OFFICIAL PROGRAM

2026 International Conference for Healthy Ageing and Community Resilience

October 16 - 17, 2026

International Conference Hall, National Center for Geriatrics and Welfare Research (Yunlin, Taiwan)

*This year's conference highlights the theme of **Healthy Ageing and Community Resilience**, with a particular focus on the integration of clinical care, long-term care, community-based services, and social support systems.*

Key themes include:

- ★ *Bridging Hospital and Long-Term Care*
- ★ *Supporting Caregivers and Community Wellbeing*
- ★ *From Risk Prevention to Resilience*
- ★ *Intrinsic Capacity, ICOPE, and Ageing in Place*
- ★ *Social Innovation and Social Prescribing*
- ★ *Wellbeing, JOY, Meaning, and Micro-Happiness in Later Life*

OFFICIAL PROGRAM

Day 1 Agenda Outline

Friday, Oct 16th, 2026

9:00 - 09:50

Reception

Registration & Opening Reception

09:50 - 10:10

Ceremony

Welcoming Remarks & Official Group Photo

10:10 - 11:00

Keynote Session 1

Bridging Hospital and Long-Term Care: Japan's Experience in Integrated Care for Advancing Community Resilience in Super-Aged Societies

Hidenori Arai, M.D. Ph.D. / 荒井秀典

President, National Center for Geriatrics and Gerontology

MODERATOR

- **Hsi-Wen Wu, PhD / 吳希文**
  Deputy Director-General, Department of Long-Term Care, MOHW
- **Cheng-Chieh Lin, M.D., MS, PhD / 林正介**
  Distinguished Professor & Vice-president, China Medical University, Taiwan
  Chairman of Research Ethics Committee, China Medical University & Hospital
  Attending physician, China Medical University Hospital

11:00 - 11:50

Keynote Session 2

Supporting those who care: Community rehabilitation and well-being of older carers in ageing societies.

Keith Hill (Professor), PhD

Senior Researcher, Monash University, Australia

Rehabilitation Ageing and Independent Living (RAIL) Research Centre

MODERATOR

- **Matthew Huei-Ming Ma , M.D., Ph.D.,MBA / 馬惠明**
  Superintendent, National Taiwan University Hospital Yunlin Branch
  Associate Director, National Center for Geriatrics and Welfare Research, National Health Research Institutes
  Professor, Institute of Epidemiology and Preventive Medicine College of Public Health, National Taiwan University
- **Peishan Yang, Ph.D. / 楊培珊**
  Chair, NTU, Research Ethics Office for Social and Behavioral Sciences
  Professor, NTU, Department of Social Work

11:50 - 12:00

Activity

Center Tour

12:00 - 13:00

Lunch

Lunch & Exhibition (Cultural Performance & Micro-Exhibition)

13:00 - 13:50

Keynote Session 3

Evidenced-based deprescribing of CNS-active medications and fall prevention frameworks

Shelly Gray, PharmD, MS

Professor (with tenure), University of Washington, Department of Pharmacy

Endowed Director, Plein Center for Aging, University of Washington School of Pharmacy

MODERATOR

- **Li-Jiuan (Rita) Shen, Ph.D. / 沈麗娟**
  Secretary General, National Taiwan University
  Professor, School of Pharmacy, National Taiwan University
- **Chiung-Tong Chen, Ph.D. / 陳炯東**
  Professor and Dean, College of Pharmacy, China Medical University

13:50 - 14:40

Keynote Session 4

Frailty, Resilience, and Healthy Ageing in the community: Rethinking Care for Older Adults

Kenneth Rockwood

Professor, Dalhousie University, Canada

MODERATOR

- **Masahiro Akishita, MD, PhD / 秋下 雅弘**
  CEO, Tokyo Metropolitan Institute for Geriatrics and Gerontology
  Professor Emeritus, The University of Tokyo
- **Chih-Cheng Hsu / 許志成**
  Executive Director, National Center for Geriatrics and Welfare Research, NHRI, Taiwan

14:40 - 15:10

Coffee break

Coffee Break & Networking (Community Performance)

