

## Message from the Regional Chair

Dear IAGG Asia/Oceania Council Members,

As the year 2024 concludes, I am pleased to share the progress and activities that have strengthened our mission to enhance geriatric care and research in the Asia-Oceania region.

Throughout last year, we witnessed significant collaborations and events that have fortified our network and advanced our shared goals. In January 2024, we were honored to witness the induction ceremony of the Philippine Society of Geriatrics and Gerontology (PSGG) officers and board members for the 2024-2026 term. This event marked a new chapter in our shared journey to serve older adults in the Philippines.



In August, we supported the PSGG annual convention, where our Secretary-General, Prof. Ding-Cheng Chan, delivered the keynote speech. This engagement further solidified our partnerships within the region and emphasized our dedication to supporting the professional development of geriatricians and gerontologists. Furthermore, in October, we successfully held a webinar titled "Age-Friendly Cities and Communities" moderated by Prof. Julie Byles, with expert speakers sharing their insights. This event underscored our commitment to fostering inclusive environments for older adults and promoting age-friendly initiatives across the region. Our collaboration with the Asia Pacific Geriatrics Network (APGN) in November, with Prof. Meng-Chih Lee as a key organizer, broadened our reach and strengthened relationships with other geriatrics experts in Asia-Pacific.

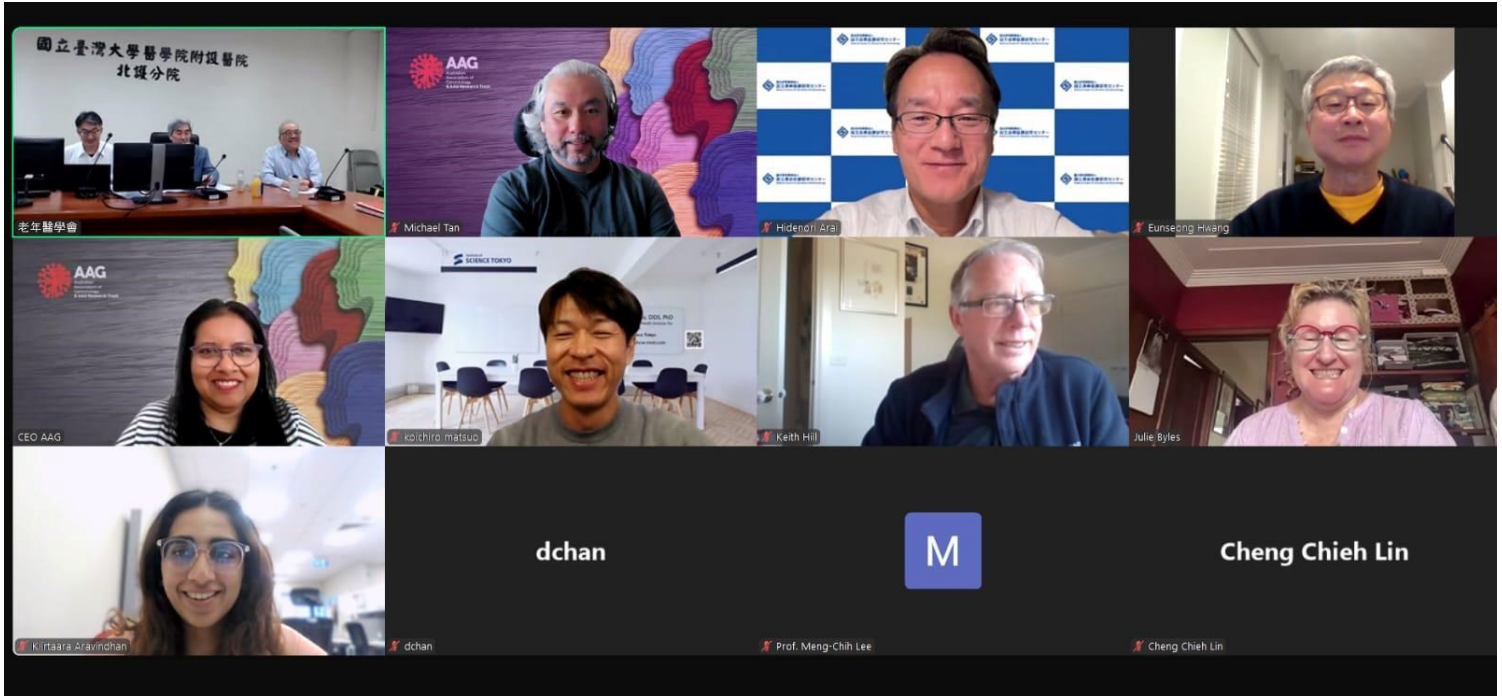
In March, we co-hosted the International Conference on Sarcopenic Obesity 2024 in Taiwan, bringing together experts from ten countries to address the epidemiology, diagnosis, and prevention of sarcopenic obesity. This conference provided a valuable platform for knowledge exchange and collaboration among researchers and clinicians dedicated to improving the health of older adults.

Additionally, the IAGG regional chairs from Asia and Oceania convened in March to discuss key topics for the 2026 IAGG Conference in Amsterdam. The discussions focused on scholarships, diversity in themes, and strengthened communication between regional and global bodies. These efforts highlight our commitment to fostering inclusivity and collaboration within the IAGG network.

In November, we also actively participated in the International Conference for Healthy Aging and Nutrition hosted by the Taiwan National Health Research Institutes. Key members presented, moderated sessions, and engaged in discussions, demonstrating IAGG-AOR's commitment to regional collaboration and knowledge sharing in the field of aging. In addition, the Executive Committee held meetings in July and December to discuss and plan our activities and initiatives. These meetings provided a valuable opportunity for us to collaborate and ensure that we are effectively addressing the needs of our members and the wider community.

## Message from Regional Chair continued...

More recently, we actively participated in the IAGG Executive online meeting on 23 January 2025, which provided a valuable platform for knowledge exchange and collaboration across the region.



Looking ahead, we are excited about the upcoming IAGG Masterclass in Malaysia next May. We are also making preparations for the IAGG-AOR conference in Malaysia, scheduled for 2028. The first site visit is planned for 2025 to align with the IAGG Masterclass in Malaysia. This visit will be an essential step to ensure thorough planning and a successful event. As we move forward, we are committed to continuing our efforts to enhance geriatric care and research in Asia-Oceania. We are dedicated to fostering a vibrant and collaborative network of professionals who are passionate about improving the lives of older adults.

I would like to extend my sincere gratitude to all our members and partners for their unwavering dedication and contributions to our mission. Together, we can make a positive impact on the health and well-being of older adults in Asia-Oceania.

Sincerely,  
 Prof Cheng-Chieh Lin  
 Chairman, 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

### International Association of Gerontology & Geriatrics Asia/Oceania Region



## Insights from IAGG-AOR Age Friendly Communities and Cities Webinar October 2024

*Emeritus Professor Julie Byles AO, BMed PhD FAAHMS, The University of Newcastle, NSW, Australia*

The IAGG-AOR Age Friendly Communities and Cities Webinar offered an engaging platform to discuss strategies and innovations that promote age-friendly environments through collaboration, technology, policy reform, and cultural sensitivity. This webinar underscored the importance of collaborative, inclusive, and culturally sensitive approaches to fostering age-friendly communities. Together, we can build a world for all ages. Watch the full webinar now: <https://www.aag.asn.au/videoplayer?VIDEOID=130>. Below are highlights of the main insights shared by the speakers:

**Dr. Helen Barrie** shared her expertise on leveraging citizen science to engage older adults in auditing and co-designing age-friendly communities.

