

A Message from the Chairman: Building Resilience and Global Connections in 2026

Dear IAGG Asia/Oceania Council Members and Colleagues,

As we embark on 2026, I am honored to reflect on our shared achievements and the significant milestones that lie ahead.

Foundations of Success: 2025 Milestones

The past year was defined by meaningful collaboration, beginning with the successful **13th IAGG Master Class on Ageing** in Kuala Lumpur. This event not only provided critical training on "Integrated Care" but also served as our first strategic site visit for the **IAGG-AOR 2028** Congress in Malaysia. To ensure a seamless and impactful event in 2028, we have scheduled subsequent site visits throughout 2026 and 2027.

Advancing Knowledge: From Webinars to Symposia

Our commitment to accessible education remained steadfast. In August, our Social and Behavioural Science Subcommittee hosted an insightful webinar on behavioral interventions to improve the quality of ageing. This momentum carried into November at the **2025 West Pacific Rim Consortium for Healthy Aging Symposium** in Singapore. By focusing on "Resilience in Aging Societies," we highlighted the essential shift from disease management to functional resilience, complemented by inspiring community empowerment models at the Queenstown Health District.

Strategic Alignment and Future Growth

To ensure continued excellence, the Executive Committee convened in May and November to solidify plans for our diverse membership. Looking forward, 2026 promises further growth. We are delighted to confirm the next **IAGG Masterclass in Manila (May 22–24, 2026)**. Furthermore, to nurture the next generation of leaders, we are launching the **2026 IAGG-AOR Travel Scholarships** to support international exchange for both advanced scholars and early-career researchers.

Global Engagement: The IAGG 2026 World Congress

We enthusiastically encourage all member societies to participate in the upcoming **IAGG 2026 World Congress in Amsterdam**. This global stage will be a pivotal moment to promote the **2028 IAGG-AOR Regional Congress (Malaysia)** and the **2030 IAGG World Congress (Sydney)**. During the Amsterdam Congress, IAGG-AOR will convene two key meetings: the Executive/Subcommittee Meeting and the Asia-Oceania Regional Council Meeting. I am also honored to represent our region as a speaker, sharing Asian perspectives on geriatric care in the symposium *"Same patients, different healthcare systems, revisited."*

A Legacy of Service: Leadership Transition

The Amsterdam Congress will mark a significant transition. It has been my distinct privilege to serve as the Chairman of IAGG-AOR from 2022 to 2026. I will officially hand over the chairmanship to the capable hands of **Chairman-Elect Prof. Hidenori Arai (Japan)**.

As I conclude my term, I extend my deepest gratitude to our Secretary, **Prof. Ding-Cheng (Derrick) Chan (Taiwan)**, and our entire leadership team—including Executive Members, Subcommittee Chairs, and our dedicated officers. Your unwavering support has been instrumental in strengthening our network and improving the lives of older adults across Asia-Oceania.

Sincerely,
Prof. Cheng-Chieh Lin
Chairman, International Association of Gerontology and Geriatrics Asia/Oceania Region
Director, Taiwan Association of Gerontology and Geriatrics
President Emeritus, Old Five Old Foundation, Taiwan
Distinguished Professor & Vice-President, China Medical University, Taiwan



IAGG Asia–Oceania Region Executive Team



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Prof. Cheng-Chieh Lin



Chairman-Elect
Prof. Hidenori Arai
(Japan)



Immediate Past Chairman
Prof. Prasert Assantachai
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Secretary
Prof. Ding-Cheng
(Derrick) Chan
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Prof. Julie Byles
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Gary Andrews
Academy
Prof. Keith Hill
(Australia)



IAGG Vice President for
Student and Early Career
Dr. Kiirtaara Aravindhan
(Malaysia)



Webmaster
Dr. Ashish Goel
(India)

2025 West Pacific Rim Consortium for Healthy Ageing Symposium

Contributors:

Prof. Ding-Cheng (Derrick) Chan, Secretary, IAGG-AOR

Prof. Cheng-Chieh Lin, Chairman, IAGG-AOR

The **2025 West Pacific Rim Consortium for Healthy Ageing Symposium** was held from 20 to 22 November at the National University of Singapore under the IAGG-AOR framework, bringing together experts from **Singapore, Japan, and Taiwan**. The symposium emphasised societal resilience in ageing societies, focusing on prevention, functional ability, and social participation, and highlighted integrated approaches spanning **geroscience, digital health, community care, policy, and the built environment**.



Pre-Symposium Site Visit (above): Queenstown Health District

The site visit to Queenstown Health District showcased Singapore's place-based health approach. Key initiatives like Happy Village @ Mei Ling and Come 4Tea Lah! promote health, socialisation, and community engagement in public housing, exemplifying how health promotion extends beyond clinical care to foster ageing-friendly, socially resilient neighborhoods.

Symposium Day 2

Day 2 highlighted how technology, community programs, and integrated care models are advancing healthy ageing across the region. The **Brain Health in Ageing Communities** session showcased **community-based and tech-enabled strategies**, including the **SINGER lifestyle intervention trial**, which maintained strong follow-up despite COVID-19, research demonstrating the **potential of wireless dry EEG** to distinguish cognitive impairment, and **multi-component community programs** that improved cognition, brain imaging, and physical function while emphasising empowerment.

Symposium Day 1

The symposium began with a session that explored how ageing societies can strengthen resilience through **data-driven and preventive approaches**. Presenters highlighted an **AI-based stroke prediction model** built on long-term geriatric data, emphasising the value of continuous clinical information; a shift in prevention strategies from focusing solely on frailty to proactively building resilience, demonstrated through community initiatives in **Singapore's Queenstown Health District**; and research on frailty interventions such as electronic frailty indices and magnetic stimulation to enhance muscle strength.

The second session focused on advances in **geroscience**, introducing "**ageing clocks**" that use integrated biological and functional data to estimate health-related risk; mitochondrial mechanisms linked to healthy ageing and exercise-enhancing drug candidates; and a **GPS-based walking-speed tool** showing strong reliability for monitoring frailty and cognitive health.

The third session examined how communication, primary care systems, and urban policy can support **healthy longevity**. Speakers discussed a move from top-down messaging to participatory communication models that empower older adults, primary care transformation under **Singapore's Healthier SG initiative** to improve accessibility and continuity, and innovative urban ageing policies incorporating smart health services, supportive environments, and age-friendly housing to meet the needs of rapidly ageing populations.

