



IAGG Asia / Oceania

Association of Gerontology and Geriatrics

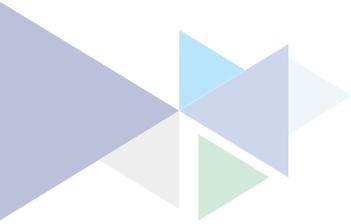
Newsletter

August 2021



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Dear all IAGG Asia/Oceania Council Members;

I am very happy to reconnect throughout our Asia/Oceania IAGG membership with this newsletter again. The World IAGG Council Meeting was recently finished on 24th June, 2021 after the IAGG E-Conference 22-23 June. The Region also participated this e-conference at the symposium on 'From Covid to a decade of healthy ageing' with seven countries represented on 23 June 2021.



Since the Covid-19 pandemic is aggressively accelerating with the delta variant around the globe, the well-being of mankind especially older people is hardest hit within our lifetime. Wave after wave of the pandemic, there is no strong sign of the end of this catastrophe even we have so many choices of vaccine available but poorly and inequitably accessed by all human life. This issue is therefore dedicated to the responses of some country members. The response of World IAGG could also be seen via this website [COVID-19 Response | IAGG](#). Some examples of our region responses can be retrieved via the following links.

<https://doi.org/10.1111/ggi.13939>

https://f82ed09e-ff20-4934-8519-6d6ff8967d86.filesusr.com/ugd/4e5219_a47cb730e53c4528a475755543c1f7d7.pdf

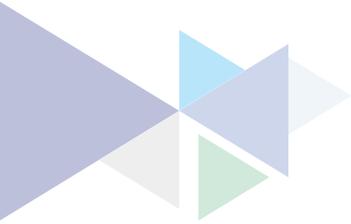
The 2023 12th IAGG Asia/Oceania Congress in Yokohama, Japan, is right on the schedule under the organizer leader, Professor Kenji Toba and Professor Hidenori Arai. Please visit website: <http://geront.jp/en/iagg/index.html>

Lastly, I congratulate Professor Cheng-Chieh Lin, Executive Director of Taiwan Association of Gerontology and Geriatrics, on his chairperson post of the Region. I wish the new executive committee would extend the previous achievements of our organization for years to come.

All the best and sincerely thank for all your previous supports,

Professor Prasert Assantachai – Chair of the IAGG Asia/Oceania Region, August 2021





Dear IAGG Asia Oceania Members:

Time flies since the 2019 regional congress in Taiwan. With the Covid-19 pandemic in the region, we have not been able to host physical meetings for the past two years. As the coming chairperson of the region, I sincerely thank the current regional committee experts to host a very successful regional meeting last month.



Most of you may heard that Taiwan experienced the first outbreak of Covid-19 since middle May with highest daily infected patients over 500 for several days. After partial lockdown, active medical screening and deployment, and vaccination, we managed to decrease the daily infection numbers to fewer than 30 daily.

Our government noticed that older adults were most vulnerable populations when infected with Covid-19. With collective efforts, we were able to vaccinate over 70% of those older than 65 years of age while the overall vaccination rate for the entire country is less than 20%.

We hope that with adequate vaccination, all of us in the region can get through this tough pandemic situation and enjoy more academic communication and collaborations.

Sincerely

Professor Cheng-Chieh Lin,

.....

Chairman-Elect, International Association of Gerontology and Geriatrics

Asia/Oceania Region

Executive Director, Taiwan Association of Gerontology and Geriatric

Distinguished Professor & Vice-president, China Medical University, Taiwan





Australia

Response to the Australian Royal Commission into Aged Care which included a focus on Covid-19

In March 2021, Australian Association of Gerontology (AAG) held 15 member-only forums to discuss the Royal Commission recommendations and AAG future plans in response to these. A report for each of these forums has been published which summarises the discussions and any recommendations to AAG for future plans based on the forum discussions. [Read more ▶](#)

AAG response to the BMJ Editorial Covid-19: control measures must be equitable and inclusive in March 2020. [Read more ▶](#)