- Citizen Science Tools: Tools like Survey123 by ESRI were utilized to gather geolocated data and involve citizens in neighbourhood improvement projects.
- Community Engagement: Public events and digital tools (e.g., QR codes) were highlighted as methods to increase participation.
- Skill Development: Focused on digital literacy and emergency response training for older adults.
- Key Insights:
  - ◇ Bespoke urban designs tailored to local community needs are essential for age-friendly planning.
  - ◇ Collaboration with architects, city planners, and older adults ensures inclusive and effective outcomes.
  - ◇ Challenges include data comparability across regions and ensuring robust data collection directly from older populations.

**Dr. Sariyamon Tiraphat** emphasized cultural and regional nuances in age-friendly practices across Asia:

- Cultural Practices: Open-door policies and outdoor community living foster safety and respect for older adults.
- Research Findings: Age-friendly environments significantly enhance active aging and quality of life in countries like Myanmar, Vietnam, and Thailand.
- Policy Recommendations:
  - ◇ Prepare older populations with emergency training.
  - ◇ Promote financial stability and social participation.
  - ◇ Improve transportation accessibility and living conditions.
  - ◇ Foster spiritual growth and intergenerational ties.

**Marlene Krasovitsky of Every Age Counts** addressed the role of ageism in shaping perceptions and environments:

- Combating Ageism:
  - ◇ Focus on policy, education, and intergenerational solidarity.
  - ◇ Promote language and media practices that challenge ageist stereotypes.
- Practical Tools: Introduced the Global Publication: Connection Generation, a step-by-step guide to designing intergenerational initiatives.
- Key Message: Building inclusive, age-friendly environments is pivotal to undoing systemic ageism.

**Dr Thiago Hérick de Sá, PhD** emphasized the WHO's role in creating and supporting age-friendly environments:

- WHO's Framework: Guides cities in implementing 8 domains of age-friendly environments through meaningful community engagement.
- Global Collaboration: The WHO Age-Friendly Cities Network offers resources, toolkits, and opportunities to learn from successful initiatives worldwide.
- Future Vision: Advocated for continued partnerships and innovations to create sustainable, age-friendly solutions.

## Technical Meeting on Strengthening Data on the Unmet Care Needs of Older Persons

The Technical Meeting on Strengthening Data on the Unmet Care Needs of Older Persons was convened by the World Health Organization (WHO) in June 2024 in Kobe, Japan. This important gathering brought together international experts, including academics, members of the Consortium for Advancing Research and Evaluation in Tracking Unmet Health & Social Care Needs of Older Populations (CARETRACK), and WHO technical staff from regional offices and headquarters. Emeritus Professor Julie Byles from AAG was in attendance as one of the presenters and workshop contributors.

The discussions centred on the critical issue of unmet health and social care needs among older people. This challenge remains a significant barrier to achieving universal health coverage by 2030. The meeting provided a valuable platform for sharing insights, methodologies, and strategies for identifying and addressing these gaps in care.

The meeting also highlighted the importance of robust data systems and collaborative research to inform policies that better serve aging populations. The recommendations from this meeting underscore the urgency of strengthening our understanding of these unmet needs and developing actionable solutions to address them. This work represents an essential step toward ensuring equitable and comprehensive care for older adults worldwide.

Click here to be taken to the full report: <https://iris.who.int/bitstream/handle/10665/378976/9789240099289-eng.pdf>

*Emeritus Professor Julie Byles AO  
BMed PhD FAAHMS, The University of Newcastle, NSW, Australia*



Group photo of meeting participants. Sitting in the front row, left to right: Sarah L. Barber, Samar Elfeky, Julie Byles, Shereen Hussein, Flavia Andrade. Standing in the second row, left to right: Paul Kowal, Valeria de Oliveira Cruz, Gabriela Flores, Nawi Ng, Benson Droti, Fredrick Makumbi, Jonathan Cylus, Megumi Rosenberg, Ding Wang, Herfina Nababan, Md Mizanur Rahman. (See Annex 2 for individual titles and affiliations.) ©WHO/Megumi Rosenberg

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## Australia

Contributors: Renu Borst, Chief Executive Officer of Australian Association of Gerontology (AAG) and the AAG Research Trust; and Dr Claudia Meyer, outgoing AAG President

### Australian Association of Gerontology welcomes new President, Anita Westera

Anita's passion is improving the care and support of older people through strengthening the nexus between research, policy and practice. She is an academic, registered nurse and former adviser in the Commonwealth and New South Wales (NSW) Governments and NSW Parliament. Her election to the AAG National Board and Research Trust in 2020 followed over two decades' involvement with AAG. Anita served as AAG's Vice President since mid-2023 and took over the role of President in November 2024.



Awarded a Distinguished Member of AAG in 2020, Anita is an experienced researcher, policy analyst, project manager and advocate who is passionate about influencing local (service delivery) and systemic (policy and program) processes to improve the lives of older people and people living with dementia. Anita refers to herself as a 'Political Gerontologist', acknowledging the interaction between public administration reforms and the development/implementation of policies and programs that impact on older people.

As President, Anita serves as National Chair of AAG's Board and Research Trust, and continues on the NSW Executive Committee. Anita is also currently finalising a PhD on the intersection between public sector reform and aged care/dementia policies and programs.

On behalf of AAG members and the entire AAG team, we congratulate Anita on her appointment and look forward to her stewardship and enthusiasm as our new President.



### NZAG 2024 Conference – Navigating Ageing

Julie Byles (above second from left) and Renu Borst (second from right) from ILC Australia attended the New Zealand Association of Gerontology Conference in New Zealand. The conference theme 'Navigating Ageing', gave reference to New Zealand's important place in the Pacific, its seafaring peoples, and the path of life. The conference celebrated older people and included performances by poets, musicians and artists.

The meeting was also designed to confront ageism and provide new thinking about ageing, as well as exploring new methods for research and education. The lives and values of Maori people and their families and communities are central to the conference, recognising the importance of cultural values and attachments in all aspects of life, including ageing and care for older people. Julie Byles gave a plenary address on the impact of chronic conditions in older age, illustrating the role of longitudinal studies in providing evidence and information for understanding ageing, identifying opportunities for prevention and forming policy responses.

*Renu Borst, CEO AAG*

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# Australia

Contributors: Dr Claudia Meyer, outgoing President, Australian Association of Gerontology; and Emeritus Professor Julie Byles AO BMed PhD FAAHMS, The University of Newcastle, NSW, Australia

## Message from outgoing AAG President — Dr Claudia Meyer

Following the 57th AAG Conference, held in Hobart from the 12th to 15th November, I returned buoyed by this year's theme: 'Fresh air, fresh thinking'.

