



NORDISK GERONTOLOGISK FORENING

GeroNord

Nytt om forskning, utviklingsarbeid og undervisning på eldreområdet i Norden

Årgang 9 nr. 2 - 2000

Av innholdet:

**Professor Pia Fromholt død
Finland informerer**
- *Nytt fra fagrådene*
- *Finske moderforeninger*
- *Finske fagmiljøer*
**Aventis Nordisk Gerontologipris
for år 2000**
Notiser

Nordisk Gerontologisk Forenings styre:

Formann: Andrus Viidik, Danmark
Sekretær: Jan Høyerstien, Norge

Moderforeningenes representanter:

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Dansk Gerontologisk Selskab: Andrus Viidik
Dansk Selskab for Geriatri: Kirsten Damgaard

FINLAND:

Societas Gerontologica Fennica r.f.:
Kaisu Pitkälä
Suomen Geriatri-Finlands Geriatrier:
Jouka Laurila
Föreningen för forskning i uttjuvård och äldreomsorg:
Timo Suutama

ISLAND:

Societas Gerontologica Islandica:
Steinunn K. Jónsdóttir
Icelandic Geriatrics Society:
Jón Eyjólfur Jónsson

NORGE:

Norsk selskap for aldersforskning:
Kirsten Thorsen
Norsk geriatrisk forening: Leif Jan Bjørnson

SVERIGE:

Sveriges Gerontologiska Sällskap: Lars Andersson
Svensk förening för gerontologi och geriatrik
Observatör inntil formalia er avklart.*

Aktörer omkring de gamle i vårt samhälle

Många politikere värnar i sine valtal om de gamle og svaga. Samtidig växer antalet av svaga, resurskrävande gamle varfor valet står mellom højda skatter og sparande av resurser. Det gick nyligen genom de danske tidningarna rapporter om ett plejehjem, som sparade på bløjor: Om den inte var genomvåt, så skulle den enligt den skriftlige instruktionen vändas og användas igen. Detta ledde till undersökande journalistik, som fann också andra fall av mindre mänsklig «omvårdnad». Också från andra nordiska länder har fall av sådan «omvårdnad» rapporterats.

En del av roten till det onda ligger i utvecklingen av ett management tänkande, där arbetseffektiviteten görs upp i scheman med åtgången av tid angiven. Vårdteam är effektiva, men här kan den medmänsklichkeit, som de gamle har behov för, lätt komma bort. Ett exempel är den pensionär, som bjöd sin 100:e nya hemhjälpe på kaffe og tårta i närvaro av pressen. Kanske hade han inte så ont av att ständigt möta nya människor. Men för den svaga gamle med begränsade mentala resurser är det ett lidande.

Vem är så aktörerna i detta spel? Politikere med sine budgetbekymmer. Ämbetsmän, som skall föra beslutet ut i livet. Gräsrotterna i äldrevården, som kontaktar pressen, när de inte blir hörda av «systemet». En rad fackföreningar, som tager vara på sine medlemmars intressen. De äldres interesseorganisationer, som värvar medlemmar. De anhöriga, som sällan är organiserade, men som ibland tipsar journalister. Tidningar, som skriver det som säljer. De svaga gamle själva har sällan en röst, som blir hörd. De starka gamle har ofta andra intressen att arbeite för.

Var står gerontologin i detta spel? Vi har tyvärr inga enkle løsninger till detta svåra problemkompleks. Vår oppgift är ändå inte hoppløs. Vi kan genom forskning og utvecklingsarbeite peka på konsekvenser av ulike rutiner og åtgärder samt på løsningsmodeller, baserte på vår samlede kunskapsbas. En annen viktig oppgift är undervisning og opplysningsarbeite. Dette måste ske neutralt på en vetenskaplig bas utan hänsynstagande till de ulike aktörers särintressen. Här har de gerontologiske sällskapen en stor oppgift – att utveckla kurser og skriftligt materiale om ämnet. Ett par danske exempel, eftersom Danmark nu är det land, som jag känner bäst sedan många år: Böckerna «Viden om aldring – veje til handling» (H. Kirk og M. Schroll, red., Munksgaard 1998) og «Svækkelse i alderdommen – om omsorg og etik i svækkelsesforløbet» (P. Fromholt m.fl., red., Dafolo 1999 (anmeldt i GeroNord nr. 3.1999)).

Andrus Viidik

Nordisk Gerontologisk Forening (NGF)

Foreningen er et samarbeidsorgan for de gerontologiske og geriatriske foreningene i de nordiske land.

Foreninger tilsluttet NGF:

Dansk Gerontologisk Selskab:
Formann: Andrus Viidik
Sekretær: Kristen Avlund

Dansk Selskab for Geriatri:
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Sekretær: Finn Rønholt Hansen

Societas Gerontologica Fennica r.f.:
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Föreningen för forskning i uppväxt och åldrande r.f.:
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Sekretær:

Suomen Geriatri-Finlands Geriater:
Formann: Kaisu Pitkälä
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Societas Gerontologica Islandica:
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Icelandic Geriatrics Society:
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Sekretær: Björn Einarsson

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Sekretær: Marianne Winqvist

*Svensk förening för gerontologi och geriatrik**
observatør inntil formalia er avgjort.

NGFs fagråd

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Finn Rønholt Hansen, klinikk
Lis Puggaard, biologi
Ole Bjørn Skausig, gerontopsykiatri
Psykologi
Merete Platz, sosiologi
Grethe Østergaard-Nielsen, sykepleie

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Boo Johansson, psykologi
Mats Thorslund, sosiologi
Astrid Norberg, sykepleie

Fagrådsmedlemmene blir oppnevnt av de nasjonale moderforeningene, og skal bl.a. bistå under planlegning av de nordiske kongressene og ha ansvar for bedømmelse av abstracts.

GeroNord

er et medlemsblad for medlemmene i Nordisk Gerontologisk Forenings moderforeninger. Disse får bladet fritt tilsendt. Bladet kommer ut tre ganger i året.

Andre interesserte kan tegne abonnement ved henvendelse til GeroNords redaksjon. Prisen pr. år er NOK 110,-.

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NGFs hjemmeside har adresse
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Professor Pia Fromholt död

En av Nordens ledande gerontopsykologer har gått bort i förtid efter en livshotande sjukdomsperiod – mycket sörjd och mycket saknad av en stor krets vänner, kolleger och medarbetare.

