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FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GERONTOLOGY

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X. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

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EDİTÖRLER

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X. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

SCIENTIFIC PROGRAM

MONDAY, NOVEMBER 21st
13.00- Registration Desk Open 14.00- Announcements & Welcome
14.10-14.30- Opening Concert
14.30-15.15- Opening Speeches
15.15-16.30- Guest Speakers **Session Moderator**: **Terence Seedsman** **Key Note Speaker**: Andreas Kruse
16.30-16.45 TEA AND COFFEE BREAK
İBRAHİM ŞENCAN GERONTOLOGY AWARDS **16.45-17.15**
I. ORAL PRESENTATION SESSION (17.15-18.15)
Session Moderator: Christine Helen O'Kelly **Andreas Motel-Klingebiel & Gerhard Naegele** "Exclusion and Inequality in Late Working Life in the European Union – The EIWO Programme" **Rolf Heinze, Christoph Strünck** "Living Independently in Old Age – The Role of Technology" **Gülin Oylu, Susanne Kelfve and Andreas Motel-Klingebiel** "Social Inequality of Participation and Risks for Exclusion from Swedish Late Working Life"
II. ORAL PRESENTATION SESSION (18.15-19.15)
Session Moderator: Terence Seedsman **Temitope H. Farombi, Olajoke Akinyemi, Damilola Adelaja, Olufisayo Elugbadebo, Hafız Khan** "Empower to Enrich the Elderly Program: For Vulnerable Older Adults in Nigeria" **Fulya Şenay Avcı** "Aging with Its Socio-Cultural Dimensions" **Nilüfer Korkmaz Yaylagül & Hafiz T.A. Khan, Halil İmancıoğlu** "Impact of Social Life Activities on the Life Satisfaction of Older Individuals in Turkey"
19.15 CLOSING SESSION

TUESDAY, NOVEMBER 22nd

III. ORAL PRESENTATION SESSION (09.00-10.15)

Session Moderator: Zuhal Kunduracılar, Anne Sofie Helvik

Zeynep Tekin Babuç
"The Effects of the Covid-19 Pandemic on Intergenerational Interaction and Age Discrimination"

Muammer Tuna
"The Social Solidarity of Aging Population Under the Covid-19 Pandemic (The Case of Muğla TAU)"

Özgür Nalbant, Hatice Gülsoy, Sefa Güneş, Ece Belinay Kayık
"Evaluation of the Relationship Between Sleep Quality, Fatigue, Fear of Falling, Balance and Conditional Characteristics in Elderly People Learning Tennis for Recreational Purposes"

Basit Haidari & Hafiz T.A. Khan
"Quality of Life (QoL) of Elderly Retired People in the Region of Taif City, Saudi Arabia"

10.15-10.30 TEA AND COFFEE BREAK

IV. ORAL PRESENTATION SESSION (10.30-11.30)

Session Moderator: Hafiz Khan, Sümeyra Mihrap İlter

Anne Sofie Helvik
"Coping Strategies in Persons with Dementia"

Dilek Doruk Kondakçı
"Making Visible the Elderly Population in Disasters and Focusing on Solutions"

Gökçe Yağmur Güneş Gencer, Beyza Karakoç, Lutfiye İpek
"Evaluation of Indoor Environmental Characteristics and Fall Behaviours of Individuals Over 60: The Case of Antalya Yukarıkocayatak District"

11.30-11.45 TEA AND COFFEE BREAK

V. ORAL PRESENTATION SESSION (11.45-12.45)

Session Moderator: Mehmet Efe, Şebnem Akçapar

Ayşe Dericioğulları Ergun, Cem Ergun
"The Invisible Residents of the City: The Relationship Between the Old and the Space in Today 's Cities"

Aysun Gür
"Appearances of the Uncanny in Old Age"

Özge Kutlu ve Deniz Say Şahin
"Age Friendly Housing: Spatial Design and Adjustments for the Older Adults"

12.45-13.30 LUNCH BREAK

VI. ORAL PRESENTATION SESSION (13.30-14.30)

Session Moderator: Terence Seedsman, Cihan Camcı

Hafiz T.A. Khan, Abdus Sabur, Morshed Hossan Molla
"Understanding Ageing Issues of Rural People in Bangladesh: A study on Sitakunda Catchment Area"

Bernd Seeberger
"Religiosity and Spirituality in Old Age"

Najmeh Saberi, Ali Darvishpoor Kakhki, Mahnaz Ilkhani, Hafiz T.A. Khan'
"Falls in Older Ambulatory Care Patients with Cancer in Iran"

VII. ORAL PRESENTATION SESSION (14.30-15.30)

Session Moderator: Muammer Tuna, Ayşe Alican Şen

Nihal Ersu, Erdal Türker, Nurcan Yüce, Mithat Kaymaz, Nurcan Ercan, Ayten Nayan
"Third Age University Experience Sharing"

İsmail Tufan, Özlem Özgür
"60+Tazelenme Üniversitesi"

Christine Helen O'Kelly
"The Age-Friendly University Initiative"

Şebnem Akçapar
"Aging and Death Among Foreigners and Refugees Residing in Turkey: Burial Practices and Death Rituals"

15.30-15.45 TEA AND COFFEE BREAK

VIII. ORAL PRESENTATION SESSION (15.45-16.45)

Session Moderator: Hasan Hüseyin Başıbüyük, İkuko Murakami

Gerhard Mueller
"German Version of the Pain Assessment Checklist for Seniors with Limited Ability to Communicate-II (PACSLAC-II-G): Translation, Adaptation, and Psychometric Testing"

Nestor Asiamah, Hafiz T.A. Khan
"Mobility in Old Age: The Potential Role of The Ability to Use Information Technologies"

Hatice Gülsoy, Özgür Nalbant, Fadime Yel, İshak Suat Övey
"Profiles of Elderly Individuals Applying to Refreshment University in Alanya"

IX. ORAL PRESENTATION SESSION (16.45-17.45)
Session Moderator: Orhan Koç, Işıl Kalaycı **Mehtap Pekesen** "Using Simulation to Develop Students' Abstract Skills in Geropsychiatry Education" **Abdulsalam Ahmed, Hafiz T.A. Khan, Muili Lawal** "Examining the Association Between Adverse Childhood Experiences and Harmful Health Behavioral Risk Factors Among Older Adults With Multimorbidity in Northern Nigeria" **İkuko Murakami, Özgen Yılmaz, Özge Pehlivan** "Investigation of Tazelenme University's Educational Curriculum According to Gardner's Multiple Intelligences Theory"
17. 45 CLOSING SESSION
WEDNESDAY, NOVEMBER 23rd
PANEL 09.30-10.15
"Reflections on the Birth, Growth and Future of Social and Applied Gerontology in Türkiye"
10.15-10.30 TEA AND COFFEE BREAK
X. ORAL PRESENTATION SESSION (10.30-11.30)
Session Moderator: Cem Ergun, Nilüfer Korkmaz Yaylagül **Pınar Soysal, Semen Gökçe Tan** "Investigation of E-Digital Health Literacy of Caregivers of Geriatric Patients" **Şengül Akdeniz** "Effects of Virtual Reality Applications in Nursing Home" **Sevinç Sütlü, Özge Kutlu, Ayşe Eriten** "Example of Social Inclusion Project for the Elderly: Healthy Sycamores House" **İbrahim Yerden** "Bahadın Yaşlanma Vakfı"
POSTER SESSİON (10.30-11.30)
Hande Kırışık, Nilüfer Korkmaz Yaylagül, Aslı Gözde Akış "Positive Psychology Interventions in Aging Studies" **İkuko Murakami, Sena Kılınç** "Experiences of Family Caregivers During Care Process of Alzheimer's Patients" **Nisa Yıldız, Aslı Gözde Akış, Nilüfer Korkmaz Yaylagül** "Men as Caregivers"

Lutfiye İpek, Gökçe Yağmur Güneş Gencer
"Caregiver Burden of Elderly Caregivers"

Fatma Banu Demirdaş, Nilüfer Korkmaz Yaylagül
"Opinions of Older Indivıiuals on Advance Care Planning: A Systematic Review"

Gülhan Küçük Öztürk, Barış Kılıç
"A Current Overview of Mental Health Problems in Elderly"

CLOSING CONCERT

Closing Speeches (11.30-12.15)
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Social Inequality of Participation and Risks for Exclusion from Swedish Late Working Life

Gülin Öylü[1], Susanne Kelfve[2], Andreas Motel-Klingebiel[3]

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Introduction/Purpose: *Participation of older workers has been increasing in many OECD countries since the late 1990s due to pension reforms, improvements in health and educational attainment (Boissonneault et al., 2020). Although OECD countries have several differences in their demographic structure, retirement ages and pension systems, many of them show similar trends in terms of increasing emphasis on active ageing policies and increased normal retirement age (Martin, 2018). For instance, Turkey has had large incentives for early retirement for long compared to other OECD countries, but it shows a remarkable projected increase of normal retirement age from 52 to 65 (OECD, 2021). Ulukan (2020) states that active ageing policies are expected to be strengthened and almost half of the individuals who has pension receipts are either employed or looking for a job in Turkey.*

The studies shown in this presentation investigate various dimensions of inequality and exclusion in late working life in Sweden and aim to contribute to overall European debate on active ageing and inequalities in late working life. Sweden has a higher participation rate compared to other OECD countries due to its reforms on pension system, active labor market policies, and higher composition of higher educated groups and it is still rising (Laun & Palme, 2020). However, inequality in participation is high and early exits as well as precarious employment remain a significant problem among blue-collar workers, lower educated groups and women and the hiring rates of older workers are low in Sweden as in many other OECD countries (Kadefors et al., 2018; Martin 2018).

