



MHAS & AGE FRIENDLY CITY

11th March 2023

*PERSATUAN PENUAAN SIHAT MALAYSIA (Malaysian Healthy Ageing
Society) PPM/SEL 1345/02/(2)PPP/SEL 242/02*



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Social Media Platforms:

Website:
<https://healthyageing.org/>

Facebook:
<https://www.facebook.com/malaysianhealthyageingsociety>

Twitter:
https://twitter.com/mhac_malaysia

Insta:
<https://www.instagram.com/mhaconference/>

YouTube:
Malaysian Healthy Ageing Society

Malaysian Healthy Ageing Society



20years

- Independent Non-profit organisation
- Experts in Various Industries/Profession and **community stakeholders with knowledge of local needs and priorities**
- **Mission:** to promote the **integrative approach towards the ageing process** and to foster and co-ordinate education, study and research in ageing in Malaysia.

Healthy ageing is a holistic approach in **one's life course** encompassing physical, mental, spiritual and social aspects, from ***childhood through to the golden years***, maintaining a good quality of life.



Physical



Mental



Spiritual



Social

Objectives - Why MHAS was formed?



- To promote Healthy Ageing and provide **holistic education** on a **healthy lifestyle**.
- There is a global **demographic transition** towards an ageing population and Malaysia can be a global leader in promoting the concept of Healthy Ageing.
- To address the **lack of understanding** about Healthy Ageing amongst the populace.
- An **unhealthy ageing population is a socio-economic time bomb**.
- Become the primary platform for **knowledge exchange in Healthy Ageing among stakeholders**.

Objectives - Why MHAS was formed?



- To **work with healthcare professionals, NGOs and Government** bodies in Malaysia in developing an **integrated approach** towards the ageing process.
- Provide **consultancy** in areas of aged care i.e. in the areas of setting up daycare centres/nursing homes/step down care for the elderly
- Provide **certified training for caregivers**



Healthy Ageing for the Young?



MHAS Events

MHAS Past Events



'Embracing Healthy Living & Preventive Medicine'

ORGANIZED BY
MALAYSIAN HEALTHY AGING SOCIETY

27th - 29th MAY 2010
26th MAY 2010
SERI PENTING HOTEL, KUALA LUMPUR

IN COLLABORATION WITH
UPM

SUPPORTED BY
Ministry of Health

Keynote Address by
H.E Tun Dr Mahathir bin Mohamad

Enhancing PUBLIC FORUM

Marital Relationship Through Intimacy

ORGANIZED BY
MALAYSIAN HEALTHY AGING SOCIETY

IN COLLABORATION WITH
UPM

Third Malaysian Conference & Exhibition on Healthy Ageing

'Quality of Life after Stroke'
Scientific Meeting
2 - 5 March 2006

Crown Plaza Mutiara Hotel,
Kuala Lumpur, MALAYSIA.

SUPPORTED BY
Ministry of Health

Malaysian Society of Neurosciences
Malaysian Occupational Therapists Association
Malaysian Physiotherapists Association

Caring for the elderly – you are not alone

'Train the Care Givers of the Elderly'

MALAYSIAN HEALTHY AGING SOCIETY

UPM
Faculty of Medicine and Health Sciences
Universiti Putra Malaysia

A series of seminars and workshops to help you care for the elderly

Past Events



Empowering the elderly

Day1 (14th May 2016)

**Healthy Ageing :
Self - Empowerment Signature Programme**
Focus on most common killers of elderly patients (heart, stroke, cancer), follow by conditions affecting their quality of life eg-bones, joints, sex, emotions, legal and financial matters. Finally, putting all the experts in a FORUM to discuss a real case.