Pia Fromholt var en fascinerande och rikt sammansatt personlighet. Hennes intresse för gerontopsykologi väcktes tidigt och hon arbetade inom fältet både i Danmark, i Norden och internationellt. Som dynamisk ledare för Nordens första *Center för gerontopsykologi* ledde hon sedan 1991 en aktiv och entusiastisk krets av medarbetare i Risskov utanför Århus. Hennes arbeten på detta område var professionella, originella och djuptänkta.

Men det fanns en annan sida av hennes intellekt som var värd mot humaniora. Hon utbildade sig i sin ungdom till medeltidsarkeolog och övervägde en tid att helt övergå till den disciplinen. En utmärkt liten artikel *Træk af alderdomsforsorgens historie i Danmark – från medeltid till nutid* – vittnar om hennes tidiga dragning mot historiska studier. När hon 1987 erhölet en forskningsprofessur i *Humanistisk ældreforskning* utlöste detta en stark aktivitet inom den historiska sfären. Hon ville utreda historien om Danmarks äldsta man, Christian Jacobsen Drakenberg, som avled vid – påstod man – 145 års ålder och fram till 1840 låg som välbevarad mumie i Aarhus domkyrka för att därefter spårlöst försvinna. Uppgiften blev att «fortsætte jagten på den forsvundne mumie». Med sin förmåga att entusiasmera människor lyckades Pia Fromholt snabbt samla ett tvärvetenskapligt team av arkeologer, antropologer, rättsmedicinare, tandläkare, psykologer och historiker. Hon lyckades också få Menighedsrådets och Nationalmuseets tillstånd att göra utgrävningar i kryptan. Resultatet var minst sagt sensationellt och det presenterades – inlevelsefullt och konstnärligt – i en volym som publicerades av Aarhus Universi-

tetsforlag några få månader före hennes bortgång.

Men hennes vitalitet och kreativitet var trots sjukdom och dödshot inte uttömd med detta. Tillsammans med Andrus Viidik, Dorte Høeg och Jessy Hjort-Hansen redigerade hon – och publicerade – skriften *Svækkelse i alderdommen. Omsorg og etik i svækkelsesforløbet*. Vi som hade glädjen och förmånen att få medverka i skriften upplevde den som Pia Fromholts andliga testamente till oss alla som arbetar med gamla eller själva är på väg in i «svagheten».

Pia Fromholts insatser i det nordiska gerontologiska forskningssamarbetet är välkända. Hennes spåda gestalt, hennes glada skratt, hennes fina inspass i diskussionerna, hennes svarta humor och hennes ständiga längtan efter en cigarett är oförglömliga bidrag till vår gemensamma minnesskatt. Vid konferensen i Trondheim 1998 höll hon en lysande plenarföreläsning som anknöt till hennes bågge forskningsfält – gerontopsykologiska synpunkter på dansk-norsk tidig medeltid.

Inom det nordiska samarbete som initierades av Nordiska forskningspolitiska rådet var Pia Fromholt en stor tillgång, främst i den s.k. NORA-studien. I denna studie jämfördes systematiskt och integrerat tre olika äldrekohorter: i Glostrup, i Jyväskylä och i Göteborg. I slutrapporten svarade Pia Fromholt

tillsammans med bl.a. Stig Berg för tre olika artiklar om kognitiv funktion, självskattad minnesförmåga och vardaglig funktionsförmåga. Studierna anknöt till hennes specialitet i Centermiljön: gamla människors livshistorier och minnesbilder.

Andrus Viidik, ordförande i NORA-studiens expertpanel, sammanfattade sina erfarenheter av NORA-studien med orden: *It was no minor task to integrate the «corporate culture» of three research centres in three countries into one rather seamless operation*. Orden skulle kunna generaliseras till hela den komparativa verksamhet som bedrivits inom gerontologi i Norden. I det arbetet var Pia Fromholts insatser en värdefull tillgång. Hennes förmåga att finna lösningar på komplicerade lösningar och att lyfta diskussionerna till ett högre och mer inspirerande plan var en stor hjälp för oss alla som var engagerade i det nordiska samarbetet. När hon i Trondheim föreslogs till president för den 16. Nordiska kongressen i gerontologi i Århus 2002 var valet självklart och hälsades med stor entusiasm.

I nordiska gerontologiska kretsar kommer Pia Fromholt att förbli den aldrig glömda – «erindringslandskabets» solbelysta topp i «glemselshavet».

Birgitta Odén, professor emeritus
Lunds Universitet, Sverige

Din veg

Ingen har varda den vegen
du skal gå
ut i det ukjende,
ut i det blå.

Dette er din veg.
Berre du
skal gå han. Og der er
uråd å snu.

Og ikkje vardar du vegen,
du hell.
Og vinden stryk ut ditt far
i aude fjell.

Olav H. Hauge
Fra «Under bergfallet» (1991)

I serien «Informasjon fra fagrådene» er turen kommet til Finland. I tillegg til informasjon fra fire av de seks fagrådsmedlemmene, får vi en fyldig presentasjon av aktiviteter innen gerontologisk forskning i ulike finske miljøer. **Societas Gerontologica Fennica og Suomen Geriatri-Finlands Geriaterer gir også en kort orientering om sine aktiviteter.**

Informasjon fra fagrådene

Research in clinical geriatrics

A multicenter, multidimensional study has been recently launched by the Finnish geriatricians who are responsible for geriatric research at all Finnish universities (*Collaborative Study Group of Finnish Geriatricians (COGFIG)*). This COGFIG study also involves several aspects related to clinical geriatrics.

There is a clear need of effective and practical methods to prevent diseases in healthy individuals (primary prevention), to prevent recurrent events (secondary prevention), and to treat established ailments and to slow their progress (tertiary prevention), or even restore lost function (rehabilitation). There are also increasing demands to establish cost-effectiveness of different treatments.

Reliable data of treatment efficacy is obtained from intervention studies with randomized and controlled design whereupon the new treatment is compared to placebo or established treatment. This design is used in explanatory studies which specifically aim to demonstrate an existing treatment effect (efficacy). If there already is a proof of efficacy, a pragmatic study may be needed in order to demonstrate whether the treatment effect in question is generalizable, i.e. also works in the «real world» (effectiveness).