AAG has played a role in shaping and informing the Royal Commission into Aged Care including through a number of submissions and connecting to the breadth of related papers which are also available through the AAG Grey Literature Library [Read more ▶](#)



IAGG Council of Student Organizations symposium at the 2021 IAGG World eConference

Session Title

Pause, pivot and proceed! Undertaking Study and Research in Times of Uncertainty

Session Audience:

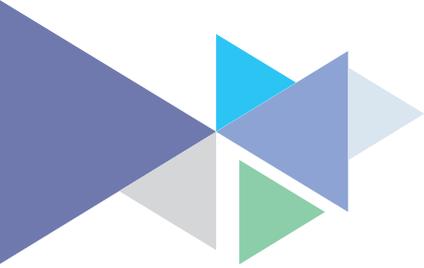
Student and Early Career Researchers

Session Overview

COVID-19 continues to exert a profound impact on how we live, work and study. Many students undertaking primary research projects as part of post-graduate studies have found it necessary to rethink their approach to data collection and explore alternative methods to respond to their research question. Through this interactive forum we explored the challenges of undertaking research during times of uncertainty. Facilitated by the IAGG Council

of Student Organizations (CSO) Justine Irving, Flinders University Australia and Asia-Oceania CSO Regional Representative, Dr Claudia Meyer, Research Fellow from the Bolton Clarke Research Institute Australia, this session included personal and professional stories from students and early career researchers about how they managed their project amidst COVID-19 and associated restrictions. Panellists included:

- Brian Huang, PhD Candidate National Taiwan University
- Jennifer Baldock, PhD Candidate from Flinders University, Australia
- Sandra Surya Rini, Internal Medical Resident, Udayana University Bali Indonesia
- Shohei Okamoto, Early Career Researcher, Tokyo Metropolitan Institute of Gerontology, Japan
- Edwin K H Chung, PhD Candidate, City University of Hong Kong
- Vrinda Goel, First year Internal Medicine Resident, University College of Medical Sciences, Delhi, India
- Dr Sithira Senevirathne, Early Career Researcher, University of Colombo, Sri Lanka
- Dr Takeshi Nakagawa, Senior Research Fellow National Center for Geriatrics and Gerontology, Japan



India

Discourse: The International Debate Competition

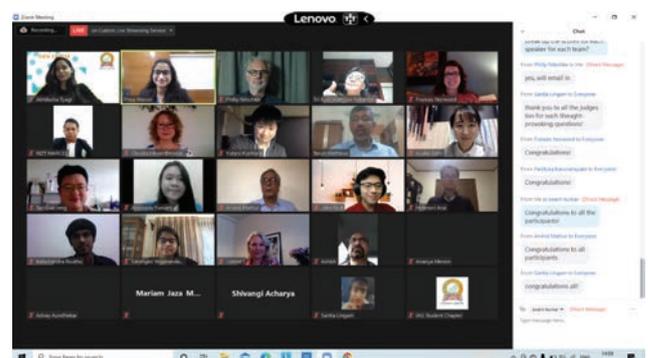
The Student Chapter of the Indian Academy of Geriatrics organized an online international debate on the topic – “Euthanasia is Ethical: Why prolong painful existence?” on 20th February 2021 in association with the national body Association of Gerontology India (AGI). The event was supported and promoted by the International Association

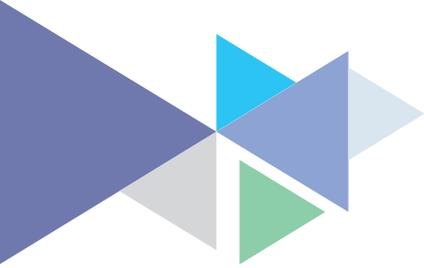
of Gerontology and Geriatrics (IAGG), the International Network for Prevention of Elder Abuse (INPEA) and Active-Ageing Consortium Asia Pacific (ACAP). Teams of two medical students each selected nationally from five countries from the region - India, Malaysia, Japan, Sri Lanka and Indonesia participated in the event.