Jointly Organized by MALAYSIAN HEALTHY AGEING SOCIETY

TIME	PROGRAMME	SPEAKER	ADDRESS
7.30 - 8.15 am	REGISTRATION		
8.15 - 8.30 am	Introduction and Overview of the Programme	Ms. Ratuga Devy	Organizing Chairman.
8.30 - 9.00 am	Overview of Healthy Ageing.	Prof. Nathan Vytialingam.	Advisor Malaysian Healthy Ageing Society (MHAS) & Dean School of Occupational Therapy, Perdana University
9.00 - 9.30 am	Recognising and Managing Mental Illness in the Elderly	Prof Dr Phillip George.	President of Malaysian Healthy Ageing Society & Consultant Psychiatrist IM University (IMU).
9.30 - 10.00 am	Financing Yourself for Old Age to Age Gracefully	Financial Advisor	Asset Management, Affin Hwang Capital
10.00 - 10.30 am	TEA BREAK		
10.30 - 11.00 am	Legal Issues and Implications for Elderly Patient	Ms. Ratuga Devy	Vice President of MHAS and Advocate & Solicitor
11.00 - 11.45 am	Preventing and Screening for cancer	Dr Toh Lye Mun	Consultant Clinical Oncologist, Beacon Hospital.
11.45 - 12.15 pm	Caring for Patient with Stroke	Dr. Lim Poh Hin	Lecturer & Consultant Neurologist, Faculty of Medicine & Health Sciences, UPM
12.15 - 1.00 pm	All You Need To Know About Falls In The Elderly	Assoc. Prof. Dr. Tan Maw Pin	Consultant Geriatrician, University Malaya Medical Centre, KL.
1.00 - 2.00 pm	LUNCH BREAK		
2.00 - 2.30 pm	Intimacy in the Elderly	Prof. Nathan Vytialingam	Advisor Malaysian Healthy Ageing Society (MHAS) & Dean School of Occupational Therapy, Perdana University
2.30 - 3.15pm	Special Lecture Recognising Memory Impairment and Prevention Strategies	Dr. Lim Poh Hin	Lecturer & Consultant Neurologist, Faculty of Medicine & Health Sciences, UPM
3.15 - 3.45 pm	Secrets of Heart Disease Prevention	Dr Wong Teck Wee	Consultant cardiologist, iHEAL Medical Centre KL.
3.45 - 4.30 pm	Waterworks Department - Incontinence	Dato' Dr. Selvalingam Sothilingam	Consultant Urologist, University Malaya Medical Centre, KL.
4.30 - 5.30 pm	Forum on Elderly Issues Interactive discussion of a case scenario of an elderly couple living in a large double storey bungalow. Issues discussed were preventive medicine, delirium Vs dementia, rehabilitation, legal implication, end of life planning etc	Panel Discussion Moderator Dr. Wong Teck Wee	
5.30 pm	TEA BREAK		



Day2 (15th May 2016)

8.15 - 9.15 am	Special Lecture Healthy Bones And Joints For Healthy Life	Dr Vaikarathan Rajaratnam	Senior Consultant, Hand & Micro Surgeon, Khoo Teck Puat Singapore Hospital
9.15 - 10.00 am	Keeping Your Guts And Liver Healthy	Dr. Loong Yik Yee	Consultant Gastroenterologist, Ara Damansara Medical Centre.
10.00 - 10.30 am	TEA BREAK		
10.30 - 11.30 am	Independent Living - Moving Handling & Transporting An Elderly Patient	Ms. Thillainathan Krishnan	Occupational Therapist, Ministry of Health Malaysia
11.30 - 12.15 pm	Tips and Tricks for Skin Beauty	Dr. Kartini Farah Abdul Rahim	Consultant Dermatologist, Faculty of Medicine, UPM
12.15 - 1.00 pm	Nutrition for the Elderly	Dr Nordiana Nordin	Consultant Geriatrician, Hospital Sungai Buleh.
1.00 - 2.00 pm	LUNCH BREAK		

A community event supported by:



CCM PHARMACEUTICALS DIVISION

1ST WORLD CONGRESS ON HEALTHY AGEING



“Evolution: Holistic Ageing in an Age of Change”

19th – 22nd March 2012

Kuala Lumpur Convention Centre,
Kuala Lumpur, Malaysia

For more information please log on to
www.healthyageingcongress.org

Organised by:

M HAS
Live long. Live well.



