

Nordic Gerontological Federation

GeroNord

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

Volume 22, no 4, 2013

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.

The biannual conferences in Gerontology are the most obvious signs of the fruitful collaboration between the Nordic countries in this field. Furthermore, through the genuine multidisciplinary communication during the conferences, formal and informal, the collaboration is strengthened both inside the different professions as well as over the borders between professions. In order to enhance the Nordic gerontology spirit, a prize for outstanding contribution in Gerontology has been given for the last twenty years as the first prize was handed out at the 12th NKG in 1994. The prize is made possible through the generous support of the Sohlberg foundation in Helsinki. The jury for the prize has recently chosen the next prize winner, Professor Timo Strandberg in Helsinki and he will give the prize winning lecture at the 22 NKG in Gothenburg. A new prize will be handed out at this conference, for promising young researcher. This prize is financed by the NGF itself and is a continuum of the Vidiik prize that has been given for the last decade. The jury is now in the process of choosing between eleven candidates and the choice is not easy!

Apart from the biannual conferences, Nordic collaboration is evident in many aspects. The Nordic Council of Ministers has been very proactive in establishing funds for research and collaboration through its fund, NordForsk. One example in the field of Gerontology is the Network in Dementia Diagnostics that has now been in existence for 4 years. Its first project has now been finalized and will be presented at the 22 NKG. Another project financed by NordForsk is NORMACARE (Nordic Research Network on Marketisation in Eldercare). This researcher network brings together Nordic researchers to investigate the market-inspired steering principles in elder care, in particular the origins and impact of for-profit private care provision that have emerged to various degrees in the Nordic countries. This is an ongoing network at least until 2014.

For many years, the Nordic professors in geriatrics have met and changed ideas. This has resulted in publications such as on geriatric assessment but more importantly, this has also resulted in several courses for PhD students. These ongoing courses are not only intended for young geriatricians but are open to students in all fields of gerontology and they have been highly prized by the attendees.

An informal network on higher education in gerontology has been active now and then with meetings and projects. One such meeting was held in Lund after the 21 NKG with representatives from all the Nordic countries as well as from the EU, not least to scrutinize possibilities for future funding.

The NordRAI collaboration has been ongoing since before the turn of the century but is now continuing in a greater international network called InterRAI. This network of researchers have been using the Minimal Data Set for quality improvement in nursing homes as well as a strong tool for research in nursing homes, home care and in the various geriatric hospital departments. These are only a few examples of Nordic collaboration in gerontology. The gloomy outlook presented when three of the Nordic countries had joined the EU that Nordic collaboration would cease to exist as such but to turn into a European collaboration has not proven to be true.

Jon Snaedal, President of the NGF

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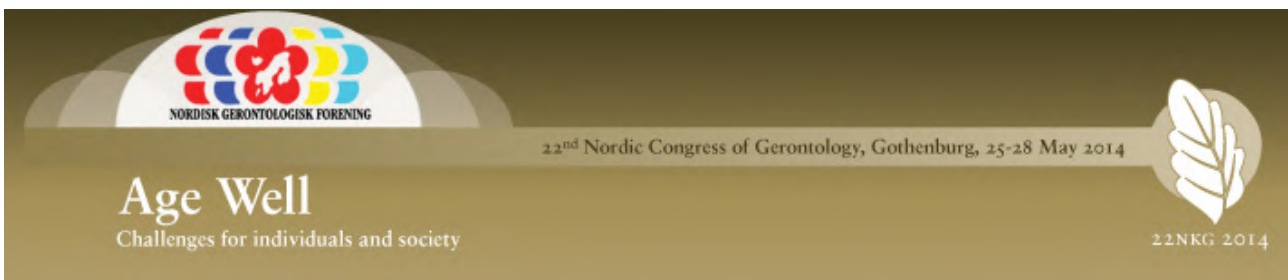
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22nd Nordic Congress of Gerontology

The home page for 22nkg is now updated with more details. More than 50 symposia proposals were submitted before October 15, covering most aspects of gerontology and geriatrics.

Register and submit abstracts

Note that the home page now is open for congress registration and abstract submission. Deadline for abstract submission is January 15, 2014

www.22nkg.com

The congress theme *Age Well - Challenges for Individuals and Society*, highlights notions concerning overall 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 illnesses, compromised health and functioning, and how can we increase autonomy and societal participation?