A panel of judges included doctors and lawyers from different countries, offering a myriad of opinions and interjecting the participants on the subject allowing a vibrant discussion.

Many medicolegal aspects of euthanasia emerged during the debate that sparked a healthy conversation on this controversial topic among medical students early in their medical career. Participants emphasized that policies and discussions on this topic need to be multidisciplinary. This activity promoted networking among students in the region, paving the way for more coordinated activities in the future thus strengthening the

global geriatric community. The event was streamed live on YouTube and reached to several viewers across the world.





India

Covimpressions: Local Action, Global Impact

University College of Medical Sciences (UCMS), a the University of Delhi in India organised a webinar on May 27, 2020 to clear the air around COVID 19, a pandemic that has brought the whole to a grinding halt on more than one occasion over the last two years. The event was organized with the support of the Student Chapter of the Indian academy of Geriatrics (IAG) and the Association of Gerontology India (AGI). It was conducted online on the GoToWebinar platform which allowed for active interaction between the panelists and the attendees. The webinar had diverse panelists with subject experts in Virology and Public Health with the key target audience being medical faculty, residents and students. Global experts from Johns Hopkins Bloomberg School of Public Health (JHBSPH) interacted with local leaders from UCMS to discuss the hot topics related to coronavirus that created panic amongst the public. Topics like the expected duration of the pandemic, thoughts on lockdown, the local response and preparedness for the pandemic were discussed. Special focus was given to the role of each healthcare worker and how can one protect oneself from the virus. The webinar attracted more than 1000 participants from around the world, leaving them enlightened with some lesser known facts and a thirst to learn more about the disease.





Japan

During the pandemic, it is necessary to develop an environment for older adults, who are at high risk of severe disease, to prevent infection and physical inactivity at the same time. In Japan, many seniors refrained from going out for fear of infection and stayed home, although lockdown was not implemented. It is obvious that restraint from going out will accelerate the frailty cycle in older people. The impact of the COVID-19 pandemic on the development of frailty has only been beginning to emerge. Thus, we need to consider what can and should be done for better management of frailty during the pandemic. The National Center of Geriatrics and Gerontology (NCGG) has developed a guide for home-based activities for frailty prevention, because many activity centers and gyms have been closed as part of infection control measures. The guide for Home Exercise Program for Older People (HEPOP) introduces six packages, including physical exercises, eating methods, and cognitive training, which older individuals can practice at home according to their

individual abilities or needs in an easy-to-understand manner. The packages include balance improvement, physical strengthening, inactivity prevention, cognitive, feeding and swallowing improvement, and nutrition improvement. Those who would like to start HEPOP can use the flowchart to determine which package is the most appropriate for them (Figure).

HEPOP is now translated to English, Chinese, and Russian and is available in our homepage.



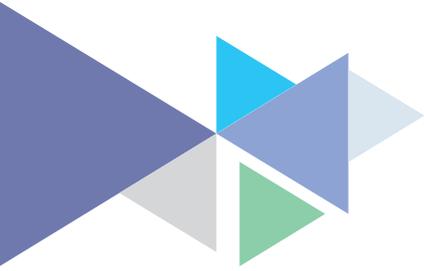
(<https://www.ncgg.go.jp/hospital/english/index.html>)

We have also made a video version of exercise in our homepage.

