



**BALTIC REGION HEALTHY CITIES ASSOCIATION**

WHO Collaborating Centre  
for Healthy Cities and Urban Health  
in the Baltic Region



**Healthy Ageing – Active Ageing II**  
**17-18. April 2008**  
**Jurmala, Latvia**

**Conference report**

## Table of contents

1. General .....	3
2. Participants .....	3
3. Content .....	3
3.1 Opening session .....	3
3.2 Plenary sessions .....	4
3.3 Parallel sessions .....	4
3.4. Site visits .....	5
4. Conclusion .....	6
5. Additional meetings .....	6
6. Evaluation .....	6
Appendix 1: Programme of the conference .....	7
Appendix 2: List of participants .....	9

## 1. General

Healthy Ageing Active Ageing II was the 3<sup>rd</sup> joint conference of the Baltic Region Healthy Cities Association and Baltic Region University Network. It was organised in Jurmala (Latvia) 17-18 April 2008 in co-operation with the City of Jurmala.

The aim of the conference was to bring together researchers and practitioners involved in supporting healthy and active life and welfare of the elderly. Additionally, the conference combined the experiences and expertise of WHO Healthy Cities and universities/research institutes on the theme of Healthy Ageing.

The conference offered possibilities to lively discussions and new collaboration around:

- multidisciplinary work in health promotion and development
- models and indicators to support the decision making process
- comparative health and well-being information across the Baltic Sea Region
- recent knowledge on ageing from practical and academic points of view

The conference included three plenaries and four parallel sessions. The programme and the list of participants are attached to this report.

## 2. Participants

There were totally 63 participants from 5 countries and 16 cities. The programme consisted of three keynote presentations in plenary sessions, speeches from the Health/Welfare Ministries from Estonia, Latvia and Lithuania. In four parallel sessions were 18 presentations and 5 posters.

Table 1. Networks of the participants

Network	Amount of participants
Healthy Cities networks	24
Baltic Sea Region University network	28
National and other representatives	11
<b>Total</b>	<b>63</b>

## 3. Content

### 3.1 Opening session

The session was chaired by the Baltic Region Healthy Cities Association *Dr. Kaija Hartiala*.

The conference was opened officially by Deputy Mayor of Jurmala *Mr. Dainas Urbanovitcs*. In his opening words he highlighted the Healthy Cities activities realised in the city already for many years. He has been involved in the Healthy City movement especially in the HEPRO-project. A challenge in Jurmala is an increasing amount of elderly people. The goal of the city is to give them an active, healthy and happy life as full members of the society.

In her opening remarks Kaija Hartiala stressed the important role of the elderly people in the society. The biggest problem is usually loneliness, not the lack of services. There is a need for systematic research of the elderly and the utilisation of these results in the decision making. The cooperation between Baltic countries is important in the research area as well as in the practical exchange of

experiences.

*Mr. Kari Hyppönen* Chair of BSRUN Steering Committee talked about the importance of networking between the universities in the Baltic Sea Region. The role of Baltic University networked has grown under the last years and many common research areas have been found. This field of elderly people is one of them.

The representatives from Health/Social Ministries from the Baltic countries; Estonia, Latvia and Lithuania contributed to the meeting with presentations about the health policies of the older people in their countries.

Deputy Head *Mr. Andris Egle* from the Department of Public Health in Latvia told about the new strategy process for years 2010-2020, which is under preparation. Health promotion is a key element in the strategy and the responsibility of the people themselves in healthy life choices is stressed.

Head of Health Care Policy *Ms. Heli Paluste* from the Ministry of Social Affairs in Estonia highlighted the importance of re-organising the services in Estonia, especially the home care services. There is a big demand, because 1/3 of the municipalities do not have these services at all. The challenge is irrational use of resources, uneven quality of services and the separation of health care and social welfare systems. There is also a need to change the attitudes towards the elderly and ageing.

Secretary *Ms. Rima Vaitkiene* from the Ministry of Health in Lithuania described, that there are reasonably good possibilities and financial resources in the country for re-organizing the services. However, the rural areas face big problems in organising the services. The common phenomenon in all Baltic states is the big amount of elderly people. The share of people + 60 years is bigger than in other European countries.