Keep yourself updated and share information about 22 NKG with others

We are looking forward to meeting you in Gothenburg May 25-28, 2014

Boo Johansson
President of 22 NKG

Sten Landahl
Secretary General of 22 NKG

The Sohlberg prize, the most prestigious Nordic Prize in Gerontology, of € 10.000 is sponsored by the Päivikki and Sakari Sohlberg Foundation. The prize is relevant for all aging sciences and is awarded to a scientist active in a Nordic country who is a leader in gerontology with a major influence on the development of her/his field in aging research. As announced in the editorial, the winner of the Sohlberg prize, is professor Timo Strandberg who will be awarded at the Opening Ceremony, and give a prize winning lecture at the 22nd Congress. In the next issue of GeroNord, we will present Timo closer, but for this issue we want to return to the last twenty years and remember the previous winners of the prize:

Carl-Gerhard Gottfries (Jönköping 1994) for studies of the changes in brain signalling molecules, the neurotransmitters, with ageing and in Alzheimer's disease.

Eino Heikkinen (Helsinki 1996) for his studies on the epidemiology of ageing

Birgitta Odén (Trondheim 1998) for her studies of historical aspects of ageing

Reijo Tilvis (Reykjavik 2000) for establishing academic geriatrics and gerontology at the University of Helsinki

Bengt Winblad (Aarhus 2002) for his studies on dementia, especially Alzheimer's disease from a multidisciplinary angle.

Stig Berg (Stockholm 2004) for his studies of the psychological and social psychological aspects of ageing

Knut Engedal (Jyväskylä 2006) for his research on dementia and development of dementia care in Norway

Yngve Gustafsson (Oslo, 2008) for his research in clinical geriatric medicine about delirium and how to prevent it, and other important care pathways for acute ill elderly and hip fracture patients

Laura Fratiglioni (Rekjavik, 2010) for her research primarily in dementia epidemiology

Kaisu Pitkälä (Copenhagen, 2012) for her influence on how geriatric and gerontological scientific achievements are incorporated into general practice.

“Did you imagine that old people could be like this?” A kaleidoscope of ageing, health and processes of identity in an urban Danish context

PhD thesis by Kamilla Nørtoft Aarhus universitet kpjn@dpu.dk

The thesis is a kaleidoscopic representation of narratives about individuals and groups of older people in the Danish welfare state. The author met her informants in three pedagogical contexts sharing the goal of health and well-being for their target groups. The thesis is an anthropological contribution to research in gerontology and in this field it shares goals with cultural gerontology and the gerontology of everyday life.



The analyses of the thesis are divided into two parts of which one embraces different health related themes as they appeared from the fieldwork among the elderly people. The second part is about the ideas of health and old people seen on the levels of policy and pedagogy in the empirical field. The five overall themes in the first part of the analysis are; work with body and mind, performance of personal self, active ageing, community and death. The policies and guidelines for healthcare targeting older citizens, analysed in the second part of the analysis, show inconsistencies between the displayed view on older people and health in goals and guidelines. In contrast the professionals in the pedagogical contexts are aligned in their overall goals despite their diverse pedagogical approaches and activities.

A significant conclusion in the thesis is that health is rarely on the agenda in social relations in the chosen settings as something important in itself. However, the aspect of identity stand as very clear in all the empirical themes and, therefore, the author suggests that it is included in health models such as the above mentioned.

Elderly poverty: Economic hardship in young pensioners' everyday lives [Äldrefattigdom : Ekonomisk utsatthet i yngre ålderspensionärers vardag]

PhD thesis by Angelika Thelin angelika.thelin@lnu.se

During the first decade of the 21st century in Sweden, inequality and risk rates of poverty have increased among young pensioners (between 65–74 years of age). A new public pension system, combined with demographic and economic developments, is expected to add further to these trends. Following this context, the aim of the present dissertation is to survey and understand patterns of economic hardship and its meaning in young pensioners' everyday lives.

The study design is qualitative and takes “subtle realism” as its philosophical theoretical starting point. Economic hardship represents the economic conditions faced by young pensioners who receive the housing supplement for pensioners. It is examined through a relative perspective on poverty. The empirical data primarily consists of interviews with 30 people who live with economic hardship and 17 people who live with comparatively better economic conditions. The theoretical framework consists of theories of social exclusion, coping and life course.



