

11th Malaysian Conference on Healthy Ageing

Revolutionising Healthy Ageing

Sabah International Convention Centre
Kota Kinabalu, Sabah

Pre-Conference Workshop
10 Sept 2026



Conference
11 & 12 Sept 2026

* for Medical & Allied
Health Professionals



Organised by:



In collaboration with:



Supported by:



Foreword

MESSAGE FROM THE ORGANISING CHAIRMAN

On behalf of the Malaysian Healthy Ageing Society (MHAS), it is my pleasure to welcome you to the 11th Malaysian Conference on Healthy Ageing, taking place in Kota Kinabalu, Sabah, from 11–12 September 2026.

This flagship national conference comes at a pivotal time, as the ageing population continues to reshape Malaysia and the region. It brings together policymakers, healthcare professionals, researchers, industry leaders, and advocates to share knowledge, exchange best practices, and advance practical, age-friendly solutions.

MHAS remains committed to improving health, wellbeing, and quality of life across the ageing continuum. This conference provides an important platform for meaningful dialogue, cross-sector collaboration, and the development of sustainable strategies that support ageing with dignity, independence, and purpose.

We are proud to host this year's conference in Sabah, highlighting the importance of inclusive and regionally relevant approaches to healthy ageing. Over the two days, participants can expect focused plenaries and discussions that will inform policy, practice, and innovation.

We are also encouraged by our strong track record of high participant engagement and attendance throughout the last 10 conferences. Your presence and contributions are vital to advancing an age-friendly Malaysia and region.

I wish you a rewarding and enriching conference experience.

Thank you and welcome.



Dr Wong Teck Wee
Organising Chairman
11th Malaysian Conference on Healthy Ageing
Malaysian Healthy Ageing Society (MHAS)

Foreword

MESSAGE FROM THE SCIENTIFIC CHAIRPERSON

On behalf of the Scientific Committee, it is my great pleasure to welcome you to the 11th Malaysian Conference of Healthy Ageing, held in Kota Kinabalu, Sabah, from 11–12 September 2026.

This conference brings together clinicians, researchers, policymakers, and allied health professionals with a shared commitment to promoting healthy ageing across the lifespan. As Malaysia continues to move towards an ageing society, the exchange of evidence-based knowledge, practical innovations, and multidisciplinary perspectives has never been more important.

The scientific programme has been carefully curated to provide meaningful discussions, current research updates, and practical insights that are relevant to both clinical practice and public health. I hope that the sessions will inspire collaboration, stimulate new ideas, and ultimately contribute to better care and quality of life for our ageing population.

I wish all participants a productive and enriching conference, and I hope you will also take the opportunity to enjoy the unique culture and hospitality of Sabah.

Thank you for being part of this landmark conference.



Dr Brandon Patrick Senagang

Scientific Chairperson

11th Malaysian Conference on Healthy Ageing

Chairman, Malaysian Medical Association – Sabah Branch (MMA Sabah)

About the Organiser

The Malaysian Healthy Ageing Society (MHAS) is a non profit organization, and is committed to providing education, awareness and training to healthcare professionals, scientists, and the general public on various issues related to healthy ageing.

It has successfully done so for the past two decades, by actively organizing events such as workshops, symposiums and conferences, as part of its ongoing efforts in collaboration with the healthcare industry and engaged healthcare professionals. To date, the MHAS has played a significant role in hosting the inaugural World Congress on Healthy Ageing in Kuala Lumpur, Malaysia in 2012. In 2015, we contributed to and collaborated on organizing the second World Congress on Healthy Aging in South Africa.

In 2017, MHAS successfully arranged the 1st ASEAN Conference on Healthy Aging (ACHA) in Sarawak, Malaysia. This led to our involvement in the 2nd ASEAN Conference on Healthy Aging in Bali, Indonesia. Post pandemic, the MHAS stepped up to revive regional collaborations and celebrated the return of old and new friends and delegates at the 3rd ACHA 2024 in Penang, Malaysia.