The number and variety of high-quality presentations at this year's AAG conference is testament to our broad membership and connections across every State and Territory in Australia and Internationally. AAG truly is a melting pot of researchers, educators, policy makers, health professionals, service providers, advocates for older adults and members of the community.

This year marks an important milestone for AAG as we celebrate 60 years as Australia's thought leaders on ageing.

Not only did this momentous achievement give us all a good reason to boogie on the dance floor at this year's '60s' themed Dementia Support Australia AAG Conference Dinner, it also gives us the opportunity to pause and reflect. Whether we work in a lab or on the frontline of service provision, achieving such an incredible milestone brings renewed energy to be curious, to learn and collaborate. Through our connections within the AAG family, we share our goal to improve the experience of ageing, we see where our skills and experience fit in the bigger picture, and we recognise ourselves and those we love in that picture. Any change we can make to evidence, policy and practice in ageing and aged care will ultimately benefit us all.

Mae West is often credited with saying, 'getting old isn't for the faint of heart.' These words most certainly can also apply to working and researching within the sector. Whatever our role, if we are engaging in the ageing and aged care space, we are warriors for change. Every day, we fight for change in policy and practice, for respect and fairness, for equity and sustainability. Now, more than ever, it is vital that we are not defeated by the many obstacles encountered along the way.

As 2024 draws to a close, my time as AAG President also comes to an end. As President, I have witnessed significant changes in the ageing and aged care sector, in my own work and across AAG's diverse membership.



As we continue to respond to the recommendations of the Australian Royal Commission into Aged Care Quality and Safety, new legislation, different models of care and funding, and changing expectations in the community, the importance of AAG and the tireless and dedicated work of our Board, Team, volunteers and especially our members, cannot be emphasised enough. The next 60 years hold many possibilities and will be ripe for more 'fresh air' and 'fresh thinking'. I look forward to my ongoing membership and connections with all the incredible people who will take AAG's purpose and mission into the future.



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# India

Report by Prof. Surekha V, President IAG, and Rajnikant Mishra, Ph.D., Secretary, AGI

## Indian Academy of Geriatrics

Below—GERICON 2024

The new Executive took over on April 1, 2024, after the successful completion of a two-year term by the team headed by Prof Ashish Goel. From then on there has been a flurry of activities-both regionally and locally-pan India.

The IAG inputs into the IAGG e-TRIGGER program, with significant contributions from our members, who act as facilitators. They were instrumental in introducing these students to the art and science of geriatrics with their brilliant lectures. They also took an active part in the case discussions which followed these presentations.

The 21st annual geriatric conference of the Academy, GERICON-2024, was held at IMS-BHU, Varanasi, Uttar Pradesh. The program was a great success and a wide array of topics were covered in the scientific program by both national and international speakers. The Academy honoured members with orations, best postgraduate thesis and research awards. The "Life Time Achievement Award" for 2024 was bestowed upon Prof B Krishnaswami for his significant contribution to the growth of geriatrics in India.

The highlight of this year's conference was a pan India "Short Film Festival" for the undergraduates. This was a first of its kind which garnered a lot of enthusiasm among the undergraduates.

The entries of the prize winners can be accessed using the links given below:

### 1. Golden Fish

<https://drive.google.com/file/d/1HygNU-Sz-x3WYewY6EqRZBzE8BBUxyJK/view?usp=drivesdk>

### 2. If I fall, will you lift me ?

<https://drive.google.com/file/d/1um-T8UUelsbaaT6Vy857Mo5yh-qCPYgb/view?usp=drivesdk>

### 3. I wish I had a rewind button

[https://drive.google.com/file/d/12r9fEO1R6lc\\_cP7nnHrccOjwkcg9gMPf/view?usp=drivesdk](https://drive.google.com/file/d/12r9fEO1R6lc_cP7nnHrccOjwkcg9gMPf/view?usp=drivesdk)

The "IAG Handbook of Geriatrics" for Indian MBBS students, aligned with the Competency Based Medical Education (CBME) introduced by National Medical Council of India in 2019, was released during the conference.

The contributions of all the Presidents and Secretaries of the local and regional chapters of the IAG, who had done such yeoman work during the year – with numerous CMEs, undergraduate quizzes, and innovative teaching methods to sensitize the undergraduate and the general practitioner, were recognised and they were individually honoured.



We await the scientific treat which the 22nd annual conference of the Indian Academy of Geriatrics, GERICON-2025, scheduled to be held in Armed Forces Medical College, Pune, Maharashtra, promises. You are all welcome to this academic feast which features an array of national and international speakers who will speak on subjects which range from Caregiver issues to cutting edge technology and AI- all of which will benefit our patients. The flyer for the same, with registration details, will be sent to the IAGG Secretariat by the organisers of GERICON 2025 shortly.

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# India continued...

The members of the IAG actively participated in various national and international conferences, including APICON 2024, Silver Age 2024 which was held in Malaysia, and others - delivering lectures, being part of their Scientific Committees and conducting workshops related to Geriatrics. The Research and Academic wing of the IAG organised bimonthly webinars for the post graduates in Geriatrics. This is the first of its kind in India, which helps the postgraduate in their journey to become geriatricians who treat patients holistically. These webinars were coordinated by the Nodal Geriatric Centre set up this year at the Armed Forces Medical College, Pune. The response is overwhelming.

## Indian Academy of Geriatrics: Student Chapter

The student chapter of the IAG has more than thousand members and has conducted numerous programs all over India – including medical camps, awareness programs, quizzes, etc. At GERICON 2024, they came up with innovative ways on how to communicate the art of Geriatrics to their members. Their scientific program included inputs from many stalwarts in Geriatrics.

We acknowledge the achievements of the previous Executive Committee led by Prof. Ashish Goel. We are looking forward to another fruitful and fulfilling year ahead.



ASSAM, INDIA

Above—From IAG-SC Diaries.

Left—The undergraduate students at GERICON 2024 with the Organizing Secretary.



# India continued...

## Association of Gerontology, India (AGI)

The AGI works on several Community Engagement with Elderly. The 21st Biennial Meeting of the Association of Gerontology, India (AGI) was also organized at the National Institute of Health and Family Welfare (NIHFW), New Delhi during December 13-15, 2024. It happens to be an exemplary teamwork and combined efforts of three major disciplines of the AGI (Biogerontology, Medical Gerontology and Psycho-Social Gerontology) and spiritual gerontologists.

Distinguished scientists, sociologists, clinicians, physicians, spiritual cares and young researchers made the occasion unique and memorable. The meeting provided an unparalleled opportunity for networks among researchers of Biological sciences, Geriatrics, Psycho-Social and Spirituality practitioners. Sessions were planned to provide integrated and interactive platform to discuss age-related gene expression patterns, symptoms and syndromes, community health and nutrition, elder-abuse, long-term care, socio-economic aspects, interventions, cognitive aging, ethical considerations, spirituality and mental health.

Works and supports of individuals were recognized and in the form of awards like Prof. MS Kanungo Lifetime Achievement Award Lecture (Biogerontology), Prof. MS Kanungo Oration Award Lecture (Biogerontology), Prof. A. Venkoba Rao Oration Award Lecture (Medical Gerontology), Prof. PV Ramamurti Oration Award Lecture (Psycho-Social gerontology), Bangalore University Mid-Career Lady Scientist's Award Lecture.

