Dear Friends,

It is my great pleasure to invite you to the “IV International Congress of Gerontology and Geriatrics” that the Escola Superior de Educação João de Deus in partnership with AIP – Feiras, Congressos e Eventos, will organize within the context of its Degree in Social Gerontology.

The IV International Congress of Gerontology and Geriatrics, devoted to the theme - “Active, healthy and positive aging” will take place in Lisbon on 5, 6 and 7th of December 2014, within the event “Portugal Maior 2014”.

As you may already know, several countries within the European Union and Portugal in particular, are faced with a significant aging population.

In 1960 the aging index in Portugal was 27.3% and in 2013, 129.4%.

Currently 26.6% of Portugal’s population is over 65 years of age. In 2050 this figure will exceed 40.4%.

Portugal occupies the 34th position in the “Global Ageing Index 2013”. This report is prepared by Help Age International, supported by UNFPA (United Nations Population Fund) which measures the quality of life and well-being of the elderly worldwide. It analyses several criteria of people over 60 years of age, such as: income (pensions, poverty levels, etc.), health, employment and education, adaptation to the environment (access to public transport, civic rights, security) amongst other criteria.

Active, healthy and positive aging implies knowing that “it is not enough to add years to your life but it is necessary to give life to those years”, both in quality of life and dignity.

We all age. Thus, aging is an individual process. If each one of us is responsible for one’s own aging process, we will have a collective, demographic and societal aging process which is more active, healthy and positive.

The World Health Organization (2002) defines active aging as the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

The concept of active, healthy and positive aging implies the integration of a Gerontologist in multidisciplinary and interdisciplinary teams, in order to promote health and prevent disease in aging people.

This congress aims to encourage the technical-scientific debate on active, healthy and positive aging to promote a better quality of life and well-being for Portuguese Seniors and to sensitize the elderly population and society in general to longevity strategies via an active healthy and positive aging. It also aims to inform the elderly, their families and caretakers, about resources (goods and services) that are available in the market.

Thus, these are moments that should not be missed in the enhancement of employment opportunities and lifelong learning, as well as, encouraging social, cultural and pedagogical institutions to prepare youth for their own process of active, healthy and positive aging.

“The political problem of mankind is to combine three things: economic efficiency, social justice and individual liberty.”

John Maynard Keynes

The School Director
Prof. Dr. António de Deus Ramos Ponces de Carvalho
The IV International Congress of Gerontology and Geriatrics: “Active, healthy and positive aging” as an interdisciplinary, multidisciplinary and transdisciplinary event is a scientific initiative of the Escola Superior de Educação João de Deus in partnership with the Portuguese Industrial Association. This scientific encounter is integrated into the event “Portugal Maior 2014”, featuring as a main objective the conglutination of researchers and scientists who will thoroughly explain and dissect the latest theories and experiences in the biological, psychological, social, cultural and spiritual field of human aging in the areas of well-being, health and disease.

Let us examine some statistics to understand “who is who” over the following twenty-five years. The United Nations foresees that until 2050, the countries of Southern Europe will have the highest proportion of people 65 years of age and older.

According to forecasts from the National Institute of Statistics, by 2046, the proportion of young population in Portugal will reduce to 13% and the elderly population will increase from the current 17.2% to 31% and in 2050 the number of elderly people over 65 will be 2.95 million, corresponding to 238 elderly people per one hundred youths, which is double the current value of 112 seniors per one hundred youths.

Worldwide, the number of elderly people will increase significantly, going from 606 million to nearly 2 billion in the next fifty years. The increase will be more pronounced in poor countries, where the elderly population will quadruple from 374 million to 1.6 billion.

This demographic depiction can either be seen as a danger or as a new opportunity, especially considering that being an old person carries with it a status of experiences, wisdom, knowledge and know-how that should be learnt from and put to good use. At the same time, the elderly person is a socially stigmatized label of “uselessness” and “inactivity”, a human being who is disconnected socially, culturally and economically carrying the label of the myth of inflexibility in the face of change, the myth of unproductive labor and the myth of (lack of) self-esteem.

In Gerontology and Geriatrics, the activities of daily living (ADL) and the instrumental activities of daily living (IADL) are based on social and philosophical foundations. In the process of aging, well-being, health and disease these activities are a personal and social construct that is built and solidified in the trajectory of one’s life, one’s culture and the social reality where the elderly person coexists and cohabits.