15:10 – 17:40

Track A: Expert Panel A:

Seamless + co-living eco-system

SECTION MODERATORS

- **Paulo, Chih-Hsing Wu, / 吳至行**
  Professor, Institute of Gerontology, National Cheng Kung University
  Visiting Staff, Department of Family Medicine, National Cheng Kung
- **Ding-Cheng Chan, MD. PhD, FACP / 詹鼎正**
  Superintendent, National Taiwan University Hospital Bei-Hu Branch
  Clinical Professor, Department of Internal Medicine, College of Medicine, National Taiwan University

15:10 - 15:35

Speaker 1

Implementing Proactive Total Care in Indigenous Communities

Ying-Wei Wang / 王英偉
Consultant, Hualien Tzu Chi Hospital, Buddhist Tzu Chi Medical Foundation
Professor, Tzu Chi University

15:35 - 16:00

Speaker 2

Sustaining Intrinsic Capacity Across Settings: Research Insights and ICOPE Implementation from Hospital to Community

Yu-Tai Lo, M.D., MSc, Ph.D / 羅玉岱
Clinical Assistant Professor, School of Medicine, College of Medicine, National Cheng Kung University
Attending Physician, Department of Geriatrics and Gerontology, National Cheng Kung University Hospital

16:00 - 16:25

Speaker 3

Social Prescribing: A Person-Centered Care Model that Connects the Healthcare System to the Community

Kheng Hock Lee / 李庆福

Track B: Parallel Competition

Oral Presentation Competition

Academic competition for emerging researchers, clinicians, and doctoral candidates showcasing breakthroughs in geriatric medicine, rehabilitation strategies, and community resilience metrics. Presenters compete for Academic Awards evaluated by international juries.

	Deputy CEO (Academic Medicine and Partnerships), SingHealth Communty Hospitals Associate Professor of Family Medicine, DukeNUS Medical School Senior Consultant, Singapore General Hospital
16:25 - 16:50	Speaker 4 **Advancing Healthy Longevity and Ageing in Place Through a Holistic Integrated Community-Based Trial** **Chen-Yu Wang/王貞予** Associate Investigator, National Center for Geriatrics and Welfare Research, National Health Research Institutes, Taiwan
16:50 - 17:15	Speaker 5 **National Strategies for Smart mutual-supporting Co-living Communities** **Hung-Yi Chiou/邱弘毅** Distinguished Investigator and Director, Insititue of Population Health Sciences, NHRI
17:15 - 17:40	**Plenary Q&A Session**
18:00 - 20:00	**Welcome Dinner & Gala Performance**

Oct 17 (Sat)

Saturday, Oct 17th, 2026

09:00 - 09:40

Reception

Registration & Opening Reception

09:40 - 10:30

Keynote Session 5

Joyspan: A Short Guide to Enjoying Your Long Life

Kerry Burnight, PhD

Distinguished Professor, University of Chicago

CEO, The Gerontologist, Inc

MODERATOR

- **Wei J. Chen / 陳為堅**
  Vice President, National Health Research Institutes, Taiwan
- **Wee Shiong Lim, M.D., MHPE. / 林伟雄**
  Director, Institute of Geriatrics and Active Aging, Tan Tock Seng Hospital, Singapore

10:30 - 11:20

Keynote Session 6

Social Innovation for Healthy Ageing

Katsunori Kondo, M.D., Ph.D. / 近藤克則

Professor, Center for Preventive Medical Sciences, Chiba University

Director Research Department, Institute for Health Economics and Policy

MODERATOR

- **Meng-Chih Lee, MD, PhD, MPH / 李孟智**
  顧問醫師，衛生福利部臺中醫院
- **Ching-Ju Chiu, Ph.D / 邱靜如**
  Professor & Chair, Institute of Gerontology, National Cheng Kung University

11:20 - 13:00

Lunch

Lunch & Exhibition (Cultural Performance & Micro-Exhibition)

