



MIRAI Workshop  
Tokyo, 11-12 October 2018



## WORKSHOP – AGEING

Venue: [International Conference Centre, Waseda Campus](#)

Waseda University

Room: 3<sup>rd</sup> Floor meeting room

### Active and Healthy Ageing in Japan and Sweden – Individual, Group, and Population Perspectives

#### Sub-topics

- A) Demography and Determinants of Health
- B) New Technologies for the Ageing Society
- C) Health Promotion for the Ageing Society

*Focus of this workshop will be mainly on sub-topics B and C (regarding C, biomedical aspect). However, we will touch on sub-topics A and C (Social innovations and future policies aspect).*

#### **Sub-topic A: Demography and Determinants of Health**

- Population-based studies on the situation in Japan and in Sweden
- Cross-national comparative research with potential to increase the knowledge and understanding of determinants of health and longevity in ageing societies
- Lifestyle factors

#### **Sub-topic B: New Technologies for the Ageing Society (for planning purpose only)**

- Sensor/wearables/pervasive technologies helping older adults monitoring their health at home (health and medicine)
- Robot and communication technologies helping older adults carrying out their daily routines at home (accessibility and self-management)
- Robot and communication technologies helping older adults keeping contact with family and community (well-being)

#### **Sub-topic C: Health Promotion for the Ageing Society (for planning purpose only)**

- Biological and medical sciences of ageing
  - Research and training on the molecular, cellular, genetic, and physiological mechanisms underlying normal ageing and age-related pathologies
  - Research and training on health promotion and preventative strategies for ageing populations
  - Physical and cognitive exercise, dietary interventions, and adaptations in the surrounding environment
- Social innovations and future policies for ageing societies
  - Socio-demographic and socio-economic aspects of different forms of health care, social services and housing
  - Health care and social service workers in the field
  - Social innovations and future policies for ageing societies
  - Lifelong learning for active ageing

## Thursday 11 October 2018

8:30	Registration
9:00-9:10	<b>Opening remark</b> by TBC, Waseda University <i>Facilitated by Prof. Toru Asahi, Chairman SSC Ageing, Waseda University</i>
9:10-9:50	<b>Keynote: tbc</b>
9:50-10:10	Q&A
10:10-10:30	Coffee break
10:30-12:10	<b>Session 1: Oral Presentation- presentation based on "collaborative project proposal in ageing"</b> <i>Chaired by Prof. Morten Fjeld, Chairman SSC Ageing, Chalmers University of Technology</i>  ① 10:30-10:50 (10 mins' presentation and 10 mins' Q&A) ② 10:50-11:10 ③ 11:10-11:30 ④ 11:30-11:50 ⑤ 11:50-12:10
12:10-13:30	Lunch
13:30-14:50	<i>Chaired by Prof. Takayuki Akimoto, Chairman SSC Ageing, Waseda University</i>  ⑥ 13:30-13:50 ⑦ 13:50-14:10 ⑧ 14:10-14:30 ⑨ 14:30-14:50
14:50-15:10	Coffee break - starting poster viewing
	⑩ 15:10-15:30 ⑪ 15:30-15:50 ⑫ 15:50-16:10
16:10-17:10	<b>Lecture 1: "How to write grant proposal and how that is evaluated"</b> <i>Chaired by TBC</i> Lecturer1 Swedish side (STINT etc.):
17:10-17:30	Coffee break
17:30-17:50	<b>Making groups for group discussion on the 2<sup>nd</sup> day</b> 3-5 Smaller groups are formed to discuss their draft applications with guidance from SSC members.
17:50-18:00	Debrief of Day 1 – <i>by TBC</i>
18:00-18:30	Poster session with finger foods
18:30-19:00	Move to Dinner place
19:00-21:00	Dinner at TBC

## Friday 12 October 2018

8:00-9:00	SSC breakfast meeting at TBC ( <i>TBC, Waseda University</i> )
9:00-10:00	<b>Lecture 2: “How to write grant proposal and how that is evaluated”</b> <i>Chaired by TBC</i> Lecturer2 - Japanese side (Prof. Yuto Kitamura)
10:00-12:00	<b>Session 2: Group discussion for making draft applications</b> <i>Chaired by Prof. Takayuki Akimoto, Chairman SSC Ageing, Waseda University</i>  3-5 Smaller groups are formed to discuss more in detail Each group takes coffee break during this period.
12:00-13:30	Lunch
13:30-14:30	Session 2 continues
14:30-15:30	<b>Session 3: Group presentation to share the result of discussion and draft applications</b> Each Group presents the result of their discussion and shares their idea with all other participants.
15:30-15:45	Closing remark <i>by TBC</i>  End of Ageing Session
16:30-17:30	Innovation Interworking Session(Optional)
17:30-18:00	Closing Ceremony
18:30-18:30	Move to Dinner place
18:30-	Farewell event (Dinner)