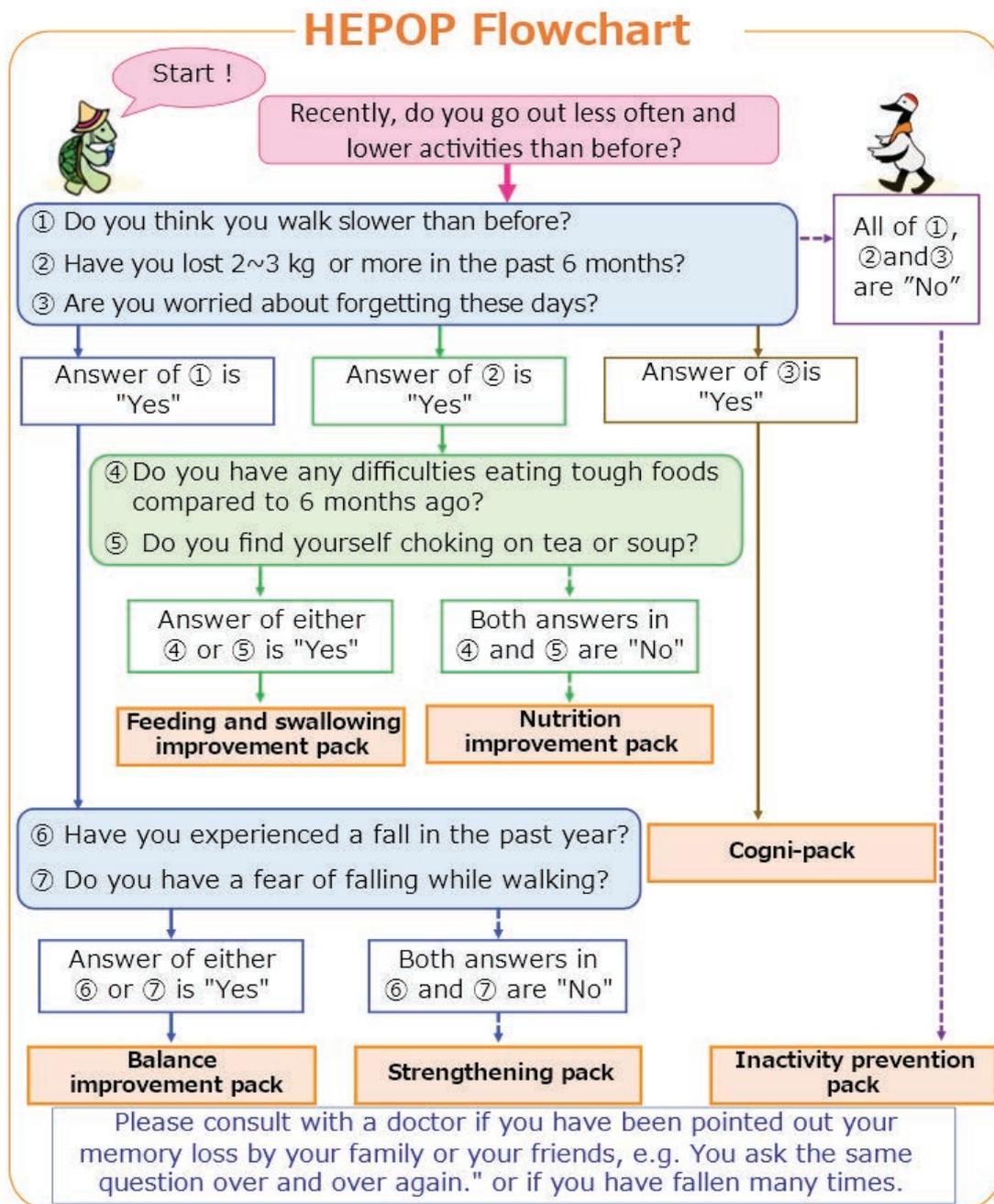


(<https://www.ncgg.go.jp/hospital/guide/simple.html>)

We are planning to use this guide for older people in several communities to prevent frailty and dementia after the pandemic is over.