The AGI acknowledge supports from AGI members, participants, volunteers, session coordinators, administration and office bearers of AGI, NIHFW, Pratyusha Foundation, PDI, GRFSHGA, NISD, Winage, funding agencies and groups of organizers. We got rewarding experience and creative suggestions for the growth of the AGI. Looking forward for the better next.



Legal aspects of Aging

Professor Madhu Sudan Kanungo

Mechanisms of Aging and Development

Frailty and Sarcopenia group

Lifetime Achievement and Oration Awards

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## Indonesia

Report by Nina Kemala Sari, President of Indonesian Geriatrics Association

### Temu Ilmiah Geriatri 2024

Temu Ilmiah Geriatri (TIG) is an annual event organized by the PERGEMI Jakarta Branch (PERGEMI Jaya) since 2002 aimed at enhancing geriatric care practices across Indonesia. The theme for 2024 was focused on the implementation of a comprehensive geriatric management approach in everyday medical practice. The event was held in two primary locations: Hotel Novotel Mangga Dua Square in Jakarta and the Ruang Kuliah Penyakit Dalam (RKPD) at RSUPN Cipto Mangunkusumo, Jakarta.

The 2024 TIG event featured various activities:

- **Symposium:** Held from 30 November to 1 December at Hotel Novotel Mangga Dua Square. This symposium gathered experts and practitioners to discuss the latest developments in geriatric care and to encourage best practices in the field.
- **Offline Workshop:** Held at the Ruang Kuliah Penyakit Dalam, RSUPN Cipto Mangunkusumo 29 November. The workshops covered crucial topics such as Geriatric Screening and Assessment in Community and Primary Care and Palliative Care for the Elderly.
- **Online Workshops:** Offering specialized guidance on geriatric care Basic Level Training: Guidance for conducting geriatric care in hospitals and Advanced Level Training: Guidance for conducting geriatric care in hospitals.

For more information, you can visit [www.tigjakarta.com](http://www.tigjakarta.com) or follow their Instagram account @tigjakartaraya.



### PERGEMI at Senior Expo 2024

The Senior Expo 2024, organized annually by PT MAS (Media Artha Sentosa), is another platform where PERGEMI showcased its dedication to improving elderly care. In 2024, PERGEMI contributed to the event through a variety of activities:

- A seminar on "Tips on Creating a Healthy House for SMART Seniors," which provided essential information on building an environment conducive to senior health.
- Workshops for General Practitioners covering vital topics to educate healthcare providers on effective geriatric care.
- The Heart Technique for SMART Seniors
- PERGEMI Booth: This booth offered free screening services for the public, including:
  - Hand Grip Strength Test
  - Five Times Sit to Stand Test (FTSST)
  - Sarcopenia Screening (SARC-F Questionnaire)
  - Insomnia Screening

The Angklung team from Posyandu Senior Kota Wisata Cibubur performed traditional Indonesian music, adding a cultural touch to the event.



# Indonesia continued...

## CME PERGEMI 2025

Starting in 2025, PERGEMI launched a monthly webinar series aimed at providing Continuing Medical Education (CME) to geriatricians across Indonesia.

The January 2025 webinars featured two important topics:

- Geriatric Oncology and Pre-Chemotherapy Assessment: Addressing the complexities of cancer care for the elderly, particularly before chemotherapy.
- Heart Failure and Advanced Care Planning: Discussing the importance of advanced care planning in managing heart failure in elderly patients.

These webinars serve as an essential resource for professionals seeking to enhance their expertise in geriatric care. They also reflect PERGEMI's commitment to supporting continuous learning and improving healthcare practices for the elderly population in Indonesia.

**MILESTONE ONKOLOGI GERIATRI**

**PERGEMI**

Timeline highlights:

- 1990: International Society of Geriatric Oncology (SIOG) is formed.
- 1992: First geriatric oncology conference.
- 1995: First geriatric oncology conference in Asia.
- 1998: First geriatric oncology conference in Europe.
- 2000: First geriatric oncology conference in Africa.
- 2002: First geriatric oncology conference in South America.
- 2003: First geriatric oncology conference in Australia.
- 2005: First geriatric oncology conference in Asia (repeated).
- 2007: First geriatric oncology conference in Europe (repeated).
- 2009: First geriatric oncology conference in Africa (repeated).
- 2011: First geriatric oncology conference in South America (repeated).
- 2013: First geriatric oncology conference in Australia (repeated).
- 2015: First geriatric oncology conference in Asia (repeated).
- 2017: First geriatric oncology conference in Europe (repeated).
- 2019: First geriatric oncology conference in Africa (repeated).
- 2021: First geriatric oncology conference in South America (repeated).
- 2023: ASCO Guideline Update 2023.

ASCO Guideline Update 2023

CME PERGEMI 2025

PERGEMI

Speaker: Nona Ramala Sari

Zoom Webinar Interface

Participants:

- Wana Gunawan
- Nani Mulyani
- Nouan Atiyala
- Ardin Johari
- Fandi Trianggah
- Nani Cahyani
- Julenny Widiyanti
- Nona Ramala Sari
- Ratna Nurhayati
- Khatunilisa Ayu
- Dania Oktavia
- Taufiq Purwoko
- Nerisa
- Dwi Nugastiningsih\_FK UNIGP
- Hildebrand Hansch Victor
- atmaningyusastriyayu
- Nur Rizki
- Dwi Idris
- 12-1-Masagung/Pada Murti
- desi Triand E
- Nedya Salfit
- Yudhi Rajanto Nugroho

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## Japan

Report by Prof Hidenori Arai, MD, PhD  
President, National Center for Geriatrics and Gerontology

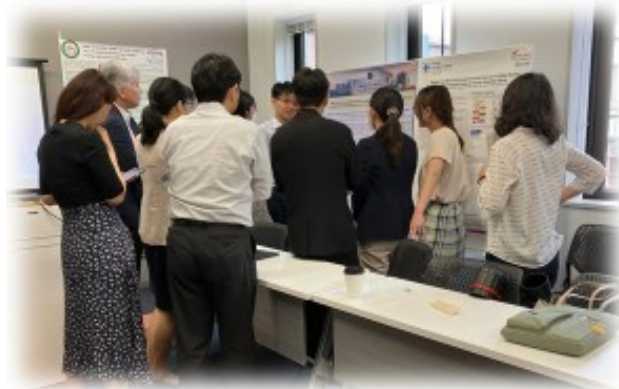
### Annual Congress 2025

The 34th Congress of the Japan Federation of Gerontological Societies and the 67th Annual Congress of the Japan Geriatrics Society will be held in Makuhari, Chiba, from 27 to 29 June 2025. The Chairs are Profs. Kenji Toba, Tokyo Metropolitan Institute of Geriatrics and Gerontology, and Koichi Kozaki, Kyorin University, respectively. The Japan Federation of Gerontological Societies is composed of seven academic societies of gerontology, and we expect more than 10,000 participants will join the congress to discuss all kinds of aspects of gerontology by inviting distinguished speakers abroad.