Organising Committee

Advisors

Prof. Nathan Vytialingam
(MHAS)

Dr. Devadas Pathiyil Ramankutty
(APPS)

Organizing Chairperson

Dr. Wong Teck Wee

Finance Committee

Dr. Thevarasan Ganandran
Datin Ranuga Devy M. Packirisamy

Scientific Chairperson

Dr. Brandon Patrick Senagang

Sponsorship

Datuk Dr. N. G. Baskaran
Ms. Wisdom Sabrina Low

Scientific Co-Chairperson

Dr. Sophia Heng Si Ling

Marketing & Promotion

Mr. Darren Atkinson
Ms. Alyson Kok

Scientific Committee

Prof. Dr. Shahrul Bahyah Kamaruzzaman
Ms. Joyce Leong Whye Sook
Ms. Lily Fu

Sabah Committee

Prof. Datuk Dr. Ajaz Ahmad Nabijan
Dato Dr. Jaswant Singh
Datuk Dr. James Jeremiah
Dr Brandon Patrick Senagang
Dr. Sophia Heng Si Leng
Dr. Roshan Nur Anand Ananthan

Secretary

Dr. Kantha Ruban Sivalingam
Mr. Khairie Sharariz bin Shah Budin

Conference Highlights

BODY

Diet, Disability & Dignity: Why Nutrition Determines How We Age
Dignity as a Clinical Outcome
Hospitals Were Not Built for Old People
Are We Prolonging Life – or Prolonging Suffering
End-of-Life Care, Disability & Cultural Reality
New Frontiers in Healthy Ageing: Science, Hype, and What Clinicians Should Care About
Safe Falls: Minimizing Injuries

MIND

When Ageing Becomes A Disability: Who Decides?
Decoding Cognition in Occupation: Enabling Participation and Independence in Neurodiverse Ageing
Dementia Care: Autonomy & Freedom VS Safety First
Ageing Where We Live: Health, Disability, Rights & Dignity in a Longevity Society
Ageing, Capacity & Consent: Clinical Judgement vs Legal Protection
Disability, Dependency & Financial Protection in Later Life
Ageing in Place: Ideal, Illusion, or Privilege?

SOCIO-COMMUNITY

Everyday Activities of Community-Dwelling Older Adults in Japan: Bridging Healthy Ageing and Hospital Discharge
The Longevity Economy: Are We Financially Ready to Live Longer?
Social Protection for Older Persons
Impact of longevity on Community, Healthcare, and Workforce
From Lifespan to Health span: Redesigning Care for Longer Lives
Prevention at Scale: Making Healthy Ageing the Default
Breaking Silos: Integrated Care for an Ageing Population

COMPLEMENTARY ALTERNATIVE MEDICINE

AI and Ageing: Hype, Evidence, and Real-World Impact
Ayurvedic Blueprint for Longevity in the 21st Century

** Subject to change*

Pre-Conference Workshops

Pre-conference workshops will be organised on 10th of September 2026 (Thursday) to provide attendees with valuable insight and opportunities before the main conference. The workshops serve as platforms to engage participants, foster networking, and facilitate knowledge exchange.

To stay informed about the latest updates and important details related to the pre-conference workshops, follow us on social media or visit us at healthyageing.org

List of Faculties

INTERNATIONAL SPEAKERS

Professor Tri Budi Rahardjo (Indonesia)

Professor in Gerontology
Universitas Respati Indonesia & Universitas Indonesia

Prof Dr. Ravindran Kanesvaran (Singapore)

Chairman & Senior Consultant of Medical Oncology
National Cancer Centre Singapore

Assoc. Prof. David Barron, PhD (Vietnam)

Associate Professor of Psychology
VinUniversity

Dr. Sayaka Iwakami (Japan)

Assistant Professor in Occupational Therapy
International University of Health and Welfare

Dr. Anupama Roy Chowdhury (Singapore)

Head and Senior Consultant of Geriatric Medicine
Singapore General Hospital

Dr. I Gusti Putu Suka Aryana (Indonesia)

Chairman
Indonesia Internal Medicine College

Dr. Cicilia Windiyarningsih (Indonesia)

Professor in Public Health and Epidemiology
Universitas Respati Indonesia

Dr. Sebestina Anita D'Souza (India)

Professor in Occupational Therapy
Manipal College of Health Professions
Manipa; Academy of Higher Education

Dr. Vaikunthan Rajaratnam (Singapore)

Senior Consultant Hand and Reconstructive Microsurgery
Khoo Teck Puat Hospital

Dr. C.D. Siby, BAMS (India)

Chief Ayurvedic Physician & Director
Jeevana Ayurveda Centre

Avinash Jayaraman (Singapore)

Founder & Chief Executive Officer
Innovate Technologies

MALAYSIAN SPEAKERS

Datuk Dr. N. G. Baskaran

Director
One United Agency Sdn Bhd.