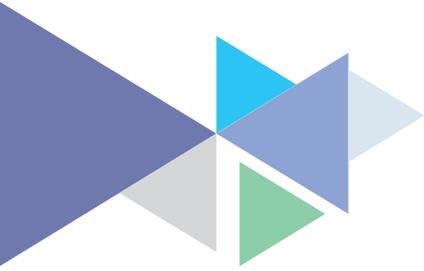


Japan

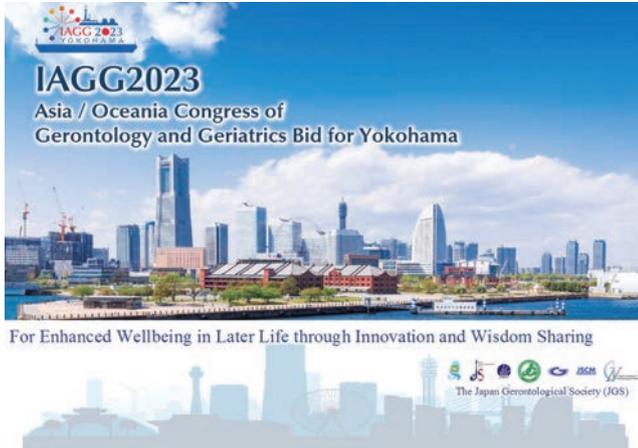


©National Center for Geriatrics and Gerontology





Japan



The Japan Gerontological Society will host the 12th IAGG Asia/Oceania Regional Congress 2023, in Yokohama, Japan. The theme of the congress is “For Enhanced Wellbeing in Later Life through Innovation and Wisdom Sharing.”

The date is June 12th to 15th, 2023.

The venue is Pacifico Yokohama North.

President: Kenji Toba

Secretary general: Hidenori Arai

In this congress we expect that more than 2000 participants will join from domestic and abroad. Since we expect that COVID-19 is under control in 2023, we want to organize on site programs, such as keynote lecture, invited symposium, submitted symposium, workshop, and oral/poster presentation. We also expect young researchers and participants from low- & middle-income countries, so we will set special registration fee for those participants along with on line participation. This congress will be hybrid of onsite and virtual participation and will take anti-infection measures for COVID-19 in the venue. We believe that face to face discussion is more important for the progress of science. Therefore, we would like you to come to Yokohama to enjoy science as well as culture of Yokohama, a beautiful harbor city near Tokyo.

In the local organizing committee, we are discussing the topics of invited symposia and workshops on diverse area in gerontology and geriatrics. Because the COVID-19 pandemic and infection control measures have greatly affected the life of older people, we will organize several symposia on COVID-19, such as the impact of COVID-19 on frailty and dementia, social isolation and health in the post-COVID-19 era, prevention of functional decline during the COVID-19 pandemic, countermeasures for COVID-19 in care facilities and so forth.

Once again let's get together in Yokohama in 2023.





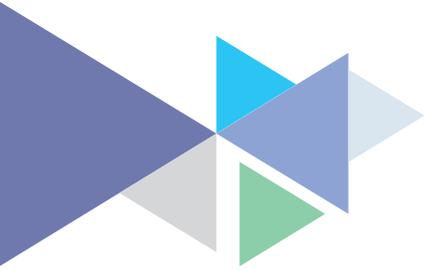
Korea

Covid-19-related academic activities of Korean Association of Gerontology and Geriatrics (KAGG)

KAGG, the federation of the six societies, Korean Association for Geriatric Psychiatry, Korea Gerontological Society (for social gerontology), Korean geriatrics society, Korean society for Gerontology, Korean Academy of Long-Term Care, and Korean Gerontological Nursing Society, held an annual federation meeting on Sep. 25, 2021 (nation's Elderlies' day) on-line via

YouTube. Under the title of "The lives of older adults in the era of Covid-19: which direction and what strategies should we take?", practical issues in medicine, nursing, psychiatry, long term care, and social system were discussed. Followings are examples of important needs and difficulties raised and talked.

- Urgent needs for development of non-face-to-face ("untact") medical care technology and systems in coping with accelerated physical decline and multi-morbidity in the elderlies isolated by the epidemic. However, limited understanding of young-aged providers for the techniques may lower the level of support for the needs of the elderlies. Facilitation of mutual understandings between generations is urgent.
- High level mental burdens and difficulties experienced by the isolated patients and caregivers in long term-care facilities where local endemic occurs. This might be further amplified by the innate problems of the domestic facilities such as high density of patients and ratio of patient-to-caregiver.
- Increase in the demands for long term care and associated social and medical burdens that ask for serious consideration for urgent social care measures including facilitation of community integrity care function.