The **Technology session** examined digital innovations such as **wearable sleep trackers** that reveal important gaps between perceived and actual sleep, **digital gait biomarkers** that reliably capture frailty and predict outcomes, and **AI-driven approaches** that personalise treatment decisions through dynamic optimisation.

The **Building Social Resilience session** focused on how **social support, empowerment, and culturally grounded programs** strengthen resilience, featuring findings linking well-being and intrinsic capacity to community factors, evidence of biological and cognitive benefits from the long-standing **Radio Taiso exercise program**, and cognitive improvements from interventions **using the board game Go** in both in-person and online formats...

2025 West Pacific Rim Consortium for Healthy Aging Symposium continued...

The **Building Societal Resilience** session demonstrated how **communities, integrated care pathways, and data-driven tools** supported healthy ageing during and beyond the pandemic, from **digital choir programs** that sustained social connection to **seamless care models** linking acute and long-term care, and the development of electronic **frailty and machine-learning-based risk stratification systems** now being translated into **digital healthy-longevity platforms**.

Symposium Day 3

Session 1 focused on how **digital innovation** and **artificial intelligence** can strengthen resilience in aging care systems. Speakers highlighted **AIoT-enabled telecare** that integrates real-time clinical data to reduce workload and improve decision-making, **AI-supported brain health frameworks** designed for Asian populations and adapted for community-based dementia care, and early findings from the **RESET cohort study** showing widespread insulin resistance and underscoring the need for earlier, more integrated preventive strategies. Session 2 explored how **age-friendly built environments** can support healthy and resilient aging. Presentations introduced Singapore's **"Age Well Neighborhoods"** framework, including **Community Care Apartments** and **home-retrofitting initiatives** that enhance safety and independence; research showing that older adults experience better **thermal comfort** in semi-outdoor spaces compared to indoor environments; and the use of **humanistic computation** and participatory design to strengthen well-being and social cohesion in community settings.



Frailty Intervention



Geroscience and Health Promotion



Brain Health in Aging Communities



Technology

Key takeaways:
*Integration is essential;
resilience over disease;
data with purpose; and
communities matter*



AIoT-enabled telecare



3rd Annual Symposium will be hosted in Taiwan in November 2026!

23rd IAGG World Congress 2026 – Join Us in Amsterdam! 5th to 8th July 2026

Dear colleagues,

On behalf of the organising committee, I am excited to share an update for the 23rd IAGG World Congress of Gerontology and Geriatrics in Amsterdam (IAGG 2026). As Congress President, I'm pleased to report many abstract submissions from the Asia/Oceania Region (AOR). It's great to see such enthusiasm from AOR researchers, and we look forward to welcoming them to Amsterdam!

A Broad and Diverse Program

This year's congress offers a diverse program covering social inclusion, inequalities, healthy ageing, dementia care, frailty, sarcopenia, long-term care, nutrition, physical activity, technology, and AI in ageing. Many sessions focus on social, cultural, and psychological aspects—like loneliness, social networks, intergenerational relationships, ageism, and lived experiences across communities. Whether your interests are clinical, social, policy, or innovative interventions, you'll find inspiring sessions.

We highlight contributions focusing on the specific experiences of older adults in Asia and Oceania, including healthy ageing in India, Japan, and Australia; digital inclusion in Singapore and Hong Kong; community interventions; and more. These showcase regional diversity and global relevance.

Don't Miss the Early Bird!

The early bird registration deadline is March 2nd, with reduced fees—don't miss out!

Sustainability is key for IAGG 2026. We partner with Regreener, supporting environmental projects like tree planting, peatland restoration, and biodiversity in Brazil, Pakistan, Indonesia, Ethiopia, Argentina, and Uganda. Attendees can support these projects at registration. Learn more on our website.

We look forward to seeing you in Amsterdam for an inspiring, sustainable congress!

Warm regards,
Martijn Huisman
Congress President



Amsterdam
**BE PART OF
IAGG 2026**
Ageing well in a globalised world

5-8 July 2026

www.iagg2026.org

IAGG 2026
Amsterdam

Keynote speakers



Jugdeep Dhesi

Guy's and St Thomas' NHS
Foundation Trust



**Merril
Silverstein**

Ageing Studies Institute



Joyeeta Gupta

University of Amsterdam /
IHE Delft Institute for Water
Education



**Shereen
Hussein**

London School of Hygiene
& Tropical Medicine



Reuben NG

Lee Kuan School of Public
Policy, National University
of Singapore



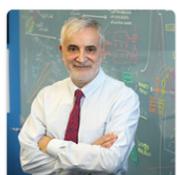
Ivan Bautmans

Vrije Universiteit Brussel
(VUB)



Eline Slagboom

Biomedical Data Sciences



Ferruci Luigi

Register today!

The mission of **IAGG e-TRIGGER** is to deliver high quality of educational training in the field of gerontology and geriatrics worldwide. The course is designed for clinicians across all health disciplines and aims to increase their understanding and skills in caring for frail older people with complex conditions and multi-morbidities.

The e-TRIGGER course provides comprehensive and up-to-date knowledge presented by outstanding global experts, followed by in-depth application of this knowledge to a real world case study and discussion presented by scholars and led by the **e-TRIGGER academy**.

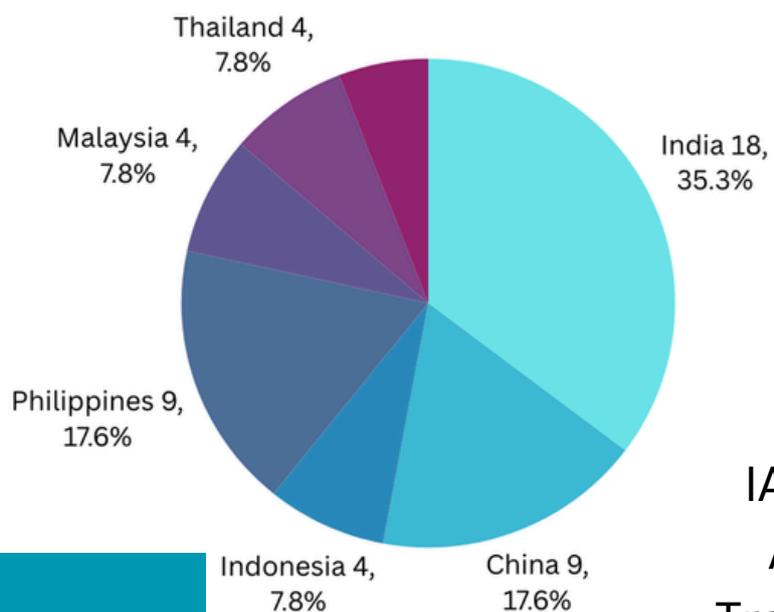
Trainees discuss the details and complexity of the case, underlying causes, natural history and prognosis, appropriate management strategies and their potential outcomes. The discussion takes a holistic view of the person's needs - which may arise from physiological processes, disease, loss of intrinsic capacity, or inadequate social and environmental support.

