



PROGRAMMING COST Action 21122 and SPRIN-G Joint Event

Real-life challenges in the continuity of care for older adults

Hybrid event by



Local Organisers



Geriatrics Clinic, Internal Medicine Department, Heraklion University Hospital



Social Work Department, Hellenic Mediterranean University



Hellenic Society for the Study and Research of Ageing



Regional Development Fund of Crete



Region of Crete

Auspices



Under the auspices of the 7th Health Region of Crete



Under the auspices of University of Crete, Faculty of Medicine



16th - 18th
June 2025

- International participation, including Board Members of the European Geriatric Medicine Society
- Internal PROGRAMMING CA meetings
- Exchange session with local stakeholders
 - Focus on implementation
 - Keynote lectures



Hybrid event
Free Registration



Heraklion, Greece
Heraklion Chamber of Commerce and Industry



WHO ICOPE
Workshop included in the program



Know more!
by Scanning the QR code

WELCOME ADDRESS

Dear colleagues

It is our great pleasure to cordially invite you to the city of Heraklion, Greece from June 16th to 18th, 2025, where the event “**Real life challenges in the continuity of care in older adults**” will take place. This will be a joint event of the [PROGRAMMING COST Action 21122 \(PROmoting GeRIatric Medicine in countries where it is still eMergING\)](https://www.cost-programming.eu) and the Sprin-G of the Global European Initiative (GEI) group of the European Geriatric Medicine Society (EuGMS).

PROGRAMMING is an EU funded COST Action (2022-2026) focusing on the education and training of the existing workforce across European countries on basic principles of Geriatric Medicine, as a first pragmatic approach to the challenge of the complex healthcare needs of our globally ageing populations. Similarly to PROGRAMMING, the GEI group of the EuGMS also aims to advocate for Geriatric Medicine across Europe and promote standards of quality care for older people. Organized by the GEI in different countries with emerging Geriatrics since 2022, the Sprin-G meetings are annual events based on a novel concept of impactful scientific activities, with an emphasis both on the lifelong approach to ageing trajectories, the continuity of positive healthcare transformation of local societies and the combination of the scientific, social and cultural aspects of a health-related topic.

By co-organizing this event at a local level, the Internal Medicine Department-Clinic of Geriatrics of the Heraklion University Hospital, the Department of Social Work of the Hellenic Mediterranean University, the Hellenic Society for the Study and Research of Ageing (HSSRA) and the Region of Crete along with the Regional Development Fund of Crete, advocate for the need to upgrade the care for older people -especially in countries where Geriatric Medicine is not well established yet- at the local scientific community and the local society.

Recognizing that in our aging societies healthcare practitioners encounter a number of obstacles and practical difficulties in their efforts to provide consistent, continuing, and integrated care to older individuals, this event focuses on implementation and aims to provide insights for best practices, motivating healthcare professionals, engaging stakeholders, and inspiring policymakers. It aspires to provide a global approach including a rich scientific program by prominent international and national contributors. The program includes workshops on the ICOPE (Integrated Care for Older People) approach by the World Health Organization and an ageing-simulation experience by the HSSRA, round table discussions involving local stakeholders and international experts and aiming to raise awareness and engagement for the added value of the Geriatric Medicine approach, as well as keynote lectures highlighting the local cultural aspects of the amazing blue zone area that hosts us.

With the hope this event will be a landmark for the promotion of Geriatric Medicine in countries where it is still emerging, we welcome you to Heraklion, in June 2025.

On behalf of the Organizing Committee

Athanase
Benetos

**Leader of EuGMS
Global European
Initiative**

Argyroula
Kalaitzaki

**Department of
Social Work of the
Hellenic
Mediterranean
University**

Marina Kotsani

**Chair of
PROGRAMMING
COST Action
21122**

Symeon
Panagiotakis

**Internal Medicine
Department-Clinic
of Geriatrics of
the Heraklion
University
Hospital**

George Soulis

**Hellenic Society
for the Study and
Research of
Ageing - HeSSRA**

INFORMATION

The event will take place at the Heraklion Chamber Of Commerce And Industry Koronaïou 9, Heraklion Crete, Greece on June 16-17-18, 2025. Official language is English.

STREAMING

Sessions will be streamed on zoom at the following link:

https://us06web.zoom.us/meeting/register/x2Oo_Z-IT3Kyoh_9GC2dRg

Chat function will be available for comments and questions.

