



Nordic Gerontological Federation

GeroNord

News on research, developmental work and education within the ageing area in the Nordic Countries

Volume 21, no 3, 2012


NORDISK GERONTOLOGISK FORENING

22nd Nordic Congress of Gerontology, Gothenburg, 25-28 May 2014


22NKG 2014

Age Well

Challenges for individuals and society

Welcome!

Don't forget to mark your calendar for the 22nd Nordic Congress of Gerontology, Gothenburg 25 – 28 May, 2014

Please visit the congress website for further details: www.22nkg.com

We are looking forward to meeting you in May 2014.

Editorial

This is an eventful year in gerontology and geriatric medicine in our countries. The biannual Nordic Congress in Gerontology was held in Copenhagen last June (21 NKG). We enjoyed three days of fruitful communication with each other, both formally and informally and the academic content was evaluated among the best of our congresses by the NGF scientific committee after the event. The economic result was favourable which guarantees continuing work in NGF. On behalf of NGF, I extend my sincerest thanks to the organizers!

The Centre for Ageing and Supportive Environments (CASE) hosted a post congress meeting on higher education in gerontology in Lund. There have been several programs in gerontology in many academic settings but they tend to be difficult to finance on a permanent basis and therefore, many of them have been short-lived. At the meeting, there were lively discussions on both the practical and academic issues related to these programs. Both events are described more fully in this issue of Gero Nord.

The European Congress in Geriatric Medicine is held in Brussels in the last days of September with good attendance of Nordic geriatricians. This is an annual event organized by the EUGMS and was more or less firmly established as such after a very successful congress in Copenhagen in 2008, but until then, the attendance rate was a problem. Now, many European geriatric associations are fighting for hosting this event and at the meeting in Brussels, Norway will place a bid. The president elect of EUGMS is Prof. Timo Strandberg, Finland.

At the NGF Board meeting in 2010, it was decided to revise the existing bylaws, more or less to reflect the current situation and how the NGF has actually been run. The new version was circulated to all member associations and at last accepted at the Board meeting in Copenhagen last June. The revised bylaws are published in this issue of Gero Nord.

GeroNord is our platform for regular communication in gerontology and geriatrics in the Nordic countries. We are however faced with the fact that the initiative to use this channel is almost non-existent. Call for information has not been successful either. We will however continue to struggle for material to be published absolutely convinced that there is so much to be shared between us. I therefore ask you to consider GeroNord for publication of news from your institutions, news on research, news on important positions and news on various programs, academic or novel service.

Jon Snaedal

President of the Nordic Gerontological Federation

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The 21st Nordic Congress of Gerontology – a successful forum for scientific dialogues and discussions.

The congress took place on June the 10th – 13th 2012 in the heart of Copenhagen. This year more than 600 delegates from 34 different countries were registered. More than 400 abstracts were submitted and presentations arranged in 7 parallel sessions, plenum and state of the art lectures and poster sessions. Over all the scientific quality and interdisciplinary approach reached a very high level.

The theme of the congress was Dilemmas in Ageing Society. Why do men live shorter than women? How can dementia be prevented? Only two of many items described and discussed during the meeting. As keynote speakers Professor Lars Nyberg from Umeå University, Sweden talked about “brain exercise” and its impact on preventing cognitive decline, while Professor Kaare Christensen from the University of Southern Denmark in his lecture gave an overview on the sex differences in survival and functional health.

Somatic health walk hand in hand with coping strategies and social conditions and calls for the interdisciplinary approach the Nordic Congresses are known for. And although the Nordic countries in some way differs in the way our health and social welfare systems are arranged, the Nordic Congresses in Copenhagen completely fulfilled our intentions to be a common platform for inspiration and networking on the different scientific fields represented on the congress.

Last but not least I would like to thank all the participants for their great engagement and enthusiasm during the congress. As representative for the organizing committee I also want to thank for the overwhelming positive feedback from a great number of Nordic delegates as well as delegates from other part of the world.

We look forward to seeing you all again at the 22NGF congress in Gothenburg 2014.

Finn Rønholt.