There is also a focus on different clinical, cultural, and societal contexts which may affect the person's circumstances and the care they are able to access.

Now in the 5th edition of the IAGG ASIO Course, with 143 trainees from multiple clinical professions, and 26 countries registered to participate.

2026 Monthly topics:

- Global aging and Principles of Geriatric Medicine
- Biology of Ageing & Functional Decline
- Aging Physiology/ Pharmacology/Pathology
- Geriatric Mental Health
- Community Care
- Disability Prevention: Mobility Disorders
- Managing Cardiovascular Chronic Conditions
- Managing Patients with Cognitive Decline
- Gerontology
- Diabetes and Metabolic Disorders
- Cancer Screening and Management
- Optimising Surgical and Critical Care



**IAGG-
AOR
Trainees**

Enrol today!

<https://asio.iagg-fge.org/>

Australian Association of Gerontology (AAG)



Left: AAG President, Anita Westera; Above: 2025 Gary Andrew International Fellow, Professor Aimee Spector (UK)



Above: The Honourable Sam Rae, MP, Minister for Aged Care and Seniors

Ageing at the Centre 58th AAG Conference

In November 2025, the AAG held its **58th National Conference** in beautiful Mparntwe Alice Springs, Northern Territory. The pre-conference program included several workshops including **Aboriginal and Torres Strait Islander Ageing**, student and early career group, academic publishing and AAG Divisions catch ups. Under the theme, **Ageing at the Centre**, the conference brought together an engaging mix of speakers, presenters, exhibitors and guests, including **Sarah Brown AM, CEO Purple House**, and **The Honourable Sam Rae, MP, Minister for Aged Care and Seniors**. We were also thrilled to host the **2025 Gary Andrews International Fellow, Professor Aimee Spector (UK)**, speaking on **Cognitive Stimulation Therapy (CST) for dementia**, the primary non-pharmacological treatment in the UK and implemented globally. This was followed by **The President's Symposium**, facilitated by **AAG President, Anita Westera**. **Speakers included** Minister Rae, **Prof Kasia Bail**, Professor of Nursing at the University of Canberra, and Northern Territory ageing experts, **Mary Ingrams**, **Judy Ratajec**, and **Dr Michael Lowe**. The **2025 David Wallace Address** was given by **Associate Professor Rachel Winterton**, Principal Research Fellow and Deputy Director, **John Richards Centre for Rural Ageing Research**. A spectacular conference dinner was held outdoors at a local quarry and featured a traditional Aboriginal dance and star gazing light show. After the official conference concluded, delegates had the option to stay back and attend a hands-on masterclass on **Understanding the Economic and Policy Considerations in Shifting Care to the Community**, hosted by the **London School of Economics and Political Science**. Full details of the event, including a recap video, can be [viewed here](#).



Indian Academy of Geriatrics

GERICON 2025, the annual conference of the Indian Academy of Geriatrics, was an academic feast, abuzz with activity with twenty-four multidisciplinary workshops, talks, panel discussions, quizzes, postgraduate poster and platform presentations, and student activities. Held in Pune, the event was spread over three days with over five hundred delegates and an array of clinicians, researchers, educators, and Allied Health Personnel in attendance. Under the theme: “Collaborative Care in Geriatrics: Advancing Towards an Age-Friendly Healthcare System”, this conference served as a high-impact platform for advancing **age-friendly healthcare** through **integrated learning, skill-building, and cross-sector collaboration**. Satellite events of GERICON 2025 included essay competitions for school children, painting competitions for the undergraduates, and a reel competition for the Postgraduates.



View the winning reels here!

First place:

https://drive.google.com/file/d/10XeJUrwkx7gjb3DKLtQmGltV_QIE8pOB/view?usp=drive_link

Second place:

https://drive.google.com/file/d/1m15SNCKWJWFrFV1gwSVx9FsBb98yYx_q/view?usp=drive_link

Third place:

https://drive.google.com/file/d/1_YFwIwuUr8WpV88ORjmDaLkplg2vbEgS/view?usp=drive_link

Third place:

https://drive.google.com/file/d/1_YFwIwuUr8WpV88ORjmDaLkplg2vbEgS/view?usp=drive_link

Age-friendly healthcare through integrated learning

The **Student Wing** of the Indian Academy of Geriatrics led a broad range of academic, community, and creative initiatives, demonstrating its strong commitment to **holistic geriatric care and active student engagement**.

Activities included interactive academic programs, cinematic exploration of **ethical issues in geriatrics**, and **enhanced peer learning through the Learning Circle**. The **Hackathon and Geriathon** showcased innovative, solutions-focused projects. Community outreach centred on **nutrition, polypharmacy, and fall prevention**. Students also made an outstanding academic and research contribution at GERICON 2025, significantly exceeding expectations.



A collaborative **Palliative Care certificate program**—developed with the **Indian Academy of Palliative Care**—was successfully completed by over forty participants, with a new cohort beginning in June. The **3-day Geriatric Masterclass** for final-year postgraduates, featuring lectures, discussions, clinics, workshops, and a quiz, received excellent feedback. Zonal activities across India included poster launches, environmental and community initiatives, camps, CMEs, walkathons, and festival celebrations in old age homes. **Monthly webinars** and quarterly CMEs further strengthened nationwide geriatric engagement. The Academy looks forward to expanding these initiatives under the next Executive Committee.

Indonesian Geriatrics Society (PERGEMI)

PERGEMI continued to advance geriatric care across Indonesia through scientific events, public engagement, and professional development initiatives.

Temu Ilmiah Geriatri (TIG), an annual event organised by **PERGEMI Jaya** since 2002, focused on implementing comprehensive geriatric management in daily medical practice. The program took place at Hotel Novotel Mangga Dua Square and RSUPN Cipto Mangunkusumo in Jakarta. Activities included a **two-day symposium** discussing current developments and **best practices in geriatric care**, an offline workshop covering **key areas such as screening, community assessment, and palliative care**, and online workshops offering both **basic and advanced training in hospital-based geriatric care**.

