

**March- April  
2019**



## **Active Aging Consortium Asia Pacific**



*From the President*  
Kathryn L. Braun  
University of Hawai'i, Honolulu

Congratulations to our friends and ACAP partners at the Golden Age Foundation in Hong Kong on a successful conference in early March 2019. The conference attracted more than **25,300** visitors, surpassing attendance of the previous year by **15%**.

The conference was really three events in one. On the main stage, participants could hear from experts about new programs and policies for older adults. On another stage, participants were led in song, dance, exercise, and meditation and entertained with stories and jokes. On the main floor, 68 different businesses and organizations exhibited their products and services.



As summarized by Rebecca Choy, Founder and Chair of the Golden Age Foundation, "With the solid support from you, we have succeeded in creating greater impact and strengthening collaboration among the civic sector, businesses, academia, scientific research sector and the government."

Daniel Lai, of Hong Kong Polytechnic University (far right), was a co-sponsor of the Golden Age Expo, and Teresa Tsien served as our host. See another story on the conference later in this issue of the Bulletin.

***But first, enjoy our special section on Geron-Technology, followed by other stories from ACAP members around the world!***





## A Focus on Geron-Technology

Teresa Tsien, Honorary Consultant,  
Jockey Club, Smart Ageing Hub  
Dept of Biomedical Engineering  
Hong Kong Polytechnic University

I sincerely thank all of you who provided articles on technology, including ACAP partners in Hong Kong, Los Angeles, Korea and Japan.

Geron-technology, a combination of elderly services and innovation and technology, is increasingly seen as a key strategy to help fulfill the needs of an ageing population through technological intervention.

Geron-technology brings many benefits to the elderly and improves their quality of life. Products like sensor-based alarm systems, robotic training devices, remote health monitors, and user-friendly communication technologies can support the elderly to live independently, safely, and securely at homes.

Geron-technology also provides technical support to caretakers, such as technologies for lifting and transferring persons. These can improve the efficiency of elderly care services and alleviating manpower pressure on the elderly care sector.



The Hong Kong Special Administration Region Government has several funding initiatives under the Innovation and Technology Fund to provide subsidies to encourage universities, local public research and development (R&D) centres, and private companies, to conduct R&D projects in various technology areas and conduct trials of their R&D outcomes in the public sector, including projects involving geron-technology. Also, the HK\$500 million Innovation and Technology Fund for Better

Living was launched in May 2017 to finance projects that make use of innovation and technology to make people's daily living safer, more convenient and comfortable, and address the needs of specific community groups including the elderly community.

To proactively promote geron-technology for improving the quality of life of elderly persons and reduce the burden and pressure of carers and care staff, the latest HK\$1 billion Innovation and Technology Fund for Application in Elderly and Rehabilitation Care was launched in December 2018. The Fund will subsidise elderly and rehabilitation service units to try out and procure or rent technology products.

In this connection, the Jockey Club Smart Ageing Hub of the Department of Bio-medical Engineering of the Hong Kong Polytechnic University was launched in 2018. The Project strives to build an inter-disciplinary network that supports smart ageing initiatives and showcasing cutting-edge geron-technology and related products from around the world. The Project aims to raise public awareness about the benefits of applying innovative technology in elderly services. The Project also serves as a platform to facilitate academics, healthcare professionals, elderly care service providers, technology developers, and caregivers for the elderly to develop innovative and quality technology products.



The "Day Experience Centre" on the PolyU campus for this Project showcases hundreds of geron-technology products and demonstrate their features in enhancing the elderly's quality of life. The 10 categories of products on display cover different aspects of the elderly's life: dress and groom, kitchen and dining, home and living, mobility, personal hygiene, safety device, health management, etc. The Centre has also built a model smart home for elderly, which was modelled on the exact scale of a typical housing unit and equipped with geron-technology devices in its living room, kitchen, bathroom, and bedroom. For more info, please visit <https://www.polyu.edu.hk/Ageing/en/reslibrary.php>.



### Harnessing Mobile Technology to Help Older Adults in Taiwan Manage Type-2 Diabetes

Kexin Yu (on the left) and Mona Liu (on the right)  
University of Southern California, Los Angeles



Led by Drs. Shinyi Wu and Iris Chi, a research team at University of Southern California (USC) collaborated with Tzu Chi Hospitals in Taiwan to test the efficacy of a mobile-technology-facilitated, type-2 diabetes (T2D) intervention program. The project is funded by Taipei Fubon Foundation.