President of the 21st NGF congress, Copenhagen 2012

Nordisk kraftsamling för högre utbildning i gerontologi

En nationell forskarskola om äldre och åldrande. Samt en nordisk masterexamen i gerontologi ([NordMaG](#)). Det är två exempel på hur Lunds universitet utgör en av spindlarna i nätet för att möta samhällets stora och växande behov av gerontologer. Både inom och utanför akademien. Det framkom på "Conference on Higher Education in the Nordic Countries and the EU", den 13-14 juni 2012, i Lund.

Möte organiserades av CASE (Centre for Ageing and Supportive Environments) och var en efterkonferens till "21:st Nordic Congress of Gerontology" i Köpenhamn (10-13 juni, 2012). Torbjörn Svensson, docent vid CASE, höll i trådarna till efterkonferensen. Han betonade i sitt inledningstal behovet av fler doktorander och praktiker med inriktning mot gerontologi, läran om den friska ålderdomen. Stora pensionsavgångar står inför dörren och även lärare inom specialiteten kommer att bli en bristvara.

- Därför är den här sortens konferenser väldigt viktiga för att utbyta information, hitta nya samarbeten och nya resurser och effektiva sätt att utnyttja resurserna på, slog Torbjörn Svensson fast.

Jón Snædal, ordförande för NGF ([Nordic Gerontologic Federation](#)) instämde. Han berättade att man vid konferensen i Köpenhamn nu inkluderat utbildning som ett uttalat prioriterat område för organisationen.

- Vi behöver ett utbyte på alla nivåer, inte minst på master- och doktorandnivå, sa Jón Snædal.

Egen forskarskola

CASE driver sedan fem år tillbaka en egen forskarskola i samarbete med forskarskolan vid Aging Research Center ([ARC](#)) i Stockholm. Det gemensamma långsiktiga målet är att etablera en nationell plattform för utbildning på forskarnivå inom området äldre och åldrande. Plattformen ska bygga på ett nationellt nätverk och uppmuntra till doktorandstudier inom området. Hittills pågår diskussioner med nio potentiella partners, och en gemensam portal www.sweducaging.se har lanserats. Här ska bland annat alla relevanta kurser samlas på ett ställe, är tanken.

Valmöjligheter för studenterna

- Studenterna kan redan idag välja fritt mellan kurser på olika universitet men det känner de inte alltid till. Portalen är ett sätt att göra oss synliga och ge studenterna möjlighet att få överblick och att välja, förklarade Torbjörn Svensson.

Den nationella plattformen för utbildning på forskarnivå ska även verka för ökat lärarutbyte, ge möjlighet till interdisciplinära möten, undvika dubblering av kurser och skapa nya kurser. Genom att ta tillvara på den specialistkompetens som finns kan unika kombinationer skapas. Det är precis vad som skett i utvecklingen av Nordic Master i Gerontologi (NordMaG), där CASE är en av tre samarbetspartners.

I Lund står miljö- och hälsoinriktad gerontologi i centrum. Vid universitetet i finska Jyväskylä är inriktningen hälsoepidemiologisk och på Islands universitet har man ett socialgerontologiskt perspektiv.

NordMaG är på 120 poäng och knuten till respektive universitets ordinarie masterutbildning, men med specialisering mot äldre och åldrande. Sedan 2008 har man haft tre antagningar och sammanlagt ett 40-tal studenter. Majoriteten av de sökande är yrkesverksamma som vill vidareutbilda sig, företrädesvis arbetsterapeuter, sjukgymnaster, sjuksköterskor eller socialarbetare. Förutom ordinarie masterexamen erhåller studenterna ett diplom som beskriver innehållet i NordMaG.



Internetbaserad kurs

Programmet inleds med en internetbaserad kurs där föreläsningar från alla tre universiteten ingår. I kombination med kurser vid hemuniversitetet väntar sedan en veckas intensivkurs där studenterna åker till något av de andra universiteten. Med sig hem har man uppgifter till grupparbeten som sköts över internet.

- Det kan verka begränsat, men faktum är att gerontologistudenterna ofta är lite äldre, de har familjer och många arbetar så detta verkar vara vår lösning, konstaterade Virpi Uotinen vid universitetet i Jyväskylä som koordinerar NordMaG.