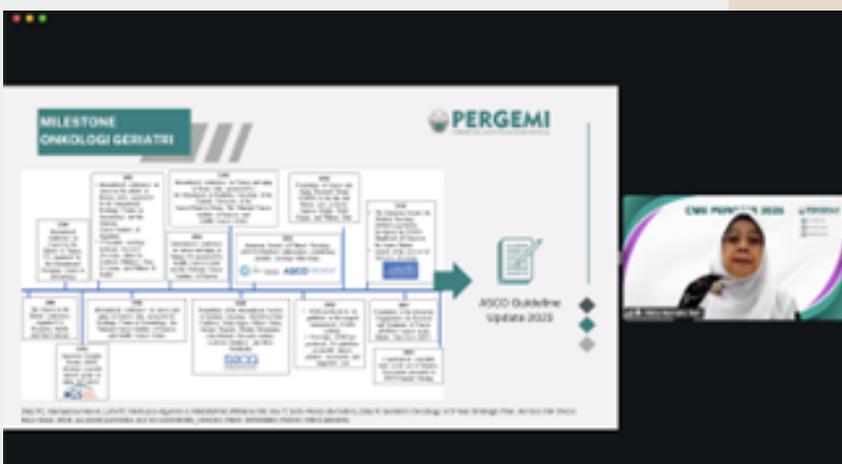
At the **Senior Expo**, PERGEMI showcased its commitment to improving older peoples' wellbeing through **seminars, workshops, public screenings, and cultural activities**. The seminar highlighted strategies for creating **healthy home environments** for seniors, while workshops for general practitioners focused on **health assessments, home-based screening, sarcopenia prevention**, and techniques for supporting **SMART Seniors**. PERGEMI's booth also provided free public health screenings, including hand-grip strength, sit-to-stand tests, sarcopenia screening, and insomnia assessments. The event featured a traditional Angklung performance by the **Posyandu Senior Kota Wisata Cibubur** group.



Advancing Geriatric Care for a Healthier, Age-Ready Indonesia



In 2025, PERGEMI launched a monthly **Continuing Medical Education (CME) webinar series** to support ongoing learning for geriatricians nationwide. The January sessions addressed two essential areas: **geriatric oncology and pre-chemotherapy assessment**, focusing on the complexities of cancer care in older adults, and **heart failure management** combined with **advanced care planning**, emphasising the need for **proactive decision-making** in older patient care. These webinars reinforce PERGEMI's commitment to improving geriatric health services and enhancing professional competencies.



Japan Federation of Gerontological Societies

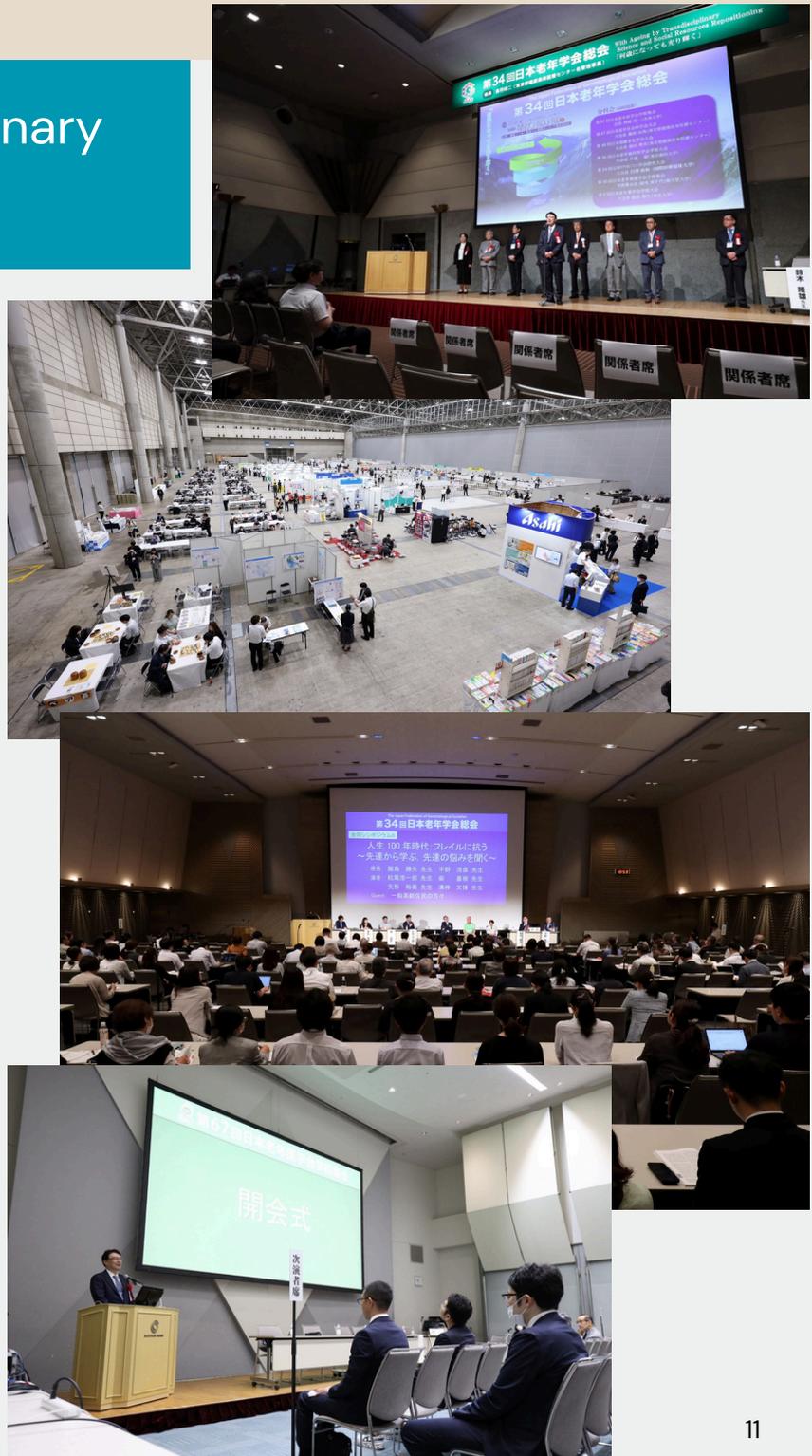
The **67th Annual Meeting of the Japan Geriatrics Society** and the **Annual Meeting of the Japan Federation of Gerontological Societies**, held from 27 to 29 June 2025, were both highly successful as venues for academic, clinical, and research exchange focused on the super-aged society.