2nd WORLD

CONGRESS

FROM HEALTHY AGING

BRIDGING

THE AGEING DIVIDE



TWEET US
#WCHA2015



LIKE US ON
OFFICIAL WORLD CONGRESS ON HEALTHY AGING





SPECTRE
007[™]

Special Screening

A 'REEL' EFFORT TO HELP THE AGED

KUALA LUMPUR: The Malaysian Healthy Ageing Society (MHAS) hosted a special fund-raiser by screening the movie 2012 at GSC Signature in The Gardens in Mid Valley City.

Among guests were Tunku Tan Sri Iman Tuanku Jaafar and wife Che Engku Puan Sri Mahirah.

Prior to the screening, a cocktail party was held at Italianies at The Gardens.

MHAS, a non-profit medical society, is dedicated to educating physicians, scientists, and members of the public on ageing issues.

Among the association's activities was the programme — Train the Care Givers of the Elderly — which was conducted in the Klang Valley, Johor Baru and Alor Star, Kedah, last year.

It was a huge success and MHAS is being urged by the public to offer more of such programmes around the country. — *By Sheila Sri Priga*



(From left) Tunku Tan Sri Iman Tuanku Jaafar, Nathan Vytialingam, Che Engku Puan Sri Mahirah, Raguna Devy, Wong Teck Wee, Dr Abdul Jalil Nordin and Loong Yik Yee.



(From left) Joyce Thivananthan, Dr Bharathi Vengadasalam, Karen Teo and Elsie Ho. — *Pictures by Fariz Iswadi Ismail*



(From left) Yap Swee Fatt, David Ho, Teoh W.H., Dr Eric Wong and Dr Lim Poh Hin.

Ageing

Challenges, successes & the journey ahead

Key Topics

Financial impact of ageing in ASEAN.
Obesity, ASEAN's growing problem.
The metabolic disorders anomaly.
Why healthy sleep?
Caregivers – who cares?

Register online at www.acha2017.com

Contact us at **+6012 364 6109** or
info@healthyageing.org



**ASEAN
Conference
on Healthy
Ageing
2017**

10th-12th Oct 2017
Hotel Pullman Kuching
Sarawak, Malaysia

Supported by



Organised by





Aged Care Consultancy

MHAS has been assisting on an advisory capacity as consultants in aged care. Our team consists of a wide network of professionals in various areas of aged care i.e. lifestyle homes, nursing homes, adult day-care centres.

Educating the public and healthcare professionals on caring for the elderly through conferences, seminars and workshops is one of our key strengths.



Healthy Ageing Advocacy

To develop more engagement campaigns on Healthy Ageing. The objective is to empower the elderly to live an independent and healthier lifestyle in their golden years. The aim is to provide them with in-depth knowledge via practical demonstrations for specialised care and to understand the importance of prevention of illnesses.



