



ACCADEMIA ROMANA
DI SANITÀ PUBBLICA

Scienza al Servizio per Azione in Via Publica



CATHOLIC UNIVERSITY
OUR LADY OF GOOD COUNSEL

CONFERENCE

The Elderly Condition in the Balkans and Eastern Europe: Challenges and Opportunities

31 OCTOBER 2024
09:00 AM

Aula Magna, Catholic University
"Our Lady of Good Counsel" TIRANA (AL)

The conference is a Continuing Medical Education (CME) event and is in the process of accreditation in Italy by AGENAS (National Agency for Regional Health Services), Provider no 6780 Nautilus Global Academy, and in Albania by ASCK (Health and Social Care Quality Assurance Agency).

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Rationale

According to the World Health Organization, by 2030, one in six people in the world will be 60 years or older. During this period, the proportion of the population aged 60 and above will increase from 1 billion in 2020 to 1.4 billion. By 2050, the global population of people aged 60 and over will double (2.1 billion). The number of people aged 80 and over is expected to triple between 2020 and 2050, reaching 426 million.

Europe, with a few notable exceptions, leads the global aging process. After the demographic transition of the 19th century, we witnessed the emergence of an "elderly continent" in all countries of the European Region: a population over 65 that was previously limited to 3-5% has grown to represent, in some nations, 20% or even a quarter of citizens. The challenges posed by this macro-trend are formidable, encompassing social, economic, healthcare, welfare, and social security aspects. However, this does not justify viewing old age merely as a "cost" or financial burden, nor can old age be accepted as a time of decline characterized by the loss of relationships, functions, and prospects. We are convinced that our elderly citizens play a fundamental role in modern societies and that their protection and care are a strategic investment and an opportunity for development for all countries. This is a significant public health issue that unites us and deserves to be addressed in its multiple facets. The increase in life expectancy has resulted in the emergence of generations of healthy older adults, with energy and a desire to contribute to the growth of society, generations to whom we owe a constructive response. In this regard, active aging is an important starting point on which to focus. The rise of statism, unfortunately often internalized by the elderly themselves, calls for a firm and constructive defense of elderly rights. In this context, a Charter of Rights and Duties for the Elderly will be presented to the esteemed representatives of various academic institutions for adoption and dissemination.

The Roman Academy of Public Health, an academic institution founded in Italy, aims to create a widespread movement among universities in the Eastern European region for collaboration in the fields of research, the formulation of valid and innovative welfare policies, and the defense of elderly rights. This network will be launched at the conference, accompanied by the proposal of a multicenter study.

Program

09:00 - 09:30 Registration of participants

9:30 - 10:15 Institutional Greetings

*Fr. Ruggero **Valentini**, President of the Foundation "Our Lady of Good Counsel"*

*H.E. Bajram **Begaj**, President of the Republic of Albania*

*Hon. Dr. Maria Teresa **Bellucci**, Deputy Minister of Labour and Social Policies, Italy*

*Dr. Denada **Seferi**, Deputy Minister of Health and Social protection, Albania*

*H. E. Fabrizio **Bucci**, Ambassador of Italy to the Republic of Albania*

*Mr. Andi **Seferi**, Deputy Mayor of Tirana*

*Dr. Eugena **Tomini**, General director of the Institute of Public Health, Albania*

*Prof. Nathan Levialedi **Ghiron**, Rector of Tor Vergata University of Rome*

Moderator

Asc. Prof. Fabian Cenko - Eastern Europe Coordinator of Roman Academy of Public Health (RAPH) and Catholic Hospital Our Lady of Good Counsel

10:15 - 10:35 The Roman Academy of Public Health and the central role of public health in the management of complex health systems

Prof. Walter Ricciardi, *Founder Past President of Roman Academy of Public Health (RAPH)*

10:35 - 10:55 The challenge of demographic, epidemiological and care transition: a common response from the Region of Europe

Prof. Leonardo Palombi, *President of Roman Academy of Public Health (RAPH)*

10:55 - 11:15 The difficult but necessary transition from hospital-centered care systems to community-based systems

Prof. Asc. Fabian Cenko, *Eastern Europe Coordinator of Roman Academy of Public Health (RAPH) and Catholic Hospital Our Lady of Good Counsel*

11:15 - 11:45 Coffee break

11:45 - 13:30 The condition of the elderly in different countries

Albania, Assoc. Prof. Alban Ylli, Institute of Public Health and Eastern Europe Vice/Coordinator of Roman Academy of Public Health (RAPH)

Armenia, Mr. Tigran Jrbashyan, Ameria CJSC

Kosovo, Dr. Pranvera Krasniqi, Institute of Public Health and University of Prishtina