Under the theme “**Geriatrics: The Science of Aging**,” the event took place at Makuhari Messe and TKP Tokyo Bay Makuhari Hall in Chiba City. This conference is the most important annual congress in Japan’s field of geriatric medicine, serving as a forum for exchanging the latest research (clinical and basic), clinical practice, and educational information related to geriatrics. Chaired by **Prof. Koichi Kanzaki** (Professor of Geriatric Medicine, Kyorin University School of Medicine; current President of the Japan Geriatrics Society), the conference showcased numerous general presentations on the latest findings in **geriatric medicine**, sessions on **multidisciplinary collaboration**, and presentations and lectures on a range of topics such as **comprehensive geriatric assessment, frailty, and dementia**. This created a learning environment bridging clinical practice and research (approximately 2,000 participants).

Promoting an interdisciplinary approach to ageing well

Held concurrently, the **34th Annual Meeting of the Japan Federation of Gerontological Societies** brought together seven related societies, including the Japan Geriatrics Society. It gathered researchers and clinicians from multiple fields: gerontology, geriatric medicine, social sciences, nursing, pharmacy, geroscience, and dentistry (7,000–8,000 participants, over 1,200 presentations). The conference theme, “**Shining Brightly at Any Age: Transdisciplinary Science and Social Resources Repositioning**,” emphasised an **interdisciplinary approach** to addressing challenges associated with aging. Joint symposia and sessions covering a wide range of topics—including **dementia, frailty, food and nutrition, technology, and community-inclusive societies**—were organised to facilitate the sharing of specialised knowledge and interdisciplinary exchange. The conference served as a crucial opportunity to **promote collaboration** among constituent societies of the Japan Federation of Gerontological Societies, contributing to **clinical practice, research, and policy proposals**.

Both conferences successfully concluded as platforms for presenting academic achievements and fostering vigorous discussions aimed at advancing geriatric medicine, gerontology research, and social support systems to address Japan’s rapidly ageing society.





Effectively responding to the challenges of a super-aged society

On 23 October 2025, KAGG, in partnership with the Korea National Institute of Health (NIH), hosted the **Osong Bio 2025: Healthy Aging Symposium** under the theme “The Science of Healthy Aging: Bridging to the Future.” The symposium provided an invaluable opportunity to discuss key topics such as “The Future of Healthy Aging Research in Korea and Japan” and “Multidisciplinary Strategies for Achieving Healthy Aging.”

As the largest gerontological and geriatric academic association in Korea, the **Korean Association of Gerontology and Geriatrics (KAGG)** comprises six member societies, including the **Korean Gerontological Society**, the **Korean Society for Gerontology**, the **Korean Geriatrics Society**, the **Korean Association for Geriatric Psychiatry**, the **Korean Gerontological Nursing Society**, and the **Korean Academy of Long-Term Care**.



The annual **KAGG Conference** on 24 October 2025, centered around the theme “Dignity and Autonomy in Later Life: Aging with Humanity.” **Professor Ki-Hyun Kim**, Emeritus Professor of Philosophy, Seoul National University (pictured left), delivered a compelling keynote lecture titled “Aging and Humanity,” followed by a panel discussion. The afternoon session featured six symposia organised by each KAGG member society, promoting dialogue and a shared understanding on how to effectively respond to the challenges Korea faces as it transitions into a super-aged society—incorporating both humanities and philosophical perspectives.



Prof Eunhee Cho, incoming
15th KAGG President

41st Forum focused on “Older Adults Housing and End-of-Life Care,” while the **42nd Forum** explored “Practicing Healthy Aging: What and How Should We Prepare?” Recordings of these events are available on the official KAGG YouTube channel:

www.youtube.com/@kagg1688/streams

Malaysia Gerontological Association



IAGG-AOR Executive Board Members and IAGG-AOR 2028 Organising Committee meeting Deputy Deans, Faculty of Medicine, Universiti Malaya

Creating opportunity for networking and collaboration



Above: IAGG-AOR Executive Council and local organising committee during the site visit at ReU-MICASA, May 2025



Above: Masterclass delegates engaging in group discussions and collaborative learning sessions.

Right: Informal networking and cultural exchange activities during the Masterclass



Malaysia continues to make structured and strategic progress towards hosting the **IAGG Asia-Oceania Regional Congress 2028** in Kuala Lumpur. Significant developments have been achieved across organisational, scientific, financial, and publicity domains. A comprehensive organising structure has been established, supported by a dedicated secretariat, official domain and email, and shared digital platforms. The Kuala Lumpur Convention Centre (KLCC) has been secured as the preferred venue. The conference website has now been launched and can be accessed [here](#).

Publicity and Regional Engagement

A comprehensive communications strategy has been developed, including email campaigns, conference promotion, social media engagement, and media outreach. Publicity activities will intensify following the 2026 IAGG Congress.

IAGG-AOR Executive Council Site Visit (May 2025)

The IAGG-AOR Executive Council conducted an official site visit on 21–22 May 2025 at ReU-MICASA, Kuala Lumpur. Program structure, venue logistics, financial projections, and post-congress activities were reviewed. The Congress is planned as a three-day scientific meeting followed by an optional fourth day for site visits to innovative ageing-related facilities.

2025 AGG Asian Masterclass on Ageing

Malaysia hosted the 13th IAGG Master Class on Ageing in Asia from 23–25 May 2025 in Kuala Lumpur. Under the theme of *Integrated Care*, the program featured international experts, interactive sessions, poster presentations, and group case discussions. Key topics included falls and sarcopenia, cognitive frailty, long-term care, gerontechnology, population ageing, and rational prescribing. The Masterclass strengthened regional networks and supported capacity building.

Upcoming priorities include abstract portal development, plenary speaker confirmation, sponsorship rollout, and regional promotional expansion. Malaysia looks forward to welcoming delegates to Kuala Lumpur in 2028.



Strengthening community-based caregiving for older people



In late 2025, the **Mongolian Association of Gerontology and Geriatrics**, in partnership with the **Mongolian Association of the Elderly**, implemented a nationwide initiative to strengthen community based caregiving for older people. The initiative focused on translating and adapting HelpAge International's Caregiver Manual to reflect Mongolia's cultural, social, and health system context.