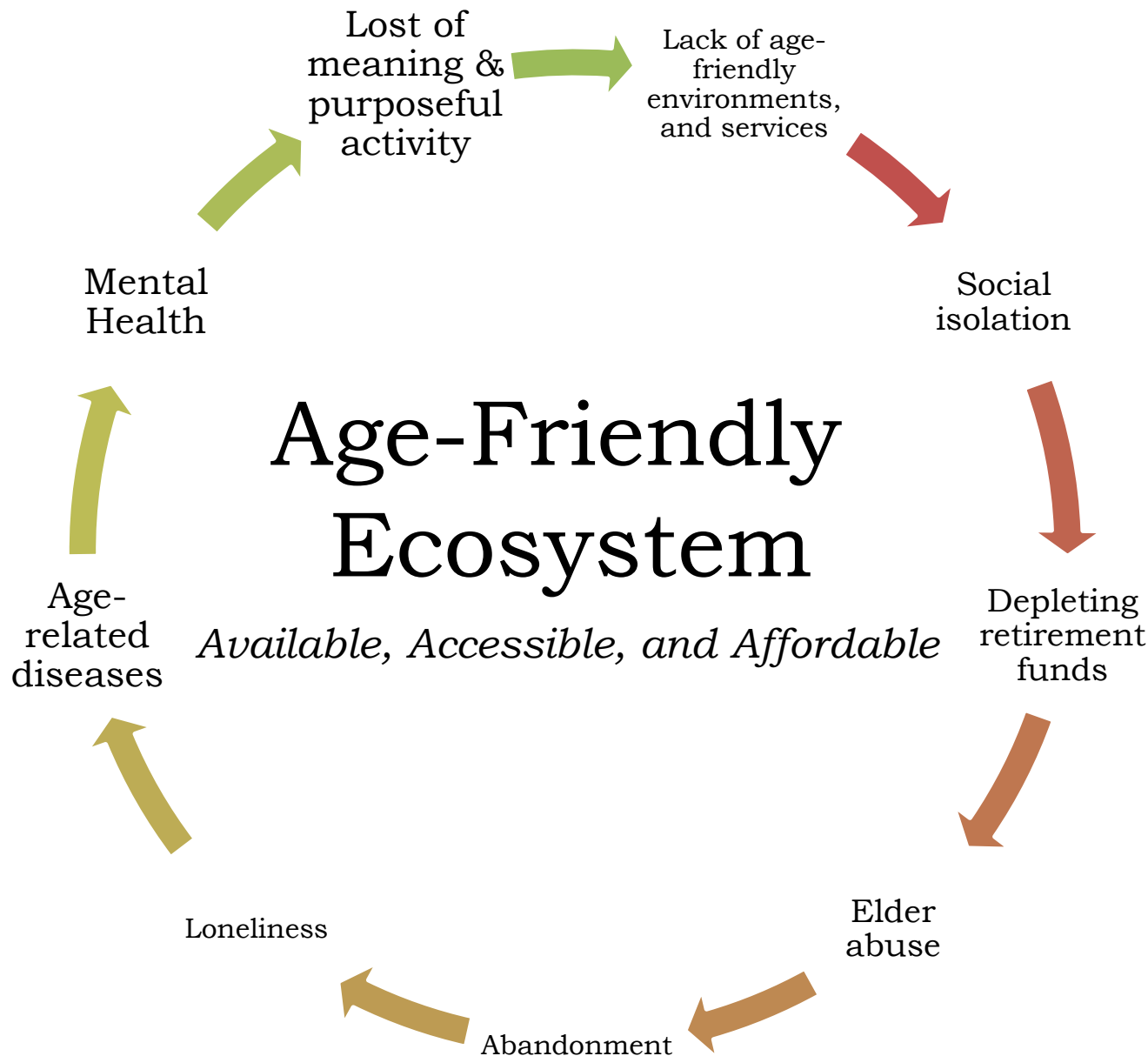
Development of Healthy Ageing Awareness

Healthy Ageing is about optimising opportunities for good health, so that older people can take an active part in society and enjoy an independent and high quality of life. There is an urgent need to drive awareness of Healthy Ageing via events, promotional activities, publishing of books and content development. MHAS requires corporate partners to develop high impact awareness programs and engagement touch points for the public.



Issues of our Elderly Population

The current situation in Malaysia



How can the (MHAS) play a active role?



- Having conducted **various global, regional and national conferences**, MHAS is well conversant in issues related to healthy ageing.
- **Consultancy** in the setting up of **Daycare Centres** and **Age Friendly Cities**
- **Professional Training** for caregivers through recognized certified programmes
- **Forums** with the **government** on various issues of ageing.
- **Forums** to engage with the stakeholders and **media to increase awareness** on healthy ageing
- **Nationwide Healthy Ageing Seminar Roadshows** (i.e. Secrets to Healthy Ageing seminars) to educate the public on adopting a holistic approach to age healthily as well as to educate caregivers.
- **Regional and National Healthy Ageing conferences** as a platform to share knowledge, update stakeholders nationwide and in the ASEAN region
- In the **continual research** with the aim of improving the ageing process of the Malaysian population.



