**Sino-Nordic doctoral intensive course**

***Ageing and Services in Changing Societies***

**Nordic Centre at Fudan University**

**11 - 15 October 2021**

**ABSTRACTS OF LECTURES**

**Eija KÄRNÄ and Ilkka PIETILÄ: Social relations of and services for older adults in a digitalised world**

Digital media and the internet hold promising benefits to maintaining social relationships when aging and increasing the quality of life of older adults. However, many barriers such as lack of opportunities for active and efficient learning of digital skills exist for older adults. This presentation focuses on barriers and means to support older adults’ acquisition of digital skills. A special focus is on senior-to-senior approach as means to teach digital literacy skills to older adults and to facilitate their access to digitalized services. The presentation will also reflect on the effects of digital skills on the social life of older adults.

**PAN Tianshu: Everyday geron-technology in China**

This seminar aims to situate students' fieldwork experiences within a framework of the Chinese and Nordic contexts to provide students with conceptual and methodological tools for approaching research topics of their choice; to evaluate their own experiences and observations through critical reflection; and to integrate their understanding of Chinese and Nordic social and cultural systems through ethnographic practices (or community-based research) .

The field of medical anthropology and medical humanities provides a new language, a set of technical concepts, and a new methodological toolkit that will hopefully help you better observe, describe and understand the local social world around you. In learning the anthropological/sociological perspective, I hope that you develop a critical, even “skeptical” view toward superficial explanations of human behavior by replacing your common sense understandings of social interaction with an uncommon sense about the structure and process of social life. As we learn about medical anthropology as a social science we will learn to discriminate between reasonable and unreasonable generalizations made on the basis of limited evidence.

**Andreas MOTEL-KLINGEBIEL: Social relations of older adults**

Being socially connected is a universal basic human need, but a significant number of people is excluded from social relations for various reasons with disruptive consequences for individuals and societies. Multi-level research is needed to understand the emergence and outcomes of exclusion from social relations. This presentation will introduce the theme of social relations within research on ageing with an exclusion, life course and social change focus. It will discuss concepts, prevalence, dynamics and outcomes of exclusion from social relations in an international social structural perspective on ageing and social change.

**REN Yuan: Ageing in China and strategic responses**

Based on demographic analysis, the speaker will introduce the general situation and historic process of ageing in China. The speaker will explain reasons of China's fast ageing and illustrate main challenges of ageing to people's wellbeing and demands for better social security and aged care system. The speaker will explain the main global strategies responding ageing, including healthy ageing, active ageing, productive ageing and successful ageing, and so on, and discuss the implication for China's public policies on ageing issues.

**CHEN Honglin: Providing services for older adults in China**

By 2030, people over 65 will represent about 22% of the population, compared with 12.5% today. Coupled with this changing demographic there have been enormous changes in technological capability. Technology, already an integral component of everyday life, holds great promise for supporting the health and independence of the aging population. Gerotechnology is the application of technology to improve the lives of older adults.

Gerotechnology creates ever-expanding entrepreneurial opportunities to develop new products and services. There are new start-ups every day from low tech applications like a better pill box to high tech ubiquitous home health monitoring.  Domains in which technology is most likely to be useful to elders include health, living environments, communication, work, learning, and education. New products and services, like robotics and artificial intelligence, are not yet widely available on the market but hold entrepreneurial opportunities for the future.

Clearly, opportunities exist for products and services to help older adults improve their quality of life. But what’s the core element to benefit older adults with all the fast developing technology? The topic will introduce you some innovative products in senior care and also the dilemmas.  We would also like to discuss with you about the critical factor of smart senior care from a social work and humanity aspect.

**Minna ZECHNER: Care of older adults in the Nordic countries**

Nordic countries are close to one another geographically, culturally and politically. In welfare state research it has been demonstrated that also certain aspects of organizing care for older adults bear similarities, especially the central role of the public actors, be it state, region or a municipality. Certain differences are also detected, for example in how informal care by family members and other close ones is supported or to what extent the marketization of services has been implemented. Variation is also to be found in the educational levels of care workers, public expenditure and the availability of services.

**Tarja VÄLIMÄKI: Family caregiving in community, progressive memory disorders and care**

Family caregiving has become an integral part of the healthcare systems in terms of dementia care. Psychosocial health encompasses conventionally studied trajectories to chronic stress and burden. However, it also includes psychological and social factors that in interplay effect on subjective quality of life. The aim of this presentation is to present state of the art in psychosocial caregiving research and open new sights to promote quality of life in caregiving dyads. In the future, dyadic perspective might be implemented in timely support for community-dwelling persons with a progressive memory disorder and their family caregivers.