Även om programmet nu har hittat sin form, finns det saker att finslipa. Virpi Uotinen vill bland annat se ett större utbud av kurser på engelska eftersom det skulle kunna attrahera fler utländska studenter. En annan viktig sak är att mer systematiskt följa upp de examinerade studenterna och se hur de drar nytta av sin nyvunna kompetens.



Saker att finslipa

Den svenska erfarenheten är hittills att studenterna går vidare till doktorandstudier eller högre administrativa chefsposter inom sina tidigare arbetsområden. Den samlade nordiska bilden var inte lika ljus. Särskilt inom kommunerna premieras inte högre utbildning, var den rådande meningen. Varken med karriärmöjligheter, lönepåslag eller ens möjlighet att föra ut sin nyvunna kunskap.

Agneta Malmgren Fänge, Virpi Uotinen och Sigurveig Sigurdardóttir är ansvariga för NordMag vid respektive partneruniversitet som ligger i Sverige, Finland och på Island. Foto: Erik Skogh

Opinionsbildning om behovet av välutbildade praktiker och högre utbildning inom gerontologi är därför av största vikt, menade de församlade. Jón Snædal lovade att ställa NGF:s resurser till förfogande. Kai Koivumäki, senior rådgivare vid Nordiska ministerrådet, framhöll att det nu är ett bra läge för att påverka politikerna. Utmaningarna med en växande andel allt äldre i befolkningen, och en befarad brist på personal inom de så kallade välfärdsyrkena, är allmänt kända och står högt på dagordningen.

Nordic Master blir permanent

Han kunde också meddela att pilotprojektet Nordic Master, där NordMaG ingår, har utvärderats och ses som en framgång. Därför ska projektet nu bli permanent. En arbetsgrupp är igång med att ta fram förslag till hur denna form av utbildningsprogram på bästa sätt kan optimeras och finansieras.

- Jag vill höra era synpunkter och föra dem vidare till arbetsgruppen, manade Kai Koivumäki och berättade att det även förs en diskussion om att i framtiden inrätta en Nordisk akademi som skulle innefatta såväl master- som doktorandnivå.

Starkt nordiskt varumärke

I den efterföljande debatten återkom önskemålet om mer pengar till utbildnings- och resestipendier. Därigenom skulle det nordiska alternativet bli mer konkurrenskraftigt både ur ett europeiskt och globalt perspektiv. Sedan gäller det också att tro på sig själv och synliggöra sina kvaliteter.

- Tittar man på det globala perspektivet är de nordiska länderna rätt unika. Den nordiska välfärdsmodellen är internationellt känd och när vi nu står starka i den ekonomiska krisen så har den även blivit erkänd och något att se upp till, poängterade Jón Snædal.

Erik Skogh (kommunikatör/communication officer)

Torbjörn Svensson (docent/associated professor)

Welcome to the 22nd Nordic Congress of Gerontology in Gothenburg 2014



On behalf of the organizers we cordially invite you to the 22nd Nordic Congress of Gerontology in which we continue the tradition of emphasizing multidisciplinary aspects of aging within a life course perspective.

Congress theme

The congress theme *Age Well - Challenges for Individuals and Society*, highlights notions concerning functioning and well-being, despite the threats and challenges confronting aging individuals. What can we learn from research suggesting measures aiming at the reduction of the effects of compromised health and functioning, and how can we increase autonomy and societal participation?

Program – two tracks

The main track of the congress will include scientific sessions on multiple aspects of aging, from cell to society. In addition, there will be a sub-track for research and development (R&D) and applied gerontology. According to a previous decision all main sessions are in English. However, Scandinavian languages are allowed in the R&D-track to facilitate communication also among colleagues involved in applied gerontology.

We would like you to already now start your planning of the program. Remember that a congress is largely made by the participants through submissions and suggestions of symposia and other thematically oriented activities. In that sense we can all contribute to another successful Nordic congress.