A **training of trainers program (ToT)** prepared older adult trainers from all **21 provinces and 9 districts of Ulaanbaatar**, who then delivered cascade training to family and informal caregivers in their communities. This approach expanded access to practical, **evidence-based caregiving guidance** while empowering older people as trainers and knowledge sharers. The initiative represents a meaningful step toward strengthening community based long term care in Mongolia and supporting inclusive, sustainable ageing systems.

The initiative not only enhanced caregivers' practical competencies but also empowered older people themselves as active contributors to caregiving education and community resilience. By positioning older adults as trainers and knowledge sharers, the program reinforced principles of participation, dignity, and mutual support.

Nepalese Society of Gerontology and Geriatrics (NSGG)

The 2025 Asia-Pacific Geriatrics Network (APGN) conference was held in Kathmandu, Nepal on 5 December 2025, in collaboration with local geriatrics and gerontology related societies (NSGG, Nepal Gerontology and Geriatrics Foundation, Geriatric Society of Nepal and others). Over 200 participants participated in the conference, with 30 international participants representing 12 countries. The program was a huge success, being inaugurated by the Hon. Health Minister of Nepal, Dr. Sudha Sharma, and congratulation written message from the Hon. Prime Minister of Nepal Ms. Sushila Karki. Lifetime achievement award was presented to Prof. Leon Flicker AO (Australia) for his contribution in developing geriatric medicine in the Asian-Pacific region.

NSGG is pleased to host the 12th Asian Conference for Frailty and Sarcopenia (ACFS) in Kathmandu, Nepal, 5-6 December 2026. We invite clinicians, researchers, and those working in geriatrics to send the abstracts for oral or poster presentation to acfs2026nepal@gmail.com. Initial deadline for abstract submission is 1st June 2026. Please see the flyer below for additional information. The registration fee for the conference is free for students and LICs participants, and 50 USD for others.

Uniting Asia-Pacific voices
for a stronger future



Pictured Top: APGN Conference group photo; Above: Prof. Leon Flicker receiving lifetime achievement award from the Hon. Health Minister of Nepal Dr. Sudha Sharma

CALL FOR ABSTRACTS
ASIAN CONFERENCE
FOR FRAILITY AND SARCOPIENIA
(ACFS) 2026

December 5-6, 2026 | Kathmandu, Nepal

“Towards Building Strength and Vitality in Old Age for Healthy Aging”

About the Conference

The Asian Conference for Frailty and Sarcopenia (ACFS) 2026 will be held in Kathmandu, Nepal, bringing together researchers, clinicians, and public health professionals to advance knowledge and practice in frailty, sarcopenia and healthy aging across Asia and beyond.

Call for Abstracts

We invite submission of abstracts for Oral and Poster Presentations.

- Abstracts not selected for oral presentation will be automatically considered for poster presentation.

Submission Guidelines:

- Maximum length: 400 words
- Title
- Authors and Affiliations
- Presentation Category (Oral or Poster)
- Introduction
- Methods
- Results
- Conclusion
- Keywords

Join us in Kathmandu

Contribute your research and be part of advancing strength, vitality, and healthy aging across Asia.

Important Date:
Abstract Submission Deadline:
June 1, 2026

Submission Categories:

Frailty, Sarcopenia: (Epidemiology, Biology, Clinical Practice and Public Health Aspects, Multiple Dimensions of Frailty/Sarcopenia, Clinical Trials and Therapeutics, Nutritional Aspects, Physical/Cognitive Exercise, Body Composition, New Technologies), Intrinsic Capacity and ICOPE, Geroscience, Healthy Aging Approaches, Geriatrics and Aging

All abstracts/queries should be submitted by email to:
acfs2026nepal@gmail.com

New Zealand Association of Gerontology (NZAG)

NZAG hosted their **2025 conference in Ōtepoti Dunedin**, a thriving University city in the South Island. Over 130 delegates attended the 3-day event under the theme **Ageing Together**. Around 80 presentations were offered, including local plenary speakers, **Katrina Bryant** and **Dr Ashleigh Barrett-Young**, and international guests, **Professors Norah Keating (Canada)** and **Evonne Miller (Australia)**.

Opening day was held at Ōtākou Marae (an Indigenous Māori meeting house) on the scenic Otago peninsula. This included a traditional welcome to the land and the conference, as well as sessions highlighting **early-career and Indigenous scholars' work**. The conference concluded with open-access research and community forums.

A video of the conference highlights can be viewed [here](#)

2025 marked **Professor Ngaire Kerse's** final year as **NZAG President**. For six years, Prof Kerse steered the association through the tough years of the Covid-19 pandemic and tightening funding. With her guidance, the association has continued to thrive and now offers an annual conference and a growing relationship with the **Australian Association of Gerontology (AAG)**. The executive acknowledges Prof Kerse's time and commitment to NZAG. She will remain involved as a co-opted member with specific work leading up to the **2030 IAGG World Congress** co-hosted with the AAG.

In addition, we are delighted to award **Professor Debra Waters** with **Life Membership**, in recognition of her long-standing commitment to NZAG and involvement in the successful joint bid to host IAGG 2030.

Associate Professor Rosemary Gibson is the new **NZAG President**, alongside **Dr Joanna Hikaka** as **Vice President**. Both Rosie and Jo have been on the NZAG executive for several years, with backgrounds in **gerontological sleep research (Massey University)** and **equitable health research (University of Auckland)**, respectively. They look forward to this new phase of the association with a keen focus on growing membership and engagement through evidence-informed activities and forums underpinned by an appropriate cultural lens for Aotearoa New Zealand and beyond.



Ōtākou Marae, location of the NZAG 2025 conference

Showcasing early-career and Indigenous scholars



***2026 NZAG Executive** Front: Rosie Gibson, Ngaire Kerse, Judy Blakey. Back: Mary Breheny, Kay Shannon, Joanna Hikaka, Susan Gee, Debra Waters, Wendy Wrapson. On screen: Peter Matcham, Orquidea Tamayo Mortera. Not pictured: Rubina Bogati, Richard Wright, and Katrina Bryant*



Rosemary Gibson (right) and Joanna Hikaka (left), at the 2025 AAG conference in Mparntwe Alice Springs

Philippine Society of Geriatrics and Gerontology

The **Philippine Society of Geriatrics and Gerontology (PSGG)** held its successful **9th Annual Convention** on August 28–29, 2025, at Novotel Hotel, Cubao, Quezon City, bringing together doctors, nurses, and allied health professionals from government and private institutions who share a strong interest in geriatrics.