### **3.2 Plenary sessions**

In the first plenary session *Professor Pirkko Routasalo* from the University of Tartu in Estonia presented elderly people's right to healthy and active ageing. She stressed the fact that every one of us is getting older every day and the elderly people are a very heterogenic group. The rights of old people are not paid enough attention. Health among elderly is a very subjective matter and active ageing means possibilities to keep on the level of normal functions and activities. Threats for healthy and active ageing are usually dementia, depression and isolation. Healthy and active ageing is in our own hands very much.

In the second plenary session *Associate professor Anita Villerusa* from the Riga Stradins University in Latvia presented the comparisons between the health status in the counties around the Baltic Sea as well as in Europe. The health of people in the Baltic States is not a very promising compared to the other countries in the Baltic Sea Region. She stressed a bottom-up approach in the policy development of elderly people. Three main aspects are to (1) take in consideration the needs of elderly, (2) profile the local situation with scientific knowledge and (3) pay attention to the local resources available.

The second day was started with the third plenary session presentation by *Professor Susanne Iwarsson* from the University of Lund in Sweden. She presented the supportive environments for ageing people and how accessibility, usability and safety can be supported in the urban environments. She highlighted the importance of the accessibility of the everyday environment in order to support the elderly people to be active. This needs multi-sectoral co-operation between the health care, scientists and the city planners. Iwarsson and her team have developed a tool to assess the operational environment of the elderly and their essential needs. The illustrative presentation gave usable examples, how to develop accessibility in practise.

### **3.3 Parallel sessions**

Parallel session 1 'Profiling the Health of the Ageing' was chaired by Healthy City coordinator *Ms. Heini Parkkunen* from the City of Turku and Baltic Region Healthy Cities Association. The session included

four presentations. *Dr. Seija Arve* from the City of Turku presented her and Minna Railo's research results of the experiences of insecurity of the oldest old living at home alone. *Dr. Seija Muurinen* from Helsinki presented interesting results of the nutritional status in nursing homes and long-term care hospitals. The research was made in the city of Helsinki and included also recommendations for the institutions to support the nutrition of the elderly according the results. *Ms. Minna Stolt* from the University of Turku described a literature review of the foot problems among the home-dwelling older people and *Ms. Mirkka Rantanen* also from the University of Turku told about her research results regarding the knowledge expectations of the aged dialysis patients.

Parallel session 2 'Active in Old Age' was chaired by *Dr. Riitta Asanti* from the Baltic Region Healthy Cities Association and University of Turku and the session included five presentations. *Ms. Jaana Forsbacka* and *Ms. Tarja Bergfors* from the Turku University of Applied Sciences presented their studies on medication of with ageing people and improving the quality of elderly service – optimal medical care. Both studies were made in the city of Salo in Finland. *Ms. Pia Eloranta* from University of Turku presented her study results about nurses and how do they spend their time in elderly care. *Mr. Pertti Pohjolainen* from the Age Institute of Finland spoke about the research programme for the assessment and support of extended functional capacity. *Ms. Helena Norokallio* from the city of Turku told about the results of the Vivago wristcare home system and the support and security it can offer.

Parallel session 3 'Collaboration and participation at the local level and access in its widest sense' was chaired by *Professor Tarja Suominen* from the University of Kuopio and there were five presentations in this session. *Dr. Juris Krumins* from the University of Latvia presented a study about the total working life expectancy at retirement – trends and perspectives in Latvia. *Dr. Inara Roja* from Riga Stradins university presented research about gerontological psychotherapy in aging population still working. From Tallinn Health College *Ms. Anne Ehasalu* presented a tool for promoting Active Ageing in Estonia. *Ms. Sanna Ahonen* from city of Kuopio described a service chain for elderly gym users in the city. From Kuopio University *Ms. Päivi Kankkunen* told about the master and doctoral thesis related to geriatric nursing.