Dato Dr. Jaswant Singh

Consultant Oncologist
KPJ Sabah Specialist Hospital

Datin Ranuga Devy M. Packirisamy

Advocate & Solicitor
Ranuga & Associates

Prof. Dr. Shahrul Bahyah Kamaruzzaman

Professor of Geriatric Medicine
Faculty of Medicine, Universiti Malaya

Prof. Dr. Tan Maw Pin

Professor of Geriatric Medicine
Faculty of Medicine, Universiti Malaya

Prof. Nathan Vitialingam

Honourary Fellow
World Federation of Occupational Therapists

Dr. Wong Teck Wee

Consultant Interventional Cardiologist
iHEAL Medical Centre

Dr. Anantha Kumar Ramachandran

Head of the Wound and Stoma Care Unit
Queen Elizabeth II Hospital

Dr. Elsonmond Vick Duin

Head of Orthopaedic Department
Hospital Universiti Malaysia Sabah

Dr. Vicnesh Thillynathan

Head of Neurosurgery
Queen Elizabeth Hospital

Dr. Thanesh Kumar Maiyauen

Head of Hepatobiliary Unit
Queen Elizabeth Hospital

Dr. Suriaraj Karppaya

Consultant Urologist
Gleneagles Hospital Kota Kinabalu

Dr. Lim Poh Hin

Consultant Neurologist
KPJ Ampang Puteri

Dr. Thevarasan Ganandran

Consultant Plastic & Reconstructive Surgeon
Mahkota Medical Centre

Dr. Kantha Ruban Sivalingam

Founder & Chief Executive Officer
Kantha Medical Group

Dr. Sophia Heng Si Leng

Consultant Plastic & Reconstructive Surgeon
KPJ Sabah Specialist Hospital

Dr. Choy Sook Kuen

Founder
Oasis Place Malaysia

Dr. Nor Azira Ismail

Group Medical Director
Integra Healthcare Technology

Ms. Rejina Maniam

Head of Occupational Therapy Services,
Sarawak
Ministry of Health Malaysia

Conference Schedule

	Pre-Conference Workshop	Conference	
Date & Time	10 September 2026 Thursday	11 September 2026 Friday	12 September 2026 Saturday
8.00AM-8.30AM		Registration	Breakfast Symposium
8.30AM-9.15AM	Workshop Registration	Plenary 1	Plenary 3
9.15AM-10.00AM	9.00AM-12.00PM Workshop A and Workshop B	Plenary 2	Plenary 4
10.00AM-10.30AM		Wellness Break	Wellness Break
10.30AM-11.15AM		Opening Ceremony	Plenary 5
11.15AM-12.00PM		Keynote Address	Symposium
12.00PM-12.45PM		Special Lecture	Special Lecture
12.45PM-2.15PM	Workshop Registration	Lunch Symposium	Lunch Symposium
2.15PM-3.00PM	2.00PM-5.00PM Workshop C and Workshop D	Symposium	Symposium
3.00PM-3.45PM		Forum	Forum
3.45PM-4.15PM		Poster Presentation	Closing Ceremony
4.15PM-5.00PM		Networking Tea Break	Networking Tea Break

* Subject to change



CALL FOR PAPERS

ABSTRACT GUIDELINES

File type: **Microsoft Word**

Language: **English**

Font: **Arial size 12, Single line spacing**

Word count: **Less than 250 words**

Contents: **Title in CAPS, Author(s) & Affiliation(s),
Background, Objective(s), Methods, Results, and Conclusion**

Deadline: **31 July 2026**



To be presented to the lucky winner.

POSTER GUIDELINES

Poster size: **A1 (23" x 33")**

Posters are to be displayed at the specified area provided by the organizers.

Poster boards and pins will be provided.



SUBMIT NOW

*Authors must be registered and have completed payment for the conference.
Accepted abstracts will be notified via email.*

Registration

PRE-CONFERENCE WORKSHOP

Local	RM 100
International	USD 50



REGISTER NOW

CONFERENCE FEE

	Early Bird	After 15 July	Onsite
Local	RM 550	RM 650	RM 750
International	USD 200	USD 250	USD 300

BANKING INFORMATION

Please make payment via local order or direct bank-in, please remit as follows:

Name of Bank: **RHB Berhad**
Name of Account: **Malaysian Healthy Ageing Society**
Account Number: **26416000002456**
Swift Code: **RHBBMYKL**
Reference: **type of delegate_MCHA26**
eg: International MCHA26

E-PEROLEHAN INFORMATION

eP Number:
eP-1008K001Z
Business/Company Name:
Malaysian Healthy Ageing Society
Registration Number:
PPM-002-10-25092002

Registration for the 11th Malaysian Conference on Healthy Ageing is inclusive of annual membership of MHAS. Kindly note that you are supporting the MHAS cause that continues to advocate for healthy ageing issues at a much larger scale



Malaysian Healthy Ageing Society

(Registrar of Societies No.
PPM-002-10-2509-2002)

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