The participants' life histories show four paths to economic hardship – *continuity, slope, fall and roller coaster*. The last three have not been explicitly described in research before. In elderly life, young pensioners describe experiences of exclusion from the possibility to achieve healthy aging, independence, freedom of choice and meaningfulness, due to their economic hardship. When combined with psychological illness, social isolation, alcohol misuse, and restricted mobility, this exclusion becomes more severe. By focusing on favourable aspects of life and adjusting preferences to fit what has been achieved, young pensioners manage to feel satisfaction with their lives despite consequences of economic hardship.

In conclusion, it was primarily situational factors *earlier* in life that explained economic hardship among young pensioners. In contrast, the findings indicate that it is *the present and future* – not the past – which for the most part shape young pensioners' coping with economic hardship. This last finding is at odds with previous assumptions. Finally, as consumption becomes increasingly central in young pensioners' everyday lives in general, the consequences of economic hardship become more striking within the age group.

Nyt valgfrit kursus i Gerontologi for lægestuderende ved Københavns Universitet

af Charlotte Nilsson, kursusleder, adjunkt, cand.med., phd.

Inspireret af workshoppen om gerontologi i uddannelserne ved Dansk Gerontologisk Selskabs Årsmøde 2011 nedsatte vi ved Afdeling for Social Medicin, Institut for Folkesundhedsvidenskab, Københavns Universitet en arbejdsgruppe bestående af Carsten Hendriksen, Rikke Lund, Kirsten Avlund og undertegnede. Som medlemmer af den gerontologiske forskningsgruppe samme sted, var det vores ønske at fremme undervisningen i gerontologi for kommende læger.

Første skridt var at undersøge, hvor meget gerontologien i forvejen fyldte på lægeuddannelsen, og vi gennemgik de nuværende bachelor- og kandidat-studieordninger minutiøst. Vi fandt bemærkelsesværdigt lidt om aldring og ældre patienter: ikke et ord om geriatri, generelt om aldring, gerontologi, gerontopsykiatri m.m. Kun på kursus i social medicin og rehabilitering stødte vi på ordet "ældre": "Den studerende skal kunne redegøre for samspillet mellem biomedicinske, psykiske og sociale processer i udviklingen af sygdomme og funktionsnedsættelser blandt børn, voksne og ældre." Alle klinisk arbejdende læger vil i deres arbejde skulle behandle ældre patienter, og vi fandt det derfor yderst vigtigt, at de kommende læger bliver introduceret til de komplekse problemstillinger i mødet med den ældre patient.

Vi rettede henvendelse til Studienævnet for Medicin, der viste stor interesse, og vi fik i de kommende måneder grønt lys til at gå videre med planlægningen af et valgfrit kursus i gerontologi.

Med tanke på målgruppen for kurset kontaktede vi en bred skare af klinikere indenfor geriatri og gerontopsykiatri, aldringsforskere m.m. Som kursusleder var det en stor fornøjelse at sammensætte præcis det kursus, jeg selv for år tilbage kunne have ønsket mig som kommende læge og forsker indenfor gerontologi. Og det var en endnu større fornøjelse, at samtlige potentielle undervisere, vi kontaktede, var meget positive. Over hele linjen var der opbakning og ros for at støtte gerontologien på lægeuddannelsen ved Københavns Universitet.

I august 2013 løb kurset så af stablen for første gang med 25 studerende. Det blev en rigtig god og intens uge med emner som aldringens demografi, aldersrelateret fald i kognitiv funktion, medicinsk behandling af ældre patienter, ældres seksualitet, livets afslutning, sociale relationer, depression, funktionsevne, fysisk aktivitet og kost, forebyggelse, kommunikation med den ældre patient, succesfuld aldring og naturligvis geriatri. Undervisere fra flere danske universiteter og forskningsmiljøer, hospitaler, og almen praksis blev suppleret af såvel en klinisk farmakolog som en hospitalspræst.

Det var fantastisk at opleve de studerendes interesse, både for de klinisk relevante emner som for de mere bløde gerontologiske emner. Kurset fik rigtig fine kommentarer med på vejen fra de studerende til den afsluttende evaluering, og vi har allerede fået lov til at gå i gang med arrangere næste års valgfri kursus. På sigt håber vi at kunne blive en fast tilbagevendende og gerne obligatorisk del af studieordningen for lægestudiet. Vi glæder os til at kæmpe for gerontologien!

NGF has launched a new website. While the address is the same, the design is new and it moved to a different web hotel, which makes it easier to update and form the site according to our needs.