WHAT IS AGE FRIENDLY CITY?



- Concept sponsored by UN-WHO
- Older persons require **supportive living environments** to compensate for physical, cognitive and social changes associated with ageing.
- Making cities more **age-friendly** is necessary and logical response:
 - to promote the ***well-being and contributions of older urban residents and keep cities thriving.***



Chronology



1999 & 2000 - WHO initiative started, as a lead-up from the UN meeting on the Older People – “Active Aging”



2006 – WHO launched its Global Age-Friendly Cities – Pilot Project with 33 cities in 22 countries

Expansion



2010 – Policy recommendation

44 countries



2021– Growth in membership more than 1100 cities and communities

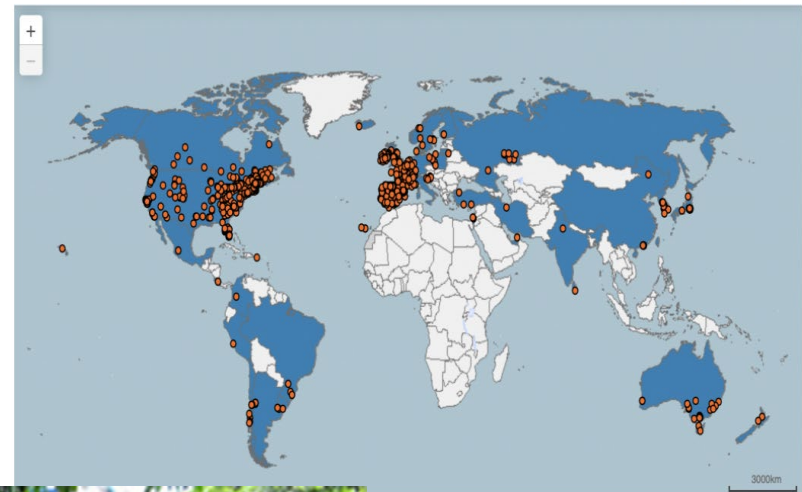
AGE FRIENDLY CITIES

About the Global Network for Age-friendly Cities and Communities

- Currently, 47 age-friendly countries with 1100 cities from all continents.



Global Network for Age-friendly Cities and Communities



Why the need for Age-Friendly Cities?



- Prepare cities and communities for demographic change
- Age-friendly cities and communities can foster Healthy Ageing and reduce inequities
- Age-friendly cities and communities benefit all ages
- Enhance inter-generational solidarity

Active Ageing: A Framework for Age Friendly Cities



- In an age friendly city, policies, services, settings and structures support and enable people to age actively by:
 - Recognizing - wide range of capacities and resources
 - Anticipating and responding flexibly to ageing-related needs and preferences
 - Respecting their decision and lifestyle choices
 - Protecting those who are most vulnerable
 - Promoting their inclusion in and contribution to all areas of community life



The **8** main areas as defined by the World Health Organization are:



AGE-FRIENDLY PENANG



- Penang is the 2nd aging state after Perak (*Dep Statistics 2020*)
- Enhance Penang as THE destination tourism (social and medical)
- Attract more investments in MM2H programme
 - Attracts baby boomers