North Macedonia, Prof. Azis Pollozhani, Mother Teresa University of Skopje

Romania, Dr Adrian Pana, Bucharest University

Serbia, Dr. Nataša Todorović, Gerontological Society of Serbia

Slovakia, Assoc. Prof. Katarína Zrubáková, Catholic University of Ružomberok

Q&A and discussion

13:30 - 14:30 Lunch break

14:30 - 14:50 "Charter of Elderly Rights and Community Duties" presentation

Msgr. Vincenzo Paglia, *President of the Commission for the Implementation of the Social and Health Reform for the Elderly Population, Ministry of Health, Italy*

14:50 - 15:40 Presentation of multicenter study on frailty and demand for services

Prof. Leonardo Palombi, *President of Roman Academy of Public Health (RAPH) and Prof. Asc. Fabian Cenko, Eastern Europe Coordinator of Roman Academy of Public Health (RAPH)*
Plenary discussion and collection of memberships.

15:40 - 16:10 Evaluation questionnaires

16:10 Training, innovative services and insurance system for elderly care and prevention. Toward a territorial and home-based model for the Balkan area

Giuliano Antonioni, Balkan Health Network for Elderly and Frail People

16:20 AI, HTA, Big Data: Elderly Health Between Needs Stratification, Evolution of Models, and Personalized Care

Ludovico Baldessin, *EDRA S.p.A.*

16:30 - Closing Remarks

SCIENTIFIC AND ORGANIZING COMMITTEE

Prof. Leonardo Palombi, President of the Roman Academy of Public Health (RAPH) and Rector of the Catholic University "Our Lady of Good Counsel"

Prof. Walter Ricciardi, Founder and Past President of the Roman Academy of Public Health (RAPH)

Prof. Umberto Moscato, Secretary General of the Roman Academy of Public Health (RAPH)

Prof. Carlo Signorelli, President of ASPHER (Association of Schools of Public Health in the European Region)

Assoc. Prof. Fabian Cenko, Eastern Europe Coordinator of the Roman Academy of Public Health (RAPH) and the Catholic Hospital "Our Lady of Good Counsel"

Laura Yzeiraj, Catholic University "Our Lady of Good Counsel"

Megi Xhaçi, Catholic University "Our Lady of Good Counsel"

INFORMATION

The conference will take place in the **Aula Magna of the Catholic University "Our Lady of Good Counsel", Tirana, Albania, on 31 October 2024**. The official languages of the authorities and speakers are Albanian, Italian, and English. Simultaneous interpretation will be provided for all three languages. The country presentations will be in English.

STREAMING AND RECORDING

The conference will be recorded and streamed on the YouTube channel (@unikzkm) of the Catholic University "Our Lady of Good Counsel." All program presentations are in CEST (Central European Summer Time). Please adjust to your local time zone.

REGISTRATION

Participation in the event is free. Pre-registration is strongly recommended for those intending to participate on-site by sending their name, surname, affiliation, and email to:

l.yzeiraj@unikzkm.al or m.xhaci@unikzkm.al. or by filling in this [REGISTRATION FORM](#)

FOOD AND BEVERAGES

Coffee break and light lunch for participants will be offered and served as a buffet at the Catholic University "Our Lady of Good Counsel". Please let know to this email l.yzeiraj@unikzkm.al if you have dietary requirements/ restrictions.

ACCREDITATION

The conference is a Continuing Medical Education (CME) event and is undergoing accreditation in Italy by AGENAS (National Agency for Regional Health Services) and in Albania by ASCK (Health and Social Care Quality Assurance Agency).

PUBLICATION

The proceedings will be published in the journal *Biomedicine & Prevention Journal*, ISSN 2531-8543.

SCIENTIFIC DIRECTOR

Prof. Leonardo Palombi, President of the Roman Academy of Public Health (RAPH) and Rector of the Catholic University "Our Lady of Good Counsel"

SPEAKERS

RICCIARDI WALTER - Founder and Past President of the Roman Academy of Public Health (RAPH)

PAGLIA VINCENZO - President of the Commission for the Implementation of the Social and Health Reform for the Elderly Population, Ministry of Health, Italy

PALOMBI LEONARDO - President of the Roman Academy of Public Health (RAPH) and Rector of the Catholic University "Our Lady of Good Counsel"

YLLI ALBAN - Institute of Public Health and Eastern Europe Vice/Coordinator of the Roman Academy of Public Health (RAPH)

JRBASHYAN TIGRAN - Ameria CJSC

TODOROVIC NATAŠA - President of the Gerontological Society of Serbia

KRASNIQI PRANVERA - Institute of Public Health and University of Prishtina

POLLOZHANI AZIS - Mother Teresa University of Skopje

PANA ADRIAN - Bucharest University

CENKO FABIAN

Eastern Europe Coordinator of the Roman Academy of Public Health (RAPH) and the Catholic Hospital "Our Lady of Good Counsel"

ZRUBÁKOVÁ KATARÍNA - Catholic University of Ružomberok