Method: *This presentation combines several related studies for portraying inequality and exclusion risks in late working life in Sweden and the mechanisms of the generation of these inequalities and risks using Swedish register data.*

Results: *First, various exit types and employment type trajectories among different gender and education groups are presented. Second, the link between childhood conditions, earlier working life attachment and exit timing are discussed. Third, reemployment chances and the risk of exit followed by unemployment among different age groups in late working life are explained. Finally, the role of branches and company structure in employment chances of older workers are presented.*

Conclusion: *Overall, results shows that inequality in late working life are structured by socioeconomic status, childhood conditions, previous occupational attachment as well as heterogenous employment opportunities in labor market. Therefore, activation policies should consider interventions on earlier occupational history as well as impacting demand side conditions such as training opportunities or discrimination in labor market in addition to supply side.*

Key Words: *Late Working Life, Older Workers, Inequality, Sweden.*

Empower to Enrich the Elderly Program: For Vulnerable Older Adults in Nigeria

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Introduction/Purpose*: The process of ageing involves a combination of biological, psychological, and social factors. The rising proportion of older adults and increase in life expectancy have increased interest in maintaining and promoting cognitive health in later life. Participation in cognitively stimulating activities has been considered to maintain or strengthen cognitive skills, thereby reducing age-related cognitive decline. An important aspect of healthy ageing is the promotion of good mental health and well-being in later life. The aim of the study was to examine how older adults' empowerment improve cognition, mental and physical well-being in the community.*

Method: *A sample of 20 purposively selected older adults in the community were empowered in their different vocation of choice. Data was collected via in-depth interview and observations. An interpretive-descriptive analysis was used to facilitate data analysis.*

Results: *The associated benefits of empowerment of older adults to improve their cognition emerged into five themes: quality of life; increased physical function; social interaction; socio-economic effect; and mental stability.*

Conclusion: *Empowerment-based programs should be provided for older people in the society for them to take advantage of the opportunities to feel safe, supported and optimistic about life and its possibilities.*

Key Words: *Empowerment, Cognition, Cognitive Decline, Older Adults.*

Socio-Cultural Dimensions of Old Age

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ABSTRACT

Considering the demographic transformations in the world in recent years, it is observed that fertility has gradually decreased and as a result, the share of the elderly population in the general population has increased rapidly. It can be said that the aging of the population and the increase in the proportion of age groups is not a simple process of change, this differentiation is becoming more evident day by day and has become a global phenomenon. The aging of the population also reveals the necessity of a detailed preliminary study on this group. With the aging population, societies need to carry out some studies in areas such as health, socio-cultural activities, leisure activities, and efficient use of time. The elderly, who are inadequate even in some cases such as meeting basic needs, which is a necessity of living humanely, should be supported in other socio-cultural activity fields and their deficiencies should be eliminated. At the same time, it is very important, especially for an aging world population, to carry out activities that do not confine the elderly at home and support their active participation in all fields of social life. Changing the perspective towards the elderly, who are experiencing the disadvantageous situation of biological reality due to the expectation of the highest productivity in today's world of rapid mobility, should be seriously evaluated in terms of the importance of the issue.

After this change in the demographic structure, it is important to restructure the previously implemented policies on population in line with the needs and expectations by expanding their sphere of influence. The fact that the socio-cultural policies implemented today have also undergone changes in the recent period is considered important in terms of the importance of the issue. This study aims to address the problems related to the elderly population with its socio-cultural aspects and to reveal the solutions that can be proposed for the problems faced by the elderly.

Keywords: *Aging, Old Age, Social Change, Social Aspect, Elderly Population*

Impact of Social Life Activities on Life Satisfaction of Older Individuals in Turkey

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ABSTRACT

Introduction/Purpose: *Life satisfaction has been an important aspect of social gerontology, and it is important to determine how life satisfaction varies with regard to a person's social life activities. Little is known about it from the exiting literature and more research is needed cross-culturally to understand their relationship in order make an effective ageing policy planning. The study thus aims to examine the association between social life and life satisfaction of older adults in Turkey.*

Method: *The study uses data collected in the 2020 Life Satisfaction Survey which is a nationally representative sample of individual and household levels in Turkey. In this study, the individual Micro survey data is used for analysis purpose. Statistical analyses include univariate, bivariate and a multiple logistic regression analysis were carried out to tease out the difference of variables for life satisfaction of older people at national level.*

Results: *It has been found that social life activities play important role in life satisfaction for older people and being happy in later life.*

Conclusion: *The research reveals that social life activities play important role in increasing life satisfaction of older people in Turkey. It means that older people should be involved in social life activities in later life to keep happiness momentum. The result is helpful for policymakers in Turkey to take adequate actions.*

Key Words: *Older adults, mobility, ageing, information technology, Turkey.*

The Effects of the COVID-19 Pandemic on Intergenerational Interaction and Age Discrimination

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Introduction/Purpose: *Although the COVID-19 pandemic is a health risk threatening the whole world, it threatens the elderly population more in terms of severe course and risk of death. Characterizing the elderly as a priority risk group in the pandemic raised debates on unequal distribution of the resources in favor of the elderly and they become to be seen by younger generations as a risk to others rather than an at-risk group. In addition to its social, economic and the state of health consequences, the pandemic has also led to an increase in intergenerational conflicts and ageist stereotypes in society. Within this regard, this study aims to explore the changes in intergenerational interactions and age discrimination towards elderly people during the COVID -19 pandemic.*

Method: *In line with the purpose of the study, the effects of the COVID-19 pandemic on intergenerational interaction and age discrimination are explored through a systematic review of contemporary literature and the findings are discussed in the lights of relevant sociological concepts.*

Results: *While increased vulnerability and dependency of the elderly in the pandemic has increased intergenerational solidarity, it has also strenghtened the ageist stereotypes that regard elderly as incompetent and weak. In addition, prioritization of the elderly in the distribution of the limited resources of the health system has also led to discriminative attitudes as considering them as a social burden and increased intergenerational conflicts.*

Conclusion: *Studies shows that increased age discrimination in the pandemic has not only brought social exclusion and marginalization, but has also affected intergenerational interaction and solidarity which are seen as important tools in the fight against age discrimination.*

Key Words: *Age Discrimination, COVID-19, Elderly, Intergenerational Interaction, Pandemic.*

The Social Solidarity of Aging Population Under the Covid 19 Pandemic (The Case of Muğla TAU)

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Introduction/Purpose: *Covid 19 appeared in November 2019 in China and swiftly dispersed all around the world and defined as a Pandemic by World Health Organization in early 2020. Accordingly, the world has changed deeply and everything has been redefined. Covid 19 Pandemic might be evaluated from so many different perspectives. However, especially elderly people are more affected by Covid 19 Pandemic, because this population group are primarily closed at their homes related to Covid 19 Pandemic conditions. Therefore, the elderly population is negatively affected by the social and psychological impacts of Covid 19 Pandemic such as the feelings of "abandonment", "loneliness", and being "enclosed".Due to the above-mentioned conditions, especially elderly people need social and psychological support and social solidarity. Accordingly, Muğla Tazelenme University (TAU, Muğla Refreshing University/Muğla Third Age University, in Turkey) constructed a distance education model via internet and social media platforms such as whatsapp, zoom and facebook. This education model of Muğla TAU provided a "virtual social solidarity" to the elderly students who are above 60 years of age (60+).*

Method: *A sociological field research is conducted to evaluate the impact of the above-mentioned "virtual social solidarity". The research was carried on with Muğla TAU students in March and April (2020) with 271 sampling. A questionnaire was developed with fully structured close-ended multiple-choice questions. Because of the Covid 19 Pandemic conditions, the participants answered the questionnaires via online tools.*

Results and conclusşion: *According to the research findings, the distance education model that was constructed by Muğla TAU, provided social and psychological support and solidarity to minimize the negative impacts of the Pandemic. Furthermore, this "virtual social solidarity" contributed to the elderly population's general well-being conditions.*

Key Words: *Covid 19 Pandemic, enclosed, virtual society, virtual social solidarity, Third Age Education.*

Evaluation of the Relationship between Sleep Quality, Fatigue, Fear of Falling, Balance and Conditional Characteristics in Elderly People Learning Tennis for Recreational Purposes