Called the Intergenerational Mobile Technology Opportunity Program (IMTOP), we rely on young volunteers from local universities to train older adults to use an app through their tablet to access self-management content and other health information. The IMTOP app allows the recording of biomarkers and health behaviors for self-monitoring. The data then help patients' communication with their health care providers.

To test the effectiveness of IMTOP, older adults participated in 8 weeks of training and were encouraged to record their health behaviors with the IMTOP app during and beyond the training. From 2015 to 2018, IMTOP was implemented in urban Taipei and rural Hualien in Taiwan.

At both sites, participants reported sustained improvements in self-care behaviors, such as diet, exercise, and blood-glucose testing. Clinical indicators, including blood sugar, blood pressures, and cholesterol level, also changed in desirable directions.



At the end of the research follow-up period, participants reported making fewer visits to endocrinology clinics and spending less on medications. The evidence supported the effectiveness of the intervention and showed IMTOP is a promising model to enhance T2D management in both urban and rural settings.



An IMTOP graduation ceremony in Taiwan

Encouraged by the results of the intervention, the IMTOP research team aspires to adapt and disseminate the intervention to the immigrant populations in California, where the research team is located and millions of immigrants reside.

As one of the first steps, the research team recruited Chinese and Hispanic/Latinx immigrants with T2D. The research team conducted qualitative interviews to examine factors affecting adoption of IMTOP among these two immigrant populations.

Both populations had low frequency of using technology for health-related reasons, although Chinese reported higher use of technology compared to Hispanic/Latinx participants. Some participants reported the app as functional and were willing to adopt the app for T2D self-management. Barriers included poor eyesight, discomfort shifting to a new health-management application, and lack of sufficient support in technology use. Knowing these barriers will help the team improve its training as it disseminates and tests the app in this new population.



### **ACAP Members in Japan Engage in “Living Lab” for Realizing Japanese Perspective of “Society 5.0”**

Takeo Ogawa, President, (NPO) Asian Aging Business Center  
Emeritus Professor, Kyushu University and Yamaguchi University

The Japanese National Government will create a new society for resolving social issues by incorporating the innovation of the 4<sup>th</sup> industrial revolution, which includes IoT (Internet of Things), big data, AI (artificial intelligence), robots, and a sharing economy.

The new society is known as *Society 5.0*. It represents the 5<sup>th</sup> form of society in our human history, chronologically following 1) hunting, 2) farming, 3) industry, and 4) information. Society 5.0 will help Japan overcome social challenges, such as a decrease in the productive-age population and the aging of local communities ahead of other countries. By improving productivity and creating new values, services, and markets, Japan will play a key role in showcasing the *Society 5.0* model to the world.



Every country is suffering from increasing medical and social security expenses and increasing demands for elder care, in accordance with population aging. Thus, all countries will need more help connecting and sharing records related to medical, preventive care, treatment, and long-term care. By connecting and sharing health care data, more effective medical and long-term care services can be provided. Also needed are remote medicine options and tireless helpers in robots.

To realize *Society 5.0*, a strategy of the “Living Lab” is attracting stakeholders’ attention. The “Living Lab” is a co-creative activity in which citizens and users collaborate with scientific innovators, industrial developers, and governmental policy-makers. It holds two functions: “Co-creation” and “Test-Bed.”

Our ACAP colleague, Professor Hiroko Akiyama, established the “Kamakura Living Lab,” through which many goods and services are being co-created. For example, older persons in Kamakura-city, the Kamakura-city government, the University of Tokyo, and the Itoki Co. (a major furniture company) developed a business-desk prototype designed for easy small office and home-office, in which older persons will be able to work from home.

Fukuoka-city, designated as a national strategic special zone by the national government, is conducting many “Living Lab” projects. One of them is the *Fukuoka 100* project, which I chair. This is a framework of meeting the challenge of being a centenarian-city, and we are addressing 7 strategic actions: 1) Citywide Caregivers, 2) Integrated Health Hub, 3) Digital Medical Home Care, 4) Wellness Lab, 5) Multi-Generational Community Model, 6) Care Tech Program, and 7) Center of Excellence for Aging Care. Together, these initiatives will achieve sustainable health and long-term care by combining advanced digital innovation with health, medical, and welfare systems with active participation of citizens to enable them to lead healthy and independent lives.