- Difficulties associated with the low level-work competence of infection control personnel (doctors and nurses) despite recent increase in number encouraged by governmental policy and the gap between facilities in the practical application of infection control principles

In discussion, the needs for development IoT application for untact remote mental support for the isolated elderlies are raised. Family-voice caring robots and functional games for elderlies are suggested. And, possible help by thinking on positive aspects of the pandemic such as a possible decrease in flu as seen in the winter of the southern hemisphere countries are also suggested.

KAGG also hosts a periodic forum named “Aged-Society Forum”. In 2020.6. 26, two issues, “Corona's Impact on the Elderly and Implications for the Right to Health” and “Tasks for responding to elder abuse in the post-corona era, Corona 19” were talked. Discussion was limited in the forum delivered on-line via You-tube.

All the KAGG-member societies held annual meetings either on-line or-site. Some of them held this year (mostly in May, 2021), dealt with Covid-19-related subjects. Korean Association for Geriatric Psychiatry held its 2021 spring meeting (5.28) on line with theme “Geriatric Psychiatry in Non-face-to-face era”. Korea Gerontological Society held its 2021 spring meeting (5.28) on line with a theme “How has the prolonged coronavirus epidemic changed the life of the elderly?”. Korean geriatrics society held 2021 spring meeting (5.29-30) dealing with a Covid-19 related symposium subject “Collaboration system to improve the quality of elderly care in the coronavirus

era”. Messages from these were not yet given chance for close evaluation. Followings are the meetings in which Covid-10-related issues were discussed.

코로나19 시대 노인의 삶
: 우리가 가야 할 방향과 전략은 무엇인가?
The Lives of Older Adults in the Era of COVID-19
: Which Direction and What Strategies Should We Take?

주최 (사)한국노인과학술단체연합회 NPS 국민연금연구원
The Korean Association of Gerontology and Geriatrics

후원 국가인권위원회 AGC 아셈노인인권정책센터

주관 (사) 한국노인과학술단체연합회, 한국노년학회, 대한노인정신의학회, 대한노인병학회, 한국노외학회, 한국노인간호학회, 한국장기요양학회

◆ **심포지엄 안내**
진행일시 : 2020년 9월 25일(금) 13시 30분 - 17시 50분
참여방법 : 비대면 온라인 접속 (YouTube 스트리밍 진행)
https://www.youtube.com/channel/UCzmeWKTNTMCZ4_GM2A1HBMJO

◆ **사전등록 연장** (PDF 자료집 사전 제공, 등록비 무료)
등록기간 : 2020년 9월 23일(수) 오전 9시
등록방법 : 한국노인과학술단체연합회 홈페이지(<http://www.kagg.or.kr>) 구글폼 접수

◆ **문의**
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The Korean Association of Gerontology and Geriatrics





Mongolia

Report on “Comprehensive Home Care for the Elderly in Coronavirus Outbreaks” 2012-05-27

The National Center for Gerontology, with the support of the Ministry of Health and the World Health Organization, is conducted to “Introducing community-based integrated care by reaching the most vulnerable older people in the capital city of Mongolia during covid-19 lockdown period and in the new normal”. All workers of the National Center for Gerontology, members of the Society for Gerontology and Geriatrics, participated in the project. The project successfully organized 4 activities.

No	Implemented activities	Number of participated elders	The result
1	Distribute humanitarian and educational packages to bedridden people with disabilities at home and conduct multidisciplinary team examinations with the help of mobile technology.	Distributed and served humanitarian and educational packages to 6,985 elderly people in Mongolia. The World Health Organization (WHO) selected three aimags (Uvs, Bayan-Ulgii, and Selenge) that have difficulty accessing medical care, the most remote from Ulaanbaatar, and provided these services to the elderly living in the soums of these aimags.	Vulnerable elderly people have access to coronavirus infection prevention / medicines, disinfectants, and household items to prevent and protect the elderly from infection.
2	Prepare and distribute an educational newspaper “Elderly Health” with information aimed at providing knowledge and skills to prevent the spread of the covid epidemic.	6985 elders	Elders were trained in how to prevent Covid infection and provided timely information about prevent fear and anxiety.