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Introduction/Purpose: *The aim of this study is to evaluate the relationship between fatigue, fear of falling, balance and conditional characteristics in the elderly who are learning tennis for recreational purposes.*

Method: *Elderly individuals between the ages of 55-75 who stayed in Alanya nursing home voluntarily participated in the study. Age, height, weight and body mass index of male individuals participating in the study were 70.66±2.6 years, respectively; 1.61±0.7 m.; 72.40±10.66 kg. and 27.92±4.66 kg/m^2. Participating individuals were given detailed information about the study and a consent form was signed. The participants of the study were given basic tennis training for one hour two days a week for 6 weeks. The participants were tested for endurance, lower and upper extremity strength and agility with the Pittsburgh Sleep quality index, Berg Balance Scale, fatigue multidimensional assessment scale (MAF), and Tinetti's Impact of Falling Scale. Spearman's rho test was performed to evaluate the relationship between the data that did not show normal distribution and the level of significance was evaluated as 0.05.*

Results: *There was a negative significant difference between participants' multidimensional assessment of pittsburg and upper extremity flexibility and fatigue, and grip strength ($p<0.05$). A positive correlation was found between multidimensional evaluation of fatigue and agility and dynamic balance ($p<0.05$). A positive correlation was observed between the strengths of the lower and upper extremity muscles ($p<0.01$). A positive correlation was found between lower extremity muscle strength and flexibility ($p<0.01$) and upper extremity muscle strength and lower extremity flexibility ($p<0.01$). However, a negative ($p<0.01$) significant difference was found between right hand grip strength, agility and dynamic balance.*

Conclusion: *It was observed that there were multi-directional relationships between sleep quality, fatigue, fear of falling, balance and conditional characteristics in the elderly who were learning tennis for recreational purposes. It can be said that the effects of different and long-term exercise models in the elderly will also affect their quality of life.*

Key Words: *Tennis, Elderly, Sport, Fatigue, Balance.*

Challenges Faced by Elderly After Retirement in Taif Region of Saudi Arabia

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Introduction/Purpose: *Life of older people after retirement is an important area of research in social gerontology. Very little is know about retirement life of people in the context of Middle East particularly in Saudi Arabia. People who have permanently lived and retired in Taif may find it easy to integrate in social activities than those who were aware to other cities for employment purposes. Participation in social activities within a community helps people to integrate which is linked with their health and wellbeing. It would be worthwhile to know the key challenges faced by two groups of elderly for policy making purposes. Thus, the research aims to understand the challenges faced by elderly people who are retired in Taif and returnee to Taif after retirement from other cities of Saudi Arabia.*

Method: *Data will be collected via semi-structed interview of 20 people aged 65 years. Of them, 10 people will be selected who permanently live in Taif and remain there after retired. The other 10 elderly will be selected who have retired outside Taif and have come back to Taif for living purpose. The survey will ask questions around participants' characteristics, their daily activities after retirement, health and wellbeing. The geographical boundary for conducting the survey will be city of Taif.*

Results: *Interesting findings will be emerged on activities of elderly after retirement in Taif. Also the key challenges for integration will be identified for both groups of elderly. The impact of such integration on healIth and wellbeing will be examined too.*

Conclusion: *The findings will help policy-makers to understand the challenges the elderly face after their retirement. It is anticipated that the results will help policy-makers to take proper actions for improving health and wellbeing of elderly after retirement.*

Key Words: *QoL, Taif City, Elderly Population, Retirement, Community, Survey.*

Coping Strategies in Persons with Dementia

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Introduction/Purpose: *For those who receive the diagnosis of dementia, their daily life are turned upside down. Dementia represents daily challenges in many aspects, cognitively, socially, emotionally, and functionally. Most commonly, the dementia disorder is progressive, and currently there is no cure or treatment to stop it. We aimed to explore which coping strategies persons with dementia themselves use to improve health and well-being by reviewing qualitative research articles published in English referee-based Journals.*

Method: *In total, 74 qualitative studies published between 2004 and 2019 was located with a medium or high quality. A systematic computerized search in five databases was performed with help of an academic Liberian.*

Results: *Four major categories of coping strategies were used. Keep going was the first category of strategies and was most often used in early phases of dementia They includes actions which contribute to a) preserving the person's identity, b) to normalization of the situation and c) participating in the society. The second main category of coping strategies was Adapting and adjusting to the demands and includes actions aiming at a) Taking control and compensating and b) Reframing the identity. Accepting one's situation is the third main category of coping strategies and are based in an understanding of their restrictions and capabilities in daily life, and what they can perform independently and when they need assistance from others to. This category includes actions aiming for a position in life. This last main category of coping strategies includes how individuals having dementia directly and indirectly avoiding strategies which cause stress and challenges due to the disease. These strategies include a) direct resistance to the disease and b) distraction from the disease.*

Conclusion: *Coping strategies may contribute to balancing life and to promote health and well-being.*

Key Words: *Balancing Life, Close Family, Cognitive Impairment, Daily Activities, Dementia Friendly Environment.*

Making Visible the Elderly Population in Disasters and Focusing on Solutions

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Objective: *It is aimed to draw attention and offer solutions to the ignorance of the problems experienced by the elderly, who are defined as the vulnerable group in disaster situations.*

Introduction: *The world population has increased up to a total population of approximately 8 billion by the year of 2021. Related to this data, the rate of the elderly population in the same year was 9.6%. Today, the world population is aging faster than in the past decades. In line with the demographic structure that will change in the future, the needs of the society will also change. It will be inevitable for the elderly to encounter various problems that prevent their social participation in society.*

Disabled people constitute the group exposed to inequalities and situations that prevent full participation throughout the world. The number of disabled people in the world is more than 1 billion, where aging has a significant impact on disability. More than 46% of the elderly (60 years and beyond) have a disability. In line with the risks of the elderly such as chronic diseases and injuries, the rate of increase in disability is growing. With the increase of age, the tendency of decrease in physical and cognitive functionality also increases. The elderly may have difficulties in performing self-care, walking, moving and home management. Studies show that the need for mental health and psychosocial services increases following multiple natural disasters (e.g., earthquake, tsunami, wars). Preparedness for disasters affects the survival rate of the elderly in a positive manner.

Conclusion: *The 2030 Sustainable Development Goals focus on creating solutions to the problems confronted by the elderly and disabled. It is important to identify the elderly and disabled people and make plans during the disaster preparedness phase. The identification and capacity of existing health, social, housing, and support services should be well defined. Communication systems and media connectivity should be established to reach the elderly quickly. Appropriately designed accommodation environments, mobile services in shelters, psychosocial support, and security should also be accordingly provided.*

Key Words: *Disability, Disaster, Elderly.*

Evaluation of Indoor Environmental Characteristics and Fall Behaviors of Individuals Over 60: The Case of Antalya Yukarıkocayatak District

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Purpose: *The aim of the study was to evaluate the indoor environmental characteristics and fall behaviors of the elderly.*

Method: *21 elderly individuals aged 60 and above residing in Yukarıkocayatak Neighborhood participated in the study. The Timed Up and Go (TUG) test was used for the fall risk score of the participants, the Home Environment Conditions Evaluation Form for Falls in Older People was used for the indoor environmental characteristics score, and the Elderly Fall Behaviors Scale was used for the fall behavior score. Participants were divided into two groups [fall risk (FR) group and non-fall risk (NFR) group] according to TUG test. The Mann-Whitney U-test was used for intergroup comparison.*

Results: *When the indoor environmental characteristics were evaluated; It was determined that the most risk of falling was in the living room and the reason for falling was unfixed cables/items that could cause slipping in the walking area such as rugs. It was determined that the practicality sub-dimension, which defines the dangers and planning of the individual about falling beforehand, is the fall behavior sub-dimension that increases the risk of falling the most.*

There was no statistically significant difference between the indoor environmental assessment score of the FR group (N=10) and the NFR group (N=11). Statistically, a significant difference was found between the two groups in the total score of the falling behavior scale in the elderly (p=0.004), activity performed in daily life (p=0.001), and activity performed at home (p=0.010).

Conclusion: *In the study, it was determined that the most dangerous part in terms of risk of falling was the living room. It is emphasized in the literature that the most dangerous part of the house is the bathroom. This different result in the study was thought to be due to cultural factors. In the study, supporting the literature, it has been shown that the risk of falling is mostly increased by unfixed cables/items that may cause slipping, such as rugs in the walking area.*

Consistent with the literature, in this study, it was shown that the falling behavior that increases the risk of falling the most is the practicality sub-dimension, and the elderly have problems perceiving the dangers and making appropriate planning.

In addition, the fact that the FR group has a worse fall behavior score compared to the NFR group in terms of functionality according to the TUG test shows that the planning for the prevention of falls in the elderly should be made biopsychosocial.