**Geron-Tech Survey in Korea – Reaching the 50+ Generation**  
Donghee Han  
Research Institute of Science for the Better Living of the Elderly  
Busan, Korea

For many years, the Research Institute of Science for the Better Living of the Elderly (RISBLE) has led programs in Digital Aging for older adults age 65+. Now we are expanding our programs to people age 50+ in Korea.



In 2018, RISBLE conducted a survey to learn how to develop digital aging programs for adults age 50-64. The survey was supported by Korea Art & Culture Education Service.

The purpose of the survey was to examine digital aging needs and desires for adults aged 50-64 years in Korea. We wanted to explore current knowledge about and use of digital technology, and then to use findings to develop internet-based programs for this age group.

This survey research was conducted online and offline. The questionnaire included questions on general characteristics, digital environment, digital capacities, digital application, digital usage, digital aging, and the possibility of digital culture and art. A total of 203 individuals responded, 80 through the online survey and 123 through the offline survey. Data were processed using SPSS 22 to perform reliability analysis, frequency analysis, t-test, one-way ANOVA.



As a result of the data analysis, the following results were obtained:

1. Most participants were working in regular jobs, had high incomes, and lived with spouses.
2. Few had not attended training on device applications.
3. They scored high in access to the Internet, computer and mobile equipment, internet lines, wireless services, data plans, etc.
4. E-mail use was pervasive, with both PC and mobile equipment. The social network services (SNS and messenger) were well used, but cloud service use was low.
5. Respondents were more likely to use mobile equipment to arrange transportation, to make reservations, to bank, and to shop, but not to access administrative or welfare services.



6. Few participants made their own ICT content. But they participated in connecting through links and up-loading content made by other people.

7. Participants were more likely to use online networks to maintain relationships through mobile devices than through PC. Few used either PC or mobile devices to make new friends.

8. Few used their PC or mobile equipment to participate in online social activities, like debating social issues, making donations, volunteering, voting, or signing documents.
9. Most participants had positive attitudes toward digital technology for managing their schedules, checking the Internet, and learning no things. But the attitude toward online education was not positive.
10. Participants felt the best purposes for digital equipment were to find information and people. They also liked it for self-expression and banking. They saw less use of digital equipment for search for human company.
11. Participants want to learn more about using technology for active aging, health care, finances, education, daily life management, finding activities, arts and culture, family communication, finding company, social participation, and hobbies.
12. Participants wanted to take part in online culture and arts.



This survey research provided data useful for developing digital aging programs for life cycle transition. The age 50-64 generation have unique needs as they transit into old age. They have good digital capacities, digital application, and digital environment. Government should support their digital aging with various online content and opportunities.



## **A Mobile App Designed to Promote Self-Care Behaviors among Chinese Immigrant Caregivers**

Kexin Yu, PhD Student

Edward R. Roybal Institute on Aging

University of Southern California, Los Angeles

Imagine a first-generation Chinese immigrant who does not speak English and, to earn a living, started to work as a caregiver paid by In-Home Supportive Services (IHSS). The job is anything but easy. The working hours are long, and many caregivers lack of professional medical knowledge. They also face the dilemma of trying to do everything possible for the older person while maintaining their own personal space and boundaries. When caregivers

cannot separate from their role, they can get exhausted. Burnout is very common among care workers and family caregivers.

As a scholar in the research field of caregiving and the chair of an affordable housing facility for older adults, Dr. Iris Chi witnessed the struggles of professional and family caregivers and developed an intervention program named Caregiver Self-Management Program (CSMP). This 4-week long training program aims to provide caregivers with the knowledge and tools to care for themselves and to enhance their physical health and psychological well-being.



Many caregivers showed interests in a pilot study of the CSMP in-person intervention. However, their busy schedules and transportation barriers prevented many of them to attending the sessions. Hence, the research team switched gears and decided to exploit the potential of mobile technology to overcome the time and location obstacles.

The research team included Dr. Shinyi Wu, Dr. Maryalice Jordan-Marsh, and graduate students Mandong Liu, Kexin Yu, Haojun Jiang, Qiuyang Chen, Mingyu Cui, and Haiwen Chen from both social science and engineering backgrounds. Together, the team designed a mobile app for caregivers.

