

Life-course Approach
Towards **Ageing Together.**

8th May 2025

- Event:** Ageing Deal - Life-course Approach for Healthy Ageing Together
- Date:** 8th May 2025, at 9:00–17:00 (Central European Summer Time)
- Venue:** Casa Convalescència, Sant Pau Hospital
([Sant Antoni Maria Claret, 171, 08041 Barcelona](#))
- For whom:** Public event to engage with actors and stakeholders building the Ageing Deal; Horizon-Europe Research and Innovation projects on healthy ageing, Silver Economy, European Commission members and officers, local stakeholders in Catalunya, concerned citizens.

Agenda

9:00–9:15 Registration

9:15–9:30 **Welcome**
George Manias - University of Piraeus, Greece;
Sylvain Sebert - University of Oulu, Finland

9:30–10:45 **Introductions (1h 15 min):**

Chairs:

Jennifer Baker (STAGE)
Luc Nicolas (COMFORTage)

Why do we need an Ageing Deal? (10')

Teija Juola - University of Oulu, Finland

Fostering Healthy Living: The EU's Strategic Approach to Ageing (15')

Alina Lupu - European Commission, DG CONNECT,
e-Health, Well-Being and Ageing Unit

Silver Deal Projects I: COMFORTage – Fostering personalized solutions for prevention of dementia and frailty (10')

George Manias - University of Piraeus, Greece
Athos Antoniadis - Stremble Ventures Ltd, Cyprus

Silver Deal Projects II: STAGE – Stay Healthy Trough Ageing (10')

Sylvain Sebert - University of Oulu, Finland

Silver Deal Projects III: SmILE – Smart solutions for relief from musculoskeletal non-communicable diseases (10')

Arndt-Peter Schulz - Fraunhofer-Gesellschaft zur
Förderung der angewandten Forschung e.V., Germany

Chronic and Integrated Care in Catalonia: policy and practice (10')

Joan Guanyabens - Director of Fundació TIC Salut Social

10:45–11.15

Coffee break

11:15–12:15

Initiatives for healthy ageing together (1h)

Chairs:

Johanne Boulding (STAGE)

Athos Antoniadis (COMFORTage)

COMFORTage (10') Multimodal Analysis of Integrated Data for Promote Healthy Ageing (10')

Kenneth Muir - University of Manchester, UK

Andrea Miguel - Ace Alzheimer Center, Barcelona

STAGE: Integrative Digital Platform for Person- centred Solutions and Care (10')

Gokce Banu Laleci Erturkmen - SRDC, Turkey;

Maria Bulgheroni - Ab.Acus, Italy

Catalunya initiative: ProPCC & ProFràgils integrated care initiatives in the metropolitan area of Barcelona (10')

Miquel Angel Mas Bergas - Institut Català de la Salut, Germans Trias Hospital, in Badalona (Spain), Germans Trias i Pujol Research Institute (IGTP), professor of Geriatrics at the Universitat Autònoma de Barcelona

Punto Health: AI-Driven Cognitive Care (10')

Anna Muñoz Farré - Co-Founder & CEO, Punto Health, Redefining Cognitive Care, Barcelona, Spain

Ad hoc Interventions from the floor (online or onsite) (15')

12:15

Short introduction to the workshop topics

Mireia Manent Blanch -

WeDo – Project Intelligence made easy, Spain

12:30–13:30

Lunch

13:30–15:30

Workshops (parallel) – On-site only!

Each participant will attend two 45' workshops

Workshop 1: Neighbourhood environments supporting healthy ageing

This workshop by the STAGE project will engage participants in the co-creation of the Age-friendly Neighbourhood Atlas, one of the outputs being developed in the STAGE project.

The workshop introduces the concept of the Atlas and the environmental features supporting the definition of a healthy and active ageing index.

We will discuss how the atlas is built including the mapping process and expectations from policy makers, how to use it, and the potential users. We will also discuss the ethical considerations, such as rating, that may raise discrimination and inequity across neighbourhood.

Paola Buedo - Technical University of Munich, Germany

Mareen Heying - University of Ruhr Bochum, Germany

Workshop 2: Bringing digital innovations into real-world for Healthy Ageing, Inspired by the Ageing Deal

This workshop by the COMFORTage Project will showcase the project's combined approach (Living Labs and Digital Innovation Hubs) towards the acceleration of digital innovations uptake through real-world experimentation. We will elaborate on methods and infrastructures that will be used to enhance the real-world transference of our research work and results into the daily lives of older adults. During this workshop we will introduce prototypes of envisaged key digital solutions, like virtual care assistants, serious games interventions and personalised training platforms.

Sofia Segkouli, Stylianos Kokkas - The Centre for Research & Technology, Hellas, Greece

Antonis Billis, Despoina Mantziari, Maria Karagianni, Vicky Kalfa - Aristotle University of Thessaloniki, Greece

Workshop 3: Age-friendly Ecosystems

This workshop by the STAGE project will bring together participants to discuss age-friendly ecosystems for healthy ageing in Europe. The discussion will include ethical, historical, healthcare, and policy perspectives. Participants will engage in an interactive exchange to explore the barriers and opportunities for fostering age-friendly ecosystems that support and promote healthy ageing. The session aims to facilitate dialogue on the critical challenges and actionable strategies to improve environments that promote well-being throughout the life-course.

Anna Zisberg, Odelia Ben Harush - University of Haifa, Israel

Workshop 4: Citizen engagement and self-management

This workshop by the COMFORTage project will focus on support, training and motivational strategies for citizen engagement and self-management. The session will use group dynamics techniques, with role playing games similar to the ones used in co-creation workshops.

Maddalena Illario, Silvia N Bossio - RSCN;

Alba Granados, Lottie Boas - White Research S.R.L., Belgium;

Fátima González Palau - Fundacion INTRAS Ltd, Spain

15:30–16:00

Coffee break

16:00–17:00

Summary of workshops and the launch of the Ageing Deal

Chairs:

Stuart McLennan (STAGE)

Aris Tsitiridis (COMFORTage)

Summary of the workshops (20')

(by the workshop leaders)

WS1: Clémentine Schelings -

University of Liège, Belgium

WS2: Sofía Segkouli & Stelios Kokkas -

The Centre for Research & Technology, Greece

WS3: Efrat Shadmi - University of Haifa, Israel

WS4: Fátima González Palau - Fundacion INTRAS Ltd,

Spain & Instituto de Neurociencias y Bienestar, Insight
21, Universidad Siglo 21

**Panel discussion - How can the Ageing Deal change
the policy landscape in Europe? (30')**

George Manias - University of Piraeus, Greece;

Sylvain Sebert - University of Oulu, Finland

Panellists:

Alina Lupu - European Commission, DG CONNECT,
e-Health, Well-Being and Ageing Unit

Anna Muñoz Farré - Co-Founder & CEO, Punto Health,
Redefining Cognitive Care, Barcelona, Spain;

Anna Zisberg - University of Haifa, Israel;

Luc Nicolas - European Health Telematics Association,
(EHTEL)

Aris Tsitiridis - UBITECH Ltd., Cyprus

Closing words (10')

George Manias - University of Piraeus, Greece;

Sylvain Sebert - University of Oulu, Finland

17:00

End of the event



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