Committees

The national organisers of the congress are the two member organizations of NGF

Sveriges Gerontologiska Sällskap/ Swedish Gerontological Society

www.sgs.nu

Svensk Geriatrisk Förening/ Geriatric Medicine in Sweden www.slf.se/sgf

Congress Committee

Torbjörn Svensson, Sveriges Gerontologiska Sällskap

Anna Dunér, Sveriges Gerontologiska Sällskap

Linda Hassing, Sveriges Gerontologiska Sällskap

Peter Nordström, Svensk Geriatrisk Förening

Åke Rundgren, Svensk Geriatrisk Förening

Maria Eriksdotter, Svensk Geriatrisk Förening

Lisbeth Lindahl, FoU i Väst/GR – RD-track

Location

The congress will be located to the main Convention Centre - *Svenska Mässan* - in Gothenburg which means that we will be in the center of Gothenburg with easy reach for numerous facilities in the city.

Dates

May 25 – 28, 2014

Keep you informed and inform others!

Make sure that you keep yourself updated and also to inform others about the congress, including various organizations. For example, we hope that you use list servers and other opportunities to share information about the congress within and outside your own country and among your international colleagues.

The home page www.22nkg.com will be continuously updated.

We are looking forward to meeting you in May 2014

Boo Johansson
President of 22 NKG

Sten Landahl
Secretary General of 22 NKG

Revised bylaws for NGF

During the last board meeting in Copenhagen, the bylaws of NGF were revised and they are published below in the revised form.

BYLAWS OF THE NORDIC GERONTOLOGICAL FEDERATION

adopted 1974, revised 1983, 1990, 1997, 2002, 2006 and 2012

1. Vision

The Nordic Gerontological Federation, NGF, shall support, organize and expand gerontological research, development and education within the Nordic countries.

The primary medium of communication is newsletters, which are transmitted as per the Board's decision. Communication also takes place through NGF's website.

NGF arranges Nordic Gerontological Congresses every other year (with following sequence: Denmark, Sweden, Finland, Norway, Iceland).

2. Membership

NGF has the following local member organizations:

In Denmark: Danish Gerontological Society (Dansk Gerontologisk Selskab), and
Danish Society for Geriatrics (Dansk Selskab for Geriatri).

In Finland: Finnish Gerontological Society (Societas Gerontologica Fennica),
Finnish Geriatrics (Suomen Geriatriit-Finlands Geriater), and
Finnish Society for Growth and Ageing Research (Kasvun ja Vanhenemisen Tutkijat
RY)

In Iceland: the Icelandic Gerontological Society (Öldrunarfræðafélag Íslands-Societas Gerontologica Islandica), and
Icelandic Geriatric Society (Félag Íslenskra Öldrunarlækna)

In Norway: Norwegian Society for Aging research (Norsk selskap for aldersforskning), and
Norwegian Geriatric Association (Norsk geriatriisk forening).

In Sweden: Swedish Gerontological Society (Sveriges Gerontologiska Sällskap), and
Swedish Geriatric Society (Svensk Geriatriisk Förening)

3. NGF Board

Each Member Association appoints a Board member for a two-year period starting at a Board meeting held in conjunction with a Nordic congress (NKG). A deputy for each Member Association is appointed in the same way. NGF's Board is led by the president of the congress of that occasion (The chair), the president for the next congress (1st vice chair) and the president of the last congress (2nd vice chair). The mandate period is two years. During the opening ceremony of each Nordic Congress in Gerontology, the Congress president steps up as the new chairperson. The outgoing chairperson and the Congress president in waiting become the vice-chairpersons.

If, for any reason, the chairperson or vice-chairpersons cannot execute their tasks, the Board shall decide on the organization of the executive committee and their decision shall be made known to the local member organizations.

The Board decides on the location of the Secretariat, and appoints a secretary that also has the role of a treasurer. This person shall be a member of one of the Member Association and is on the Board with voting rights. The Board decides the time limit of the location of the Secretariat and the mandate period of the secretary. The Board may later choose to extend the Secretariat's mandate period.