With the mobile app, the CSMP training is portable. Caregivers anywhere can access the app and learn about self-care at any time they desire. One participant said, "My heart was warmed knowing that attention and effort is being paid by universities like USC to our caregiver group," Another participant said, "the content presented in the app is helpful for me to take better care of myself."



## ACAP Members Share Across Countries

Yoshiko Someya

ACAP Member from Japan

Although I have retired from the Tokyo Christian Women's University, I am still active.

In February, I visited at National University of Singapore and gave a talk on "A Super Aged Society in Japan: Background and Policy Developments" at the class on aging taught by ACAP member Leng Leng Thang.

The photo below was taken after the class with students. Two students, in the front row to the right of me, also presented—one on Shukatu (終活): Preparing Closing Lives in Japan and the other on TV Watching Habits of Japanese Elderly.



Because of the students' involvement, we had a very productive session together!

In March, I received a visit from Kathryn Braun and Chris Conybeare from the University of Hawai'i. There were no opportunities to give lectures, so we spent the day touring the city of Kawagoe outside of Tokyo.



Kawagoe is also known as “Little Edo,” named after the old name for Tokyo, due to its many historic buildings. *Kurazukuri* refers to a type of architecture for warehouses characterized by steep tiles and fire-resistant clay walls. Kurazukuri Street and some nearby side streets have more than 200 *kurazukuri* houses, many of which have been converted to shops and restaurants. Some sell traditional crafts, including pottery, and others sell traditional foods and candies.

**I hope to see many of you at the upcoming ACAP meeting in Indonesia in July!**



## The Buurtzorg Neighbourhood Care Model

Kathryn Braun

University of Hawai'i, Honolulu

I enjoyed visiting Hong Kong in March to attend the **4th Golden Age Expo & Summit**. A highpoint was learning about the Buurtzorg Neighbourhood Care model, which successfully keeps older adults in their homes and costs the government less in the process.



How does it work?

First, the model is nurse-centric. Small teams of nurses are assigned to a neighborhood to care for all the elders in it. The nurse teams are self-managing, meaning they create their own schedules based on the needs of the clients.

Second, the model is elder-centric, meaning that nurses can spend as much or as little time with an elder as needed. There is no such thing as standard care!

Third, the nurse helps the elder arrange assistance from family, friends, neighbors, volunteer groups, and so forth to leverage the elder's own networks. Smart IT systems help nurses to manage and track clients.

The self-managing nature of teams helps keep costs low. For example, the organization employs 10,000 nurses and 4,500 care workers, but there are only 2 "managers," and the overhead is only 8%. Nurses love the model, because they get to focus on what they do best. Elders are happy because they get the attention and care they need at home. Insurers are happy because the model costs less than standard care.



Although the program started in the Netherlands, we learned about it from Dr. Stephan Dyckerhoff, who is president of Buurtzorg Neighbourhood Care in Asia (on the right of the photo). The model is being expanded to Hong Kong, Japan, Australia, and other countries. For more info on the Buurtzorg Neighbourhood Care model, visit this website <https://www.buurtzorg.com/buurtzorg-neighborhood-care-asia/>



## ACAP Meetings in Indonesia in July 2019!

Tri Budi Rahardjo

Universitas Respati Indonesia and Universitas Respati Yogyakarta

Please come to Indonesia in July 2019 to participate in two ACAP meetings!

**The first meeting—Active Aging Conference and Expo—will be held at the Twin Plaza Hotel in Jakarta from July 19-21.**

The theme is “Aging with Quality and Dignity.” The lead sponsor for the conference is the Perhimpunan Gerontologi Indonesia. Sponsors are shown here.



Early-bird registration for foreign guests (by June 1) is very reasonable--\$250 for physicians, \$150 for others. Prices are lower for Indonesian residents.

See the flyer on the next page, or visit <http://activeaging-ina.com/>.

**The second meeting is in Yogyakarta on July 23. It is called the 1<sup>ST</sup> INTERNATIONAL RESPATI HEALTH CONFERENCE for Healthy and Active Ageing.**

Sponsors include the Universitas Respati, Sekolah Tinggi Ilmu Kesehatan Respati Tasikmalaya, and Akademi Kebidanan Respati Sumedang, with support from the Ministry of Health RI, Respati Education Foundation (Yayasan Pendidikan Respati), Commission for Older Person (Komisi Daerah Lanjut Usia) Yogyakarta, Local Development Planning Agency (BAPPEDA) Yogyakarta, Sleman Distric Office (Kabupaten Sleman), and National Board on Population and Family Planning (BKKBN) Yogyakarta.