This also means that the website can be used by the member organizations to spread news, activities and information on upcoming events. You can also find all issues of GeroNord since 2003 (!) there, general information and contacts to the member organisations, NGF's bylaws and other things.

<http://www.ngf-geronord.se>

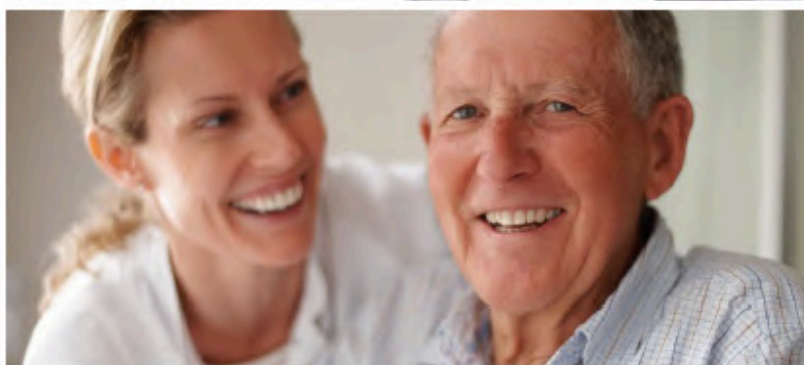


Att åldras med funktionshinder – flervetenskapliga perspektiv, del I (Ageing with a disability – Interdisciplinary perspectives, part I) 3,5 hp (ECTS)

Centre for Ageing and Supportive Environments – CASE Forskarskola anordnar under vårterminen 2014 en forskarutbildningskurs "Att åldras med funktionshinder". Denna tvärvetenskapliga kurs syftar till att öka kunskapen om hur det är att leva med fysiskt eller psykiskt funktionsnedsättning under många år och hur åldrandet ter sig för dessa personer. Kursinnehållet rör bland annat; Innebörden av tredje respektive fjärde åldern då man åldras med funktionsnedsättning (medicinska, tekniska och samhällsvetenskapliga perspektiv); Kroniska sjukdomar och sjukdomar ur ett livslöppsperspektiv; Medicinska och rehabiliteringsmedicinska aspekter på att åldras med funktionshinder; Psykiatriskt funktionshinder och åldrande, samt; Forskningsdesign och metoder samt forskningsetiska värderingar

Kursen ingår som valbar kurs för doktorander med anknytning till CASE vid medicinska, tekniska och samhällsvetenskapliga fakulteterna, Lunds Universitet, och ARC vid Karolinska Institutet, Stockholm. I mån av plats ges doktorander från andra fakulteter vid Lunds universitet samt andra universitet och högskolor i Sverige såväl som i andra länder tillträde. Kursen kan då ges på engelska. Sökande i olika faser av forskarutbildningen välkomnas liksom sökande inom olika forskningsområden med gerontologiska perspektiv.

Anmälan i form av kortfattad CV där doktorandtid och tillhörighet framgår samt en fritt formulerad ansökan som beskriver aktuellt forskningsområde skall vara forskningsadministratör Ingrid Hilborn tillhanda senast den 15 januari 2014. Epost: ingrid.hilborn@med.lu.se Upplysningar kan fås genom: Leg arbetsterapeut, Dr Med.vet. Eva Månsson Lexell tel: 046-2228995, epost: eva.mansson_lexell@med.lu.se eller genom Universitetslektor Charlotte Löfqvist tel: 046-2221945, epost: charlotte.lofqvist@med.lu.se



Berzelius symposium 88

Personalized Geriatric Medicine

Improving prevention, assessment and management of multimorbid elderly people

20–22 August 2014 in Stockholm · Sweden

The symposium is under the patronage of Her Majesty Queen Silvia of Sweden

8th International Conference on Cultural Gerontology

10-12 April 2014, Galway, Ireland

<http://www.conference.ie/Conferences/index.asp?Conference=213>

22nd Nordic Congress of Gerontology

25-28 May, 2014, Gothenburg, Sweden

<http://www.22nkg.com/SiteSpecific/22NKG/StartPage.aspx>

IFA 12th Global Conference on Ageing

Be Healthy, Be Safe, Become a Community

10-13 June 2014, Hyderabad, Indien

<http://www.ifa2014.in/>

XVIII ISA World Congress of Sociology

Facing an Unequal World: Challenges for Global Sociology

13-19 July, 2014, Yokohama, Japan

RC11 Sociology of Aging

<http://www.isa-sociology.org/congress2014/rc/rc.php?n=RC11>

Berzelius Symposium 88 Personalized Geriatric Medicine

20-24 August 2014, Stockholm, Sweden

<http://www.sls.se/geriatricmedicine>

Share your activities!