In the elderly cardiovascular diseases and osteoporosis with their complications are a major burden to hospitals and these diseases often lead to institutionalized care. Although vast amounts of previous data on these diseases have been collected, there are still many open questions in the treatment of elderly people. Fi., it is obscure, whether cholesterol lowering with diet and drugs, or more broadly, multifactorial prevention is worthwhile in 75+

individuals. Especially pragmatic studies are needed to solve these questions.

Dementias and milder decline of cognitive function are common in the elderly population. The decline complicates other diseases and increases the risk of institutionalized care. There is data of the benefits of antihypertensive treatments in this respect, but no data of broader multifactorial approach, involving f.e. cholesterol lowering. Among sick elderly, a state of delirium is very common and impairs prognosis - yet there are few studies of its treatment.

Urinary incontinence is very frequent, but underdiagnosed and undertreated ailment of the elderly. When progressive it can easily lead to premature institutionalized care. Many treatment options for urinary incontinence exist, but choosing the optimal treatment requires more information of the etiology and pathogenesis of urinary incontinence. The effectiveness of treatment modalities in unselected elderly population is also obscure.

There are few studies on the effectiveness of rehabilitation of disabled elderly with f.i. cardiac conditions or hearing and sight disturbances. It is unclear whether the common procedures used in open care and in institutions are of true therapeutic value. Thus, reliable data based on randomized and controlled studies of rehabilitation are needed.

The following are examples of geriatric intervention studies ongoing in Finland.

* Multifactorial prevention of recurrent cardiovascular diseases in patients aged 75 and older (Drugs and Evidence-Based medicine in The Elderly (DEBATE-study)). This is a randomized, controlled intervention trial with a pragmatic approach in 400 elderly patients with cardiovascular diseases.

* Effectiveness of multidisciplinary geriatric intervention on prognosis of delirium in the elderly hospitalized patients. This study aims to characterize clinical features of delirium and test appropriate therapy in a randomized, controlled trial.

* Urinary problems in 70+ individuals: epidemiology, etiology and treatment. The study has started with a population-based survey of urinary ailments in 2000 home-living men and women and will proceed to pragmatic intervention trial.

*Doc. Timo Strandberg, Department of Medicine, University of Helsinki, Finland
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The field of geropsychology

Psychology as an academic discipline has been undergoing major administrative and educational changes in Finland during the last few years. The most influential of these changes has probably been the establishing of PSYKONET – the Network University of Finland – in 1996. Psykonet is an organization of six Finnish departments of psychology. It coordinates education in psychology postgraduate studies and specialization training, and collaborates with the departments on undergraduate studies.

One of the fields in specialization training is developmental and educational psychology. So far the focus in this field has been the childhood development. The psychology of ageing has not played any role at all in these training programmes for psychologists. The ageing of the population and the growing challenges in the elderly care have, however, brought about a need for specialization training in the domain of geropsychology. A tentative plan for a training module of geropsychology has been made in collaboration with

the University of Jyväskylä and will be started at the earliest in 2002. A few shorter and thematically more limited gerontological training courses have already been offered to psychologists by the institutes for continuing education. For example the Vantaa Institute for Continuing Education within the University of Helsinki has offered courses in psychotherapy with the elderly.

The Finnish Psychological Association is currently establishing an expert group of geropsychology. The aim of the group is to gather together psychologists and researchers working in the field of ageing and promote cooperation and interaction between research and practice in geropsychology. Hopefully the group will also take part in public conversations concerning psychological questions of ageing and old age.

The psychological research on ageing is still a considerably marginal field in Finnish gerontology. There are psychologists working in various multidisciplinary research projects, but only very rarely do the research questions and perspectives represent primarily current developments in psychological thinking. Beside geropsychological training, the promotion of innovative geropsychological research will be one of the major challenges met by the discipline of psychology in the future.

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Fagområdet sosiologi: A New Postgraduate Program: «Ageing, Wellbeing, and Technology»

The Ministry of Education and the Academy of Finland have been supporting about 100 postgraduate schools since 1995. The schools are funded for a 4-year period at a time, the annual direct costs from the Ministry of Education being about 188 million Finnish marks. From 1999 on, some new postgraduate schools were accepted to this program, including a multidisciplinary program on ageing, wellbeing and technology. This program

was accepted to the field of culture and society, though its coverage is much larger. There are 17 different disciplinary fields represented among the students; the pure geriatric/medical fields were not included due to their own graduate schools.

The AWT-school is initiated, administered and coordinated by the Finnish Centre for Interdisciplinary Gerontology at the University of Jyväskylä. The director of this program is Professor Marjatta Marin. There are six university partners (Jyväskylä, Helsinki, Tampere, Kuopio, Oulu and Lappe) plus four national R&D institute partners (The Social Insurance Institution/Kela, National R&D Center for Welfare and Health/ Stakes, Occupational Health Institute, and Center for gerontological training and research/Kuntokallio). During its first year the school had 34 postgraduate students, about 70% of them studying at the University of Jyväskylä. The number of accepted postgraduates will grow during 2000. The first doctoral disputation will take place this spring.

This graduate program comprises four different but interlinking thematic areas: 1) ageing and the change of society, 2) age, learning and education, 3) ageing, health and functional ability; and 4) old age care and services. Each year the students and their tutors meet in a bigger symposia in Jyväskylä - to discuss in thematically criss-cross groups about their research, to listen to invited lecturers, and to get tutoring in theoretical and methodological issues. During next academic year also workshops with the producers of technology, public and private services and help for elderly people will be started in order to connect the implementation of the research results into the education.

The goals set for the Finnish state supported graduate schools are:

- increase of quality in research and research training
- decrease of age at disputation
- improvement of quality of tutoring
- more effective training
- post graduate studies completed in 4 years
- networking of universities, research institutions and industry

- more international contacts
- increase in number of doctors.

From the view point of AWT-program, these goals are acceptable, except one: the second. Though on the national level it might be important to produce younger doctors than nowadays - the medium age has been about 34 years until now, varying quite greatly from field to field - in AWT-program it yet sounds age discriminating and inappropriate. Most of our students have been coming from work life, many of them after several years of work experience. They have good practical expertise and knowledge of the themes of the program but they need to deepen and update it theoretically and methodologically. This kind of double expertise is urgently needed in society in old age care and research. In this field it is important to acknowledge the variety of age as a richness, not as a problem in researcher and expert training.