The parallel session 4 'Active in Old Age' was chaired by *Professor Jurate Macijauskienė* from the Kaunas University of Medicine and there was four presentations in the session. *Ms. Lina Spirgiene* from the Kaunas University of Medicine presented how active ageing of the elderly can be supported in residential long term care institutions. *Ms. Andrea Vannucchi* and *Ms. Tarja Lapila* from Finland gave an interesting perspective to the care of elderly people based on presentations and stories two individuals in Salo region (South-West Finland). How would I know what is in your mind? Using photography in interactive communication with elderly people in promoting an active and healthy daily life. *Ms. Natalja Istomina* from Klaipeda University presented health assessment of old people in the city of Klaipeda. *Professor Pirkko Routasalo* presented in collaboration with Birgitta Mäkinen a case how to support the relatives of aged patients for ensuring successful discharge and continuation of care at home.

### **3.4. Site visits**

The City of Jurmala, Healthy City coordinator and Head of Jurmala Welfare Department *Dr. Laima Grobina*, had organised with her team site visits to show interesting health promotion and sustainable development initiatives and actions as well as present the beautiful city surroundings.

- a. The first visit included a Day Centre for people with mental disorders belonging to the Social Integration Centre of Jurmala. The various possibilities for daily actions were presented. The nearby famous Kemer National park and the forest house were also included in the site visit.
- b. The second visit included a city tour by bus where it was possible to see the well planned riverside. The tour made a stop in the new wooden built sport hall close to a school and finished in Jurmala open-air museum Ragapa nature Park.

Following the site visits the city of Jurmala hosted reception at the City Museum with cultural entertainment. A group of elderly people greeted the conference participants with a very special Latvian folk dance performance followed by greetings from Mayor Raimond Muncēvics, The nice evening included local food, music and social networking between the participants.

## 4. Conclusion

The Healthy Ageing – Active Ageing conference was concluded by Riitta Asanti and Heini Parkkunen on behalf of the Baltic Region Healthy Cities Association. They highlighted the main points of the parallel and plenary session and thanked warmly people involved in the organising of the conference, especially the local people in Jurmala. The possibility of organising the next meeting in Lithuania has been discussed on preliminary base, but no final decision was made during the conference.

## 5. Additional meetings

As an addition meeting of the Healthy City coordinators and a roundtable discussion of the students and researchers of Healthy Ageing were organised.

The roundtable of researchers 'Multidicipline research collaboration – supporting functional activity of older people' was facilitated by Professor Pirkko Routasalo. The discussion included ideas and themes for the future collaboration. The following aspects were regarded important by the participants: combining the research and practise more closely, education, technology, health at working age (health promotion, own responsibility of healthy choices), nutrition and mental health. Network of researchers is willing to continue the collaboration like in Pärnu and Jurmala and would like to see the event even more research oriented. The PhD students presented their dissertation ideas for the multi-stakholder group for discussion.

The meeting of the Healthy Cities and National network coordinators in the Baltic Sea Region was attended only by few people.

## 6. Evaluation

The feedback from the participants was positive as well as the atmosphere in general. The keynote presentations were inspiring and interesting and the practical arrangements were regarded excellent. The new aspect of having the national representatives was regarded as an added value. Feedback was collected from the participants with a short electronic questionnaire. The results are presented at Table 2 and show satisfaction of the participants.

Table 2. Mean values of the feedback, n=18 (28,6%)  
Totally agree 4, Partly agree 3, Partly disagree 2, Totally disagree 1, No opinion 0

I've got enough information before the conference.	3,50
Conference web-site was useful information resource when looking for practical information.	3,71
The conference was well organized.	3,67
The conference was useful/interesting (content, keynotes, site visits).	3,61
The conference gave me good insight about the current situation in the ageing research and working field.	3,33
The conference gave me a good opportunity to learn from others experiences.	3,44
The conference gave me new contacts and co-operation possibilities.	3,35
The conference offered me a good possibility to find partners to work with in the future.	3,24
The co-operation between BSRUN (Baltic Sea Region University Network) and Baltic Region Healthy Cities Association is useful.	3,72
<b>Mean value, all answers</b>	<b>3,51</b>

The organising committee assessed the meeting a good one. There were enough participants, the programme was versatile and participants satisfied. The future plans are open and will be discussed in the organising committee later in 2008.