**Hope to see you in Indonesia in July!**



Hosted By : Cooperation with : Supported By :



# ACTIVE AGING CONFERENCE & EXPO

19<sup>th</sup> - 21<sup>st</sup> July 2019, Twin Plaza Hotel

Theme : "Aging With Quality & Dignity"



## I. THEME :

"Aging With Quality & Dignity"

## II. TARGET PARTICIPANTS :

- Government representatives from relevant ministries & WHO representative
- Experts in Active Aging from Asia Pacific as well as International experts
- NGOs and civil society organizations
- Private companies involved in aging and long-term care
- Health Providers and care givers
- Senior Citizen and communities
- Young generations
- Think-tanks, institutes, academia, and center of excellence
- Others

## III. TIME :

Day : Friday - Sunday  
 Date : 19<sup>th</sup> - 21<sup>st</sup> July 2019  
 Place : Twin Plaza Hotel, West Jakarta - Indonesia

## IV. WORKSHOP : Friday, 19<sup>th</sup> July 2019

- Topics :
- Comprehensive Approach in Active Aging
  - Integrated Management on Frailty Healthcare
  - Preventive Long Term Care

## V. SEMINAR : Saturday - Sunday, 20<sup>th</sup> - 21<sup>st</sup> July 2019

- Topics :
- Geriatric Medicine - Gerontic Nursing - Asia Impact Dialogue: Informal Service Program
  - Neuro Geriatric - Population Aging - Aging With Quality & Dignity
  - Geriatric Nutrition - Cardiovasculer
  - Geriatric Dentistry - Mental Health In Aging
  - Long Term Care

## VI. INTERNATIONAL SPEAKERS :

Prof. Kathryn Braun (Hawaii)	Kaysorn Sumpowthong, Ph.D (Thailand)
Prof. Takeo Ogawa (Japan)	
Teresa Tsien, Ph.D (Hongkong)	
Prof. Tengku Aizan Hamid (Malaysia)	
Donghee Han, Ph.D (Korea)	
Ms. Thelma Kay (Singapore)	
Siriphan Sasat, Ph.D (Thailand)	
Prof. Eef Hogervorst (UK)	
Ashish Goel MD, MPH (India)	
Chandrakala Diyali, Ph.D (India)	
Hiroimi Ogasawara, RN, Ph.D (Japan)	

## VII. NATIONAL SPEAKERS :

Tony Setiabudhi, MD, Ph.D	Evi Arifin, Ph.D*
Yuda Turana, MD, Ph.D	Dewi Priandini, DDS Ph.D*
Prof. Tri Budi W Rahardjo, Ph.D	Sudibyo Almoeso, Ph.D*
R.M. Nugroho Abikusno, MD M.Sc., Ph.D	Ns. Shantha Silaswati, S.Kp., M.Sc
Harif Fadilah, SKp., SH, MH, MKep	Prof Siti Moertiningsih Adoetamo, SE, MA, PhD*
Junaiti Sahar Ph.D	Alzheimer Indonesia
Joni Haryanto, Ph.D	Kris Pranarka MD, Geriatrician*
Prof.Lindawati Kusdhany, DDS,PhD	Others Experts
Eni Gustina MD, MPH	
Endang Jeniati, DDS, MHA	*still waiting for confirmation

- SKP IDI, PPNI & PDGI -

Host By :

PERHIMPUNAN GERONTOLOGI INDONESIA

Wisma Daria Lt.3 / 305

Jl. Iskandarsyah Raya No. 7 Jakarta Selatan 12160, Indonesia

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pergeripusat@yahoo.co.id



## VIII. COSTS OF SEMINARS & WORKSHOP : Local Fee Registration

	SEMINAR	
	DOCTOR	NURSE / STUDENT
EARLY BIRD (Before 1 June)	Rp. 1.500.000	Rp. 1.250.000
LATE BIRD (1 June - 18 July)	Rp. 2.000.000	Rp. 1.750.000
ONSITE	Rp. 2.250.000	Rp. 2.000.000