Conclusion – *Before we move forward*



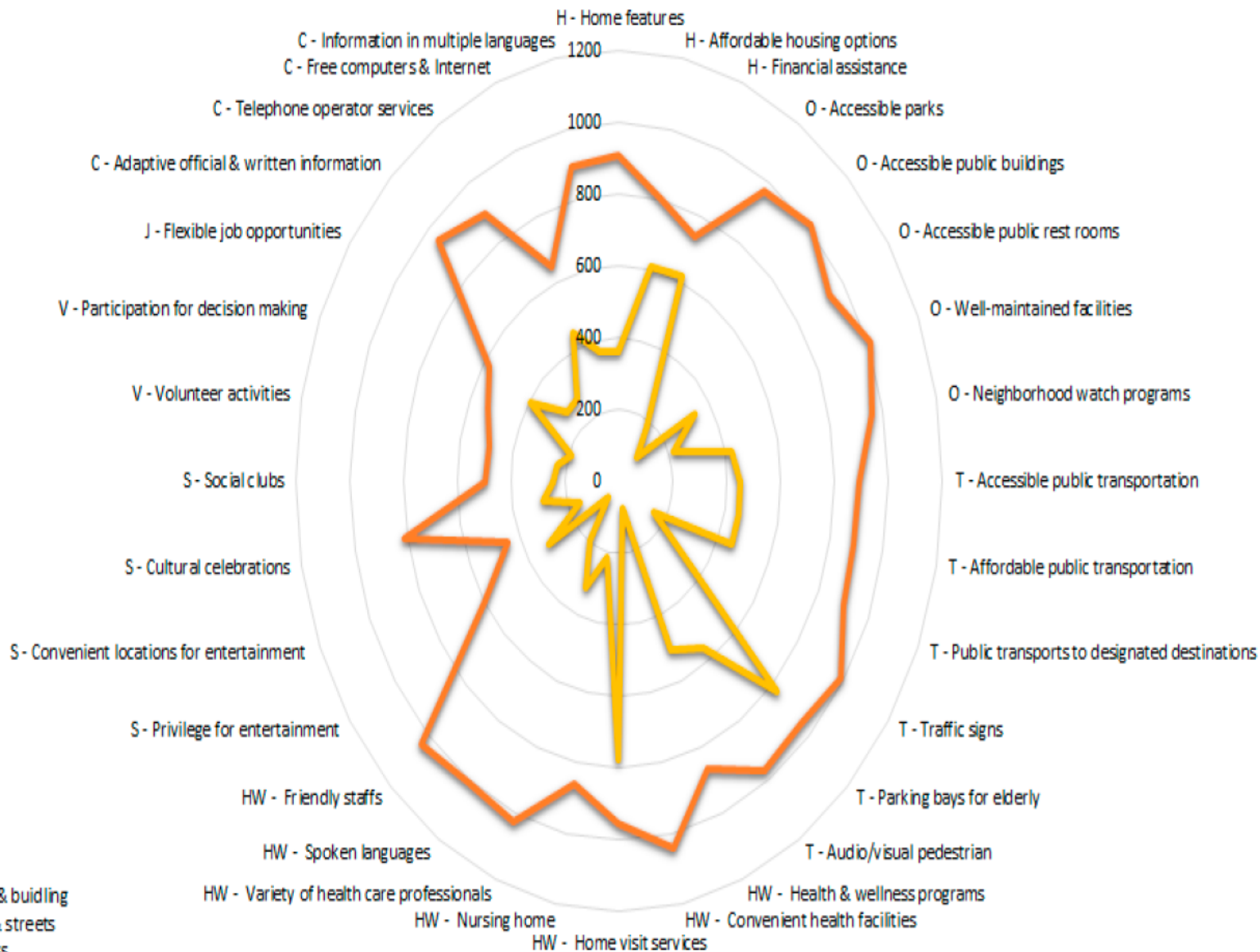
- There is a global demographic transition towards an ageing population, and we need to take necessary steps towards preparedness
- Age friendly Penang would benefit all ages and communities, placing Penang on the global map
- Provide a blueprint for the creation of a seamless age-friendly ecosystem in the country