*Marjatta Marin
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Fagområdet sykepleie (vård)

I Finland har grundutbildningen för sjukskötare överförs från sjukvårdsinstituten till yrkeshögskolan. Målet har varit att höja utbildningen till högskolenivå. Yrkeshögskoleverksamheten började som ett försök år 1991 och den har numera stabiliserats. Utbildningen omfattar åtminstone 120 studieveckor undervisning och längden är 3.5 år.

För sjukskötare och hälsovårdsarbetare med motsvarande utbildning öppnades år 1979 vid Kuopio universitet en möjlighet att avlägga högre högskoleexamen (magister) i vårdvetenskap. För tillfället kan sjukskötare studera vårdvetenskap ända till doktorsexamen förutom vid Kuopio universitet även vid Tammerfors, Åbo och Uleåborgs universitet samt vid Åbo Akademi. Fram till slutet av år 1999 har cirka 1900 magisterexamina och 78 doktorsexamina avlagts i vårdvetenskap. Några sjukskötare avlägger examen på något annat vetenskapsområde, t.ex. pedagogik och

socialvetenskaper. Eftersom kraven på utbildningen av sjukvårdslärare har stigit, har en stor del av dem fortsatt sina studier till licentiat- och doktorsexamen. Även i omvårdnadspraktiken anses det allt viktigare, att den som har valts till en ledande uppgift på någon nivå skall ha åtminstone magisterexamen.

Omvårdnadsforskning har utförts från år 1966 inom ramen för Sjukvårdens forskningsinstitut. Aktuella nämnvärda forskare i äldres omvårdnad är bl.a. Arja Isola, som har undersökt speciellt äldre människor i institutionsvård. Vid Kuntokallio, som är ett gerontologiskt utbildnings- och forskningscentrum, är Anneli Sarvimäki intresserad av bl.a. åldringarnas livskvalitet. Vid STAKES (Forsknings- och utvecklingscentralen för social- och hälsovården) finns många projekt i åldringsarbete med en stark vårdvetenskaplig representation. Projektet 'Rai

Datasystem' leds av Anja Noro och projektet om utskrivning och hemsändning av Marja-Leena Perälä. Vid Åbo universitet har det producerats flere avhandlingar i åldringsvård och man har också utbildat forskare, t.ex. Pirkko Routasalo. Vid Jyväskylä universitet har Riitta-Liisa Heikkinen undersökt bl.a. åldringarnas depression. Den vårdvetenskapliga diskussionen upprätthålles i Finland av de vetenskapliga tidskrifterna 'Hoitotiede' ('Vårdvetenskap') och den multivetenskapliga 'Gerontologia'.

Den ekonomiska depressionen på 1990-talet i Finland ledde till nedskärningar i åldringsvården, vilket har försvagat möjligheterna att förbättra vårdkvaliteten speciellt i långvårdinstitutionerna. I media har problem i äldrevården påtalats flera gånger. Eftersom de som vårdas nu har sämre hälsotillstånd än tidigare, kan den fåtaliga personalen bli trött och man orkar utföra endast det allra nödvändigaste.

Nu ser situationen bättre ut för omvårdnaden av de äldre. I Finlands Akademis forskningsprogram för åldrande deltar flera vårdvetenskapliga forskare. Flera forskningsprojekt startas i olika enheter på många ställen i Finland, när kommunernas social- och hälsovårdsverk börjar organisera program för utvecklingen av äldre människors vård. Multivetenskaplig forskning, som fokuserar på åldringarna och deras vård, utökar sjukskötarens kunskap, kunnande och motivation att fungera i 'team' på högprofessionell nivå, högaktande åldringarnas människovärde och självbestämmanderätt.

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KUNTOKALLIO

Centrum för gerontologisk utbildning och forskning

Inom den finländska gerontologin intar Kuntokallio-stiftelsens Centrum för gerontologisk utbildning och forskning sin givna plats. Stiftelsen firar sitt 30-års jubileum nästa år, men som gerontologiskt centrum har Kuntokallio fungerat i 15 år. Centret fungerar som en expertorganisation med syfte att producera och förmedla kunskap om åldrandet och de äldre. Innehållsmässigt har man inför de närmaste åren satsat på tre tyngdpunktsområden: åldrandet i ett livslopps- och upplevelseperspektiv, de äldres funktionsförmåga och fysiska aktivitet samt organisation, kvalitet och etik i äldrevården. Inom dessa områden pågår för närvarande ett 20-tal forsknings- och utvecklingsprojekt. Därtill erbjuds årligen över 30 fortbildningskurser för personal inom äldrevården.

Centrets forskning bedrivs i nära samarbete med olika universitet och med andra nationella och internationella forskningscentra. De största projekten för närvarande är projektet «Att åldras mellan två kulturer», som finansieras av Finlands Akademi och bedrivs i samarbete med Karolinska Institutet, och en undersökning om de äldres levnadsvillkor, hälsa och servicebehov i St. Petersburg, som finansieras av EU och förverkligas i samarbete med Tammerfors universitet och St. Petersburgs geriatriska centrum. Centrets forskare medverkar också i forskarutbildningen inom ramen för Finlands Akademis forskarutbildningsprogram «Åldrande, teknologi och välfärd». Bland utvecklingsprojekten kan man nämna MIX-projektet, som utvecklar nya samarbetsformer mellan olika offentliga, privata

och frivilliga krafter i äldrevården, och Vals-projektet, vars syfte är att via ett utbildningsprogram lära personalen inom äldrevården att förverkliga fysisk träning och aktivitet för de äldre.

För närvarande arbetar 15 forskare och planera vid Kuntokallios gerontologiska centrum. Centret publicerar också två serier, «Rapporter» och «Grodor». Den första består av forsknings- och utvecklingsrapporter, den senare av bl.a. seminarieinlägg och -rapporter.

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Societas Gerontologica Fennica ry

Societas Gerontologica Fennica ry (SGF) was founded in 1948. The aim of SGF was to promote scientific research in the field of gerontology. The founder members were opinion leaders of different fields at that time. The first chair person was Oswald Renkonen and the first secretary was professor Eeva Jalavisto. The latter had thereafter a central role in the development of Finnish gerontological research and SGF.

The yearbook of SGF called *Geron* began to be published in 1949. First in Finnish, afterwards in English it was issued until 1985. The society had also an impact on the origination of practical geriatrics in Finland. SGF started geriatric out-patient policlinic in Helsinki in 1952.