## Appendix 1: Programme of the conference

**THURSDAY 17 April 2008**

**9:00-10:00 Registration and coffee**

### **Plenary session**

*Chair: Chair of the Board, Dr. Kaija Hartiala, Baltic Region Healthy Cities Association, Finland*

**10:00-10:30 Welcome addresses**

*Mayor Raimonds Munkevics, City of Jurmala, Latvia*

*Chairman of BSRUN Steering Committee, Kari Hyppönen, University of Turku, Finland*

*Chair of the Board, Dr. Kaija Hartiala, Baltic Region Healthy Cities Association, Finland*

**10:30-11:30 Health policies of older people in the Baltic countries**

*Deputy Head Andris Egle, Department of Public Health, Ministry of Health of the Republic of Latvia*

*Head of Health Care Policy Heli Paluste, Ministry of Social Affairs, Estonia*

*Secretary Rima Vaitkiene, Ministry of Health of the Republic of Lithuania*

**11:30-12:00 Keynote 1. The Right to Healthy and Active Ageing**

*Professor Pirkko Routasalo, University of Tartu, Estonia*

**12:00-13:00 Lunch**

*Chair: Executive Director, Dr. Riitta Asanti, Baltic Region Healthy Cities Association, Finland*

**13:00-14:00 Keynote 2. Health and wellbeing of the aged population in Latvia**

*Associate Professor Anita Villerusa, Dean, Faculty of Public Health, Riga Stradins University, Latvia*

**14:00-14:30 Coffee break**

### **Parallel sessions**

**14:30-16:00 Parallel session 1: Profiling Health of the Ageing**

*Chair: Healthy City coordinator, Heini Parkkunen, Baltic Region Healthy Cities Association, Finland*

*Minna Railo, Experiences of security and insecurity of oldest old living at home alone*

*Seija Muurinen, Residents' nutritional status in all nursing homes and long-term care hospitals in Helsinki and further recommendations for the institutions*

*Minna Stolt, Foot problems among home-dwelling older people - a literature review*

*Mirkka Rantanen, Knowledge expectations from the perspective of aged dialysis patients*

**Parallel session 2: Active in Old Age**

*Chair: Executive Director, Riitta Asanti, Baltic Region Healthy Cities Association, Finland*

*Jaana Forsbacka, Medication with Ageing People in Salo-city, Finland*

*Tarja Bergfors, Improving the quality of elderly service -optimal medical care*

*Pia Eloranta, How do nurses spend their time in elderly care?*

*Pertti Pohjolainen, The research programme for the assessment and support of extended functional capacity*

*Helena Norokallio, Support and security by the Vivago wristcare home system*

**16:00-17:00 Jurmala Healthy Cities activities – presentation and site visits**

*Dr. Laima Grobina, Head of Jurmala Welfare Department, Healthy City Coordinator, City of Jurmala, Latvia*

**19:00-21:30 Reception in City Museum, hosted by the City of Jurmala**

**FRIDAY 18 April 2008**

**Plenary session**

*Chair: (to be confirmed)*

**9:00-10:00 Keynote 3. “Ageing and Supportive Environments” – Accessibility, Usability and Safety in Urban Environments**

*Professor Susanne Iwarsson, Department of Clinical Neuroscience, Lund University Sweden*

**10:00-10:30 Coffee break**

**Parallel sessions**

**10:30-12:00 Parallel session 3: Collaboration and Participation at the Local Level and Access in its Widest Sense**

*Chair: Professor Tarja Suominen, University of Kuopio, Finland*

*Juris Krumins, Total and working life expectancy at retirement - trends and perspectives: case of Latvia*

*Inara Roja, Gerontopsychotherapy in working aging male and female*

*Anne Ehasalu, Active ageing in Estonia*

*Sanna Ahonen, Service chain for elderly gym users in Kuopio*

*Päivi Kankkunen, Master's and doctoral thesis related to geriatric nursing*

**Parallel session 4: Active in Old Age**

*Chair: Jurate Macijauskiene, Kaunas University of Medicine, Lithuania*

*Lina Spirgiene, Active ageing of the elderly in residential long term care institutions*

*Andréa Vannucchi, How would I know what is in your mind? - Using photography in interactive communication with elderly people for promoting an active and healthy daily life*

*Natalja Istomina, Health assessment of old people 80 years old in Klaipeda*

*Birgitta Mäkinen, Supporting relatives of aged patients for ensuring successful discharge and continuation of care at home*