### 12th IAGG Master Class on Ageing

Many thanks for your participation in the 12th IAGG Master Class on Ageing held at the University of Tokyo from May 22 to 24, 2024. The IAGG Master Class on Ageing in Asia is an educational program held annually since 2011 to foster young geriatricians and form a research network in Asia. 44 delegates from various Asian countries attended the class this year. This year was the first time in about 5 years that the program had been held since it was postponed due to the COVID-19 pandemic.

In addition to Koichi Kozaki, Masahiro Akishita, Hidenori Arai, and Koichi Yamamoto from Japan, four tutors, Liang-Kung Chen (Taiwan), Li-Ning Peng (Taiwan), Chang Won Won (Korea), and Maw Pin Tan (Malaysia) from overseas (8 in total) were invited to give lectures. 5 sub-tutors, including Chih-Kuang Liang (Taiwan), Ming-Yueh Chou (Taiwan), Ashish Goel (India), Taro Kojima (Japan), and Kotaro Azuma (Japan) supervised case studies and poster presentation discussions. A total of 57 participants engaged in enthusiastic discussions on the latest findings in geriatrics, making for a very lively workshop. Each delegate provided research presentations, and the best presentation from each group was presented in front of the entire audience on the final day and awarded. This Master Class was co-sponsored by the Japan Geriatrics Society, the National Center for Geriatrics and Gerontology, and the IAGG. The next Master Class will be held in Malaysia in 2025.



### IAGG eTrigger

Since 2020, we have started an online training program for geriatrics and gerontology named IAGG eTRIGGER. The mission is to deliver high-quality educational training in the field of geriatrics and gerontology worldwide. With a focus on cultural relevance and interdisciplinary collaboration, course participants will benefit from comprehensive and up-to-date knowledge in a range of specific geriatric and gerontological topics, all delivered by distinguished experts in the field.

Find out more at <https://asio.iagg-fge.org/registration/>. This year's program started already, but we can accept your application during the course. So please join us!



12th IAGG Master Class

Feb/Mar 2025



## Korea

Report by Bitnah Shin  
Executive secretary of the Korean Association of Gerontology and Geriatrics

### The Korean Association of Gerontology and Geriatrics (KAGG)

The KAGG is the largest gerontological and geriatric academic association in Korea, which consists of six institutes, including the Korean Gerontological Society, the Korean Society for Gerontology, the Korean Geriatrics Society, the Korean Association for Geriatric Psychiatry, the Korean Gerontological Nursing Society, and the Korean Academy of Long-Term Care.

On 31 October 2024, the KAGG Conference was held with the theme "Reframing Aging, New Horizons of Challenges and Innovations." The conference featured a morning symposium by the KAGG and an afternoon symposium by member societies. In the morning session, Professor Jong-ryul Yoon, former KAGG president, delivered a keynote speech on socioeconomic challenges and elderly care in a superaged society. The event attracted around 500 attendees, fostering communication and exchange on successful aging and elderly health management among member societies.



*L- Opening Address:  
President, Yong-Kyun  
ROH, MD PhD*

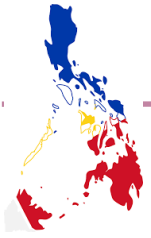
*R- Keynote Speaker:  
Jong-ryul Yoon, MD PhD*



In addition, the KAGG organizes an informative forum called the Aging Society Forum to cater to public needs and interests. In June 2024, the 39th forum focused on community care in the era of ten million seniors. In December 2024, the 40th forum addressed mental health issues under the theme "Mental Health Challenges in the Era of Ten Million Seniors: What Are the Solutions?" This forum was broadcast on YouTube. All recordings are available on the KAGG YouTube channel:

[https://www.youtube.com/channel/UCzmeWKTNTMCZ4\\_GM2AHBMJQ](https://www.youtube.com/channel/UCzmeWKTNTMCZ4_GM2AHBMJQ)





# Philippines

Report by Jose Leo V. Jiloca MD, MPH, MHA, FPAFP, FPCGM  
President, Philippine Society of Geriatrics and Gerontology



*Pictured: Dr. Chan with the PSGG officers and board of directors.*



*Pictured - Dr. Chan, Dr. Jiloca with our friends from the pharmaceutical company at the annual conference.*

## 2024 Events

From the 29- 30 August 2024, the 8th Annual Convention of the Philippine Society of Geriatric and Gerontology was held at the Novotel Hotel, Quezon City, Manila, Philippines. The event was attended by 200 delegates, comprised of medical doctors and other allied health care professional from all parts of the country. This was the first scientific event after the pandemic hit the archipelago.

The 2nd APEX Summit in Geriatric Care entitled: "Patient-Centred Minimum Standards of Geriatric Care Across All Healthcare Settings: The Key to Integration of Geriatric Services" was held 15-18 October 2024, and was again hosted by the National Center for Geriatric Health. The event was conducted at Hotel Benilde with participants coming from the 33 geriatric centres under the Department of Health. Speakers included: Dr. Melissa Sena, Director of the Health Facility Development Bureau, DOH; Dr. Wenceslao LLauderes, Medical Center Chief II of Jose R Reyes Memorial Medical Center (JRRMMC); and Dr. Jose Leo V. Jiloca, Vice Chairman of the National Center for Geriatric Health (NCGH).

*Below - Organizing Committee and the speakers during the 3-day Apex Summit.*

## 2025 Off to a great start!

Operational Planning was conducted on 11 January 2025 following the Strategic planning held in February 2024. Discussions included priorities and activities of PSGG within this year and subsequent 2 to 4 years.



# Philippines continued...



*Left - Awarding of Certificate to the PSGG President, Dr. Jiloca, after giving a Lecture on Patient Safety and Security by the Chair of the Organizing Committee, Dr. Miguel A. Ramos Jr with the Chief Fellow Dr. Famela Galalac*

## Quezon City Department of Health

*One of the activities of the PSGG is to conduct outreach programs. On 28 August 2024, a lecture giving an overview of geriatrics was delivered. Not all medical officers in the Quezon City were aware of short geriatric screening and other activities related to geriatric medicine.*



## Public Senate Hearing

In July 2024, the PSGG was invited as a resource during a senate public hearing on the 10 senate bills regarding senior citizens, including discounts on medicines, electricity and water bills, as well as priority seating in restaurants and transportation.

Senator Imee Marcos (sister of the Philippine President Ferdinand Marcos Jr) was also in attendance (pictured below left).



## Collaboration with the Department of Health and WHO

*The DOH PSGG PCGM NIH and WHO conducted a workshop on the Manual on Healthy Ageing lead by the Health and Wellness Program for Senior Citizens of the Department of Health.*



*PSGG serves as one of the panelists in the Performance Governance System (PGS) conducted on various government hospitals under the Department of Health (Right).*



*Left - PSGG is also a stakeholder of the National Commission for Senior Citizens (NCSC).*

Feb/Mar 2025



# Malaysia

Report by Dr Maw Pin Tan

Professor, Division of Geriatric Medicine, Department of Medicine, Faculty of Medicine, University Malaya, Organizing Chairperson, IAGG-AOR 2028, Kuala Lumpur

## IAGG-AOR Congress 2028

We have finally returned down to earth after winning the bid for the IAGG Asia-Oceania Regional Congress in 2028. Our bid party was supported by a show of strength from a record number of Malaysian delegates who featured in the various symposiums, platform and poster presentations back in 2023.