Eeva Jalavisto was a significant gerontologist of her time. Besides basic researcher she also worked as a physician and a geriatrician. She also wrote numerous articles about the status and care of elderly in the community. For the remarkable achievements of Eeva Jalavisto SGF has arranged several symposium named after her. SGF has also awarded several notable researchers with Eeva Jalavisto prize.

SGF has operated as the official organization for the inter-

national cooperation. Especially SGF has participated closely in the Nordic collaboration with Nordisk Gerontologisk Förening, where SGF is one Finnish member society with «Finlands Geriater» and «Föreningen for forskning i uppväxt och åldrande». With these societies SGF arranged Nordic Gerontological Congresses in 1977, 1986 and 1996. SGF has also representatives in International Association of Gerontology (IAG) and its European Region. In 1998 SGF arranged geriatric congress of IAG, European region.

Aims of actions of SGF

The aim of SGF is to promote research and cooperation in the scientific field of gerontology. Society implements its aims by:

- * Arranging scientific symposiums, educational meetings and congresses in gerontology
- * Promoting gerontological research by contributing grants and scholarships to gerontological researches
- * Handling gerontological scientific issues in its meetings
- * Promoting publications in gerontology.

Practical activities

Societas Gerontologica Fennica arranges 3-5 scientific symposiums or educational sessions every year. Past years the society has arranged also methodological

training for scientists in gerontology.

SGF has a regular newsletter for its members. International congresses, news and issues related to gerontology are informed to the members via this newsletter. SGF publishes its newsletter, informs its activities and has a discussion/consultation pages for clinical geriatricians in www.gernet.sci.fi. These internet pages include wide range of links to international gerontological societies and other publishers in this field.

Members

There are about 300 members in the society at the moment. They are geriatricians, biogerontologists, sociogerontologists, psychogerontologists and geriatric nurses. Membership must be applied from the board of SGF, where there are 9 members. Board has 4-6 meetings every year.

The chairman of SGF is M.D.;Ph.D. Heikki Takkunen, co-chairman: M.D.,Ph.D. Timo Strandberg, and secretary M.D.;Ph.D. Kaisu Pitkälä.

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Suomen Geriatriit - Finlands Geriater

The Finnish Geriatricians' Group is a subdivision of the Finnish Medical Association. One has to be a geriatrician or a doctor working in the geriatric field in Finland to apply for membership. At the moment the society has 170 members.

The main objective and task of The Finnish Geriatricians is to implement the interests of its members as a union. Another important role which the society has to fulfil is to train the doctors

specialising into geriatrics by organising continuous medical education. The society has also participated in organisation of Nordic congresses of Gerontology. The educational events are also a vital forum - for both practising geriatricians and trainees - for discussion and dissemination of new breakthroughs and advances in the field of geriatrics. The society is also often consulted concerning questions in geriatrics as a whole in Finland.

The board of The Finnish Geriatricians for year 2000:
Kaisu Pitkälä, MD,Ph.D ,President
[Email:kaisu.pitkala@hus.fi](mailto:kaisu.pitkala@hus.fi)
Aapo Lehtonen, Professor
[Email:aapo.lehtonen@turku.fi](mailto:aapo.lehtonen@turku.fi)
Jouko Laurila, MD
[Email:jouko.laurila@fimnet.fi](mailto:jouko.laurila@fimnet.fi)
Seija Ginström, MD, Secretary
[Email:seija ginstrom@soster.hel.fi](mailto:ginstrom@soster.hel.fi)

*Seija Ginström, Secretary
Suomen Geriatriit-Finlands Geriater*

A multidisciplinary research programme on ageing in Finland 2000-2002

The Academy of Finland and several other funding agencies have started a three-year research programme on ageing in Finland. The programme consists of 21 projects from 12 different universities and research institutes. It is coordinated by the School of Public Health at the University of Tampere and financed by the Academy of Finland, the Social Insurance Institution, the Finnish Work Environment Fund, the Ministry of Social Affairs and Health, the Ministry of Education, the Ministry of the Environment and the Association of Finnish Local Authorities.

Objectives of the research programme

One of the main objectives of the research programme is to help the society contain the problems and challenges brought about by the ageing of the population. This goal is pursued on one hand by mobilising innovative basic and applied research on ageing issues and on the other hand by promoting cooperation and dialogue between different lines of inquiry within the ageing research.

The scope of the research programme

The original aim of the programme was to assemble the widest possible scope of themes and perspectives in ageing research and also to encourage researchers from more marginal fields to apply. As a consequence, the scope of the programme covers fields from biology of ageing to applied social gerontology and from small qualitative studies to large population studies. The projects in the programme are here grouped under four broad headings: «biological ageing», «functional capacity and well-being», «ageing, work and economy» and «everyday life and services».

Biological ageing

Research on the basic biological mechanisms of ageing is needed both for prevention and for development of new treatments. One of the aims of the research programme in this field is the networking of separate research teams and promoting contacts with the providers and users of care. The projects in this group include:

- * Normal and pathological aging of the brain (Matti Haltia, Professor, University of Helsinki)
- * Advantages and disadvantages of postmenopausal hormone therapy: A preventive trial (Elina Hemminki, Professor, STAKES)
- * Andropause –The age related decline of testicular function (Ilpo Huhtaniemi, Professor, University of Turku)
- * Mild cognitive impairment as a predictor of Alzheimer disease (Hilkka Soininen, Professor, University of Kuopio).

Functional capacity and well-being

Research on functional capacity and how it changes with age provides important information for the development of gerontological research in other fields and for practical applications as well. The cooperation between research groups is needed among other things for clarifying the issues of measurement and applicability. The projects include:

- * The process of frailty and disability in older women (Taina Rantanen, Associate Professor, University of Jyväskylä)
- * Lifestyle and functional capacity of elderly Finns (Antti Reunanen, Head of Laboratory, National Institute of Public Health)
- * Patina of Time 1973–2000 - On well-being and longevity in an ageing cohort (Päivi Leino-Arjas, Senior Researcher, Finnish Institute of Occupational Health).