**Plenary session**

**12:00-12:15 Conclusion of the conference**

*Executive Director, Dr. Riitta Asanti, Baltic Region Healthy Cities Association, Finland*

*Healthy City coordinator, Heini Parkkunen, City of Turku and Baltic Region Healthy Cities Association, Finland*

**12:15-13:00 Lunch**

*Chair: Professor Pirkko Routasalo, University of Tartu, Estonia and University of Turku, Finland*

**13:00-14:30 Roundtable of researchers**

**”Multidiscipline research collaboration – supporting functional activity of older people”**

**14:30-15:00 Coffee break**

**15:00-17:00 Seminar of PhD Students**

## Appendix 2: List of participants

1.	Ahonen	Sanna	Exercise physiologist, Master of Physical Education
2.	Arve	Seija	Profit Centre Director
3.	Asanti	Riitta	Executive Director
4.	Atslega	Iveta	Financial director
5.	Bergfors	Tarja	KM / M.A.(Ed. Sc.)/RN
6.	Berzupe	Agita	Head of Social Care Center
7.	Biciks	Vadims	Mr.
8.	Bulotaite	Irena	Head specialist
9.	Egle	Andris	Deputy Head of the Division
10.	Ehasalu	Anne	lecturer
11.	Faustas	Stepukonis	Assoc. Prof.
12.	Fecere	Lita	Specialist
13.	Forsbacka	Jaana	TtM, Sh / MNSc, RN
14.	Graumane	Velga	Chairman
15.	Gravelsina	Iveta	Personal Manager
16.	Grobina	Laima	Head of department
17.	Hakala	Heidi	Project Secretary
18.	Hartiala	Kaija	Dr., Chair of the board
19.	Heiskanen	Pilvi	Bachelor of Social Services, manager of the home for the aged
20.	Hyppönen	Kari	Chairman of the Steering Committee of BSRUN
21.	Istomina	Natalja	Mrs.
22.	Iwarsson	Susanne	Professor, pro-dean
23.	Kazemekaitis	Algimantas	
24.	Krumina	Engelena	Specialist
25.	Krumins	Juris	Dr.habil oec, professor
26.	Landor	Ulla-Maija	Co-ordinator
27.	Lapila	Tarja	documentary film director
28.	Laškova	Jelena	
29.	Lehtoranta	Pia	M.A. (major Cultural History), project secretary
30.	Leskovic	Antonina	chairwoman of the board of administration
31.	Macijauskiene	Jurate	MD, PhD
32.	Markovic	Anna	Sociologist
33.	Meiere	Parsla	specialist
34.	Muurinen	Seija	Senior Researcher, PhD
35.	Norokallio	Helena	M.Ed., project coordinator
36.	Oja	Kristina	Head of the Nursing Care Department
37.	Paluste	Heli	Head of Health Care Policy
38.	Parkkunen	Heini	Healthy City coordinator
39.	Pohjolainen	Pertti	Senior Researcher
40.	Pormeistere	Erna	Valka town concil
41.	Rantanen	Mirkka	MNS-student
42.	Rebane	Alo	social work counsellor
43.	Roine	Maija	head nurse
44.	Roja	Inara	Dr.med
45.	Romane	Veronika	journalist
46.	Routasalo	Pirkko	Professor
47.	Saari	Pirjo	Project manager
48.	Satiene	Diana	Director
49.	Seikola	Maija	Student
50.	Simfa	Silvija	Adviser on Social and health Issues
51.	Skerskane	Dace	Psychiatrist
52.	Spirgiene	Lina	RN, MSN
53.	Stolt	Minna	MNSc, PhD-student, podiatrist

54. Suominen	Tarja	Professor
55. Tomson	Signe	Mrs.
56. Tuomisto	Riitta	MNSc, RN, Senior Lecturer
57. Urbanovics	Dainis	Vice Mayor
58. Vaitkiene	Rima	Dr., Secretary of the Ministry
59. Vannucchi	Andréa	photographer
60. Verzemnieks	Janis	
61. Villerusa	Anita	profesor
62. Zemite	Ingrida	Specialist
63. Ziedone	Ligita	Dr.