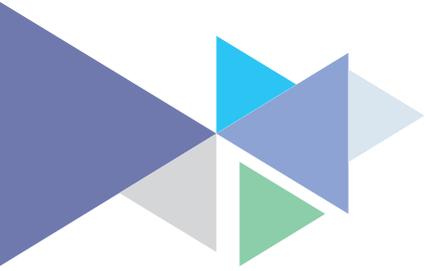
Mongolia

3	Develop immune-boosting and breathing exercise for the elderly quarantine and make them available to the public	All elders living in provinces and the capital city	Distributed 1000 copies of exercise CDs on how to prevent Covid infection, provide psychological support, and support the immune system.
4	Video content that loves and respects the elderly	All elders living in provinces and the capital city	Video content was posted on the center's website, facebook and twitter. Reached people
5	Establish COVID immunization center to support the health of the elderly	Living in Ulaanbaatar elderly	Bed-ridden elders living in Ulaanbaatar able to live by oneself were fully covered by two immunization doses.



A team of center's workers preparing the education package





Mongolia



Picture 1: Providing a service package, Zuunkhangai soum, Uvs aimag, 1000 km from Ulaanbaatar, 1800 km from Ulaanbaatar in Bugat soum of Bayan-Ulgii aimag



Picture 2: "Meeting" video content



Picture 3: Teaching breathing exercises



Picture 4: At the immunization station





Nepal



नेप्लिज सोसाइटी अफ जेरेन्टोलोजी एण्ड जेरियट्रिक्स

NEPALESE SOCIETY OF GERONTOLOGY AND GERIATRICS (NSGG)

From the very beginning of the pandemic NSGG has supported Nepalese in the fight to overcome the COVID-19 crisis. NSGG has hosted, co-hosted and participated in several online programs during the pandemic. We here list some of the major events and works NSGG has executed during the pandemic.

1. In the early stage of pandemic (March 20th 2020) in Nepal NSGG had made a statement on the need of special attention to the older population. Suggestion on preventing COVID-19 infection was also provided in an article published in the Annapurna post (Nepal's one of the most popular daily newspaper).
2. In April 25 2020, NSGG co-hosted a webinar for healthcare professionals. Doctors from China who had extensive experience in treating COVID-19 patients provided clinical knowledge. Special discussion in the issue of older population was also conducted. Over 100 Nepalese doctors participated in the webinar.
3. NSGG was involved in drafting of the COVID-IAGG-AO guideline published in the Journal of Nutrition, Health and Aging, that has been accessed over 3700 times and cited 29 times. The pictorial representation of the guideline is available in the IAGG website.
4. Several online/telephone consultations were provided by the geriatric team affiliated to the society both for COVID and non-COVID geriatric patients.
5. NSGG participated in the 2021 Asia pacific geriatric network meeting organized by Chinese geriatric society with a theme "New approaches for healthy ageing in the next decade"
6. NSGG actively participated in the WHO Clinical Consortium on Healthy Ageing 2020 virtual meeting and provided input on various issues raised by WHO regarding COVID-19 crisis and older people.
7. In partnership with other NGO in ageing, NSGG members provided virtual research support to post-graduate public health students throughout the pandemic.