Ageing, work and economy

In this research programme, ageing is understood in broad terms. The programme covers, accordingly, phases of life from

late working life to very old age. There is also a wide variety of research perspectives, methodologies and disciplines, including historical, economical, educational and social scientific studies. This creates opportunities for genuine interdisciplinary discussions. The projects under this heading are:

- *The labour market challenge of workforce ageing (Rita Asplund, Research Director, The Research Institute of the Finnish Economy)
- * Age, work and gender: Management of ageing in the later working life (Raija Julkunen, Professor, University of Jyväskylä)
- * Economic effects of ageing in Finland (Jukka Lassila, Research Director, The Research Institute of the Finnish Economy)
- * Life strategies of ageing women: Subsistence alternatives of women past forty, ca 1800-2000 (Marjatta Rahikainen, Senior Researcher, University of Helsinki)
- * Towards a successful old age: From a full working career to an active retirement (Risto Rinne, Professor, University of Turku).

Everyday life and services

Elderly people of today and tomorrow represent an ever growing diversity of life styles and preferences. In all areas of everyday life, this variation has to be taken as a basis for planning of services and living environments. The projects in this domain represent different regions of Finland and cover disciplines from design and architecture to psychology, social psychology and health sciences. The methods include both macro and micro level analysis. The projects are:

- * Older women – Invisible road users (Liisa Hakamies-Blomqvist, Professor, University of Helsinki)
- *The village community as a resource for the aged in the sparsely populated areas of Lapland (Simo Koskinen, Professor, University of Lapland)
- * Constructing age, health and competence: Argumentation and rhetoric in institutional and personal discourse (Anssi Peräkylä, Professor, University of Tampere)

- * Ageing and independent living – Smart medicines for the physical environment (Tuomo Siitonen, Professor, Helsinki University of Technology)
- * Assessment of and ethical guidelines for enabling technologies in old age (Päivi Topo, Senior researcher, STAKES)
- * Product Design for the Elderly (Anna-Maija Ylismaula, Professor, The University of Art and Design Helsinki)
- * Encounters in the local welfare-mix for the older people (Juhani Lehto, Professor, University of Tampere)
- * Towards integrated evaluation system for the long-term care of the elderly (Unto Häkkinen, Research Professor and Marja Vaarama, Research Director, STAKES).

Cooperation and coordination

The programme challenges researchers from different fields to learn from other disciplines and to formulate their findings and observations in a way that allows for a more holistic understanding of ageing in modern societies. The multi-disciplinary goals are pursued on four levels:

- * Philosophical examination of scientific paradigms and questions of compatibility of theories and research findings
- * Cooperation and exchange between the projects
- * Multidisciplinary cooperation in individual projects
- * Interaction between researchers and practitioners.

The forms of cooperation in the programme include:

- * Seminars and workshops on different themes
- * Informal research networks
- * A web site with administrative and topical information and opportunities for virtual seminars, discussions and publications
- * Researcher training in cooperation with existing doctoral programmes
- * Exchange of data and methods
- * Joint publications.

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Gerontological Studies at the University of Tampere

At the University of Tampere social gerontological studies have been done at many departments, especially at the Department of Public Health and the Department of Sociology and Social Psychology.

Tampere Longitudinal Study on Aging is a longitudinal and cohort comparative study that started as early as 1979 as the Finnish part of the Eleven Countries Study. The third wave of data collection with personal interviews of survivors, now aged 70+, has been accomplished in 1999-2000. Main research themes include changes with age and differences between cohorts in health, functional status, social participation and ways of life, as well as long-term predictors of good/poor functional status and self-rated health. A part of the interviews were tape-recorded and the data is used to analyze the ways in which different themes are talked about in the interview.

Vitality 90+ Study (In Finnish: Tervaskanto 90+) is a multi-disciplinary project with the whole population aged 90 or over in the city of Tampere. Data include repeated postal surveys, interviews with relatives, narrative life story interviews, psychological examinations, data from hospital registers, and genetic data. The aim of the project is to shed light on the life situation and life experiences of the oldest-old, and to search for determinants of successful exceptional longevity.

In both projects, the analysis of the qualitative data focuses on the social construction of old age, health, and health-related behavior. The contact person is professor Marja Jylhä (memaiv@uta.fi).

Research on dementia concentrates on the experiences of informal caregivers on the one hand, and on use of technology in care and entertainment on the other. The newest research – Savitaipale Follow-Up Study - concerns people who are using so called Care Bracelet. The focus is in alarms produced automatically

by bracelets and in experiences of the users. The contact person is acting professor Jyrki Jyrkämä (jyrkama@kaapeli.fi).

There are also two 3-years projects which are parts of The Finnish National Program of Aging Research. Both are funded by the Academy of Finland.

The one is «Constructing Age, Health, and Competence: Argumentation and Rhetoric in Institutional and Personal Discourse». The project is led by professor Anssi Peräkylä and is carried out in co-operation between the Department of Sociology and Social Psychology and the School of Public Health. The project focuses on producing systematic analysis on elderly people's lay theorising about health on the one hand, and on institutional age and health argumentation in multi-professional situations on the other. Building upon the cross-fertilization of discursive social psychology, rhetorical analysis of everyday argumentation, and qualitative lifecourse perspectives the project works to raise new sensitivity towards ethical and moral issues linking to the ways in which age, as a category, is used as a means of 'people-sorting' and as a basis for decision-making. The contact person is Pirjo Nikander (ttpini@uta.fi).

The other study – «Encounters in the Local Welfare Mixes for the Elderly» - is a joint project of the Departments of Administration, Business Management, Local Government, Nursing, and Public Health. In the project is studied the relationships in the social and health care systems of two Finnish cities, including client-provider –system relationships, private-public relationships, politicians-system relationships, leadership and management-professionals relationships as well as the social construction of service needs among the different actors. The contact person is professor Juhani Lehto (juhani.lehto@uta.fi).

*Jyrka Jyrkämä
University of Tampere*

Social Gerontological Studies and Research in Jyväskylä: Towards the sociology of age

In Jyväskylä the history of researching and studying in social gerontology goes back to 1960's. The department of sociology at the University of Jyväskylä was long the only place in Finland where it was possible to include courses of social gerontology into the Master studies in social sciences. The social gerontology has also been an important part of the multidisciplinary studies in gerontology which developed in Jyväskylä during 1980's. The professorship of social gerontology was founded in 1994. It was placed on the institute of sociology at the department of social sciences and philosophy. Because of the long and strong connection with sociology the research and studies on aging conducted at the institute has a wider scope than social gerontology typically does. The sociological perspective on age and aging encompasses the entire life course.