PSGG continues to strengthen its partnership with the **National Commission for Senior Citizens** in advocating for improved healthcare systems for older persons in the Philippines. During the convention, **Chief Commissioner Dr. Mary Jeanne Laroche** delivered a keynote speech highlighting shared goals in advancing geriatric care. A featured moment from the event included the first reading of **Senate Bill 1509**, establishing the **Philippine Geriatric Center**. The bill has since been approved on the Senate's third and final reading, paving the way for expanded training programs for physicians and allied health workers.

In collaboration with the **Philippine College of Geriatric Medicine**, this initiative aims to deliver high-quality healthcare services for seniors nationwide. In 2025, PSGG conducted **four outreach programs**. The first, held on June 12 at Region 1 Medical Center, gathered primary care physicians from various municipalities. Subsequent sessions took place at the **Quezon City Health Department** and the **Manila City Health Department**, where participants were trained to use the Department of Health's **10-minute geriatric screening tool**. The fourth activity, again at Region 1 Medical Center, focused on **comprehensive geriatric assessment and minimum geriatric screening** for nurses.



Above: Chief Commissioner Dr. Mary Jeanne Laroche



Pictured: Representatives from senior citizen groups during a joint senate hearing on various bills for seniors..

Advancing Excellence in Geriatric Care

Masterclass in Aging coming in 2026

St. Luke's Medical Center–Global City will host the **14th IAGG Master Class on Ageing 22–25 May 2026** in partnership with PSGG and the Philippine College of Geriatric Medicine. Around 70 participants from across Asia are expected to attend. Prof. Lourdes Carolina I. Dumlao, President of the Philippine Society of Geriatrics and Gerontology, will host the event. The theme is "Geriatric Syndrome." Additional speakers include Maw Pin Tan (Malaysia), Reshma Merchant (Singapore), Chang Won Won (Korea), Li-Ning Peng (Taiwan), Weerasak Muangpaisan (Thailand), Hiroyuki Umegaki (Japan), and Hidenori Arai (Japan).

PSGG also collaborated with the **Association of Department of Health Retired Employees (ADOHRE)**. On July 5, 2025, former **Health Secretary Dr. Paulyn Jean Rosell Ubial** delivered a lecture on geriatric services during a joint activity. The **Department of Social Welfare and Development (DSWD)** further partnered with PSGG and the **Alzheimer's Disease Association of the Philippines (ADAP)** to produce manuals on **healthy aging and mental health** for managers of DSWD run nursing home facilities.

On September 12, 2025, the **Jose R. Reyes Memorial Medical Center** hosted the **Geriatric Dermatology Summit 2025**, in collaboration with PSGG. Philippine delegates also participated in the **Asian Conference on Frailty and Sarcopenia (ACFS)** held October 17–18, 2025, in **Kaohsiung Veterans Hospital, Taiwan**.



Pictured above: Professor Paulin Straughan

Professional engagement, knowledge exchange, and regional collaboration

The **Singapore Gerontological Society (GS)** continues to advance gerontology through professional engagement, knowledge exchange, and regional collaboration. A key highlight was the successful **Annual Scientific Conference on Ageing (ASCA 2025)** held on 27 September 2025.

This event brought together academics, researchers, healthcare professionals and community practitioners under the theme "longevity and employment." Guest of Honor **Mr. Dinesh Vasu Dash, Minister of State, at the Ministry of Manpower and Ministry of Culture, Community and Youth** assured the government's commitment to improving older adults' quality of life.

Professor Paulin Straughan, Director of the Centre for Research on Successful Aging (ROSA), gave the **15th Henry Lim Lecture** on aging and work. Three additional panel topics including ethical GenAI use for older workers, intergenerational retirement dialogue, and challenges in gerontological education and employment.

Pictured below: Mr. Dinesh Vasu Dash, Minister of State



ASCA 2025 fostered interdisciplinary dialogue on aging, sharing research and policy insights vital for Singapore's transition into a hyper-aged society by 2026. Beyond the conference, GS hosts webinars and participates in regional aging forums, aiming for inclusive, resilient, and age-friendly societies with global partners like IAGG.

Taiwan Association of Gerontology and Geriatrics (TAGG)

The **Taiwan Association of Gerontology and Geriatrics (TAGG)**, under the leadership of **President Prof. Jaw-Shiun Tsai**, continues its mission to elevate professional geriatric practice, strengthen specialist training, and promote impactful research across Taiwan. Throughout the year, TAGG expanded academic exchange, enhanced clinical education, and strengthened its role as a national and international leader in gerontology and geriatrics.



*Prof. Jaw-Shiun Tsai M.D.,P.D.,EMBA
President, Taiwan Association of
Gerontology and Geriatrics
Superintendent, National Taiwan
University Hospital Jinshan Branch*

Elevating professional geriatric practice

A central milestone of 2025 was **TAGG's Annual Meeting**, led by President Tsai with support from the Board and the **International and Academic Affairs Committee chaired by Meng-Chih Lee**. The event featured a keynote address by **Professor Adam Gordon, MBE**, an invited lecture, and 10 thematic symposia. Nearly 30 experts presented their research, and the Academic Awards Ceremony recognized outstanding oral and poster presentations as well as high-quality journal publications.

TAGG continued to publish the **Journal of the Taiwan Geriatrics and Gerontology** quarterly under the direction of **Director Kuo-Chin Huang** and the Journal Committee, reinforcing scholarly exchange and contributing to the regional body of geriatric knowledge. In professional education, TAGG collaborated with **Abbott Co.** to produce a five-part video series on **sarcopenia prevention**, led by **Professors Ding-Cheng Chan and Kuo-Chin Huang**. Three major continuing education courses—held in northern, central, and southern Taiwan—focused on



Above: 2025 TAGG Annual Meeting; Below: President Jaw-Shiun Tsai and Minister Tai-Yuan Chiu, and others at TAGG 2025 annual meeting.



clinic-centered geriatric medicine, comprehensive elder care, and frailty evaluation with exercise prescriptions. TAGG also continued to advance integrated care through three sessions of the **Hospital-Based Patient-Centered Integrated Outpatient Care Program.**

A crucial component of TAGG's work is specialist development. The **Geriatric Medicine Specialist Training Committee** administered its annual written and oral board certification examinations in December (pictured left), further strengthening Taiwan's workforce of geriatric professionals.