Key Words: *Elderly, Fall Behaviors, Fall Risk, Indoor Environmental Characteristics.*

The Invisible Residents Of The City: The Relationship Between the Old and The Space in Today's Cities

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Cities that gain meaning with people and have been shaped by human relations and behaviors throughout history also shape human behavior and relations. Especially after the Industrial Revolution, cities came to the fore as production centers. Therefore, the producing population and age group have come to the fore as the most important subjects of the cities. In this context, cities have begun to be shaped for this age group. Cities that take care of the producing sector have ignored the needs and expectations of the segments who cannot actively participate in the production process. In today's cities, there are many segments that are excluded from the production processes. Due to the situations such as disability, gender, ethnicity, belief, culture, etc. a large number of people are in a disadvantageous position in terms of both production and access to urban facilities. The elderly have recently been added to these disadvantaged groups. In parallel with the rapidly increasing urbanization and urban population, the proportion of seniors living in cities is increasing day by day. Urban spaces have become objects of production and consumption today. Cities that have become producer and consumer spaces are structured within the framework of these dynamics. Unfortunately, this restructuring process also includes exclusionary elements for different segments. It can be stated that the elderly people intensely experience the processes of exclusion and the inability to access urban opportunities because they are not active producers and consumers. In this study, an evaluation will be made about the urban life experiences of elderly individuals within the framework of the human - space -city relationship.

Key Words: *City, Space, Elderly, Aging.*

Age Friendly Housing: Spatial Design and Arrangement for Older Adults

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Introduction/Purpose: *The increase in the geriatric population reveals new needs in many areas. One of these needs is the houses arranged in accordance with the needs of the elderly people and the spatial arrangements within the existing houses. Housing designed in accordance with the needs of older adults has become an important issue in gerontological studies today, as it is closely related to the level of independence of older adults. The aim of this study is to determine the housing needs of the older adults and to examine the housing plans and designs for the older adults.*

Method: *The study was created by the synthesis of researches on the subject after a comprehensive literature review.*

Results: *Security, privacy, functionality, accessibility and ease of use are among the principles that should be taken as a basis in the design of age-friendly residences. In the focus of these principles, "age-friendly residences" are built with spatial arrangements in the residences of the elderly, ergonomic furniture and equipment designs and physical environmental arrangements. Adapting the houses to the elderly and making them "age-friendly housing" reduces the risk of falling and injuries, increases the quality of life, and reduces health and care costs.*

Conclusion: *Housing designs and spatial arrangements for the needs of elderly individuals affect the healthy life of the aforementioned group, its protection against various risks, their level of fulfillment of daily activities, their functionality and level of independence. These elements are determinants for the active and healthy experience of the aging process. As a result, it is important to design adequate and accessible housing for older adults and to make spatial arrangements for the needs of the existing housing, to support aging in place, and to increase the welfare of the elderly due to the fact that older adults lead an autonomous and dignified life.*

Key Words: *Age Friendly Housing, Old Age, Ergonomics, Quality of Life.*

Understanding Ageing Issues of Rural People in Bangladesh: A Study on Sitakunda Catchment Area

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Introduction/Purpose:

The issues of elderly predominantly focused on the urban settings in all over the world, however relatively less is known on the life of elderly in rural areas. As vast majority of eldely live in rural areas globally, research needs to be done on rural ageing to undestand the dynamics of problems as a result of ageing and to provide apprpriate solutions to it for sustainable development of eldely. Recently, Khan (2022) highlighted the importance of rural ageing to enhance the health and wellbeing of elderly. This research is thus attempted to identify the key issues and challenges that elderly face in a rural area of Southern Bangladesh.

Method: *Data will be collected from Sitakunda upa zila where YPSA has direct operations at the field level. A questionnaire is developed and piloted for a quantitative investigation. Ethical approval has been obtained from Bangladesh Medical Research Council. Data colection is currently in progress.*

Results: *The experience of designing questionnaire and its validity check will be shared with audience in the symposium. It is expected that important findings on issues and challenges that elderly face on a daily basis in a rural setting will be identified and shared here.*

Conclusion: *The experience of designing questionnaire and data collection will help other researchers to design their studies for a rural setting.*

Key Words: *Rural ageing, elderly care and support, Bangladesh.*

Religiosity and Spirituality in Old Age – A (Religious) Philosophical

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Purpose: *Why this topic? Religion concerns the first and the last questions, which cannot always be expressed in clear language. This topic is neglected in the gerontological research. Religion and spirituality are similar concepts but not identical.*

Method: *The research we conducted was based on a qualitative study design with nearly fifty interviews with older people aged 70+. Research question: What is the significance of religion and belief for older people?*

Results: *Two positive and two negative effects for humans:*

• A positive and hopeful attitude towards life and illness, which can delay improved health and mortality.

• A sense of meaning and purpose in life that affects health-related behaviors and social and family relationships.

• Religious devotion can encourage excessive guilt, lack of flexibility, and anxiety.

• Religious prejudice and delusions may develop in patients with obsessions, schizophrenia, or psychosis.

Conclusion: *We only feel big because we are the top so far. In truth, we are small, ephemeral and clueless. We don't know where we come from, let alone where we're going, we don't know anything about the space we live in, where it begins and where it ends.*

Key Words: *Religion and Belief, Spirituality, Soul, Transience and Death.*

Fear of Falling in Older People with Hypertension in Iran: Implications for Clinical Practice

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Introduction/Purpose: *Older people commonly suffer from chronic diseases such as hypertension. Age-related changes and hypertension treatments put older people at risk of falling and fear of falling. This study was conducted to identify the predictors of fear of falling in older people with hypertension in Tehran, Iran.*

Method: *This retrospective study was conducted on 301 older people with hypertension above age 60 in eight educational hospitals in Tehran, Iran. Data were collected using a demographic questionnaire and the Persian Falls Efficacy Scale-International. Data were analyzed with SPSS 25.*

Results: *The mean age of the participants was 68.62 ± (6.82) years. The mean of systolic and diastolic blood pressure were 138.94 ± (13.35) and 87.18 ± (10.65) respectively. 31.8% of the participants had a medium and high level of fear of falling. The multiple regression results showed that fear of falling was significantly associated with gender (ß = 0.201, p<0.001), educational level (ß = 0.276, p<0.001), and history of falling (ß = -0.195, p<0.001).*

Conclusion: *The results show that higher levels of fear of falling in older people with hypertension are in male participants, with a higher level of education, and without history of falling. Providers should develop programs to prevent and reduce fear of falling in those at risk and to reduce the consequences.*

Key Words: *Aged, Fear of Falling, Hypertension.*

Aging and Death Among Foreigners and Refugees Residing in Turkey: Burial Practices and Death Rituals

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Introduction/Purpose: *The vast literature on asylum seekers and legal foreign residents in Turkey focus on the problems of young people, either those at the school age and/or at working age between 15-64. However, aging is also the case among these groups of migrants. The purpose of this paper is, therefore, to analyze and compare burial practices and death rituals of two groups of migrants in Turkey. The first group is settled foreigners who came to coastal towns in Turkey as part of international retirement migration (IRM) and the second one is Syrians under temporary protection (SuTP).*

Method: *The research is based on empirical data and on-site observation collected at different time intervals – 2009-2010 for the IRM in Alanya and 2019-2020 for the SuTP in Ankara and Gaziantep.*

Results: *There is different criteria determining burial practices of foreigners in Turkey. The first one is reason for migration and the other one is existing family members in the countries of origin and destination.*

Conclusion: *Integration processes after migration and social networks make an impact on the choice of the final resting place.*

Key Words: *IRM, Syrians under temporary protection, aging among refugees, Türkiye, burial practices, sociology of death*

German Version of the Pain Assessment Checklist for Seniors with Limited Ability to Communicate-II (PACSLAC-II-G): Translation, Adaptation, and Psychometric Testing

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Introduction/Purpose: *The 31-item Pain Assessment Checklist for Seniors with Limited Ability to Communicate-II (PACSLAC-II) corresponds to the six domains of nonverbal behaviors deemed important for pain assessment by the American Geriatric Society. The objective was to translate, cultural-functional adapt, and psychometric test the German PACSLAC-II.*

Method: *PACSLAC-II was first translated into the target language German and adapted for cultural and functional equivalence according to the ten principles of the International Society for Pharmacoeconomics and Outcome Research Task Force for Translation. To evaluate the psychometric properties of the PACSLAC-II-G, a prospective, monocentric, cross-sectional study was conducted from September to December 2019. A total of 107 hospital residents participated in the validation study in Vienna, Austria. For the psychometric testing, internal consistency and inter-rater reliability as well as content and concurrent validity of the scale were tested. For the latter psychometric property, PACSLAC-II-G was tested against the Beurteilung von Schmerzen bei Demenz (BESD) scale (= Pain Assessment in Advanced Dementia – PAINAID) and the Doloplus-2 scale.*

Results: *The internal consistency of the PACSLAC-II-G was acceptable (Kuder-Richardson 21 = 0.653). Inter-rater reliability showed high percent agreement (kappa coefficients: range 0.013 to 0.713). The content validity index for two items was above 0.780. The PACSLAC-II-G correlates high with the total scores of the BESD ($\rho = 0.743$, $P < 0.001$) and with the Doloplus-2 ($\rho = 0.816$, $P < 0.001$).*