The Board has its meetings in connection with each Nordic Congress in Gerontology. A written notice to attend the meetings shall be given at least four weeks prior to the Congress. If three or more members of the Board wish to have extra meetings, it is the task of the chairperson to notify the Board members. Extra meetings shall take place through telephone conference and decisions can be agreed upon *per capsulam*.

The Board and the executive committee can make its decisions if more than half of the members are present. All decisions are valid by a simple majority. The chair has the decisive vote in case of even votes.

The executive committee consists of the chairperson and the two vice-chairpersons. They administer the Association's current business on behalf of the Board members and provide the latter with a written summary of the decisions made. Meetings may be done through telephone conference and decisions can be reached *per capsulam*.

4. Scientific committee

NGF's scientific committee consists of members from each country representing different research fields, namely biology, medicine, nursing, odontology, psychology, rehabilitation and sociology and other social sciences. It is the local member organizations that elect members to the scientific committee for a two-year period. After each Congress, the Board makes a written report of the scientific committees activities to the local organizations.

The scientific committee works inter-disciplinarily in a national level and within their field in a Nordic level.

The task of the scientific committee includes refereeing Congress abstracts, contributing to the newsletter and providing advice to the Board. Their meetings are to be held directly after the end of each Congress, to discuss the Congress program, the course of events during the conference and NGF's (scientific) profile. They also give advice as to the next Congress' contents.

5. Economy

The membership fees paid by the local member organizations to NGF cover NGF's running costs. These fees are in turn based on the number of voting members within each organization. The membership fee amount is set by the local organizations (see number 6 below), following the Board's recommendation.

Grants and donations from public and private institutions are administered by the Board according to the wishes of the grantor, if such one exists. Otherwise, these funds are administered according to the rules set by the Board, after having consulted the local member organizations.

The budget period starts on January 1 on a Congress year and ends on December 31 the following year.

The membership fee amount is decided on a Congress year, and the amount is set for a two-year period. Should special reasons arise, the Board can recommend a change in the fees, but this change must be unanimously agreed upon by the local member organizations.

The local organization or organizations hosting an NGF Congress shall be responsible for the Congress funds. The Congress budget also includes compensation for any outlay made by the Secretariat in connection with the Congress. Should there be a surplus, this is to be divided equally between NGF and the organizers. Half of any deficit would be covered by NGF, as long as the Board has previously approved the Congress budget and the extra costs that had come up.

6. Evaluation and approval of NGF's activities

The local member organizations shall evaluate NGF's activities, NGF's activity reports and budget reports. Recommendations regarding membership fees also need to be approved by the local organizations. At the same time, the local organizations must grant the Board freedom of responsibility.

A written proposal on a change of membership fees must be sent to the local member organizations at least two months prior to a Congress, following the close of a budget period. Approval, comments or critique should be received by the Secretariat at least two weeks prior to the Congress.

In the event that one or more local organizations cannot approve a report, activities of the executive committee or a change of fees, a delegation will be set up to make a final decision. These delegations will be formed in connection with a Congress. For every 200th voting member in the local organization, the latter is entitled to recruit a delegate (i.e. one delegate for members 1-200, two delegates for members 201-400 etc.). NGF Board members may not be delegates. The delegates choose a chairperson among themselves and they arrange a meeting with the NGF Board. If a unified decision still cannot be made on an issue, a decision shall be made through a vote. The delegation chairperson has the deciding vote.

NGF's bylaws are set by the local member associations. Any changes of the bylaws must be sent out to the member associations at least two months prior to a congress and they can be adopted at the Board meeting at the congress provided no member association has raise concerns. In cases of conflict, the decision will be reached through the formation of a delegation, as described above in this paragraph.

The Secretariat shall, after consulting the executive committee, appoint a bookkeeper to do the task of budget auditing. Normally, this will be the same accountant that does the local organization's bookkeeping. The examination of the financial accounts shall be presented to and approved by the local member organizations. If there are inconsistencies, decisions shall be made through the formation of a delegation, as described above.

7. Dissolution of NGF

NGF can be dissolved if there is a unified decision by the local member organizations to do so. If a unified decision about this issue cannot be agreed upon, the decision will be reached through a vote in the delegation, in favor of the two-thirds majority vote. The remaining funds and grants (as long as they are not bound by any special rules) shall be divided between the local member organizations in proportion to the number of voting members therein.