	WORKSHOP	
	DOCTOR	NURSE / STUDENT
EARLY BIRD (Before 1 June)	Rp. 1.750.000	Rp. 1.250.000
LATE BIRD (1 June - 18 July)	Rp. 2.250.000	Rp. 1.750.000
ONSITE	Rp. 2.500.000	Rp. 2.000.000

	SEMINAR & WORKSHOP	
	DOCTOR	NURSE / STUDENT
EARLY BIRD (Before 1 June)	Rp. 3.000.000	Rp. 2.000.000
LATE BIRD (1 June - 18 July)	Rp. 4.000.000	Rp. 3.250.000
ONSITE	Rp. 4.500.000	Rp. 3.750.000

## INTERNATIONAL FEE REGISTRATION

	SEMINAR	
	DOCTOR	NURSE / STUDENT
EARLY BIRD (Before 1 June)	USD 250	USD 150
LATE BIRD (1 June - 18 July)	USD 275	USD 175
ONSITE	USD 300	USD 200

## How to Register

Register Seminar & Workshop, please contact by phone +62. 21. 58907366/67/68 or by email [osi.activeaging@gmail.com](mailto:osi.activeaging@gmail.com)

## How to Pay

Local Participants transfer to BCA CAB. KEDOYA PERMAI, ACC. NO. 372-973-000-0, beneficiary name PT. Okta Sarana Medika. International Participant transfer to BCA CAB. KEDOYA PERMAI, ACC. No. 372-558-200-0, beneficiary name PT. Okta Sarana Medika. Please submit name of participant and institute. Send proof of bank transfer by email [osi.activeaging@gmail.com](mailto:osi.activeaging@gmail.com) and please bring proof bank transfer of seminar / workshop when re-register. Register onsite using cash payment at Twin Plaza Hotel

## IX. CANCELLATION OF PARTICIPANTS :

- Participants who have paid and can't attend, can be replaced by others with written notice
- Payment is non re-fundable

## X. ACTIVE AGING EXPO : 19<sup>th</sup> - 21<sup>st</sup> July 2019

Active Aging Expo (Exhibition in the field of supporting the elderly citizen) which will be part of Indonesia Society of Gerontology's activities, namely as a venue for promotion and exchange of information between producers / suppliers and consumers . That is why it's important to visit. For further information please contact : **PT. Okta Sejahtera Insani**, telephone : +62. 21. 58907366 / 67 / 68

## XI. FREE PAPER : ORAL & POSTER TOPICS Saturday, 20<sup>th</sup> July 2019

Oral & Poster is a series of activities from ACTIVE AGING CONFERENCE & EXPO

- Topics :
- Geriatric Medicine - Gerontic Nursing - Asia Impact Dialogue: Informal Service Program
  - Neuro Geriatric - Population Aging - Aging With Quality & Dignity
  - Geriatric Dentistry - Cardiovasculer
  - Gerodontology - Mental Health in Aging
  - Long Term Care

Call for abstract : **Deadline end of March 2019**,

Selected paper to be published in proceeding (soft copy)

Send Email to : [oral.poster.activeaging@gmail.com](mailto:oral.poster.activeaging@gmail.com)

## Organized By : PT. OKTA SEJAHTERA INSANI

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Also consider attending the 5<sup>th</sup> International Conference on Ageing in a Foreign Land. This meetings will be held in Adelaide, Australia. For more info, contact Prof Michael Tsianikas, [michael.tsianikas@flinders.edu.au](mailto:michael.tsianikas@flinders.edu.au) or Layla Plummer [layla.plummer@flinders.edu.au](mailto:layla.plummer@flinders.edu.au). Or visit this website: <https://www.flinders.edu.au/engage/culture/whats-on/ageing-in-a-foreign-land.html>



**LOGOS**  
Australian Centre  
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Flinders University

**5th International Conference  
on Ageing in a Foreign Land**  
19 - 20 June 2019



Please send your photos and stories to:

Kathryn L Braun, University of Hawai'i

[kbraun@hawaii.edu](mailto:kbraun@hawaii.edu)

You can also visit ACAP on the Web and Facebook

Web: [www.wellageing.com/ACAP](http://www.wellageing.com/ACAP)

ACAP [Facebook](#)

<https://www.facebook.com/Active-Aging-Consortium-in-Asia-Pacific-ACAP-388621244638075/>

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