Reflecting on the past year, President Tsai expressed deep gratitude to colleagues and partners worldwide and reaffirmed TAGG's commitment to excellence in advancing geriatric medicine and supporting healthy aging across Taiwan and beyond.



TGGM's 2025 Annual Academic Conference was held under the theme "Shaping the Future of Healthy Aging: Process/Product/Policy Innovations for Aged Care" from 5 to 7 March 2025 in Bangkok. Up to 354 participants from 16 disciplines, e.g., nurses, geriatricians, dentists, and social workers, attended this hybrid conference. In addition to interesting talks delivered by national experts in the field, young investigators actively participated in the oral and poster presentation contest. For the first time, the meeting handbook, on sale for further reading, was under peer review to ensure the highest academic quality.

In partnership with the Royal College of Physicians of Thailand, the **first national conference for internal medicine doctors—"Senior Health & Well-Being in the Hands of Internists"**—was held in August 2025. Although geriatric medicine training has existed in Thailand since 1993, many internists still lack sufficient knowledge to manage the complex health needs of older adults. Participation was limited to 100 internists on a first-come, first-served basis. The program covered **physiologic ageing, common geriatric syndromes, integrated physical and mental healthcare, rehabilitation, health promotion, disease prevention, and social challenges** faced by older people. The overwhelmingly positive feedback is expected to support future continuing-education programs for internists, nurses, dentists and environmental health specialists, strengthening workforce competencies and improving evidence-based care for older adults.

Right: 2025 TGGM Annual Academic Conference



Championing Oral Health for Healthy Ageing

The **World Health Organization (WHO)** convened the first-ever **Global oral health meeting** in Bangkok, Thailand, as part of the preparatory process for the **4th United Nations High-level Meeting (HLM4) on NCDs** in 2025. The **Bangkok Declaration: "No Health Without Oral Health"** has been highlighted. In order to echo this declaration to Thai dentists, TGGM continued its **Geriatric Dentistry Forum** on 24th March 2025. The main objective of this online meeting is to increase the awareness of the **vital role of dentists in the overall health of older people**, as well as continuing education in geriatric dentistry.



Above and below: Attendees at the national conference for internal medicine doctors



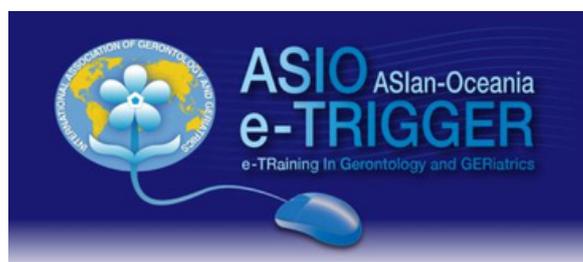
Student and Early Career Group

Empowering the Next Generation: New Collaborations and IAGG 2026 Highlights

We are thrilled to share several key updates that underscore our commitment to knowledge exchange and the professional development of Students and Early Career Researchers (S/ECRs) in the field of ageing.

Expanding Our Digital Library: e-TRIGGER Collaboration

We are pleased to announce a formal partnership with e-TRIGGER with a Memorandum of Understanding (MOU) currently under review by the ICSO to grant our members access to a curated selection of e-TRIGGER video recordings. This exchange of knowledge is a significant step forward in providing high-quality digital resources to our community. We are also exploring further synergy with partners to ensure this initiative reaches its full potential across our networks.



Looking Ahead: IAGG World Congress 2026 in Amsterdam

The IAGG World Congress is fast approaching, and the IAGG-CSO has curated a robust lineup of activities designed specifically for students and early-career professionals. Mark your calendars for these essential sessions at the RAI Amsterdam:

Featured Workshop: Career Pathways and Research Impact

Date: Sunday, 5 July 2026 | 10:00 – 16:00

Organiser: Dr Lara Vlietstra (President, IAGG-CSO)

Goal: This pre-conference workshop is designed to foster peer connections and build a foundation for future collaborations. It features icebreaker activities, interactive sessions on career navigation, and group brainstorming on shared challenges within ageing research.

Key Symposia & Competitions

6 July (17:15 – 18:45): Voices of the future: challenges & solutions for S/ECRs in ageing research. Join the conversation on navigating the modern landscape of gerontology.

7 July (17:15 – 18:45): 3-Minute Thesis (3MT) Competition. Watch the brightest minds transform complex research into compelling three-minute presentations.



Opportunities & Governance

- Student Bursaries: Financial support is available for students accepted for oral presentations. This is a fantastic opportunity to showcase your work on a global stage with reduced financial barriers.
- IAGG-CSO Elections will be held during the World Congress. If you are looking to take on a leadership role and shape the future of our organisation, stay tuned. Nominations to open soon!

Thank you for your contributions!

As the Secretariat for IAGG–AOR, the Australian Association of Gerontology (AAG) is pleased to showcase the incredible work in gerontology and geriatrics from across Asia–Oceania over the past year. From insightful initiatives to collaborative efforts that strengthen knowledge, expertise and best practice, there is truly inspiring progress happening throughout our region. A heartfelt thank you to everyone who contributed an article. Your time, effort and dedication make this publication possible.



Ms. Renu Borst
Chief Executive Officer
AAG & AAG Research Trust
Executive Officer
IAGG Asia–Oceania Region and
International Longevity Centre
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AAG will be present at **2026 IAGG World Congress** in Amsterdam (**IAGG2026**) from **5–8 July** to promote the **2030 IAGG World Congress (IAGG2030)** in Australia. Please come and visit the stand and register your interest to attend!

Wishing you all the very best for the year ahead. There is much to look forward to, including **IAGG2026**, the **14th IAGG Master Class on Ageing in the Philippines** from **22–25 May** and the **59th Australian Association of Gerontology Conference** in **Melbourne** from **10–13 November**. We hope to see many of you there!

Upcoming Events

Monthly
ASIO e-Trigger education and training

22–25 May 2026
14th IAGG Master Class on Ageing Philippines

5–8 July 2026
IAGG World Congress Amsterdam

8–12 Sept 2026
2nd International Dementia Innovation Conference Bali

27–30 Oct 2026
2026 Asia-Pacific Conference on Population Ageing China

10–13 Nov 2026
59th AAG Conference Melbourne

Nov 2026
3rd Western Pacific Alliance Healthy Aging Symposium Taiwan

Dec 2026
NZAG Conference Dunedin

5–6 Dec 2026
Asian Conference for Frailty & Sarcopenia Nepal

6–12 April 2030
IAGG World Congress Sydney