Thailand

International conference on Geriatric Medicine and Gerontology 2021
Under the ASEAN Centre for Active Ageing and Innovation (ACAI)

27-28 APRIL 2021
@ Pullman King Power hotel, Bangkok, Thailand

“ Impact of COVID-19 on ASEAN Ageing Society ”

Anutin Charnvirakul
Thailand's Deputy Prime Minister and the Minister of Public Health

Dr. Naoko Yamamoto
Assistant Director-General
UN/Healthier Populations
World Health Organisation

Somsak Akksilp, M.D.
Director-General, Department of Medical Services,
Ministry of Public Health of Thailand

Wendy Walker
Lead Economist, Social Protection Specialist and
Jobs Global Practice, World Bank

Sakarn Bunnag, M.D.
Chief of Social Development Thematic Group,
Sustainable Development and Climate
Change Department, Asian Development Bank

Dr. Elena Glinskaya
Lead Economist, Social Protection Specialist and
Jobs Global Practice, World Bank

ECONOMIC **HEALTH** **SOCIAL** **ENVIRONMENT**

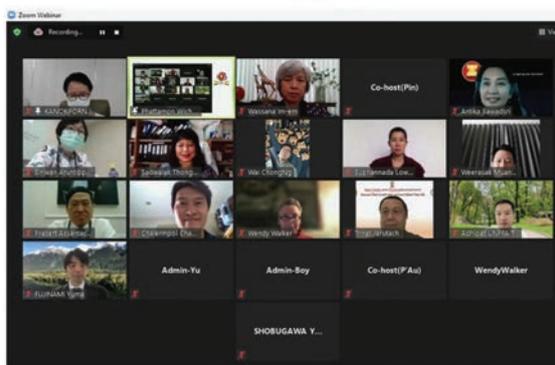
- ACAI - Moving Forward Towards Resilient Active Ageing Society
- ASEAN situation, policy for older persons & issue to be driven through ACAI
- COVID-19 Crisis: Priorities and Opportunities for the Decade of Healthy Ageing 2021-2030
- Sarcopenia in ASEAN: from diagnosis to treatment and prevention
- Multi-generation: Protecting the most vulnerable during a period of COVID-19
- Digital health
- Moving toward dementia research: from prevention to care
- Innovation for Active Ageing
- Timebank

27-28 APRIL 2021

AGENDA REGISTER

Contact : Institute of Geriatric Medicine Department of Medical Services Ministry of Public Health of Thailand. E-mail : haigeriatric@mah.go.th TEL. 862 5906211

ACAI, the Thai government already allocated a ceiling budget of US\$ 5 million per year for 5 years to drive momentum in the region. In line with the United Nations proclamation of 2021–2030 as the Decade of Healthy Ageing, the second international conference on geriatric medicine and gerontology 2021 under the ACAI was set during 27 – 28 April, 2021, under the theme of “Impact of Covid-19 on ASEAN aging society”.



The Thai government proposed, at the 30th ASEAN Summit in Manila in April 2017, the establishment of a knowledge center to support evidence-informed policies, strategies, and guidelines on active ageing, with a view to implementing capacity development programs and so on within ASEAN. Consequently, the ASEAN Center for Active Ageing Services and Innovation (ACAI) was launched by the ASEAN leaders at the 35th ASEAN Summit on November 3, 2019, in Bangkok, Thailand. With the setting up of

Due to the pandemic around the world, 12 ASEAN speakers, 875 participants joined this webinar meeting with fruitful discussions. Assistant Director-General Universal Health Coverage/ Healthier Populations WHO, ADB, JEGES and UNFPA representatives also actively participated the venue. Some of the topics involved sarcopenia, digital health, innovations for active aging and time banking.



International Association of Gerontology and Geriatrics Asia/Oceania

The **COVID-IAGG-AO** guidance

C



Catnap
(get adequate sleep)

O



Optimistic
(good emotion to prevent depression)

V



Vigor
(active exercise indoor)

I



Intake
(adequate & diversified diet)

D



Distancing
(2-meter)

I - Increase



- Your social support/ social contact through communication technology with family/friends

A - Administer



- Routine medication

G - Get



- Enough sunlight in the morning

G - Go to



- Emergency Room/ Call emergency services if shortness of breath, continuous fever, poor food intake, fatigue all the time.

A - Actively



- Washing your hands with sanitizer or soap

O - Orders



- Your food and medical supplies through your family/caregiver/online