The times of sessions in the program are Eastern European Standard Time (EEST – GMT+2). Please adapt to your local time zone.

REGISTRATION

Registration for the event is free for both onsite and online participation.

Even though showing up to the publicly open sessions is possible, pre-registration is strongly recommended, whether you intend to participate online or onsite. To pre-register, please use this link to register:

https://us06web.zoom.us/meeting/register/x2Oo_Z-IT3Kyoh_9GC2dRg

*Following this you will receive the **formal invitation via the e-COST platform that we kindly ask you to accept** by clicking to the right link, in order to officialize your participation to the event.*

VIDEO RECORDINGS

Most of the event's sessions, will be videorecorded and videos will be accessible on the website and social media of the PROGRAMMING COST Action <https://cost-programming.eu/> and of the EuGMS <https://www.eugms.org>. Acceptance of the e-COST invitation implies consent for recording and appropriate dissemination.

SCIENTIFIC COMMITTEE

in alphabetical order

Benetos, Athanase
Kalaitzaki, Argyroula
Kofteridis, Diamantis
Kossioni, Anastasia
Kotsani, Marina
Kravvariti, Evridiki
Panagiotakis, Symeon
Petrovic, Mirko
Soulis, George

ORGANIZING COMMITTEE

in alphabetical order

Bellotti, Benedetta
Benetos, Athanase
Kalaitzaki, Argyroula
Kotsani, Marina
Panagiotakis, Symeon
Pitsoulis, George
Silvani, Sabrina
Soulis, George
Zacharis, Evangelos

Hybrid event by



Local Organisers



Geriatrics Clinic, Internal
Medicine Department,
Heraklion University Hospital



Social Work Department,
Hellenic Mediterranean
University



Hellenic Society for the
Study and Research
of Ageing



Regional Development
Fund of Crete



Region of Crete

Auspices



Under the auspices of the
7th Health Region of Crete



Under the auspices of University
of Crete, Faculty of Medicine

Joint event from the **PROGRAMMING COST Action 21122** and the **SPRIN-G Project** of the EuGMS Global Europe Initiative

16-17-18 June 2025
HERAKLION CHAMBER OF COMMERCE AND INDUSTRY
Koronaïou 9, Heraklion Crete, Greece

Real-life challenges in the continuity of care for older adults

Day 1 Monday June 16th - Afternoon

MAIN PROGRAM (OPEN TO ALL)

Heraklion Chamber Of Commerce And Industry
Kastellaki Hall

15:00: **Registration**

16:00-16:45: **Welcome address & Opening**

1. Welcome address by local organisers (S. Panagiotakis – A. Kalaitzaki)
2. PROGRAMMING COST Action 21122 (M. Kotsani)
3. SPRIN-G and Global Europe Initiative group (A. Benetos)
4. Update from SPRIN-G 2024 Istanbul event (G. Bahat)

16:45-17:15: **Keynote lecture 1: The astonishing properties of Cretan herbs (A. Trichopoulou)**
Chairs: A. Kossioni – P. Mitsias

17:15-17:30: Coffee break

17:30-19:00: **Introducing Geriatric Medicine to non-Geriatricians**

Chairs: A. Kalaitzaki, M. Petrovic

1. The frailty paradigm as an introduction to Geriatric Medicine (TBA)
2. Preserving functional capacity after a stressor attack: what can we do in clinical practice (TBA)
3. The importance of teamwork in older people's care and how to promote it (TBA)

19:00-19:15: Coffee break

19:15-19:45: **Keynote lecture 2: Past and memory in the Aegean Bronze Age (E. Kopaka)**
Chairs: D. Kofteridis, I. Zaganas

Day 2 Tuesday June 17th - Morning

MAIN PROGRAM (OPEN TO ALL)

Heraklion Chamber Of Commerce And Industry
Kastellaki Hall

**08:30-10:00: Older patient and their carer in the centre of geriatric approach: practical aspects/
Ο ηλικιωμένος ασθενής και ο φροντιστής του στο επίκεντρο της Γηριατρικής προσέγγισης:
πρακτικές διαστάσεις (session in Greek)**