13:00 - 13:50

Keynote Session 7

Social Prescribing, Healthy Ageing and Community Resilience in North America

Kate Mulligan, PhD

Associate Professor, University of Toronto

Scientific Director, Canadian Institute for Social Prescribing

***MODERATOR**

- **Amy Huey-Ling SHEE / 施慧玲**
  Professor, Department of Law, National Chung Cheng University
  Executive Director, Office of University Social Responsibility (USR) and Associate Vice President for Student Affairs, National Chung Cheng University
- **Shuh-Jen Sheu, R.N., M.S.N., Ph.D. / 許樹珍**
  Professor, Institute of Community Health Care, College of Nursing, National Yang Ming Chiao Tung University

13:50 - 14:40

Keynote Session 8

Translational geroscience and real-world implementation of the WHO ICOPE program at IHU HealthAge

Philipe de Souto Barreto (Barreti), PhD

Professor, IHU HealthAge / University of Toulouse

Scientific Director Institute on Aging, IHU HealthAge / University of Toulouse / Toulouse University Hospital

MODERATOR

- **Koichi Kozaki, M.D. / 神﨑恒一**
  President, Tokyo Metropolitan Institute for Geriatrics & Gerontology (TMIG)
- **Jaw-Shiun Tsai, M.D., Ph.D. / 蔡兆勳**
  President, Taiwan Association of Gerontology and Geriatrics
  Superintendent, National Taiwan University Hospital, Jin-Shan Branch
  Professor, Department of Family Medicine, College of Medicine and Hospital, National Taiwan University
  Vice President, Taiwan Association of Family Medicine

14:40 - 15:10

Coffee break

Coffee Break & Networking (Community Performance & Guided Tour)

15:10 – 17:10

Expert Panel B

Practices of Resilience-Person-Centered Care and Well-being

SECTION MODERATOR

- **Ping-Jen Chen, M.D., Ph.D. / 陳炳仁**
  Consultant Geriatrician / Palliative Medicine Specialist, Department of Family Medicine and Division of Geriatrics and Gerontology, Kaohsiung Medical University Hospital
  Associate Professor in Geriatrics, School of Medicine, Kaohsiung Medical University
- **Ai-Tzu Li, Ph.D. / 李藹慈**
  Secretary General, National Chung Cheng University
  Professor, National Chung Cheng University

15:10 - 15:30

Speaker 1

Beyond Healthcare to Health: Scaling Community Resilience from 'By Design' Blue Zone 2.0 to 'By Default' Blue Zone 3.0

Wee Shiong Lim, M.D., MHPE. / 林伟雄
Director, Institute of Geriatrics and Active Aging, Tan Tock Seng Hospital, Singapore
Senior Consultant, Department of Geriatric Medicine, Tan Tock Seng Hospital, Singapore
Lead Scientist, Geriatric Education and Research Institute, Singapore

15:30 - 15:50

Speaker 2

Precision Functional Training for Sustainable Community Health in Rural Taiwan

Fang-Lin Kuo, RN, PhD / 郭方琳
Assistant Investigator, National Center for Geriatrics and Welfare Research, National Health Research Institutes, Taiwan

15:50 - 16:10

Speaker 3

Dietary patterns and critical nutrients for healthy aging

Tina H. T. Chiu, Ph.D. RD. / 邱雪婷
Associate Investigator, National Center for Geriatrics and Welfare Research, National Health Research Institutes, Taiwan

16:10 - 16:30

Speaker 4

Micro-Happiness in Ageing: Reframing Care, Well-being, and Meaning in Dementia and Later Life

Satoko Hotta
Professor, Keio University, Japan

16:30 - 16:50	Speaker 5 **Cultivating Well-Being from Within: Community-Based Mindfulness Interventions for Healthy Aging** **Ai-Ling Hsu, Ph.D. / 許艾伶** Assistant Investigator, National Center for Geriatrics and Welfare Research, National Health Research Institutes Assistant Professor, Department of Artificial Intelligence, Chang Gung University
16:50 - 17:10	**Plenary Q&A Session**
17:10 - 17:30	Ceremony **Closing Remarks & Award Ceremony**