With the meeting moving to 2028 to accommodate IAGG Amsterdam 2026, the organizing committee has now started planning. We look forward to hosting the IAGG-AOR Council on their first site visit in May, and have much to share with them on our engagement activities within the region over the past year.

## 2025 IAGG Asian Masterclass

Ahead of hosting the 2028 IAGG Asia-Oceania Regional Congress, Kuala Lumpur will first play host to the IAGG Asian Masterclass this year, which will be held from the 23th to 25th May 2025.

This will be the 13th Asian Masterclass with the 12th being held last year in Tokyo in also May. In keeping with the Masterclass's true tradition of developing future leaders, the core organizing team comprises our three Malaysia fellows who attended the 2023 Masterclass: Dr Angel Ho, Dr Mohd Zaquan Arif Abd.Ghafar and Dr Gordon Pang.

The format of the Masterclass will be in keeping with the previous structure of tutors and subtutors who will then facilitate group discussions on case studies. Fellows will be asked to submit abstracts and present posters, as well as lead and present the case discussions. Trainees and early career geriatricians and gerontologists from all Asian countries are encouraged to make the most of this unique opportunity. Registration fees will be waived for those from lower-middle income countries while discounts will be given to those from higher-middle income countries.

Our tutors this year will include Prof Hidenori Arai, Prof Chen Liang-Kung, Prof Chang Won Won and Prof Peng Li-Ning. The event will retain the informal atmosphere of previous Masterclasses intended to encourage networking and generate innovative ideas and solutions for ageing issues in a continent that is ageing extremely rapidly. This 13th Masterclass will also include a parallel program for Gerontologists. Please scan the QR code in the poster above for further information.



Above: Poses from the jubilant Malaysian bid party at the IAGG AOR Congress in Yokohama in 2023




## The 13th IAGG Master Class on Ageing in Asia

**Theme: Integrated care**

**23-25 May, 2025** Kuala Lumpur, Malaysia

**TOPICS COVERED**

Separate gerontology track

- ✓ Integrated Care Frameworks
- ✓ Long Term Care as Universal Healthcare
- ✓ Cognitive Frailty
- ✓ Fracture Liaison and Orthogeriatrics
- ✓ Individualized Medicine
- ✓ Nutrition and Oral Sarcopenia

Calling early-career geriatricians, allied health professionals, and gerontologists!

REGISTRATION FEE	
High Income Countries	<b>USD 300</b>
Upper-Middle Income Countries	<b>USD 150</b>
Lower-Middle Income Countries	<b>FREE</b>

Registration fees includes 2 nights hotel stay!

Limited to 50 participants!

Scan the QR code for registration!



SCAN ME

More Information: [www.msgm.com.my](http://www.msgm.com.my) [geriarchtaa@gmail.com](mailto:geriarchtaa@gmail.com)  
<https://www.facebook.com/MalaysianSocietyOfGeriatricMedicine>

# Malaysia continued...



*Above: Welcoming everyone to Kuala Lumpur for the next IAGG-AOR Congress at the Closing Ceremony of Yokohama 2023*



*Below: Our proud Malaysian award winners and delegates having a final group photo at the Closing Ceremony of IAGG-AOR Yokohama 2023.*

*L—R: Angel, Zaquan, Maw Pin and Gordon in outside the IAGG Masterclass venue in Tokyo in May 2024.*





# Taiwan

Report by Ding-Cheng (Derrick) Chan, MD.PhD, FACP  
 Superintendent, National Taiwan University Hospital Beihu Branch  
 Clinical Professor of Internal Medicine, National Taiwan

Under the leadership of successive presidents, the Taiwan Association of Gerontology and Geriatrics (TAGG) has not only flourished in Taiwan, but has also worked closely with and communicated with relevant foreign institutions to jointly serve the teaching and research of geriatric medicine. We will uphold our consistent spirit, continue to strengthen professional services in geriatric medicine, and deepen research in geriatric medicine as the basis for geriatric medicine education and inheritance. We would like to thank our partners from all over the world for your long-term support for the development of geriatric medicine in Taiwan. We hope for your ongoing support and guidance as we continue to advance.

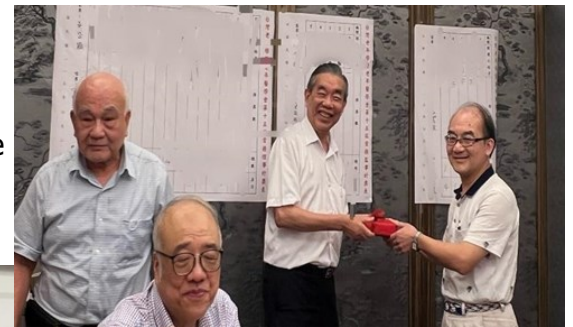


*Prof. Jaw-Shiun Tsai M.D., P.D., EMBA  
 President, Taiwan Association of Gerontology and Geriatrics; Superintendent, National Taiwan University Hospital Jinshan Branch*

## International Conference for Sarcopenic Obesity

TAGG co-organized the "International Conference for Sarcopenic Obesity" with the Taiwan Medical Association for the Study of Obesity, the Asia Oceania Association for the Study of Obesity, and the IAGG Asia/Oceania Region. This conference was held at the International Conference Hall China Medical University, Taichung Taiwan on March 16th to 17th. Former TAGG President Long-Teng Lee and the IAGG Asia/Oceania Region Chair participated in the signing of the "Taichung Declaration for Sarcopenic Obesity 2024."

## Handover Ceremony for the Incoming and Outgoing President in June



*(Above) Outgoing President Long-teng Li and Incoming President Jaw-Shiun Tsai*



*(Above) Participants at International Conference for Sarcopenic Obesity.*



*(Above) Signed the "Taichung Declaration for Sarcopenic Obesity 2024" with many experts on behalf of the association.*



*(Left) Minister Tai-Yuan Chiu of the Ministry of Health and Welfare delivering the opening address at the annual meeting 16 June 2024.*

# Taiwan continued...

## The 15th Annual Scientific Meeting and Symposium

Activities included the election of new president, Prof Jaw-Shiun Tsai, and key oral presentations on nursing home care, homecare and hospital at home, transition of acute homecare model, recent advances in aging science, geriatric diabetic phenotype and management strategy, hypertension management in the elderly population, integrated care for older people (ICOPE), recent advance of artificial intelligence in geriatric care.



(Above) Secretary-General Ying-Chin Lin's association affairs report to all members before presenting all awards.



(Above) Original journal article winners.

(Above) Oral paper award winners.

(Right) Secretary General Ding-Cheng Chan of the IAGG AOR became the Superintendent of the National Taiwan University Hospital Beihu Branch on 1st August.