Conclusion: *This study supports the reliability and validity of PACSLAC-II-G in seniors with cognitive impairments and limited ability to communicate.*

Key Words: *Dementia, PACSLAC-II, Pain Assessment, Psychometric Testing, Validation.*

Mobility in Old Age: The Potential Role of the Ability to Use Information Technologies

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Introduction/Purpose: *This study assessed the association between mobility in later life and information technology ability. A cross-sectional design was employed to collect data.*

Method: *The cross-sectional design was adopted in this study. The participants were 890 older adults in Accra who were aged 60 years or higher. Hierarchical linear regression analysis was used to present the findings.*

Results: *The study found that higher mobility in old age was associated with higher information technology ability. Two domains of information technology ability (i.e., internet use assessment and innovativeness attitude) were found to be positively associated with mobility.*

Conclusion: *In conclusion, a higher ability to use of information technologies is associated with mobility in old age.*

Key Words: *Older Adults, Mobility, Ageing, İnformation Technology, Ghana.*

Profiles of Elderly Individuals Applying to Refreshment University in Alanya

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Introduction/Purpose: *Aging is a physiological and irreversible process that develops from birth in human life, although it has continuity and universality, which is observed in all living things without exception, causing a decrease in function. With the advancing age, health problems increase, and individuals experience various changes in physiological, mental and cognitive areas. It is planned to examine the profiles of elderly individuals applying to 60+ Refreshment universities.*

Method: *This study, which is planned to examine the profiles of 60+ Refreshment University Applicants, is supported by a multidisciplinary team approach for the promotion and protection of health. This research was applied to 52 elderly individuals aged 60 and above who applied to a state university between 15.05.2022 and 01.10.2022. The data set was collected with an information form prepared by the researchers (age, gender, height and weight, marital status, occupation, known languages, hobbies, etc.) and minimental test. In the analysis of data; SPSS 25.0 package program was used and descriptive methods such as mean, standard deviation and percentile distribution were applied. The sample consisted of elderly individuals who applied to Refreshment University, were literate and accepted the consent form.*

Results: *While the average age of the individuals participating in the study was 69.20, 72% were women and 51% were married. 42% of them have a bachelor's degree. The expectation of elderly individuals from the project; being healthy, spending time productively, being active, gaining different experiences, socializing and learning new information. Considering the minimental test scores, it has been determined that the minimum is 22 and the maximum is 30.*

Conclusion: *As a result of the examination of the profiles of the elderly individuals who applied to 60+ Refreshment University, it was found that the elderly individuals who applied were more socially involved in life.*

Key Words: *Elderly Individual, 60+ University Of Refreshment, Health Promotion, Active Aging, Multidisciplinary Approach.*

Using Simulation to Develop Students' Abstract Skills in Geropsychiatry Education

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Introduction: *Although simulation applications are used in many fields today, their use in geropsychiatry (old age psychiatry) education curriculum is becoming increasingly common, especially for developing abstract skills. Using simulation in geropsychiatry education; aims to gain the desired knowledge, skills, and attitudes by using a simulator or standardized patient. Simulation applications in geropsychiatry education allow students to develop their abstract skills in a realistic and safe environment. Simulation practices are an interactive teaching strategy that serves to increase students' coping, problem-solving, decision-making, and critical thinking skills and to gain positive attitudes in the therapeutic care process.*

Purpose: *The aim of this study is to examine the abstract skills that students develop with the use of simulation in geropsychiatry education and the other benefits of this method.*

Method: *There are many types of simulation methods from simple to complex. Simulation types; low-tech dummies or models, standard patient practice, computer-assisted simulations, simulations with virtual reality or haptic features, and integrated simulations in which computer technology is combined with a mannequin that animates the body. The most preferred simulation technique in geropsychiatry education is standard patient applications based on pre-prepared scenarios. The standard patient is realized through the role of the patient or patient's relative according to the previously planned scenario. The learning experience realized with simulation helps students to increase their knowledge level about geropsychiatry education. The use of simulation in geropsychiatry education positively changes students' attitudes towards elderly individuals and increases their empathy skills.*

Results: *It is seen that the simulation methods used in geropsychiatry education are used to improve the care process by improving the therapeutic communication, empathy and problem-solving skills of the students with the elderly person.*

Conclusion: *With the simulation method, students have the opportunity to experience much more than theoretical knowledge. For example, in order to experience the sensory change experienced by the elderly person or the deterioration in cognition, students are asked to perform some functions by using equipment such as glasses with lenses and headphones with noise in the background, within the scope of scenario applications. This approach is a useful approach that can be used to increase knowledge, skills and coping skills in the care of patients with organic mental disorders (delirium) or dementia, which are especially common in the elderly. Standard patient practices used in geropsychiatry education are seen as approaches that increase students' awareness of the importance of establishing a trusting relationship with elderly individuals and the importance of patient-centered care.*

Keywords: *Geropsychiatry, Geriatric Psychiatry, Simulation Applications, Standard Patient.*

Investigation of Tazelenme University's Educational Curriculum According to Gardner's Multiple Intelligences Theory

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Introduction/purpose: *Learning as a lifelong process is one of the factors of intelligence. Departing from the relationship between learning and intelligence, this research paper aims to examine the 60+ Tazelenme University's Akdeniz campus's curriculum in 2019 and 2020, which is based on the eight intelligence domains defined by Gardner's Multiple Intelligence Theory.*

Method: *The data is obtained by scanning technique and examined by document analysis. Themes are analyzed based on literature and findings are grouped in Gardner's Multiple Intelligence Theory.*

Findings: *According to findings, the curriculum weighs more on natural sciences so that the classes are contributed to natural scientist intelligence domain, and some classes are found to be related to multiple domains of intelligence. In addition, no class is found inretation to intrapersonal domain of intelligence.*

Conclusion: *Tazelenme University is an effective program on the interpersonal intelligence development of individuals in connection with its structure. Depending on Gardner's mention of the existence of an unknown number of intelligences, it is possible to say that each of the 45 lessons examined in this study contributes to many existing or yet undiscovered intelligence domains. Since Tazelenme University to help individuals age in a healthy and active way, it is thought that the courses on health sciences are in the majority, however the inclusion of courses that contribute to more than one intelligence domains in preparation of the curriculum will be more beneficial for the development of multiple intelligences of individuals.*

Keywords: *Gardner Multiple Intelligence Theory, 60+ Tazelenme University, Curriculum, Document Analysis.*

Investigation of E-Digital Health Literacy of Caregivers of Geriatric Patients

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Introduction/Purpose: *The increase in the elderly population in the world has made the care needs of this population group inevitable. Caregivers have an important role in undertaking these care needs of the elderly. Health information available on the Internet can play an important role in caregivers' decision to provide better care for the elderly. The aim of this study is to investigate the e-health literacy of caregivers of geriatric patients.*

Method: *This is a cross-sectional study,caregivers of patients who applied to the Geriatrics clinic were asked about their sociodemographic information(age, gender, education, marital status, occupation) and 3 questions were asked about the time spent by the caregivers on the internet in a day, the status of doing research on the internet in the last week,which electronic devices they use to assess their internet.Then,an e-health literacy scale consisting of 2 items about internet use, 8 items of 5-point Likert type measuring internet attitude was used.*

Results: *162 caregivers participated. The mean age was 51.4±9.2 years; 73.8% were women. 39.6% were university graduates, 30.8% were high-school graduates, 1.3% were illiterate. 44.7% were working, 25.8% were retired. 91.4% were using mobile phones. The rate of those who did research on health in the last 1 week was 60.7%. 78.3% of the caregivers found it important to access health resources from the internet,76.4% found the internet useful when making decisions about health. E-health literacy scale scores; it was found to be statistically significant according to the education level of the caregivers,the duration of internet use and the frequency of research about health ($p<0.05$).*

Conclusion: *People's knowledge of understanding the reliability of internet-based health information and using this information correctly varies and these abilities need to be understood correctly by healthcare professionals. For this reason,e-health literacy of patients and caregivers should be evaluated before advising their patients to get health information on the internet.*

Keywords: *Caregivers, E-Health Literacy, Elderly.*

Effects of Virtual Reality Interventions in Nursing Homes: A Scoping Review

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Introduction/Purpose: *Virtual reality (VR) provides advantages in the field of health promotion by offering individuals opportunities to participate in environments that appear and feel similar to real-life objects and events through computer hardware and software. The aim of this study is to determine the effects of virtual reality-based interventions on health promotion by comprehensively reviewing the virtual reality-based interventions applied in elderly individuals living in nursing homes.*

Method: *As a first step, a literature search was performed. The MeSH terms "nursing home" and "virtual reality" were searched in Cochrane Central, Pubmed, Web of Science, Scopus, Science Direct databases for English articles published until October 2022. In the second step, studies were selected. First, titles and abstracts were analyzed, then full articles. Endnote® software was used to avoid duplication of research articles. The study was conducted in accordance with Cochrane and PRISMA guidelines.*

