



MIRAI Workshop  
Tokyo, 11-12 October 2018



**Tentative program as of August 1, 2018**  
**WORKSHOP – AGEING**

Venue: International Conference Centre, Waseda Campus  
Waseda University  
Room: 3<sup>rd</sup> Floor meeting room

**Active and Healthy Ageing in Japan and Sweden – Individual, Group, and Population Perspectives**

**Sub-topics**

- A) Demography and Determinants of Health
- B) New Technologies for the Ageing Society
- C) Health Promotion for the Ageing Society

*Focus of this workshop will be mainly on sub-topics B and C (regarding C, biomedical aspect). However, we will touch on sub-topics A and C (Social innovations and future policies aspect).*

**Sub-topic A: Demography and Determinants of Health**

- Population-based studies on the situation in Japan and in Sweden
- Cross-national comparative research with potential to increase the knowledge and understanding of determinants of health and longevity in ageing societies
- Lifestyle factors

**Sub-topic B: New Technologies for the Ageing Society (for planning purpose only)**

- Sensor/wearables/pervasive technologies helping older adults monitoring their health at home (health and medicine)
- Robot and communication technologies helping older adults carrying out their daily routines at home (accessibility and self-management)
- Robot and communication technologies helping older adults keeping contact with family and community (well-being)

**Sub-topic C: Health Promotion for the Ageing Society (for planning purpose only)**

- Biological and medical sciences of ageing
  - Research and training on the molecular, cellular, genetic, and physiological mechanisms underlying normal ageing and age-related pathologies
  - Research and training on health promotion and preventative strategies for ageing populations
  - Physical and cognitive exercise, dietary interventions, and adaptations in the surrounding environment
- Social innovations and future policies for ageing societies
  - Socio-demographic and socio-economic aspects of different forms of health care, social services and housing
  - Health care and social service workers in the field
  - Social innovations and future policies for ageing societies
  - Lifelong learning for active ageing

**Thursday 11 October 2018**

8:30	Registration
9:00-9:10	<b>Opening remark</b> by TBC, Waseda University <i>Facilitated by Prof. Toru Asahi, Chairman SSC Ageing, Waseda University</i>
9:10-9:50	<b>Keynote</b> by TBC (focus on subtopic B)
9:50-10:10	Q&A
10:10-10:30	Coffee break
10:30-12:10	<b>Session 1: Oral Presentation- presentation based on "collaborative project proposal in ageing"</b> <i>Chaired by Prof. Morten Fjeld, Chairman SSC Ageing, Chalmers University of Technology</i>  ① 10:30-10:50 (10 mins' presentation and 10mins' Q&A) ② 10:50-11:10 ③ 11:10-11:30 ④ 11:30-11:50 ⑤ 11:50-12:10
12:10-13:30	Lunch
13:30-14:50	<i>Chaired by Prof. Takayuki Akimoto, Chairman SSC Ageing, Waseda University</i>  ⑥ 13:30-13:50 ⑦ 13:50-14:10 ⑧ 14:10-14:30 ⑨ 14:30-14:50
14:50-15:10	Coffee break - starting poster viewing
	⑩ 15:10-15:30 ⑪ 15:30-15:50 ⑫ 15:50-16:10
16:10-17:10	<b>Lecture 1: "How to write grant proposal and how that is evaluated"</b> <i>Chaired by TBC</i> Lecturer 1 Swedish side (STINT etc.):
17:10-17:30	Coffee break
17:30-17:50	<b>Making groups for group discussion on the 2<sup>nd</sup> day</b> 3-5 Smaller groups are formed to discuss their draft applications with guidance from SSC members.
17:50-18:00	Debrief of Day 1 – by TBC
18:00-18:30	Poster session with finger foods
18:30-19:00	Move to Dinner place
19:00-21:00	Dinner at TBC

**Friday 12 October 2018**

9:00-10:00	<b>Lecture2: “How to write grant proposal and how that is evaluated”</b> <i>Chaired by TBC</i> Lecturer2(Japanese side) by <i>Prof. Yuto Kitamura, The University of Tokyo</i>
10:00-12:00	<b>Session2: Group discussion for making draft applications</b> <i>Chaired by Prof. Takayuki Akimoto, Chairman SSC Ageing, Waseda University</i>  3-5 Smaller groups are formed to discuss more in detail . Each group takes coffee break during this period.
12:00-13:30	Lunch
13:30-14:30	Session 2 continues
14:30-15:30	<b>Session3: Group presentation to share the result of discussion and draft applications</b> Each Group presents the result of their discussion and shares their idea with all other participants. The entire group of participants including senior researchers reflects on the proposal presentations to broadly share the idea and to identify possible interactions.
15:30-15:45	Closing remark <i>by TBC</i>
	End of Ageing Session
16:30-17:30	Innovation Interworking Session (Optional)
17:30-18:00	Closing Ceremony
18:30-18:30	Move to Dinner place
18:30-	Farewell event (Dinner)