

# Nordic and Baltic Conference on Dementia and Age-friendly Cities for Everyone

Riga, 30 September – 1 October 2024

## CONFERENCE AGENDA

<b>30 September 2024</b> <b>Dementia: Support Options for People with Dementia, Their Relatives, and Professionals</b> <b>13.00-17.00</b>	
12.00-13.00	Participant registration and light lunch
13.00-13.30	<b>Conference Opening and Introduction to the Agenda</b> Moderator: Sandra Kropa Opening speeches: <ul style="list-style-type: none"><li>• Vilnis Ķirsis, Chairman of the Riga City Council (<i>tbc</i>)</li><li>• Artjoms Uršuškis, Parliamentary Secretary, Ministry of Health of the Republic of Latvia</li><li>• Reinis Uzulnieks, Parliamentary Secretary, Ministry of Welfare of the Republic of Latvia</li><li>• Stefan Eriksson, Director of the Nordic Council of Ministers Office in Latvia</li></ul>
<b>National Support Mechanisms</b>	
13.30-13.55	<b>Dementia prevention and Brain Health promotion – insights from the Nordics</b> Pia Nevala Westman, Nordic Welfare Centre
13.55-14.20	<b>Finnish National Memory Care Pathway to Support People with Dementia and Memory Impairment</b> Pia Pulkkinen, Finnish Institute for Health and Welfare (THL)
14.15-14.40	<b>Estonia's Experience and Support System for People with Dementia</b> Piret Purdelo-Tomingas, Estonian Competence Centre for Dementia
14.40-14.55	Questions and Answers
14.55-15.20	Coffee Break

<b>Support Services for Families</b>	
15.20-16.20	<b>Preparing Relatives for Life with a Dementia Patient</b> <ul style="list-style-type: none"> <li>• <b>A family member's personal story</b> by Inese Lagzdina</li> <li>• <b>Personal story</b> by Pia Knudsen, Dementia ambassador, Alzheimer Denmark (<i>tbc</i>)</li> <li>• <b>Empowering self-management group intervention at the early stage of dementia – Circle of Couples</b> Laura Rautiainen, The Finnish Association for the Welfare of Older Adults</li> </ul>
16.20-16.30	Questions and Answers
<b>Caring for Employees</b>	
16.30-16.50	<b>The use of culture in caregiving in long-term care institutions</b> Marit Stranden, Norwegian Resource Center for Arts and Health
16.50-17.00	Questions and Answers. Summary of the Day
17.00-18.30	Refreshments and Networking

<b>1 October 2024</b> <b>Age-friendly Cities for Everyone</b> <b>9.00-14.00</b>	
8.30-9.00	Coffee
9.00-9.10	<b>Introduction to the Day's Agenda</b> Moderators: Daina Mežecka and Rūdis Rubenis
<b>Population Diversity and Factors Enhancing Quality of Life.</b> <b>Creating Sustainable Living Spaces for the Entire Life Cycle</b>	
9.10-9.40	<b>Moving Through the Life Course, Living Through Spaces</b> Anna Žabicka, PhD. cand., University of Vienna; Latvia
9.40-10.05	<b>Age-Inclusive Public Space</b> Dominique Hauderowicz, Architect and Architectural Researcher, dominique+serena, Denmark

10.05-10.25	<p><b>Essential Elements and Qualities for the Comfortable Use of Buildings and Urban Environments. Overview of Universal Design Solutions from Norwegian Municipalities</b></p> <p>Christian Hellevang, Coordinator of the Universal Design and Senior-Friendly Cities Network, Norwegian Association of Local and Regional Authorities</p>
10.25-10.55	<p><b>Panel Discussion "An Age-friendly City for All Generations – What Factors and Elements Create It?"</b></p> <ul style="list-style-type: none"> <li>• Dominique Hauderowicz, Architect and Architectural Researcher, dominique+serena, Denmark</li> <li>• Christian Hellevang, Coordinator of the Universal Design and Senior-Friendly Cities Network, Norwegian Association of Local and Regional Authorities, Norway</li> <li>• Louise Scheel Thomasen, coordinator of the Nordic network for age-friendly cities, Nordic Welfare centre</li> <li>• Andis Rinkevics, State Police of Latvia, Latvia</li> </ul> <p>Moderator: Sirle Salmistu, Tallinn University of Technology, Estonia</p>
10.55 – 11.20	Coffee Break
<p><b>Useful for All, Necessary for Some. Universal Design Examples for Adapting the Physical Environment to Different People's Needs</b></p>	
11.20-11.45	<p><b>Neighbourhoods supporting wellbeing of older adults</b></p> <p>Ira Verma, SOTERA research group, Aalto University, Finland</p>
11.45-12.10	<p><b>On universally designed solutions for indoor and outdoor spaces</b>, speaker to be confirmed</p>
12.35-13.15.	<p><b>Panel Discussion on Experiences and Insights</b></p> <ul style="list-style-type: none"> <li>• Ira Verma, SOTERA research group, Aalto University, Finland</li> <li>• Vita Pleševnika, Daycare Centre “Pērle”, Social service, Cēsis municipality, Latvia</li> <li>• Rūdis Rubenis, Riga city Architect service, project “DESIRE”</li> <li>• insights from Lithuania presented by Rūta Leitanaitė</li> </ul> <p>Moderator: Rūta Leitanaitė, Board member of Architects Association of Lithuania, Chair of the Architects Council of Europe (ACE) TF "Solidarity with Ukraine"</p>
13.15-13.30	Conference Summary and Conclusion
13.30-14.00	Light Meal and Departure