The current migratory movement also generates complex problems for “caregivers” especially considering that migrants come from different geographical, historical and socio-cultural environments and with lifestyles which are completely out of touch with European societal conditions.

In gerontology, geriatrics and related fields there is a need to prepare “caretakers” of elderly people with technical and scientific knowledge on active, healthy and positive aging.

Being old is not synonymous with being ill or getting sick. Nevertheless old age does produce a number of significant changes: hematopoietic, lymphatic, gastrointestinal, genitourinary, neurological, visual, auditory, endocrine, musculoskeletal, degenerative joints, cardiorespiratory, etc. And often chronic degenerative pathological processes (metabolic, neurodegenerative, neuro-psychic diseases, cancer, etc.) and increasingly, acute infectious and parasitic diseases arise.

This congress on active, healthy and positive aging seeks to address the claim by Valhin (1992) Chenais (1995) and Steven Austad (2001) that at the end of the twenty-first century human longevity would reach 150 years of age. The most eccentric theory emerges with Aubrey de Grey (2011), an English biomedical expert in human longevity, who says that in two decades we will live 150 years, and in the near future people will live a thousand years.

Achieving this very old age, seniority, would be possible with other policies of health promotion and disease prevention at the moment when human aging really begins, namely in the womb of the mother of the old person of tomorrow.

Pope John Paul II, in a letter addressed to the elderly, in 1999, the International Year of the Elderly said: “I praise all social initiatives that enable elders to grow physically, mentally, intellectually, spiritually and socially and cause an increase in their zest for life and a longing for eternity”.

How to age well and gracefully is a learning process, one where we learn about how to learn from life’s experiences, about the internal dynamics of the communication between mind-body, psyche-soma and spirit-soul. In this scientific event we seek to find answers to all these issues.

We Welcome You.

“Step into old age with care, / Foot by foot, without causing rumors / that may awaken memories of the past / Dreams of glories, illusions of love. / Of what you have planted in your plantation / Pick the fruit and collect the flowers: / But still plow and plant your terrace, / That others will reap when you depart. / Do not allow old age to be an illness! / Feed your spirit with health, / Fight against the weakness of will. / Let the snow fall! Your ardor and enthusiasm must not change! / Keep yourself young, age does not matter! / Every age has its youth ...”

Manuel Bastos Tigre

The Congress Coordinator
Prof. Dr. Joaquim Parra Marujo
OBJECTIVES
The main purpose of these Conferences is to bring together a group of experts to discuss active, healthy and positive aging at a European and International level. There are, however, other general underlying objectives:

- To become an event of reference in Gerontology and Geriatrics;
- To provide and promote the exchange of knowledge, theories, experiences and uni, multi and transdisciplinary know-how in the promotion of a prosperous, active, healthy and positive life in the elderly;
- To promote the education and training of informed and critical Gerontologists within the scope of gerontological care;
- To discuss existing myths about aging and old age;
- To stimulate the innovation of new paradigms of gerontological intervention;
- To promote research and investigation, education and training, innovation and technology, aimed at present and future expectations of the elderly;
- To encourage participation and socio-cultural and scientific interaction of the Senior Universities and Academies and Institutions linked to the issue of “the elderly”;
- To increase and encourage proposals related to gerontology and geriatrics on active, healthy and positive aging for well-being, health promotion and disease prevention;
- To enhance and encourage the active participation of citizens in their own process of active, healthy and positive aging;
- To project the Escola Superior de Educação João de Deus’ name and image internationally as innovative and demonstrating excellence in its intervention strategies in the community, health, tourism and social exclusion;
- To encourage reflection and discussion on the reality of aging and old age;
- To publish a CD with all accepted communications of the Congress with ISBN registration.

ORGANIZING COMMITTEE
Catarina Patrocínio
Isabel Lopes
Judite Marote
Paulo Morais
Sandra Mendes
Sara Bento
Sheila Paulino
Stella Correia
2nd and 3rd Year Students of the Degree in Social Gerontology

OFFICIAL LANGUAGES
Portuguese
English
Spanish

LOCATION OF CONGRESS
Lisbon, Portugal at FIL, Rua do Bojador • 1998-010 Lisbon (Parque das Nações)
DATES OF CONGRESS
5, 6 and 7 December 2014

ORGANIZATION
Escola Superior de Educação João de Deus | Portuguese Industrial Association

CONGRESS PROGRAM
(under construction)

