

Messages from IPA Members

International Congress on Geriatrics and Gerontology: Aging, Well-being, and Specialized Care, Ourense (Spain), May 2025

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Introduction

The Sociedade Galega de Xerontoloxía e Xeriatría (SGXX) continues to prioritize research and innovative solutions to improve the care of older adults amid ongoing changes in social services and healthcare. The SGXX has designed a scientific program that addresses the most pressing current challenges in geriatrics and gerontology. This event will bring together national and international specialists to share the latest advances in research, clinical intervention, and social care from inter- and multidisciplinary perspectives³. SGXX is hosting the XXXV International Congress of Geriatrics and Gerontology: "Aging, Well-being, and Specialized Care" on May 30-31, 2025 at the Marcos Valcárcel Cultural Center in Ourense.

Development

Key topics of the congress include:

- Artificial intelligence and emerging technologies in geriatrics: Digital tools are reshaping older adult care, from enhancing diagnostics to promoting autonomy^{3,4}.
- Advances in psychogeriatrics and mental health: Novel strategies for addressing psychological disorders in the aging population.
- Social education and aging: Best practices and innovative social intervention models to enhance quality of life.
- Clinical advancements in geriatrics: Recent research on managing complex geriatric pathologies and providing comprehensive care.
- Specialized care for older adults: Current challenges in human resources and specialized geriatric and gerontological care.

Additionally, the program offers a platform for presenting validated, practical experiences and best practices in geriatrics and gerontology. It also features hands-on workshops, such as physiotherapy for fractures, enabling participants to explore how to effectively apply scientific advancements to clinical practice.



Call for Participation

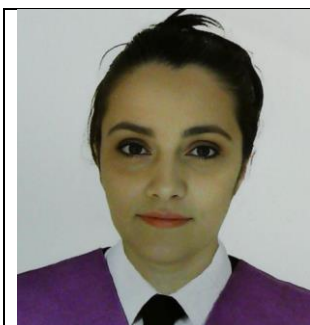
This congress not only serves as a platform for knowledge exchange but also underscores the importance of addressing aging from a global and interdisciplinary

perspective. This initiative is distinguished by its holistic approach to contemporary aging challenges, promoting research-driven solutions and fostering collaboration among professionals from diverse fields and countries³⁻⁵. The May's congress will bring together experts to advance discussions on specialized aging care. We welcome all members of IPA to join us this May. For more information, please contact Dr. Jose María Failde Garrido.

References

- 1 World Health Organization. Decade of Healthy Ageing: Baseline Report. Geneva: WHO; [Internet]. 2021. Available from: <https://www.who.int>
- 2.- Beard JR, Officer A, Cassels AK. The World Report on Ageing and Health. Gerontologist. [Internet]. 2016;56(Suppl_2):S163-S166. Available from: [10.1093/geront/gnw037](https://doi.org/10.1093/geront/gnw037)
- 3.-Sociedade Galega de Xerontoloxía e Xeriatría (SGXX). XXXV Congreso Internacional de Geriatría y Gerontología: "Envejecimiento, bienestar y atención especializada" [Internet]. Ourense: SGXX; 2025. Available from: <https://congreso.sgxx.org/>
- 4.-Topol EJ. High-performance medicine: the convergence of human and artificial intelligence. Nat Med. [Internet]. 2019;25(1):44-56. Available from: <https://congreso.sgxx.org/>
- 5.-Pan American Health Organization (PAHO). Healthy Aging. [Internet]. Washington, D.C.: PAHO; Available from: <https://www.paho.org/en/envejecimiento-saludable>

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Dr. Mª Elena Mosquera Losada is a graduate in Nursing and Psychology and holds a Master's degree in Clinical Research. She is a lecturer at the *Escuela Universitaria de Enfermería Ribera Poviša*, affiliated with the University of Vigo, and serves as the Training and Research Officer for the *Sociedade Galega de Xerontoloxía e Xeriatria*. She belongs to the Longevity and Aging Research Group (LONXENV).