Results: *Virtual reality-based applications in nursing homes have mostly been implemented to improve physical health. Most of the studies included virtual reality-based exercise interventions. Many studies focused on the effects of VR-based interventions on balance, fall risk and physical activity. Virtual reality-based applications have also been used to improve mental health in nursing homes, most often in patients with dementia.*

Conclusion: *Virtual reality-based applications had a significant effect on reducing balance problems. Many articles have been published in the last five years, indicating a greater focus on virtual reality in recent years. This comprehensive review may contribute to the planning of better designed, conducted and reported studies.*

Key Words: *Long-Term Care, Nursing Home, Virtual Reality.*

Example of Social Inclusion Project for the Elderly: Healthy Sycamores House

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Introduction/Purpose: *The problem of loneliness and social isolation of the elderly is deepening in today's modern society. It is recommended to develop projects that offer different activities to the elderly as a way to combat social isolation and loneliness. This project consists of two parts: Technological support and elderly living space, and aimed to keep the social environment and relationships of individuals over the age of 65 living in Burdur city center, and to support the elderly who live alone at home and need care.*

Method: *Within the scope of the project, technology-supported home care services will be provided to citizens over the age of 65 who live alone at home and in need of care in Burdur city center, and it is planned to establish an elderly living space center in order to support the healthy aging process. With the electronic system, people will be able to contact the teams in the Elderly Living Area with a single button when needed. After the meeting, the teams will ensure that the services requested by the elderly person are provided according to their needs. These services will include cleaning and repair of the house and personal care (bathing, shaving, nail cutting) services, health services,-including emergency medical services. With the Elderly Living Area, it will be ensured that the elderly continue their lives without losing their sociality and functionality, and their living standards will be raised.*

Results: *Within the scope of the project, it is foreseen that 50 elderly people will benefit from technology-supported home care services, and 500 elderly will benefit from the services provided in the elderly living area.*

Conclusion: *Projects aimed at reducing the negative consequences of loneliness and social isolation in individual and social dimensions should be supported by official and civil institutions.*

Key Words: *Social Inclusion, Elderly, Healthy Ageing.*

Positive Psychology Interventions in Aging Studies

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Introduction/Purpose: *People's emotional experiences change throughout their life cycle. Besides, older people represent a more vulnerable group to loss of happiness and subjective well-being, which can lead to the onset of emotional disorders such as depression and anxiety due to normative age-related losses in various domains. Therefore, it is necessary to help older people develop strategies and activities that will enable them to maintain their physical and emotional well-being. At this point, positive psychology has an important role. The aim of this study is to discuss the studies on positive psychology interventions (PPI) in the field of old age in the English literature, and to reveal the general tendencies, conceptual and methodological features of the existing studies.*

Method: *The document analysis technique, which is a qualitative research design, was used in the study. Content analysis technique was used in the analysis of the data. In this study, Web of Science, EBSCO-CINAHL, Academic Search Ultimate, MEDLINE Complete, PubMed and Scopus, which are frequently used in health, care and aging studies, and PsycArticles databases, which are frequently used in psychology and psychiatry studies, and Google Scholar search engine, were used in this study. Within the scope of inclusion and exclusion criteria, 12 articles were examined.*

Results: *Three concepts have often been used in research: gratitude, positive emotions, and creating well-being. The most frequently used technique in research is quantitative research based on pretest-posttest analysis (42%). From the contents of the intervention; doing a kindness, forgiveness practices, remembering practices, gratitude activities, three good and three funny things, and strengths activities are the most commonly used. The most frequently used application techniques are; writing, meditation, psychoeducation, group discussions, and assignment.*

Conclusion: *As a result; studies have mostly reported positive results of their PPIs. Only two studies showed that PPIs did not yield effective results. The results of the study draw attention to necessary of increasing the sample size, conducting longitudinal studies, and supporting the studies with qualitative interviews.*

Key Words: *Aging, Positive Psychology Interventions, Gerontology, Content Analysis.*

Experiences of Family Caregivers during Care Process of Alzheimer's Patients

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Introduction/Purpose: *This qualitative study was conducted with individuals who care for Alzheimer's patients, it is aimed to reveal the effects of this process based on the experiences of the individuals. This study was carried out in order to approach this multidimensional problem, which is a tiring process for both the caretaker and the caregiver, from the point of view of the individuals accompanying the patients.*

Method: *The study was carried out by online video interviews with the relatives of 9 female and 2 male Alzheimer's patients from various cities in Turkey, which were reached by snowball sampling method. A semi-structured questionnaire was used in the study and the data was analyzed under 6 general headings: demographic information of family members caring for patients, the first recognition process of disease, the positive effects and appreciation of individuals by others, the negative effects and ways to cope, ways to access information about disease and participant's suggestions for alleviating caregiving difficulties.*

Results: *Families mostly had difficulties in bathing, cleaning control, sleeplessness, being dependent at home, being unable to spare time for themselves, and coping with patient's repetitions. Some of the participants said that the disease made individuals patient and their empathy skills improved and it has even been observed that some of them stop being stuck with the small problems in life as the positive effects of the disease. Additionally, individuals occasionally leave the patient's side, are interested in different occupations, and make psychological suggestions to themselves to cope with the difficulties of the disease.*

Conclusion and Suggestion: *Considering the findings, it was concluded that the support from the social environment is important to prevent the suffering of Alzheimer's patients' relatives under the care burden and the burden of care should not be given to single person and the caregiver should be supported economically and psychosocially.*

Key Words: *Old Age, Alzheimer's Disease, Care, Caregivers.*

Caregiver Burden of Elderly Caregivers

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Introduction/Purpose: *As the proportion of the elderly in the population increases, attention is drawn to a new reality worldwide. People who help elderly individuals cope with their illnesses and care for them may also consist of elderly individuals. It is known that elderly caregivers experience significant difficulties in this process. At this point, it is very important to evaluate the care burden of people and to create service models for their needs. The aim of the study was to evaluate the caregiver burden and quality of life of elderly caregivers assisting elderly patients.*

Method: *30 elderly caregivers (age≥60) who assisted the elderly individual were interviewed. Data were collected using the "Demographic Information Form", " Zarit Burden Interview-ZBI", " Quality of Life Scale (The SF-36)". Descriptive statistics and Spearman Correlation Analysis were used in the analysis of the obtained data.*

Results: *63.3% of the elderly caregivers participating in the study were women, 96.7% were spouses, 60% were primary school graduates, 56.7% had a chronic disease. 53% of the participants stated that their monthly expenses are higher, while 40% stated that their expenses and incomes are equal. The mean score of caregiver burden level of elderly caregivers was found to be 43.3. A strong and negative correlation was found between the caregiver burden score of the elderly caregivers and the score of limitation due to emotional problems, which is one of the sub-dimensions of the quality of life scale.*

Conclusion: *The caregiver burden mean score of the elderly caregivers was 43.3, indicating that they had a high level of caregiver burden. As the caregiver burden of the elderly caregivers increased, the restraint score decreased due to emotional problems. Due to emotional problems, caregivers did not spare time for their daily work, did not want to do work, and could not pay attention while doing their work. Elderly caregivers had economic problems. For this reason, it was seen that the economic and psychological dimensions, which are among the sub-dimensions of the caregiver burden, came to the fore.*

Interventions that support aged caregivers especially economically and psychologically are needed, and the findings of this study can be taken into account in the design of gerontological interventions to reduce the caregiver burden of informal caregivers. A deeper understanding of this issue is thought to be very important for understanding the life changes that occur in old age, improving the quality of care, and recommending more targeted psycho-social interventions.

Key Words: *Care, Caregiver Burden, Elderly, Elderly Caregiver, Older Family Caregivers.*

Opinions of Older Indivıiuals on Advance Care Planning: A Systematic Review

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Introduction/Purpose: *Advanced care planning (ACP) is a person-centered practice that facilitates the understanding, sharing and discussion of goals, values and preferences for future care, especially for older individuals. ACP provides benefits to the individual by improving their adaptation to the end of life, to the family by reducing the family's stress on the decision process and increasing care satisfaction, to the health workers and the health system by reducing life-prolonging treatment, increasing the use of palliative care instead of intensive care, and preventing hospitalizations. Despite all these benefits, both the level of knowledge and participation in the ACP have not reached the desired level, even in countries that legally supports ACP. It is very important to define in advance the factors that affect the participation decisions of individuals and the relational reasons that will guide the interventions in order to disseminate the ACP discussions.*

The aim of this study is to reveal the views of elderly individuals about ACP and the factors that affect these views in a comprehensive and systematic way.