**Kirsi LUMME-SANDT: How to include the oldest old into research?**

The oldest-old is the fastest growing segment of older people. The number of persons aged 80 or over is projected to grow fast and triple by 2050. However very often they are excluded from studies of old age and little is known about their life. At Tampere University we have studied 90+ people in our Vitality 90+ -study past 20 years by postal surveys (response rate ~80 %), biographical interviews and performance tests. In my presentation I tell how to include the oldest-old into research and why it is important.

**Elisa TIILIKAINEN: Doing Randomised Controlled Trials (RCT) with older people? - methodological and ethical considerations**Many community-based interventions and services have been developed to support older people’s wellbeing. At the same time, interest towards the eﬀectiveness of these interventions has increased. In effectiveness research, Randomised Controlled Trials (RCT) have been considered as a gold standard for measuring the outcomes and effects of new interventions. However, carrying out RCT’s requires not only resources and time but also thorough ethical and methodological considerations. In this presentation, I give an overview on a mixed-method RCT which was carried out to study the effectiveness of a group-based intervention and discuss the different challenges and solutions we ended up with during the process.

**LIN Ka: Four Ideas of Ageing Policies and Active Ageing**

When ageing studies are mostly focused on care issue, we need to adopt a more active approach into the study. The elderly is not only the vulnerable group for caring and nursing but also the important resources in the systems of production and reproduction in society. Accordingly the strategy of development and policymaking should consider four ideas of healthy ageing, active ageing, productive ageing, and successful ageing. This lecture will introduce these four ideas and interpret their interrelationship and the features, as well as the policy implications of these guiding ideas. The lesson refers the Chinese experience of these ideas, evaluating the theoretical values of these practices in the context of global development.

**Evandro Fei FANG: Molecular mechanisms of human ageing and how to achieve a healthy longevity?**

Why do we age? What are the molecular mechanisms of human ageing? Can we slow down, stop or even reverse ageing?  What I can do in my everyday life to help me to achieve a healthy longevity? I will share with you the latest research-based answers to all these questions.

**JIA Shoumei: Mental health issues of older adults**

Mental health and well-being are as important in older people as in other age groups. However, approximately 15% of the elderly suffer from a mental disorder. The most common mental disorders in older adults are dementia and depression, other problems include anxiety disorders, delirium, and substance use. Mental health problems of the elderly are often under-identified and under-treated by health-care professionals, their relatives and older people themselves. During this session, Risk factors and challenges of mental health problems in older adults would be explored, responses and strategies to address mental health needs of older people would be discussed.

**Kaisa MISHINA: Mental health interventions among older adults**

The human life expectancy has increased with a rapid, continuing increase in the number of people aged 65 or above. This causes simultaneously an increase in the absolute number of older adults with mental health difficulties and further: a need for effective and feasible mental health interventions. This presentation will focus on mental health interventions that aim to prevent mental disorders or promote the mental health of older adults. Digitalization of these interventions will also be discussed as well as the future directions of geriatric mental health prevention and promotion.

**HU Yan: Evidence based healthcare: model and application for decision making**

Evidence-based healthcare is widely recognized as the foundation for quality care and decision making in the 21th century. As the world’s largest developing country, Mainland China has embraced evidence-based healthcare for more than 15 years. Therefore, it is essential to contribute to the global knowledge by exploring the Chinese cases of evidence synthesis and implementation in healthcare field. In this paper, JBI model of EBHC, KTA model of Knowledge to Action, PARIHS model of Evidence Implementation, Fudan Model of Evidence-based Nursing and Researcher-Manager-Practitioner Cooperative EBP Working Model were discussed and cases of model development and application was shared.

**CHEN Yanyan: Health social work for older adults**

In this lecture, the teacher will introduce the domains and issues in health social work for older people, including support for rehabilitation, chronic disease management, [palliative care](https://fanyi.baidu.com/#en/zh/palliative%20care), health promotion, et al. The teacher will also present the recent development of health social work for older adults in China, especially in Shanghai, both in research and practice.

**Outi JOLANKI: Housing policies and new models of senior housing and care**

The objective of the presentation is to present recent developments in Finland in housing policies concerning older adults and new models of senior housing. In recent years Finland has seen a rapid growth of new models of senior and multigenerational housing; some of them combine housing and care. The models differ in respect to tenure, funding and affordability, but share common features such as accessible environment, proximity of services, good public transportation and social activities. New housing models aim to address care needs, loneliness and social isolation of older people and to provide age-friendly living environment.

**YAN Fei: Health management in the community in China and public health policy reform in China**

The speaker will introduce the general situation and development of social demographic characteristics and health conditions, health system and its structure; will explain the background of health reform and the progress achieved including primary health care, health insurance scheme and so on; and analyze the challenges and coping strategies.