GeroNord, and the website for NGF, are resources for the members within the member organization of NGF, aiming to work as a platform for news in the gerontological area. This is however based on the members to share news, activities and events. Therefore, we would like to encourage you to send information to us about new PhD's, upcoming seminars, conferences, books, courses, education and other activities within your member organizations. We would like you to use these resources as ways to spread information to the many persons working within the gerontological field that are reached by this newsletter.

The website is currently containing basic information about NGF but can also be used as a resource for spreading information about your activities. We would like your ideas and thoughts about what you wish to see on the website, and if you submit material for GeroNord, we are happy to share this on the website too if you wish.

Anna Siverskog, Secretary of NGF

Professor, PhD, Dr. Med. Kirsten Avlund døde 1. september 2013. Gerontologien i Danmark har hermed mistet sin mest farverige, funklende og glædesspredende stjerne.

Kirsten var den første professor i Gerontologi (aldringsforskning) ved Københavns Universitet, og også den første ergoterapeut i Danmark, der er blevet tildelt de akademiske grader PhD og Dr. Med. Fra 1980-84 var hun ansat ved reumatologisk afdeling, Roskilde amtspsygehus, fra 1985-98 ved Afdeling for Social Medicin, Institut for Folkesundhedsvidenskab, Københavns Universitet, først som videnskabelig assistent og ph.d.-studerende, senere som adjunkt, fra 1998 som lektor og endelig fra 2008 som professor. Hun var medlem af styregruppen for de to store danske aldringsforskningscentre; Center for Sund Aldring og Danish Aging Research Centre. Fra 2007 var hun desuden leder af Copenhagen Aging and Midlife Biobank, som i mange år fremover vil levere enestående data til forskningsprojekter om betydningen af sociale, mentale og helbredsmæssige faktorer i barndommen for tidlig aldring; om hvilken indflydelse biologiske og sociale faktorer midt i livet har på aldringen senere i livet; og hvordan kroniske inflammationstilstande kan være et tegn på tidlig aldring.

Kirsten var et meget rummeligt og elskeligt menneske, der med en stor latter altid formåede at skabe liv i ethvert selskab. Hun havde øje for de store perspektiver, men også for det enkelte menneske.

Hun var utroligt flittig, omhyggelig og grundig i sit arbejde og repræsenterede på bedste vis en mønsterbryder, der brugte sin grunduddannelse som ergoterapeut som afsæt til et livslangt engagement i at indsamle og udbrede viden om, hvad der kan gøres for at sikre os alle flest mulige leveår med god funktionsevne. Hun var en yderst vellidt underviser, foredragsholder og kollega og havde et omfattende fagligt netværk i ind- og udland. Hendes forskning er internationalt anerkendt og har været med til at sætte Danmark på verdenskortet indenfor aldringsforskningen.

Vi har i mange år i Dansk Gerontologisk Selskab haft enorm glæde af Kirstens engagement, støtte og indsigt. Senest deltog hun i paneldebatten til vores årsmøde i Odense i april 2013, og året før i planlægningen og afholdelsen af den Nordiske Kongres i Gerontologi i København. Kirstens store og brede viden om gerontologi og mangeårige erfaring har vi også internt i bestyrelsen nydt godt af talrige gange, for eksempel i form af gode råd om interessante nye tiltag og arrangementer.

Vi håber, at vi fremover i Dansk Gerontologisk Selskab kan være med til at ære Kirstens minde og hylde hendes store betydning for gerontologien i Danmark.

DGS bestyrelsen.

The board of Nordic Gerontological Federation:

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Swedish Geriatric Society (Svensk Geriatriisk Förening): Åke Rundgren

Editorial staff of GeroNord

Jon Snaedal (jsnaedal@landspitali.is)

Anna Siverskog (anna.siverskog@liu.se)

NGF

c/o NISAL, Linköpings universitet/ISV

SE-601 74 Norrköping

Sweden

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

**The editorial staff of
GeroNord wishes
you a merry
Christmas and
happy New Year!**