Method: *In this context, the studies in the last 10 years were scanned with predetermined databases and search terms by adopting the systematic review method. Then, 17 articles with qualitative, quantitative and mixed characteristics were included in the research using accessibility and inclusion/exclusion criteria. Since the selected articles consisted of non-homogeneous research, the study was analyzed with narrative synthesis.*

Results: *The most striking result of the study was that the level of knowledge and experience of individuals on the subject affected their positive perspective towards ACP. Other variables affecting the perspective of elderly individuals on ACP are: older age, marital status, socio-economic level, religion, cultural characteristics, self-health perception, chronic disease status and number, and perception of remaining life expectancy.*

Conclusion: *Due to the support and benefit the ACP provides to patients, family members, healthcare personnel and the healthcare system; it is important that efforts to spread information and to raise awareness about ACP are carried out at the national level. The results show that individual characteristics and experiences should be taken into account in education and awareness studies about ACP, and that individuals' socio-economic level, educational status, chronic diseases, and religious beliefs should be taken into account.*

Key Words: *Advanced Care Planning, Elderly Individuals, Systematic Review.*

A Current Overview of Mental Health Problems in Elderly

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Purpose: *The purpose of this review is to evaluate the mental health problems of the elderly from a current perspective.*

Method: *This study is a compilation study using the literature review method.*

Results: *Aging is a process that affects the physical, mental, social and cognitive health of the individual, and at the same time, various problems specific to old age such as role and status, spouse and close relationships, and loss of social support are experienced. It has been reported that the elderly population is increasing day by day in the world and in Turkey. It is reported that this increase in the elderly population causes important medical, social and economic problems, and the frequency of mental health diseases, especially chronic diseases, is increasing. The elderly, who make up more than 700 million people in the global population, are at high risk for mental disorders (Turana et al., 2021). In old age, cultural, social and familial factors as well as biological and psychological factors can cause mental problems, especially depression, anxiety and senile psychosis. In addition, it is stated that the risk factors affecting the mental health of the elderly are loneliness and widowhood, poor physical health, low quality of life and the severity of the symptoms of their patients (Andreas et al., 2022). Dementia, an important aging problem, can also trigger mental problems. Therefore, the mental health needs of the elderly are emphasized. It is also stated that there is an increase in physical activity, morbidity, death, hospitalization and loss of functional status associated with common mental disorders in the elderly (Maynou et al., 2021). It is reported that depression and anxiety are very common in the elderly and almost half of them have significant depressive and anxiety symptoms. Growth in the elderly population means a direct increase in age-related diseases such as dementia and poor mental health outcomes such as depression, anxiety, suicide, and severe limitations in quality of life among older individuals.*

Conclusion: *There is a need to identify new and unmet problem areas and develop effective therapeutic outcomes for this special population. For this reason, it is very important to include mental health and mental problems in health policies aimed at improving the health of the elderly with a holistic and social perspective.*

Key Words: *Elderly, Aging, Mental Health.*

Men as Caregivers

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Introduction/Purpose: *Men are often overlooked as a care providers in elderly care. However, changing social conditions demonstrate that men will be more involved in the care process in the future. Therefore, the study aims to explore the place of men in elderly care.*

Method: *This study is designed as a comprehensive classical literature review, which examines national and international studies on the subject. Factors that are effective in care process, such as men's common experiences, motivations, changing roles and the care burden of male caregivers were examined from a gerontological point of view.*

Results: *Men who are providing care for older individuals, are generally engaged in informal spousal and parental care. As the age of men caregivers increases, they mostly become caregiver for their spouse. Among caregivers, 59% of them are men whose age are 85 years or over. Men approach care with a sense of duty and responsibility, as well as love and belonging. Men and women face similar difficulties. In the care process, men have the most difficulty in performing their daily life activities and have to continue their care work with limited help and support. In the care process, men caregivers experience role conflicts both regarding their social roles and their own masculinity.*

Conclusion: *As a result, this study shows that social, cultural and individual conditions affect the caregiving processes of men. Studies dealing with caregiver men in Turkey are inadequate and should be increased. Caregiver male should be considered as a heterogeneous group, therefore, their changing needs and expectations in the care process should be taken into account in policy making and social service provision. For men who have difficulties in reaching support, it is recommended to establish caregiving trainings and social support groups.*

Key Words: *men caregivers, informal care, caregiver burden*

Age-Friendly Cities with Critical Aspects

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Introduction/Purpose: *The "Global Network for Age-Friendly Cities and Communities" initiative is a large-scale, international organization implemented by the World Health Organization with the aim of integrating older people into society and improving their quality of life.In this compilation study, the concept of the age-friendly city is explained, the historical and conceptual framework of the concept is revealed, examples of well-organized age-friendly city practices are given together and criticisms of the concept are included.*

Method: *The study was compiled by synthesizing the report, action plans and council decisions published by the World Health Organization on active aging, age friendly cities and society. The books and articles written in this field were also examined and included in the compilation study.*

Results: *The network is a reference library for communities. It connects cities and communities, paves the way for knowledge and experience sharing, and creates an opportunity for new communities who are considering joining the network to be inspired for projects that are suitable for their socio-cultural structures. The existence of a standard checklist for the planning and auditing of practices allows communities to assess their current situation, and requires new projects to be implemented in accordance with certain standards. The projects implemented within the scope of the initiative are highly effective, and the feedback received on the projects is mostly positive. Since the concept is based on active aging, it has also been exposed to criticisms of the concept of active aging. In addition, the concept is also criticized for not being sustainable due to cost and resource constraints, the global network not being evenly distributed around the world, and the existing language barrier for some communities.*

Conclusion: *When the network is evaluated from a gerontological perspective, it is valuable in that it strives to make living spaces accessible, safe and livable, especially for the elderly, and that it encourages cities and communities to work in order to ensure that individuals of all ages can live their lives equally in society, regardless of large or small scale. It is very important to introduce age-friendly practices by experts working in the field to institutions and communities dealing with aging, and to encourage those concerned to participate in the network.*

Key Words: *age friendly cities, aging, old age*

CLOSING SPEECH OF THE SYMPOSIUM

Emeritus Prof. Dr. Terence SEEDSMAN

Today, I would like to share some reflections on the birth, the growth and the future of social and applied gerontology in Turkey. It is a very important need to think about the future as well as the respect the past that in fact has been moved things forward. The aging of the world's population is the most dramatic demographic shift in the human history. It is happening in Turkey, it is happening in Australia, it is happening worldwide. It brings forwards enormous challenges for societies to see the what can be done to make sure the older people can live with dignity and respect. However, I would like to remind that we are all ageing, it is not a case of "us and them" but "we". Let us stop for a moment and reflect. Nothing should be more expected from old age nothing is more unseen. Ageing takes us by surprise, ageing is a process that come to all living brains. Ageing represents the unfolding process of life. Let us not forget the connection between dependency, independency and interdependency across the life course. Social and applied gerontology in Turkey, the transformation from a dream to distinct academic discipline. In 1998 Prof. İsmail Tufan took his pioneering crusade to establish social and applied gerontology as a legitimate study in our education. Although, not realizing at the time he had to travel a long, narrow path in pursuit of his vision. Prof. Tufan recognized that the ageing of Turkish population would produce a demand for long term care services including the need for community-based policies, services and programs to support the active participation of older people in civic life. Initially, he attempts to change university culture to accept social gerontology as a discipline in its own right. Along with altering the mindset of set of government bureaucracy which was difficult. It turned into a battlefield of resistance with avoidance tactics. İsmail Tufan confronted an absolute opposition in the initial stages when he introduced social gerontology as discipline in its own right. Holding firm to vision for social gerontology to find a place in the academy. İsmail Tufan endeavor to create public awareness on aging and old age by writing articles for a range of Turkish newspapers in the early part of 2004. Unsuccessful efforts were undertaken to convince activation university and senior members of the council of higher education board as a relevance of social gerontology in 2005. Meeting with the president of the council of higher education offered some promise of support gerontology. Then a formal reply a decision was made to organize The International Social Applied Gerontology Symposium so in fact İsmail Tufan had a symposium prior to setting up the department gerontology. Following the success of the symposium and then president informed İsmail Tufan that the council of higher education had approved the creation of the department of gerontology at Akdeniz University. Shortly afterwards professor Tufan was invited to be the inaugural chair of the department of gerontology and he started to find staff in order to create his vision into a reality. Today the department of gerontology is operating in the Faculty of Health Sciences which seems to be a very appropriate location through the growth process that has occurred within this discipline. Commencing in 2000 an longitudinal study known as "Gerontoloji Atlası" of Turkey or GEROATLAS was launched to research the nature and characteristics of aging in old age with the completion date scheduled for early 2023. Currently the department gerontology has a full curricular offering involving undergraduate masters and doctoral studies what an incredible achievement when you think about when things