Studies in Social Gerontology

There are three main possibilities to study social gerontology in Jyväskylä, namely:

- * basic studies (22.5 ECTS credits) as a separate study module (minor subject)
- * student majoring sociology or social policy can study courses of social gerontology as part of their studies in their major subject
- * study programme of social gerontology (60 ECTS credits), after completing the degree of Bachelor of Social Sciences aiming at a Master's degree (240 ECTS credits); major subject can be sociology or social policy.

Moreover, many students from different areas study introductory courses in social gerontology as optional general studies.

The postgraduates can use both sociological and social gerontological postgraduate programmes. In addition, the postgraduate programme «Ageing, Wellbeing and Technology» offers different kinds of courses and seminars in gerontology for the students who do their doctoral thesis. At the moment

there are 14 postgraduate students in social gerontology in Jyväskylä.

Research in Social Gerontology

Sociologically oriented age researchers are interested in the aspects of age, in the ways the meanings of age and age categories are produced and in the social contexts where the meanings and categories are formed. In addition, it is emphasized that people as actors produce and reproduce age definitions.

Research now in progress can be divided into three overlapping themes. First, research on age order focus on the meanings related to age both at formal and informal level and on the new ways of phasing life course. The empirical data include legal documents, way of living, consumption patterns, and the functioning of service systems (e.g. the effects of recessions on the position of handicapped people of varying ages). Gender themes are also closely connected with research on meanings of age and life phases: the lives of men and women follow different paths, are phased differently, and the age places men and women in different social positions. Under this theme the research can also focus on a specific phase of life - childhood, youth, middle age, old age. The theoretical and methodological viewpoint is that of the whole life course. New projects include studies of the baby-boom generation and of the so-called third age.

The research under the second theme «people of different ages as actors» touches questions like «How do people produce their age and the meanings attached to it? Where do they locate themselves in the chain of generations and life phases? What kinds of social factors influence their «age-dependent» activities? What does it mean to be a grandparent, how do

the consumption patterns of households of different age groups differ from each other, and what kinds of practices characterize life in elderly care facilities?» In future this theme will also include the so called third sector. It is obvious that the connections of age with ways of organizing and forming networks and exercising power need to be examined. In addition, there is starting a cross-disciplinary project dealing with the aging population and the social construction of welfare, with the aim of uncovering the forms and preconditions of «positive aging».

The third main research theme is named «social development and aging» in which the ways in which social change affects life courses and reorganizes age groups in relation to power, status, and socioeconomic position and resources are analyzed. The new challenges of Information Society and the developing of information technology pose the aging people as an important object of the research.

Co-operation as a Resource

Studies and research in social gerontology includes collaboration with different disciplines both at local, national and international levels. In the local context important co-operation has been done with the Third Age University, too. Teachers and researchers of social gerontology participate to the administrative body of Third Age University and act as lecturers and teachers in the seminars. It has been also arranged joint courses for the students of the Third Age University and of University of Jyväskylä.

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Aventis' Nordiska Gerontologi-pris för år 2000

Den 15. Nordiske Kongress i Gerontologi ble arrangert i Reykjavik, Island, i tiden 4.-7. juni 2000. For fjerde gang ble den nordiske gerontologi-prisen delt ut, denne gang i sin helhet gitt av Aventis Pharma. Aventis representant på Island, Valur Ragnarsson, sammen med NGFs formann professor Andrus Viidik, foresto prisoverrøkkelsen under åpningen av kongressen. Følgende pressemelding ble offentliggjort:

Nordisk Gerontologisk Förening utdelar Aventis' (tidigare Rhône-Poulenc Rorer's) Nordiska Gerontologi-pris för år 2000 på norska kronor 50.000 till professor, med.dr. Reijo Tilvis, Department of Medicine, Helsingfors Universitet, Finland.

Enligt reglerna skall priset utdelas till en i Norden aktiv forskare, som dels är ledande i sin del av gerontologien (forskningen om alla åldrandets aspekter) och dels som har pröglat utvecklingen. Priset, som icke kan sökas, utdelas efter beslut av en jury bestående av professor i psykologi Isto Ruoppila (Finland), professor i geriatrik Olav Sletvold (Norge) och Nordisk Gerontologisk Förenings ordförande, professor Andrus Viidik (Danmark).

Professor Tilvis' stora insats består i att ha byggt upp den kliniska gerontologien (geriatriken) på Helsingfors Universitetssjukhus och på forskningssidan en forskargrupp, som sysslat med en rad forskningsområden inom geriatrik, ämnesomsättning och åldrandets biologi såväl som funktionsförbättring hos gamla och problem i primärvården. Han har handlett en rad doktoranders avhandlingsarbeten. Dessutom har han etablerat samarbete med utländska universitet. Han har också varit en viktig deltagare i utarbetande av konsensus dokument för nordisk geriatrik liksom han har spelat en fram-trädande roll på de nordiska och europeiska scenerna genom att arrangera kongresser av hög kvalitet.

Professor Reijo Tilvis är läkare från Universitetet i Basel och fick sin doktorsgrad från Universitetet Helsingfors. Han har innehaft en rad tjänster vid Universitetssjukhuset i Helsingfors och Helsingfors Universitet. Han blev 1985 avdelningsöverläkare på geriatrika avdelningen och 1986 professor i geriatrik. Sedan 1998 är han ledare av kliniska institutionen vid Helsingfors Universitet. Han har specialistkompetens i såväl invärtes medicin som geriatrik. Hans förteckning över vetenskapliga arbeten omfattar över 210 originalarbeten förutom drygt 100 översiktsartiklar och artiklar på finska samt 240 kongressbidrag.

Ny moderforening i Nordisk Gerontologisk Forening

Under NGFs styremøte i Reykjavik 3. juni 2000, ble Sveriges Gerontologiska Sällskap (SGS) tatt opp som ny moderforening.

Foreningen ble dannet våren 1998, og er en tverrvitenskapelig, riksdekkende interesseforening. Formålet er å "...stärka gerontologins ställning genom att aktualisera frågor som rör åldrandet, samt främja gerontologisk forskning och utbildning." Foreningen har nu ca. 240 medlemmer.

SGSs representant i NGFs styre vil være foreningens formann, Lars Andersson, Stockholm.