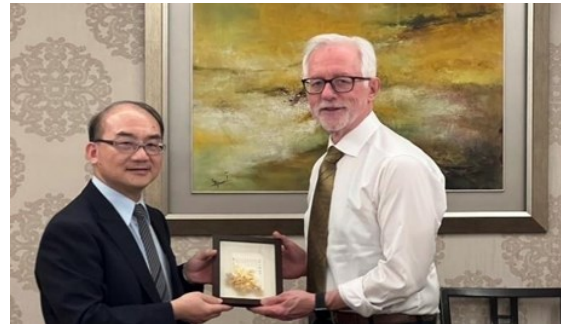


(Below) President Jaw-Shiun Tsai presents a souvenir to visiting Prof. Kenneth Rockwood.

(Below) In September 2024, the Geriatrics Society of Macau visited TAGG.



From Nov 8 to 10, TAGG representatives attended the Cross-Strait and Asia Pacific Geriatric Care (APGC) Conference in Beijing, China (delegates pictured below).



國立臺灣大學醫學院附設醫院  
北護分院

TAGG, in collaboration with National Taiwan University Hospital, China Medical University Hospital and Chi Mei Hospital, jointly organized three Professional Educational Courses in Northern, Central, and Southern regions.



(Above) Oral examiners, President Jaw-Shiun Tsai and Secretary-General Ying-Chin Lin, TAGG geriatrics specialist written and oral examinations December 2024.

(Above) Attendance at online IAGG-

(Right) Speaker for the Central Region delivering an onsite lecture.





# Thailand

Report by Emeritus Professor Prasert Assantachai MD MRCP(UK) FRCP President, Thai Society of Gerontology and Geriatric Medicine, Faculty of Medicine Siriraj

## The 10th Asian Conference for Frailty and Sarcopenia (ACFS)

Faculty of Medicine Siriraj Hospital in conjunction with Thai Society of Gerontology and Geriatric Medicine, hosted the first ever Asian Conference for Frailty and Sarcopenia in Thailand. All members of Asian Working Group for Sarcopenia (AWGS) and other renown speakers in Asia participated in the event. Up to 339

persons from 18 disciplinary enthusiasts working in 126 institutions, 13 up-to-date plenary sessions, 3 symposia and 138 abstracts from 16 countries had contributed to this one of the most exciting geriatric dialogues held in Southeast Asia. It was also a good opportunity for Thailand to demonstrated the WHO Integrated for Older People (ICOPE) implementation presided over by Dr. Amrita Kansal and Dr. Suvajee Good, representatives from WHO South-East Asia Regional Office. This would pave the way toward the United Nations Decade of Healthy Ageing (2021-2030) within Asian countries.



# Thailand continued...

## The 2024 Annual Academic Conference

The 2024 Annual academic conference of Thai Society of Gerontology and Geriatric Medicine was held under the theme "Achieving Self-care for Ageing in Place" during 6-8 March, 2024 in Bangkok. This conference was organized both onsite and online. Up to 327 participants from more than 10 disciplinary enthusiasts from all sectors involving the care for older people actively joined the discussions in various aspects, namely, WHO recommendations on self-care interventions, keys to improve self-care, social integration, technology, oral health and many more to promote self-care campaign. For those who could not attend the event, the meeting handbook contributed by the speakers was also published and on sale for further reading.



## Expert Meeting "Integrated Care of Older People and Sarcopenia Prevention: Way forward for Asian Countries"

The was organized on 9th October 2024 as the pre-conference activity of the 10th ACFS. Renown geriatricians from 10 Asian countries joined hands to create a consensus manuscript addressing the integration of ICOPE and sarcopenia prevention, due to be published in a prestigious journal in the year 2025.



## 2026 IAGG World Congress Amsterdam

I would like to cordially invite everyone from the IAGG Asia Oceania region to attend the IAGG World Congress in Amsterdam, 5-9 July 2026.

The organisation of the congress is in full swing. The theme of the congress is Ageing Well in a Globalised World. For this reason, we aim to achieve the best possible reflection of research from across the world. This includes providing achievement awards to early career scholars from all IAGG regions and reserving blocks in the program for hosting regional symposia to highlight important work from each of the IAGG regions.

The possibility to submit symposia for the congress will soon be opened. We greatly welcome bottom-up submitted symposia that showcase research from IAGG Asia Oceania as well as collaborative symposia from researchers from various IAGG regions. We will take care to provide a platform for researchers from the various disciplines that are crucial for gerontology and geriatrics - including contributions from the social sciences, medical sciences and biogerontology and humanities. Later in the year, the opportunity to submit individual abstracts for oral or poster presentations will also open. We are in discussions with Bristol University Press to publish all abstracts from the congress in the Journal of Global Ageing, which is a transdisciplinary journal committed to advancing our understanding of the global processes of ageing.

The state of the world's climate is a major concern and one that has a major impact on ageing well in a globalised world. For that reason, we contribute to offsetting climate impact of our congress, among others by sponsoring projects - several of which are being implemented in Asia ([www.regreener.earth](http://www.regreener.earth)) - that plant trees, reduce CO2 emissions and help remove CO2 emissions. We also welcome ideas for symposia that focus on research on climate impact on older adults and ageing.

In discussions with the presidents of all IAGG regions we have identified other topics that impact ageing well in a globalised world as well, such as ageism, decolonisation of ageing research, the silver economy, global and national inequalities in prospects of ageing well, developments in gerontechnology, good geriatric and long-term care, the crucial role of caregivers in ageing societies and many more. Clearly, contributions that reflect such global issues neatly fit into the scope of the congress. But also more specific and traditional themes shall of course be admitted, provided that they represent key research areas in gerontology or geriatrics.

Finally; besides offering an exciting programme and the opportunity to meet hundreds of peers from all over the world, the congress also offers the chance to explore the city of Amsterdam and its surroundings. There are numerous options for cultural and social outings in Amsterdam (<https://www.iamsterdam.com/en/see-and-do>). Rai Amsterdam, the congress venue, is conveniently located less than 15 minutes from Schiphol Airport and is very close to the main sights in Amsterdam.

Please visit the conference website regularly for the latest updates, [www.iagg2026.org](http://www.iagg2026.org), and sign in for the newsletter to receive further news as the organization progresses.

Kindest regards,

Martijn Huisman, Congress president



# Preparations underway for 2030 IAGG Global Conference, Sydney



In mid 2022, a bid led by the Australian Association of Gerontology, in collaboration with the Australian and New Zealand Association of Geriatric Medicine, and the New Zealand Association of Gerontology, was successful in being nominated as the hosts for the 2030 International Association of Gerontology world conference. This will be the first time the IAGG world conference has been held in Australia since 1997 (Adelaide). The conference was initially scheduled for 2029, but has been rescheduled to 2030 to return to the 4 year cycle after the Covid pandemic, following the revised timing of the Amsterdam conference in 2026.

The conference is planned to be held at the International Convention Centre, Sydney, from 6 – 12 April 2030. These conferences are only held once every four years, and often attract 4,000-6,000 researchers, practitioners, educators, policy and planners, environment and designers, and others engaged in working to ensure our ageing populations age well. The planned theme for the conference is Ageing together, Ageing well. There will be a strong focus of the program in providing many opportunities to support and network for early career researchers and practitioners. The conference will include pre-conference activities, including a focus on ageing from First Nations' perspectives which will commence with a small workshop in Queenstown, New Zealand, and continue throughout the congress.