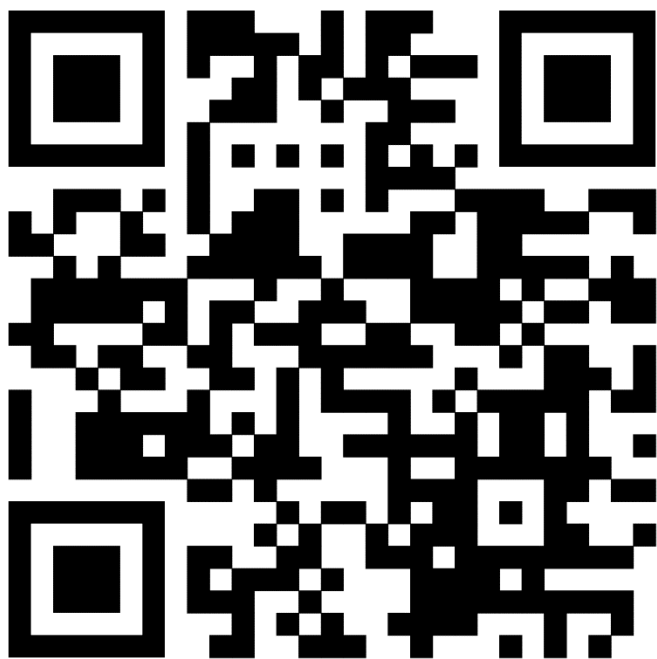
The Future

GAP ANALYSIS



— Important
— Perceived Gap

- H - Housing
- O - Outdoor spaces & building
- T - Transportation & streets
- HW - Health & wellness
- S - Social participation, inclusion & education opportunities
- V - Volunteering & civic engagement
- J - Job opportunities
- C - Communication & information



BM



Eng



Mandarin

Today!!



8.15 - 8.30 am	Introduction and Overview of the Programme	Dr. Sangeeta Kaur	Age-Friendly City Project Manager and Committee Member of MHAS
8:30 - 9.00 am	Overview of Healthy Ageing	Prof. Dr. Shahrul Bahyah Binti Kamaruzzaman	Consultant Geriatrician University of Malaya Medical Centre (UMMC)
9.00 –10.00 am	How can I manage my stress?	Dr Dandaithapani Thyagarajan	Consultant Psychiatrist, Certified Stress Management Consultant
10.00-10.30am	Intimacy In the Older Person	Prof. Nathan Vytialingam	Occupational Therapist, Dean, Perdana University School of Occupational Therapy (PUScOT)
10.30 - 11.00 am	TEA BREAK		
11.00 - 11.30 am	Protecting Your Loved One – Will Writing	Datin Ranuga Devy	Advocate & Solicitor and legal advisor to MHAS
11.30 – 12.00 pm	Am I taking too many pills?	Prof. Dr. Shahrul Bahyah Binti Kamaruzzaman	Consultant Geriatrician,UMMC
12.00 - 12.30 pm	Maintaining a healthy heart	Dr Wong Teck Wee	Consultant Cardiologist iHeal Medical Centre ,KL
12.30 - 1.00 pm	Clean environment for healthy living	Mr Alvin Seah	General Manager, Duopharma Biotech Bhd
1.00 - 2.00 pm	LUNCH		
2.00 - 2.30 pm	Preventing Stroke	Dr Loo Lay Khoon	Neurologist and Physician, Hospital Seberang Jaya
2.30 - 3.00 pm	How to boost your memory and prevent dementia	Dr Low Chung Ming	Consultant Geriatrician, Sunway Medical Centre Penang
3.00 - 3.30 pm	Recommended vaccines for older adults	Dr Alan Ch'ng	Consultant Geriatrician, Hospital Seberang Jaya
3.30 – 4.15 pm	Forum: Interactive Case Discussion	Dr Wong/Prof Nathan/Datin Ranuga/Prof Shahrul	MHAS Council committee
4.15 - 4.30 pm	Q & A		
4.30 - 5.00 pm	TEA BREAK		

