

Ageing towards walkable futures Final programme

Location: Sala Graus A. Calsamiglia, Universitat Pompeu Fabra (UPF)
C/ Ramon Trias Fargas, 25-27. Barcelona, Spain
Date: 23-24 October, 2023

The aim of this event is to comprehensively discuss walking at older ages, and to agree on a set of research priorities and policy actions to be addressed in the near future.

DAY 1 - Monday, 23 October (9:00 – 17:30)

9:00-9:30	Registration
9:30-9:40	Welcome
SESSION 1. What is walking – the physical experience	
9:40-10:30	The importance of walking and physical activity for a Healthy Ageing Juana Willumsen World Health Organization
10:30-11:00	What is walking? a method of locomotion Lisa Alcock University of Newcastle
11:00-11:30	What is walking? a multi-faceted experience Laura Delgado ISGlobal
12:00-12:30	What is walking? a matter of perspective Carl-Philipp Jansen Robert Bosch Hospital
12:30-13:30	Round table and discussion, moderated by Lynn Rochester University of Newcastle
13:30-14:30	Lunch
SESSION 2. Walking: beyond the physical experience	
14:30-15:00	Becoming aware of walking impairments. The carer's perspective Jose Augusto Garcia Navarro Consorci de Salut i Social de Catalunya
15:00-15:30	The emotional aspects of walking Simon Schwartz Federació d'Associacions de la Gent Gran de Catalunya
15:30-16:00	The social aspects of walking Laura Coll Planas Universitat de Vic
16:30-17:30	Round table and discussion, moderated by Adelaida Sarukhan ISGlobal

DAY 2 - Tuesday, 24 October (9:30 – 15:00)

SESSION 3. Walkable environments for older adults	
9:30-10:00	Walking occurs in different life-spaces Willeke van Staalduinen AFEdemy
10:00-10:30	Housing environments supporting walking for the ageing population Susanne Iwarsson Lund University
10:30-11:00	Walkable cities for an ageing population Merja Rantakokko University of Jyväskylä
11:30-12:00	Walking for the elderly, the experience of Barcelona “Health in neighbourhoods” Josep M Jansà Agència de Salut Pública de Barcelona)
12:00-13:00	Round table and discussion, moderated by Sarah Koch ISGlobal
13:00-14:00	Lunch
SESSION 4. Setting the future of walking for older adults	
14:00-15:00	Identification of research priorities and policy actions Structured activity moderated by Judith Garcia-Aymerich ISGlobal