first started in 2008. Today the department of gerontology is housed in a modern new building made possible by the generous support from İbrahim Şencan, an engineer businessman and philanthropist in the city of Antalya formally opening in 2013 and is now called İbrahim Şencan Gerontoloji Merkezi. In 2016 professor Tufan established the renewed 60 plus university for senior citizens and we heard about that yesterday. What an incredible achievement an opportunity for people in Turkey particularly starting in Antalya to have an opportunity to continue their learning and growing and development. Also daycare services I am absolutely impressed when I came here in the early days and since then there's nearly over 46 plus cities who provide services for dementia patients its aim is to provide psychological support not only for those with dementia but also for family caregivers and what professor Tufan was able to do is he convinced the mayors of many cities in Turkey to start looking at some isle buildings that were not being used for any purpose whatsoever and he encouraged them to repurpose them and to turn them into pleasant places and locations where family members family caregivers could have their loved ones cared for a day while they had rest. And in 2007 İsmail Tufan initiated steps to establish the National Association of Social and Applied Gerontology together with the İsmail Tufan Gerontology Foundation and both these enterprises have had a major mission to communicate to be advocates to support the development of programs and services for the care and well-being of Turkish citizens. Now I wish to ask the question not just to professor İsmail Tufan but to any gerontologist that might well be in this audience and also for students and for staffs. Quo vadis? Meaning where are you going? If you don't know where you're going, any road will get you there. Think about it. So, we need to be asking the question and might I suggest too that it's not just for the field of social and applied gerontology but every academic department in the university must face this question. The academy has to start building stairways to the community to the public to the regions to the nations and also to the world. I have decided that professor Tufan has made sure that his department has had connections outside the university itself so Quo Vadis? is a very pertinent question to be asked regularly the future of social applied gerontology. The aging of the Turkish society is already here it invites new and critical ways of thinking at national regional and local levels as well as building cooperative and collaborative partnerships across international frontiers. The need to take planning steps to avoid the complacency stagnation trap I've worked long enough in universities to know that sometimes we can congratulate ourselves and say that we have arrived, we are running a very strong program. No when you are running programs in universities you are on journey you never complete the journey. Why? Because you should be looking for ways and I'd make it even better than what it was. When you first started unfolding in ways to match changing social needs and circumstances in a rapidly changing world. Look what the pandemic did a stress that are placed on academic institutions the stress that are placed on students and on the general community as well. Evolving in tune with new research findings evidence-based research and emerging career options for graduates we should be always looking for what are the career options for graduates not what they are now but what might be out, what could be able to create for them in the future. Developing new initiatives for advancing the health and well-being of older citizens, improving the education professional standing and relevancy of undergraduate and postgraduate studies in social applied gerontology. How relevant are the programs are the programs at a stage that they prepare students for the way the world is becoming not for the way the world was the pursuit of a continuous improvement in the field of social applied gerontology. I'd like to introduce the discipline of the second curve. If you think for a moment about a business and they introduce a new product and everything is going

beautifully as you start to climb up on the first curve but if you get too comfortable your product becomes out of date and suddenly you are on the downward spiral what you need to do in academic social and social applied gerontology is no different. You need to be prepared to jump onto a new curve to start thinking innovatively about planning for a future because the world is not standing still there are many challenges to achieve. So, if you can imagine over a lifetime you are continually moving from one curve onto the next looking for new opportunities new developments because as research starts to open up new ways of understanding we have to embrace it not ignore it. So, the second curve I think offers if you like a conceptual way of thinking about how we might forward about the aging. There will be an increasing need to identify areas of concern and support for both informal and formal caregivers with dementia, the ethical issues surrounding dementia care while the building of an ethical framework that promotes the interests of those with dementia and those who care for them. Let's not forget about those who care for them and that's where university of social gerontology and partnerships with other disciplines could make very caring supportive programs for careers as well as having ways of thinking of how to work with those who are suffering with dementia. General recognition must be given to the personhood identity and value of people with dementia. The adoption of a person centric approach is a challenge for gerontologist, practitioners, policymakers and healthcare professionals. And to understand and accept the emotional well-being of a person is just as important as their physical well-being of the person suffering from any chronic problems and health problems and particularly dementia. An important note on integrated learning, the practical field, should be seen as a pivotal for the future professionals and students in social applied gerontology with mandatory evaluation reviews initiated periodically with student feedback as an essential component in my university. We had regular meetings with students, and they could identify some weaknesses they could also identify the strengths of our program because that's where many of them will end up with their careers and their future pathways. Consequently, there remains a constant challenge of establishing new ways of improving strengthening and widening the prediction experiences for students work, integrated learning should provide a wide diversity of placements that enable students to experience a range of possible potential career paths in social gerontology graduates. Some people think their only pathways to work is in long term care. No there are incredible opportunities that that that can be provided and we just simply need to make sure that they have the opportunity to have placements that give them an experience and so other workplaces can respect the skills and each challenge that many of these students will have the provision of high quality field work opportunities for students requires the building and the maintenance of strong working partnerships with the diverse range of industry and community organizations both locally regionally nationally and internationally. Because our students are precious group of people, we have an absolute responsibility to graduate them with the best possible skills and competencies and understandings and we can do that in many ways by giving them opportunities in that variety of workplace settings. The COVID panic was unbelievable, the pandemic has exposed the shortcomings of the current higher education system without a doubt. We're not generally trained to run long term online programs now the world has changed students were not prepared to understand that they would never walk into a university campus for some number of years directly why because they were doing it all online and both students and staff were not adequately prepared for it and so now we have a situation where there are expectations about online learning where we have to make sure that staff have the latest skills and opportunities to upgrade if they need help and assistance including students who may be

struggling with online education as well so there is a whole new challenge for student learning outcomes. I like to think there will be a proper mix between students coming onto campus and students also working with online learning opportunities, but we need not to put our head in getting on to a new curve, a new way of thinking. What are some important questions, worrying attention and resolution? What changes or adaptations are required of gerontological research training and educational programs that they may effectively contribute to the future health and well-being of older people? What changes are required in a rapidly changing world? how might gerontology addressed the emerging meanings of old age across the life course and their consequences? What are the critical challenges facing gerontological research at the intersection of technology and aging that was addressed over the last couple of years about technology and aging? How am I playing more significant role? We have to ask these questions and we have to try and find solutions to it what advocacy role social gerontology might play in promoting research and support policy and practices that provide humanistic process and care for older people in everyday life a task and the challenges are enormous. memories experiences and observation I've been a visiting a fellow with professor Tufan and his staff over the last 12 to 13 years. I have the strongest possible admiration for the sustained support provided by İbrahim Şencan for his planning and financial contribution for the construction of their mentality building that now provides clear evidence that the field of social gerontology has a legitimate place on the campus. It is a very clear signal that where social gerontology has arrived now, we have to respect that contribution to make sure that the programs that are offered through that building and beyond of the highest possible quality. I'm also pleased to see the other day that the Turkish Gerontology awards have now been renamed into the İbrahim Şencan Gerontology Awards. While moving forward with the aging in society we have to create the most constructive ways of adapting to an aging society will emerge by focusing not on old age at but all. But there are relevant dimensions of human needs, human competencies and human diversity if we respected them and the diversity and human needs and communities. We would have to work for a major movement in the world in terms of people's welfare and health the possibilities in life. Opportunities and restrictions offered by the structural society arrangements regarding aging of which individuals have limited power, but future generations of older adults are good balance between independence and connectedness is crucial. If older people have a good balance between their independence their autonomy and their connections with people and the world around them, their health and well-being would be guaranteed forging a promised future for social applied gerontology research, communication, education, partnerships, engagements, collaborations and cooperatives. Every one of those partnerships, engagements, collaborations, already take place within the department of gerontology on this campus but they have to be maintained, they have to be even further developed and why because if we do that, we can transform social systems to allow older people to flourish and thrive. Think about that's what social gerontology is about: Partnerships in collaborations we need to create a social environment that supports older people to be less concerned or afraid of old age. Far too many older people are afraid of old age, a whole range of reasons ranging from financial security protection and their health and well-being and social gerontology can play a major role in partnership arrangements. Epilogue my final conclusions, there is every reason to be extremely proud of the academic legitimacy, public good and relevance currently achieved in the field of social gerontology. However, the future leadership must be prepared to find innovative and sustained ways of engaging and inspiring the next generation of academic’s scholars, practitioners, policymakers and educators to positively promote the health and well-being of

older people in a rapidly changing world. The future path may might well be forged by building upon the legacy provided by professor İsmail Tufan who established the department of gerontology at Akdeniz University who courageously dared to undertake risks to dream to persevere to create, explore, invent pioneer and engage and community for public good. Public good is what universities should be about you don't just operate within the bubble of academic itself. If I was to judge the performance of any university department the first thing, I'd be looking forward to visiting what type of activities should be done to promote the public good. And if they had done some very negative, very minor activities, I would say I'd say you need to grow up and understand you have an obligation to connect. Professor İsmail Tufan has deservedly earned the title the grandfather of gerontology. A personal note of gratitude: It has been a privilege to be part of the ongoing development and growth of social and applied gerontology and activities and to be fellow colleague with professor Tufan and his dedicated staff. This has been the most rewarding and extraordinary professional experience. I thank you for the opportunity to have been able with my wife to join you on many occasions over the last 13 to 14 years.