3RD ASEAN CONFERENCE ON HEALTHY AGEING 2024

30th July - 1st August 2024
The Wembley - A St Giles Hotel
Penang, Malaysia

30th July to 1st Aug 2024



Emerging Topics

BODY

Globesity: Translating Evidence to Best Practices
 Evidence-Based Prevention of Osteoporosis and Fracture
 Healthy Liver for Healthy Living
 Prevention - Vaccination for Older Persons
 Retraining your Brain
 Disability and Ageing
 Eyes and Ears - Social Senses
 Spicing Up My Intimacy
 Atherosclerotic Giants
 Motivation for Exercise
 The Value of Healthy Skin
 Practice Shortcuts to Non-Geriatricians
 Updates - Prevention and Management of Dementia
 Preventing the Big C - Cancer
 Injury and Fall Prevention
 Growth Hormones - Benefits and Risk in Ageing Persons
 Maintaining a Healthy Gut
 Wheezy Woman and Gasping Men
 Allergies and Immune Systems
 Plugging the Leak - Managing Incontinence
 Managing my Ageing Brain
 Women's Mental Health
 The Value of Sleep
 Intimacy, Sexuality and Ageing
 Healthy Teeth for My Old Age
 Healthy Kidney, Healthy Me
 Pain Management

SOCIO-COMMUNITY

Overview of Healthy Ageing Practices in South East Asia
 Healthy Ageing and Economic Sustainability
 Global Perspective - Initiatives from Around the World
 Secrets of Happy and Enduring Relationship
 Protection Against Poverty in Ageing
 Ethicolegal Issues - End of Life
 Insuring Me for Old Age
 Sustainability of Retirement Savings in Malaysia
 A Healthy Workplace - Formula for Productive Ageing
 Achieving Healthy Ageing
 Geriatric Nursing
 Healthy Ageing Initiatives, Successes and Failures
 Paying for Healthcare
 Legislation and the Older Persons
 Active Ageing
 Financial Security in Old Age
 The Economics of Population Ageing
 Aged Care Facilities
 Long-Term Care Insurance
 Retirement Homes
 Grand-Parenting in the Digital Age
 The Reflection of My Journey
 Technology in Ageing - What is Assisted Living?
 Old Age - The Disability Strata
 Policies for Ageing in ASEAN Countries
 The Care Continuum
 Advocacy and Rights
 Post-Retirement Asset Management

MIND AND SPIRIT

Sexuality and Mental Health
 Adolescent Redefining
 Recovering from Mental Illness
 Addiction and Substance Abuse
 Mental Health in Older Persons
 Stress Management
 The Role of Hypnosis in Delaying Ageing
 The Value of Meditation
 Motivation and Optimism with Ageing

COMPLEMENTARY AND ALTERNATIVE MEDICINE

Ayurveda for Healthy Ageing and Longevity
 Food for Growing Old
 Vegetarianism
 Insights from the World of Complementary and Alternative Medicine
 Environmental Health - Reduce, Reuse, Recycle
 Qi Gong
 The Healing Mind

FUTURE MEDICINE

Lung Cancer - No Longer A Death Sentence
 Age Defying Food

*Topics above is not final and is subject to change.

Title & Name		
Name on Badge		
Organization & Address		
Email address		
Contact No.		
Meal Preference	Vegetarian <input type="checkbox"/>	Non-Vegetarian <input type="checkbox"/>

Registration Fee (Please tick wherever appropriate)

		Delegates	Student / MHAS Member
Early Bird Registration <small>till 31st October 2023</small>	Local Delegates	RM500.00 <input type="checkbox"/>	RM400.00 <input type="checkbox"/>
	ASEAN Delegates	USD300.00 <input type="checkbox"/>	USD250.00 <input type="checkbox"/>
	International Delegates	USD500.00 <input type="checkbox"/>	USD400.00 <input type="checkbox"/>
Normal Registration <small>after 31st October 2023</small>	Local Delegates	RM650.00 <input type="checkbox"/>	RM500.00 <input type="checkbox"/>
	ASEAN Delegates	USD400.00 <input type="checkbox"/>	USD350.00 <input type="checkbox"/>
	International Delegates	USD650.00 <input type="checkbox"/>	USD500.00 <input type="checkbox"/>

Payment Method (Please tick wherever appropriate)

"Don't let your age control your life.
Let your life control your age."

Anthony Douglas Williams ~ Inside the Divine Pattern

Thank You



THANK YOU



Dr. Sangeeta Kaur

Honorary Secretary for MHAS

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