CONFIRMED SPEAKERS
• Portugal
• Spain

CONGRESS PARTICIPANTS AND ATTENDEES
- Gerontologists and Professionals of Geriatrics
- Doctors, nurses, pharmacists, physiotherapists and related areas
- Sociologists, social workers, social educators, socio-cultural workers and entertainers, psychologists and psychopedagogy professionals
- Gerontology professionals, monitors and caregivers
- Architects, designers, engineers and consultants
- Professional Associations
- Institutional Representatives
- Administrations
- Students
- Seniors
- Formal and Informal Caregivers

REGISTRATION AND PRICE LIST

UNTIL 10 NOVEMBER 2014
Students: 40 Euros (must attach proof).
Professionals*: 80 Euros.
Visiting Lecturer: 100 Euros (The registration fee of speakers living abroad should be made according to the following information, attaching a copy of proof)
IBAN PT50 0035 0675 00037616830 78 or BIC SWIFT CGDIPTP

Seniors (> 65 years): free entry upon registration (must attach copy of ID).

FROM 11 NOVEMBER 2014
Students: 50 euros (must attach proof).
Professionals*: 100 euros.
Seniors (> 65 years): free entry upon registration (must attach copy of ID).

* 50% discount for institutions with protocols.

National Speakers may pay their registration fee previously (1) by bank transfer - (NIB 0035.0675.00037616830.78 – Caixa Geral de Depósitos, attaching a copy of proof of payment), or (2) by check payable to ESE João de Deus, or (3) by ATM or cash at the Secretary’s office of the Escola Superior de Educação João de Deus.
Registration (Choose the appropriate form and download at this link) <http://tinyurl.com/geront-congress-reg>
Send the completed registration form to esejd.congresso@gmail.com

ABSTRACT SUBMISSION (valid only for Conference speakers)
Instructions for abstract submission for an Oral Communication

Deadline for submission: 8 October 2014

Format: The limit of characters for the abstract, excluding the title and authors’ information, is 2500 characters (including spaces). The abstract should be written on the registration form which is in pdf. For references and the presentation of results, use the American Psychological Association (APA)’s guidelines for publication.
Submissions will be evaluated by the Scientific Committee and published online in a book of abstracts.
It is expected that the first authors will present the oral communication, unless a request is made to the appraisal committee to change this.
Note that no changes to the title, authors or text of the abstract will be possible after its acceptance.
On receipt of the abstract you will receive an email confirmation. Decisions regarding acceptance will be sent until 15 October, 2014. No information regarding this process will be available before this date.
The abstract should be submitted to esejd.congresso@gmail.com and jmarujo@jmarujo.com

POSTER SUBMISSION (valid only for Conference participants)
Instructions for poster submission

Deadline for submission: 8 October 2014

Format: Posters should have the following dimensions: 90x120 cm.
The organization may choose not to expose posters that diverge from the main theme of the Congress or posters presenting a lack of graphic quality.
The application for poster presentation is only open to conference participants who enroll in the Congress.
The maximum number of authors per poster is 3 and the presence of at least one of the authors is required for clarification of the content of the poster.
Submissions will be evaluated by the organizing committee of this scientific meeting.
You will receive confirmation of the receipt of your submission. Decisions regarding acceptance will be sent until 15 October, 2014. No information regarding this process will be available before this date.
Posters should be submitted to the following Emails:
esejd.congresso@gmail.com and jmarujo@jmarujo.com
Subject of the email: Poster Submission - Poster Title, First Author’s name

The attachment should be named in the following way:
First author’s name (if you are submitting more than one poster, you should number the Posters as follows: Name (1/2) for the first poster; Name (2/2) for the second poster...)
The body of the Email should have the following text:
We enclose the following poster proposal “TITLE OF THE POSTER” of the following authors “SURNAME, FIRST NAME INITIAL” of all authors.
Author’s contact details
Author’s Email address
ARTICLE SUBMISSION (only valid for people who have submitted an abstract)

Deadline for delivery: 11 November, 2014

Format: The paper should be done in an A4 format with 2 cm margins. For references and the presentation of results, use the American Psychological Association (APA)’s guidelines for publication. The font is Arial 11 pt and paragraphs should have simple spacing with justified alignment (exceptions below):

- **Title:** (Capital, Bold, Maximum two lines);
- **Authors:** Surname, First Name Initial, Maximum six authors (Bold);
- **Affiliation:** Institution, Department (Arial 10 pt).

The article should be submitted to esejd.congresso@gmail.com and jmarujo@jmarujo.com

ADDITIONAL INFORMATION

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