The co-Chairs of the successful bid, who are leading the planning for the conference, are Emeritus Professor Julie Byles (The University of Newcastle) and Professor Keith Hill (Monash University), together with key representatives of our three organisations co-hosting the conference. The representatives for the Australian Association of Gerontology (AAG), as the lead agency for the conference, are CEO Renu Borst, and Michael Tan (AAG Membership, Marketing and Infrastructure Manager).

Although very early in the stages of planning, we have a conference website to provide some additional information, and where you can register to be on the conference mailing list. Please visit: <https://www.aag.asn.au/Web/Web/About-Us/IAGG-2030.aspx>.

This conference will be a wonderful opportunity to showcase the best of geriatrics and gerontology across the Asia Oceania region, and the world. We look forward to keeping you informed about the



Professor Julie Byles AO



Professor Keith Hill

## IAGG-CSO Launches its Global Network

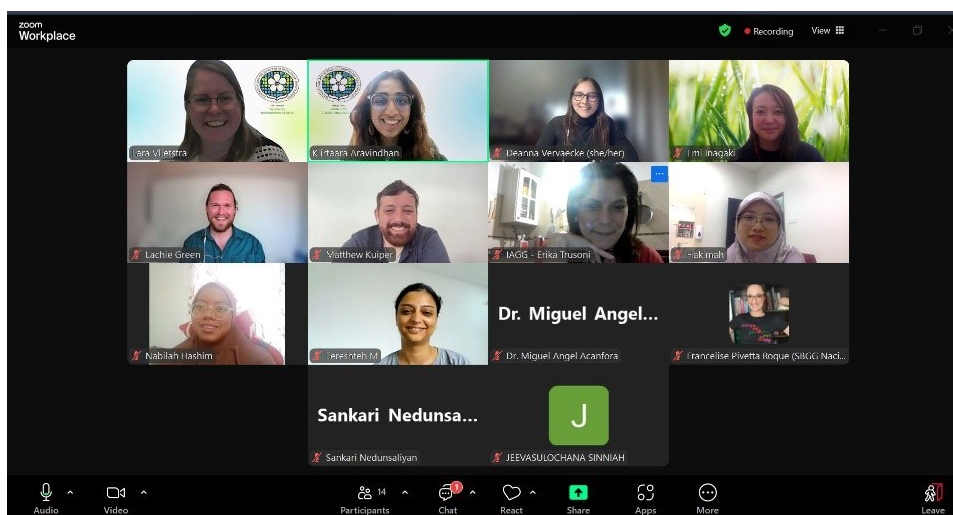
27th November 2024: The IAGG Council of Student Organisation (IAGG-CSO) organised its very first webinar entitled "Your Future in Gerontology and Geriatrics: Connect, Learn, and Grow with the IAGG-CSO" and official launch of the IAGG-CSO Global Network. In an effort to connect early career researchers and students within the field of aging across all disciplines, the webinar featured an overview of the IAGG-CSO and the aging research landscape from different regions. Speakers included Dr Lara Vlietstra, President of the IAGG-CSO; Dr Kiirtaara Aravindhan, Vice-President of the IAGG-CSO as well as Lachlan Green and Emi Nagaki, Asia-Oceania Representative of the IAGG-CSO. The webinar concluded with an open discussion on building a global network and efforts that can be undertaken by the IAGG-CSO.

This was a huge step in the right direction in building a global network and the IAGG-CSO committee intends to expand this in coming year through various efforts.



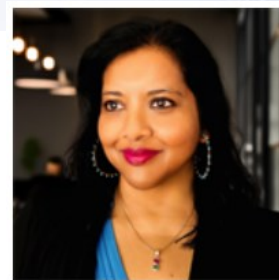
The IAGG-CSO network is open for all early career researchers and students involved in aging research from various disciplines. If you are interested or know anyone who might be interested, kindly sign up through the following link:

[https://docs.google.com/forms/d/e/1FAIpQLScUYamWkq-a\\_9LTNsGMofzSGrdZhsVsQM22HRZsJx8tBWimTA/viewform?pli=1](https://docs.google.com/forms/d/e/1FAIpQLScUYamWkq-a_9LTNsGMofzSGrdZhsVsQM22HRZsJx8tBWimTA/viewform?pli=1)



Feb/Mar 2025

This newsletter has been developed by the IAGG AOR Regional Office Secretariat, Renu Borst, Chief Executive Officer of Australian Association of Gerontology (AAG) and the AAG Research Trust, and team. Thank you for your contributions. Please forward all future contributions to [ceo@aag.asn.au](mailto:ceo@aag.asn.au).



Renu Borst, CEO, AAG

## Upcoming events

Date	Event	Location	More information
12-14 March 2025	15th International Conference in Frailty and Sarcopenia Research	Toulouse, France	<a href="#">15TH International Conference on Frailty and Sarcopenia Research (ICFSR)</a>
23-25 May 2025	13th IAGG Master Class on Ageing	Kuala Lumpur, Malaysia	<a href="https://www.aag.asn.au/IAGGAOR/IAGGAOR/Events/Regional-Events.aspx">https://www.aag.asn.au/IAGGAOR/IAGGAOR/Events/Regional-Events.aspx</a>
10-13 June 2025	Australian and New Zealand Association for Geriatric Medicine: Illuminating Dementia: from Care to Cure	Sydney, NSW, Australia	<a href="https://www.anzsgmconference.org/">https://www.anzsgmconference.org/</a>
8-11 July 2025	Ethics in Dementia Care	Leuven, Belgium	<a href="#">Ethics in Dementia Care 11th Edition 2025 – KU Leuven</a> or <a href="http://www.cbmer.be">www.cbmer.be</a>
9-12 Sept 2025	17th International Federation on Ageing Conference	Cape Town, South Africa	<a href="#">Registration - IFA   17th Global Conference on Ageing</a>
11-14 Nov 2025	58th Association of Gerontology Conference: <i>Ageing at the Centre</i>	Alice Springs, NT, Australia	<a href="https://www.aagconference.asn.au/">https://www.aagconference.asn.au/</a>
23-25 Nov 2025	Australian and New Zealand Falls Prevention Society: <i>Bridging the gap: Research to implementation</i>	Sydney, NSW, Australia	<a href="https://anzfpconference.com.au/">https://anzfpconference.com.au/</a>
5-9 July 2026	2026 IAGG World Congress	Amsterdam, Netherlands	<a href="http://www.iagg2026.org">www.iagg2026.org</a>
6 – 12 April 2030	2030 IAGG Global Conference	Sydney, NSW, Australia	<a href="https://www.aag.asn.au/Web/Web/About-Us/IAGG-2030.aspx">https://www.aag.asn.au/Web/Web/About-Us/IAGG-2030.aspx</a>



# AGEING AT THE CENTRE



**58<sup>th</sup> AAG CONFERENCE**  
11-14 NOVEMBER 2025

11 NOVEMBER PRE-CONFERENCE WORKSHOPS  
ALICE SPRINGS, NORTHERN TERRITORY  
#AAGCONF25