Mer informasjon finnes på hjemmesiden: www.dfr.se/sgs/

Post Graduate Course - Alzheimer's Disease 21.-24. august 2000 ved Karolinska Institutet, Huddinge Hospital, Sockholm

Target group: Geriatricians, Neurologists, psychiatrists, general practitioners, special care researchers, persons working in the field of dementia care, testing supervisors and researchers.

Invited speakers: Prof. Thomas Dierks, prof. James W. Ironside, prof. Paul Ince, prof. Raj Kalaria, prof. Hannu Kalimo, prof. Jim Lowe and other leading specialists from Europe in the field of dementia research.

Further Information:

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www.ki.se/cnsf/su/adcourse

B



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Aktuelle konferanser

6th Annual International Symposium & Workshop 2000

Baltimore, Maryland, USA
10.-12. 8. 2000

Information: Ph.D. Dana A. Forgiore
The Chesapeake bldg., 305 West
Chesapeake Ave., CSBA Suite L-096
Towson, MD 21204 USA
Tel: +1 410 837 5253
Fax: +1 810 815 5378
E-mail: info@RHEM.org
Internet: www.RHEM.org

2. European Congress of Biogerontology. From Molecules to Human

St. Petersburg, Russia, 25.-28. 8. 2000
Information: Prof. Vladimir N. Anisimov
Gerontological Society of the Russian
Academy of Sciences
N.N.Petrov Research Institute of Oncology
Pesochny-2 St.Petersburg 189646, Russia

"Healthcare for Older People: The UK Experience"

Royal College of Physicians of Edinburgh
2.-15. 9. 2000

Information: Miss Christina Gray
E-mail: mailto:c.gray@rcpe.ac.uk
Miss Lee Ross
E-mail: mailto:l.ross@rcpe.ac.uk

IHE forum 2000

Vad styr vården – kunskap, pengar eller politik?

7.-8. 9. 2000, Lund, Sverige
Information: Institutet för hälso- och sjuk-
vårdsekonomi, Box 2127, S-22002 Lund
Tel: +46 46 32 91 00
Fax: +46 46 12 16 04
E-mail: ihe-forum@ihe.se
Internet: www.ihe.se

"Old Age in a New Age"

Keble College, Oxford, England
8.-10. 9. 2000

Information:
Sian Wade, tel: 01865 222931
Helen Bartlett, tel: 01865 485275
Internet: www.soc.surrey.ac.uk/bsg/

5th Global Conference on Ageing The Millenium Congress on Ageing Challenges

Mar del Plata, Argentina, 17.-21. 9. 2000
Information: Estilo Viajes
5th Global Conference on Ageing
Congress Secretariat
Pharmaconsult Argentina S.A.
Gral. R. Freire 695 piso 1oC 1426 AVM
Buenos Aires, Argentina
Tel: 54-11 4553 3311
Fax: 54 11 4554 3955
E-mail: pharmaconsult@interlink.com.ar

European Ass. of Homes and Services for the Ageing

Ageing in Europe in the new Millenium
Maastricht, Holland, 4.-6. 10. 2000
Information: Conference Agency Limburg
P.O.Box 1402
6201 BK Maastricht, The Netherlands
Tel: +31 43 361 91 91
Fax: +31 43 361 9020
E-mail: conferenceagency@wx.nl

Nordisk konferens: Humor och glädje i vården

Växjö, Sverige, 5.-6. 10. 2000
Information: Rolan Eiman,
Kommunförbundet, Kronoberg
Tel: 0470-77 85 09
Mats Falk, Nordisk Sällskap för Medisinsk
Humor, Tel: 0470-916 35
Kerstin Björck, Kunskapsutveckling syd,
Landstinget Kronoberg, Tel: 0470-58 66 92
Lena Lernå, FoU, Kronoberg
Tel: 0470-58 63 88

6th Congress of the Nordic Society of Research in Brain Ageing, NorAge 2000

Odense, Danmark, 12.-14. 10. 2000
Information: Professor Per Kragh-
Sørensen, Department of Psychiatry
Odense Universitetshospital
J.B. Winslows vej 20
DK-5000 Odense C, Danmark
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Fax: +45 6591 6003
E-mail: pk@ouh.dk

"Från undantag till kvarboende" En konferens om bostadsfrågorna i äldrepolitiken

Malmö, Sverige, 21. 11. 2000
Information: Svensk Information
Box 704 79
S-107 26 Stockholm
Tel: 08-613 69 51
Fax: 08-21 92 34

20th World Conference on Open Learning and Distance Education The Future of Learning – Learning for the Future: Shaping the Transition

Düsseldorf, Tyskland, 1.-5. april 2001
Information: Int. Council for Open and
Distance Education (ICDE)
Gjerdrums vei 12, N-0486 Oslo
Tel +47 22 02 81 70
Fax: 047 33 02 81 61
E-mail: icde@icde.no
Internet: www.icde.org

5th International Care/CaseManagement Conference

Care/Case/Management: Who needs it?
Vancouver, British Columbia, Canada
28.6-1.7. 2001
Information: Linda Wells
American Society on Aging
833 Market Street, Suite 511
San Francisco, CA 94103-1824, USA
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4th International Conference The Int. Association of Homes and Services for the Ageing (IASHA)

Vancouver, British Columbia, Canada,
29.6.-1.7. 2001
Information: IASHA
901 E Street, N.W. Suite 500
Washington DC 20004-2011, USA
Fax: +1 202 783 2255
E-mail: callvancouver@aaahsa.org

IAG's XVIIth World Congress of Gerontology

Vancouver, Canada, 1.-6. juli 2001
Information: Gerontology Research
Centre, Simon Fraser University
2800-515 West Hastings Street
Vancouver, BC
Canada V6B 5K5
Tel: +1 (604) 291-5062
Fax: +1 (604) 291-5066
E-mail: iag@sfu.ca
Website: www.harbour.sfu.ca/iag/

9th International Conference on Alzheimer's Disease

Stockholm, Sverige, 19.-28. 7. 2001
Ytterligare information kommer senere

16. Nordiske Kongress i Gerontologi Aldring og individualitet

Aarhus, Danmark, 25.-28. 5. 2002
Information: Dansk Gerontologisk
Selskab
Aurehøjvej 24, DK-2900 Hellerup
Tel: +45 3962 7627
Fax: +45 3962 6627
E-mail: dgs@geroinst.dk
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