Chairs: A. Kalaitzaki, S. Panagiotakis, G. Soulis

- 1. Ageing simulation workshop/ Εργαστήριο εμπειρίας προσομείωσης γήρανσης (G. Soulis)**
- 2. Communication tools for health care professionals caring for older patients/
Εργαλεία για τη βελτίωση της επικοινωνίας επαγγελματιών υγείας και
ηλικιωμένων ασθενών (A. Efthymiou)**
- 3. Patient centred approach and the art of "What matters most" / Η
ασθενοκεντρική προσέγγιση και η τέχνη του "Τι μετράει περισσότερο": (G.
Karamanof)**
- 4. Supporting the caregiver of the older person in loss of autonomy / Υποστήριξη
φροντιστών απόμων με απώλεια αυτονομίας (M. Basta, C. Chlapoutaki, P.
Karamaouna, H. Passam, G. Sekertzi)**

10:00-10:30: Coffee break

**10:30-12:45: World Health Organisation Workshop on the ICOPE (Integrated Care for Older
PEople) model**

10:30-11:15: Part A: Basic concepts of the ICOPE model (F. Martin)

Chairs: N. Tsakountakis, TBA

11:15-11:45: Coffee break

11:45-12:45: Part B: Practical aspects of the ICOPE assessment guidance (M. Cesari)

Chairs: F. Martin, C. Daskalaki

12:45-14:00: Midday break

Day 2 Tuesday June 17th - Afternoon

MAIN PROGRAM (OPEN TO ALL)

Heraklion Chamber Of Commerce And Industry
Kastellaki Hall

14:00-15:30: **"Too long for one go": Tools and methods to complete Geriatric Assessment in primary care.**

Chairs: E. Kravvariti, **TBA**

1. The case of a hospital outpatient clinic (M. Tampaki)
2. The case of a community ambulatory clinic (F. Anastasiou)
3. Expert panel feedback and comments (**TBA**)

Open discussion with the audience

15:30-15:45: Coffee break

15:45-16:15: **Keynote lecture 3: Challenges in implementing critical healthcare changes and how to overcome them (M. Condé)**

Chairs: M. Kotsani, **TBA**

16:15-17:30: **Case study from a country where Geriatric Medicine is still emerging**

Chairs: F. Martin, E. Symvoulakis

1. What do Healthcare Professionals need to know about Geriatric Medicine: results from the PROGRAMMING CA educational needs' assessment (G. Soulis)
2. The ICOPE implementation framework as a guidance for systems and services to achieve integrated care for older people (M. Kotsani)

17:30-17:45: Coffee break

17:45-19:45: **Stakeholders' session - Focus on solutions: What can I do to improve care for older people in my country?**

Chairs: A. Benetos, S. Panagiotakis

Contributors: M. Basta, G. Chalkiadakis, A. Kalaitzaki, D. Kofteridis, E. Kravvariti, C. Lionis, G. Pitsoulis, M. Spinthouri, G. Tsagarakis, I. Tsapakis, I. Tsiligianni, **TBA**

Day 3 Wednesday June 18th - Morning

These activities are not included in PROGRAMMING's official program.
They are organized and hosted by the SPRIN-G Project and are accessible upon invitation

09:00-11:30: **Visit to a Healthcare facility***: Nursing Home of Heraklion- Kalokairinos Foundation

12:00-14:00: **Visit to a local cultural site***: Palace of Knossos archaeological site

***Participation in this activity is possible upon specific
invitation by the organizing committee**

PROGRAMMING COST Action 21122

“PROMoting GeRIatric Medicine in countries where it is still eMergING”

-Internal Meetings-

Day 1 Monday June 16th

- | | |
|-------------|--|
| 11:30-13:00 | Internal meeting on PROGRAMMING WHO-related projects
<i>Involved or interested PROGRAMMING COST Action members</i> |
| 13:30-15:30 | Plenary Session and 6th Management Committee meeting
<i>All PROGRAMMING COST Action members</i> |

Day 2 Tuesday June 17th -Morning

- | | |
|-------------|---|
| 08:30-10:00 | Focus Group1: Experts' FG on impact and sustainability
<i>Participation upon invitation</i> |
| 10.30-12:00 | Focus Group2: Experts' FG on basic curricula
<i>Participation upon invitation</i> |
| 12:15-13:15 | Review Committee meeting
<i>Members of the Review Committee</i> |

To discover more about the Action and our Working Groups please visit: <https://cost-programming.eu/>