

PRELIMINARY PROGRAMME

SUMMER SCHOOL: THE CHALLENGES OF AGING

4 Modules: **1.- CHALLENGES OF AN AGING SOCIETY** - **2.- MECHANISMS OF AGING IN HEALTH & DISEASE** - **3.- FUNCTIONAL DECLINE & AUTONOMY** - **4.- HEALTHY AGING** - **SP.-**Presentation sessions by the students (own research by PhD candidates & paper-based presentations by MSc students) + social activity & networking

*a preparative online session will take place a few weeks prior to the celebration of the Summer School (the date and time will be announced in due time)

	Day 1	Day 2	Day 3	Day 4	Day 5
8:00-10:30		M2. <i>Aging and the Exposome.</i> P. Shiels M2. <i>Interactive session 1 (IS1). Cell senescence & inflammaging: friend or foe?</i> C.Peiró, I.Sanchez, V. Ristiou	M2 <i>Interactive session 2 (IS2). Drugs, dietary restriction and nutrient sensing.</i> C.Selman , A. Gómez- Quiroga M2 <i>Interactive session 3 (IS3). Non-canonical hallmarks of aging.</i> M. García, P. Shiels	M2 <i>Interactive session 4. Integrating the hallmarks of aging.</i> Academics from IS1- IS3 M3. <i>Basics.</i> G Eschweiler	M1 The Ethics of Population Ageing - Round Table: <i>Ethical issues and ageism in the use of technology.</i> V.-S. Velonaki / <i>Social isolation and loneliness and their consequences on health in older persons.</i> S.Bonin-Guillaume / <i>Ageism, old persons rights.</i> S Moulias
10:30-11:00		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK
11:00-13:00	- Registration	M4. <i>Healthy and funcional ability.</i> E. Solesio-Jofre M4. Health-related interventions promoting physical activity. B Steinhilber M4. <i>Practical session: Independent living: new technologies for home-based caring.</i> T. Heine	M4. <i>Health-related interventions ensuring a healthy diet.</i> E. Combet M4. <i>Practical session: Community approach to health care in ageing.</i> G Eschweiler	M3. <i>Practical session: Aging simulation suit.</i> G. Eschweiler M3. <i>Practical session: Functional assessment.</i> T. Quinn, S. De Breucker	M1 Practical activity: discuss experiences of ageism by participants
13:00-14:00	- Welcome & Introduction	LUNCH	LUNCH	LUNCH	Closing remarks & Farewell LUNCH & FAREWELL
14:00-16:00	M1. Overview of the Aging Population in EU. P. Sourtzi M1. Case Study: Elderly participation in epidemiological research: benefits and challenges. P. Galanis	M4. <i>Health-related interventions ensuring cognitive and mental health.</i> E. Solesio-Jofre	M3. <i>Introduction to frailty.</i> T. Quinn M3. <i>The sarcopenia syndrome.</i> S. De Breucker	M3. <i>Introducing neurophysiological techniques.</i> S. Baudry M3. <i>Practical session: Methods to investigate the</i>	

		M4 Practical session (joint activity with M3): Cognitive ageing and brain imaging techniques. E. Solesio-Jofre, G. Eschweiler	M3 . Nursing practice. P. Otones M3 . Round table: Evolution of geriatrics approach and research. Academics delivering the lectures of the session	neuromuscular system. S. Baudry	
16:00-16:30	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	
16:30-19:00	M1 . Economics of ageing. O. Siskou M1 . Is the health workforce prepared to meet the challenges of the ageing population? A. Kossioni M1 . The ageing workforce: cause of job loss and potential solutions. E. MacDonald M1 . Practical activity: Aspects of the ageing workforce. Benjamin Steinhilber (UT)	M3 . Decline in neuromuscular function. S. Baudry SP1 . Student's presentations (I)	SP2 . Student's presentations (II)	SOCIAL ACTIVITY & NETWORKING	