These Bylaws have been approved by NGF's local member organizations at the NGF Board meeting on June 10, 2012, after a recommendation from the Board on March 20, 2012.

Upcoming conferences

ESA RN-1 mid-term conference

Ageing in the light of crises: Economic crisis, demographic change and the search for meaning

3-5 October 2012, Umeå, Sweden

[http://www.umu.se/om-](http://www.umu.se/om-universitetet/aktuellt/kalendarium/evenemangsvisning/?eventId=1217)

[universitetet/aktuellt/kalendarium/evenemangsvisning/?eventId=1217](http://www.umu.se/om-universitetet/aktuellt/kalendarium/evenemangsvisning/?eventId=1217)

Housing and Living Conditions of Ageing Populations ENHR working group

Towards an active ageing at home

24-25 October 2012, Barcelona, Spain

<http://jornades.uab.cat/ageathome/>

The Gerontological Society of America

65th Annual Scientific Meeting, Charting New Frontiers in Aging

14-18 November 2012, San Diego, USA

<https://www.geron.org/annual-meeting>

Planning Later Life - Bioethics and Politics in Ageing Societies

10-13 June 2013, Göttingen, Germany

Kontakt: mark.schweda@medizin.uni-goettingen.de

20th World Congress of Gerontology and Geriatrics

Digital @ging

23-28 June 2013, Seoul, Korea

<http://iagg2013.org/>

Alzheimer's Association International Conference (AAIC)

13-18 July 2013, Boston, USA

<http://www.alz.org/aaic/>

EUGMS 2013

2-4 October 2013, Venice, Italy

<http://www.eugms.org/index.php/meetingcourses/futureeugmscongress/11-eugms2013>

International Istanbul Initiative on Ageing

International Federation on Ageing

4-6 October 2013, Istanbul, Turkey

http://www.ifa-fiv.org/index.php?option=com_content&view=article&id=1297

Education

Forskarutbildningskurs vid CASE, Lunds universitet.

Den åldrande människan och miljön – flervetenskapliga perspektiv (Ageing People and Environment – Interdisciplinary perspectives) 7,5 hp (ECTS), vecka 2-13, 2013

Anmälan senast 21 november 2012 till ingrid.hilborn@med.lu.se

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The board of Nordic Gerontological Federation:

Chair: Jon Snaedal

1. vice chair: Finn Rønholt

2. vice chair: Boo Johansson

Secretary and treasurer: Anna Siverskog

Representatives from the member organisations:

Denmark:

Danish Gerontological Society (Dansk Gerontologisk Selskab): Eigil Boll Hansen

Danish Society for Geriatrics (Dansk Selskab for Geriatri): Finn Rønholt

Finland:

Finnish Gerontological Society (Societas Gerontologica Fennica r.f.): Otto Lindberg

Finnish Geriatrics (Suomen Geriatri-Finlands Geriater): Matti Viitanen

Finnish Society for Growth and Ageing Research (Föreningen för forskning i uppväxt och åldrande): Ilkka Pietilä

Iceland:

the Icelandic Gerontological Society (Societas Gerontologica Islandica): Liney Ulfarsdottir

Icelandic Geriatric Society (Icelandic Geriatrics Society): Helga Hansdottir

Norway:

Norwegian Society for Aging research (Norsk selskap for aldersforskning): Arnhild Valen Senstad

Norwegian Geriatric Association (Norsk geriatriisk forening): Nils Holland

Sweden:

Swedish Gerontological Society (Sveriges Gerontologiska Sällskap): Lars Andersson

Swedish Geriatric Society (Svensk Geriatriisk Förening): Åke Rundgren

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If you have news or notifications you wish to be published in GeroNord, please contact the representative of your federation or the editorial staff. We are interested in what's going on in the gerontological field in your country; new PhD's; congresses or conferences; news on education etc.

The postal adress to the Nordic Gerontological Federation is:

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NGF's website is: <http://www.ngf-geronord.se/>

**The editorial staff wish
you a good fall!**

