

**“XIX CONGRESS OF SPANISH SOCIETY PSYCHOGERIATRY:  
COGNITIVE, MENTAL AND SOCIAL HEALTH FOR  
EVERYBODY”**

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**Key highlights:**

- The annual meeting between professionals who are dedicated to psychogeriatrics will be take place in Valladolid (Valladolid, Spain).
- The dates will be from 29<sup>th</sup> of September to 1<sup>st</sup> of October.
- COVID-19 impact on the elderly will be discussed from a biopsychosocial perspective.

After two years without being able to hold the congress of the Spanish Society of Psychogeriatrics (SEPG), an annual meeting between professionals who are dedicated to psychogeriatrics, due to the situation of the COVID-19 pandemic, at the end of next September it will be held the congress under the title "Cognitive, mental and social health for all".

The purpose of the congress, as described in its cover letter, is to be able to create a learning and sharing place to discuss the great difficulties that older people have suffered, as a group of high risk and vulnerability, and the problems that professionals have had to be able to maintain contact and follow-up with them (both in institutions and at the community level). The loneliness in this group of people and the problems in keeping track of their multiple pathologies have had a huge impact, which has resulted in an increase in their morbidity and mortality, with special emphasis on Mental Health.

This congress will have the collaboration of international entities, such as the European Association of Geriatric Psychiatry (EAPG), Sociedade Portuguesa da Psiquiatria Saúde

Mental (SPPSM), InterRAI, Dementia: Intersectorial Strategy for Training and Innovation Network for Current Technology (DISTINCT PROJECT) and national entities such as the Spanish Society of Dual Pathology (SEPD), Plena Inclusión, Innovative Solutions for Independent Living (SIVI), the Spanish Society of Psychiatric Emergencies (SEDUP), the Castilian-Leonese Society of Palliative Care and the International Center on aging (CENIE).

The congress will take place in Valladolid (Valladolid, Spain) and will be from 29<sup>th</sup> of September to 1<sup>st</sup> of October. 2022.

Within the program of the congress, throughout the 3 days, topics of great interest will be addressed that are related to clinical aspects (dementia, depression) and social aspects (the use of technologies to support the elderly), which can be summarized as a biopsychosocial vision of care for the elderly.

The preliminary program includes presentations such as:

- Advances in pharmacological treatments and non-pharmacological biological interventions in Dementia.
- The use of biological markers in psychogeriatrics.
- Depression and Dementia.
- Major depressive disorder in the elderly.
- Suicide in the elderly.
- The use of AI and community support networks in people with cognitive impairment who lives alone and the use of technologies to improve the quality of life in people with psychogeriatric disorders.
- Cognitive stimulation and rehabilitation. Advances.
- Effects of diet in the elderly.
- The effect of loneliness on the elderly and its physical and mental impact.
- Cognitive frailty.
- Euthanasia in psychogeriatric patients.
- Psychogeriatric disorders in people with intellectual disabilities.

Two awards have been announced for the best poster in clinical research and mental health in Psychogeriatrics and another on the promotion of mental health during longevity. The deadline for submitting proposals is August 31.

A photographic contest has also been announced in which photos are sought that reflect an updated vision of old age and the mental health of the elderly. The deadline period ends on August 31.

Addresses of interest:

- Congress web: <https://congreso2022.sepg.es/>
- SEPG web: <https://www.sepg.es/>
- How to get to Valladolid: <https://www.info.valladolid.es/en/como-llegar>



*"I work as psychiatry consultant in Pontevedra (Galicia, Spain), actually in the liaison psychiatry programme and Community Treatment Team at Hospital O Salnés (Vilagarcía de Arousa). Also, I work as a Psychiatry Associate Professor at the Department of Psychiatry of Universidad de Santiago de Compostela (USC). I am a member of the Spanish Society of Psychogeriatrics (SEPG)".*