15.35 – 15.55

EVENING REFRESHMENTS

15.55 – 16.40

Presentation 3



Prof. Dr. Lochana Shrestha

(United Nations Centre for Regional Development (UNCRD)- DSDG/UN DESA, Japan)

"Healthy and Active Ageing in Nepal: Challenges and Opportunities"

16.40 – 17.25

Presentation 4



Assoc. Prof. Dr. Ponnusamy Subramaniam

(Head of Program & Senior Lecturer / Consultant Clinical Psychologist, Clinical Psychology and Behavioural Health Program/ Centre for Healthy Ageing and Wellness (H-CARE), Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia)

"Cognitive Resilience in Later Life: Addressing Hurdles and Harnessing Potential"



- 17.25 - 17.55 **Dissemination of Certificates and Closing Session**
- 17.55 - 18.15 **Conference Closure - Awarding Ceremony**
- 18.15 - 18.25 **Vote of Thanks**



a contribution to the
**Decade
of healthy
ageing**

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Upcoming Conferences

<p>MAY 29 - 30 2025</p>	<p>3rd International Conference on PREVENTIVE MEDICINE AND PUBLIC HEALTH Colombo - Sri Lanka</p>	
	<p>International Conference on NURSING Colombo - Sri Lanka</p>	<p>JUNE 24 - 25 2025</p>
<p>JULY 24 - 25 2025</p>	<p>6th International Conference on AGRICULTURE, FOOD SECURITY AND SAFETY Colombo - Sri Lanka</p>	
	<p>4th International Conference on WOMEN AND GENDER STUDIES Colombo - Sri Lanka</p>	<p>AUGUST 5 - 6 2025</p>
<p>SEPTEMBER 19 - 20 2025</p>	<p>6th International Conference on GERONTOLOGY AND GERIATRIC MEDICINE Bangkok, Thailand</p>	
	<p>7th International Conference on PUBLIC HEALTH AND WELL-BEING Bangkok, Thailand</p>	<p>OCTOBER 21 - 22 2025</p>
<p>OCTOBER 24 - 25 2025</p>	<p>4th International Conference on EDUCATION, TEACHING AND LEARNING Bangkok, Thailand</p>	

SUSTAINABLE DEVELOPMENT GOALS

<p>1 NO POVERTY</p> 	<p>2 ZERO HUNGER</p> 	<p>3 GOOD HEALTH AND WELL-BEING</p> 	<p>4 QUALITY EDUCATION</p> 
<p>5 GENDER EQUALITY</p> 	<p>6 CLEAN WATER AND SANITATION</p> 	<p>7 AFFORDABLE AND CLEAN ENERGY</p> 	<p>8 DECENT WORK AND ECONOMIC GROWTH</p> 
<p>9 INDUSTRY, INNOVATION AND INFRASTRUCTURE</p> 	<p>10 REDUCED INEQUALITIES</p> 	<p>11 SUSTAINABLE CITIES AND COMMUNITIES</p> 	<p>12 RESPONSIBLE CONSUMPTION AND PRODUCTION</p> 
<p>13 CLIMATE ACTION</p> 	<p>14 LIFE BELOW WATER</p> 	<p>15 LIFE ON LAND</p> 	<p>16 PEACE, JUSTICE AND STRONG INSTITUTIONS</p> 
<p>17 PARTNERSHIPS FOR THE GOALS</p> 			