



L'Académie Royale de Médecine de Belgique (ARMB) and the Koninklijke Academie voor Geneeskunde van België (KABG) have the honor of inviting you to the Second Symposium of Her Majesty the Queen (Honorary Member) on the Mental Health of Older Adults to be held on October 2, 2024, at the Palace of Academies Rue Ducale 1, 1000 Brussels.

The Academies of Medicine are organizing this symposium as a continuation of their joint opinion on the mental health of older adults. The aim is to deepen the dialogue between older adults, policymakers, international scientific authorities, and representatives from relevant sectors on various topics.

## PROGRAM

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Second Symposium of Her Majesty the Queen The Mental Health of Older Adults October 2, 2024, Palace of Academies, Brussels

### Morning Session

9:30 AM: Meeting between Her Majesty Queen Mathilde and older adults with their caregivers (Throne Room)

9:50 AM: Meeting between Her Majesty Queen Mathilde and the symposium speakers (Office of the Permanent Secretary) signing of golden book

10:10 AM: Prof. Dirk Van Raemdonck (KAGB) & Prof. Georges Casimir (ARMB) – Welcome Speech

10:15 AM: Her Majesty the Queen – Opening Speech

10:25 AM: Film by Yvon Lammens - Testimonials

10:35 AM: Prof. Mirko Petrovic (KAGB) and Prof. Eric Constant (ARMB) – Academies' Opinion

10:45 AM: Dr. Hans Kluge (WHO Regional Director for Europe) –

Reimagining Ageing: : A Revolutionizing Shift in Mental Health for Older Adults

11:05 AM: Prof. Hilde Verbeek (Univ. Maastricht) - Innovative living arrangements for older persons; how the environment contributes to daily life

11:25 AM: Prof. Emily McDonald (Univ. Mc Gill, Montreal) - Mental Health and Older Adults: the ABCs of Appropriate Prescribing in Belgium and Canada

11:45 AM: Prof. Georges Casimir and Prof. Dirk Van Raemdonck – Morning Conclusions

12:00 End Morning Session

12:15 PM: Lunch until 13:45 PM

### **Working Groups** (various chapters)

2:00 PM (each working group is held twice to allow the audience to attend maximum two workshops)

2:50 PM interruption to allow the participants to move from a room to another

3:00 PM- 3:50 (second session of each working group)

### **Health Care Reform for an Aging Population**

**Moderators:** Jan De Lepeleire (KU Leuven), Theo Achterberg (KU Leuven); and Dominique Lamy (UC Louvain)

#### **Description:**

Belgium's aging population is growing rapidly, with the 65+ group expected to reach 25.1% by 2050, and the 80+ group doubling to 10.1%. This demographic shift will increase the demand for care, especially for mental health issues like dementia and depression. In this workshop, we start with an introduction of the KCE Report nr 359 (2022) concerning integrated care in Belgium. We discuss interactive with the participants the importance of integrated care and the development of public health strategies. We also examine the person-oriented care, care transitions and mental health issues for the elderly We will end with a comprehensive summary.

### **Older People at the Centre of the Project**

**Moderators:** Olivier Bruyère (ULiège) and Thierry Pepersack (ULB)

#### **Description:**

Involving older adults and their families in health care decisions is crucial for improving care quality and preserving dignity. This workshop explores advance care planning, shared decision-making, and education for healthcare providers. We discuss the importance of legal support, accessible resources, continuous reassessment, and appointing a referent. Emphasis is placed on individualised medical education to address diverse needs and improving digital literacy to access online communities and telehealth services. We propose practical steps for policymakers to ensure a patient-centred approach that respects autonomy and promotes empowerment for older adults.

### **Growing Older in Our Society: Towards a New Narrative**

**Moderators:** An Haekens (Alexianen Zorggroep Tienen); and Baldwin Van Gorp (KU Leuven), Kasper Bormans (KU Leuven, Maastricht University, The Netherlands), Vlaamse Ouderenraad

#### **Description:**

As our society faces demographic changes with a growing proportion of older adults, it is crucial to re-examine perceptions and attitudes towards aging. Often viewed negatively, aging is associated with decline and burden. However, this view overlooks the diversity and potential of older adults. This workshop explores the changing landscape of aging, emphasizing the need for a balanced perspective that acknowledges both challenges and positives. Topics include the dynamic nature of aging, societal

contributions of older adults, strategies for challenging ageism, and reframing vulnerability. We conclude with recommendations for fostering an inclusive and age-friendly society through effective communication and a new narrative on aging.

### **Towards specialized mental health care for older adults**

**Moderators:** Mathieu Vandenbulcke (KU Leuven), Eric Constant (UCLouvain); and Leontien Jansen (KU Leuven), Jurn Verschraegen (The Flanders Expertise Centre on Dementia), Satya Buggenhout (KU Leuven), Lies Van Assche (KU Leuven), Maarten Van Den Bossche (KU Leuven), Siska De Spenter (KU Leuven), Effrosyni Pyrovolaki (ULiège)

#### **Description:**

Description: There is too little attention to mental health problems among older adults in Belgium, which is evident from a lack of knowledge about the prevalence, underexposure in training and an inadequate and regionally very different care offer. In this workshop we discuss the extent and nature of mental health problems among older adults in Belgium. We look for gaps in training for healthcare professions. We examine the options for specialized mental health care for older adults, with a focus on prevention, early detection, treatment and housing. We identify good practices and innovative initiatives, such as mobile mental health teams for older adults. Finally, we propose a 10-point program for policymakers to improve specialized mental health care for older adults in Belgium.

### **Optimizing medication use for older adults in Belgium**

**Moderators:** Mirko Petrovic (UGent), Anne Spinewine (UCLouvain); and Emily McDonald (McGill University, Canada), Justin Turner (Monash University, Australia)

#### **Description:**

Inappropriate medication use – including the use of psychotropic drugs - is highly prevalent in older adults and is a leading cause of avoidable harm. There have been increasing research and initiatives towards optimising medication use over the last 15 years in Belgium, yet a stronger approach is required to make changes to happen at scale. In this workshop, we will present and discuss key actions - at patient, healthcare providers, organisational and policy levels – that could be implemented in Belgium in the next 10 years to improve medication use for older people. Examples of recent innovations from Belgium and Canada will be used as a starting point for the discussion.

4:00 PM Closing Session: Plenary Session and Conclusions (conclusion of each group and general conclusions)

4:30 PM - 4:40 PM: Musical Interlude (Lucie le Bal'ch)

4:40 PM: Cocktail

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Registration is mandatory. You can register and choose your working groups via this link: <https://eu.jotform.com/form/241923873702055>. Please do so by September 25, 2024, at the latest. After registration, you will receive a confirmation with practical details.

This invitation is strictly personal and non-transferable.

We look forward to seeing you on October 2, 2024.

Best regards,

Prof. Isabelle SALMON President of the Académie Royale de Médecine de Belgique

Prof. Dirk VAN RAEMDONCK President of the Koninklijke Academie voor Geneeskunde van België

Prof. Georges CASIMIR Permanent Secretary of the Académie Royale de Médecine de Belgique

Prof. Peter BOLS Secretary-General of the Koninklijke Academie voor Geneeskunde van België

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