

Draft Program – IFA Copenhagen Summit on Cognitive Reserve

Day One – Thursday 24 October 2019	
11:30 am – 12:30 pm	Networking Lunch
12:45 – 1:00 pm	Welcome and Opening Remarks
1:00 – 1:45 pm	<p>Keynote Address – Cognitive Reserve: Looking Back and Moving Forward</p> <p>Growing evidence suggests that throughout the life course, brain health and cognitive function can be promoted and maintained – a concept known by neuropsychologists as ‘cognitive reserve’. This keynote address will broadly highlight what is known about cognitive reserve and the importance of translating this research into public health policy and practice. Key themes and opportunities that exist for policy, as well as work that still needs to be undertaken, will be introduced.</p> <p>Professor Michael Valenzuela – Professor, Brain and Mind Centre, Sydney Medical School, University of Sydney</p>
	1:30 pm Question period from audience
1:45 – 2:00 pm	Health Break
2:00 – 3:45 pm	<p>Keynote Address – Learning from Successful Public Health Campaigns: The Tobacco Plain Packaging Example</p> <p>The history and importance of tobacco plain packaging serves as a critical example translating scientific research related to lifestyle into policy and how to move forward with translating cognitive reserve research into successful policy practice. Panelists will discuss their role in moving this agenda forward. This will be followed by a policy focused question and answer period.</p> <p>Dr Simon Chapman – Emeritus Professor Public Health, School of Public Health, University of Sydney</p>
	2:30 pm Question period from audience
	2:45 pm Moderated Armchair Discussion: with Prof Michael Valenzuela – Professor, Brain and Mind Centre, Sydney Medical School, University of Sydney
	Dr Elaine Rashbrook – Consultant Specialist, Life Course, Health Intelligence Division, Health Improvement Directorate, Public Health England
	Dr Islene Araujo de Carvalho – Senior Policy and Strategy Adviser, World Health Organization
	Dr Simon Chapman – Emeritus Professor Public Health, School of Public Health, University of Sydney
3:30 pm Question period from audience	
3:45 – 4:00 pm	<p>Day One Closing Messages and Introduction of Day Two Program</p> <p>Professor Ralph Martins – Centre Director, Centre of Excellence for Alzheimer's Disease Research and Care, Edith Cowan University; Director, International Federation on Ageing</p>
7:00 pm	Dinner and Reception

Day Two – Friday 25 October 2019	
7:30 – 8:30 am	Networking Breakfast
8:30 – 8:45 am	Opening Remarks and Day One Summary Professor Ralph Martins – Centre Director, Centre of Excellence for Alzheimer's Disease Research and Care, Edith Cowan University; Director, International Federation on Ageing
8:45 – 9:30 am	Keynote Address – Cognitive Reserve: The Future of Ageing With a rapidly ageing global population, mitigating cognitive ageing and severe cognitive deterioration is an important global public health issue. While there is considerable variation in cognitive trajectories, cognitive decline becomes increasingly problematic when it impacts the functional ability of older people. During this keynote address an overview of the current status of cognitive reserve policy will be provided, as well as how future policy development requires individuals, societies and governments taking a life course approach to cognitive and brain health. Prof Miia Kivipelto - Professor, Division of Clinical Geriatrics, Karolinska Institute; Lead, FINFERS and WW-FINGERS International Network
	9:15 am Question period from the audience
9:30 – 9:45 am	Health Break
9:45 am – 11:30 pm	Plenary Panel – Laying the Foundation: The Evidence and Science of Cognitive Reserve There is an ever-expanding body of evidence that supports the creation of policies that encourages the development of cognitive reserve. New learnings from the field of neuroscience and epidemiology, as well as community-based interventions will be discussed during this panel to review knowledge gained in these areas. Panelists will be asked to provide an overview of their work and will further discuss its relevance to the future of cognitive reserve policy during the question and answer period.
	9:45 am <i>Introduction of session topic</i> Moderator: Scientia Professor Perminder Sachdev – Co-Director of the Centre for Healthy Brain Ageing (CHeBA), University of New South Wales
	9:50 am <i>Neuroscience and the concept of cognitive reserve</i>
	9:50 am Dr Prashanthi Vemuri – Faculty, Mayo Clinic
	10:10 am Professor Miia Kivipelto – Professor, Division of Clinical Geriatrics, Karolinska Institute; Lead, FINFERS and WW-FINGERS International Network
	10:30 am <i>Epidemiological and community-based public health perspectives</i>
	10:30 am Professor Carol Brayne – Professor, Institute of Public Health, University of Cambridge
	10:50 am Professor Kaarin Anstey – Lead, NHMRC Centre of Research Excellence in Cognitive Health; Director, NHMRC Dementia Centre for Research Collaboration
	11:10 am Professor Alvaro Pascual-Leone – Professor of Neurology, Harvard University; Scientific Lead, Barcelona Brain Health Initiative (BBHI)
	11:30 am Question period from audience

12:00 – 1:00 pm	Lunch		
1:00 – 3:15 pm	Panel Discussion – Evidence to Action: Translating Research into Policy Building on the review of cognitive reserve discussed during the previous panel, this session will focus on how to ensure that this research is accurately and appropriately translated into policy. Panelists will address various pathways to influencing policy and practice at differing levels (e.g. individual, national and international). During this session, presentations will focus on best practices and successful interventions, as well as participate in a moderated discussion.		
	1:00 pm	<i>Introduction of session topic</i> Moderator: TBD	
	1:05 pm	1:05 pm	Ms Heidi Holt – Public Health Advisor, Alzheimer’s Disease and Healthy Aging Program, Centers for Disease Control and Prevention
		1:25 pm	Prof A. Patricia Aguilera Hermida - Assistant Teaching Professor, Human Development and Family Studies, Penn State University
		1:45 pm	Prof Gill Livingston – Professor of Psychiatry of Older People, University College London
2:05 pm	Question period from audience		
2:45 – 3:00 pm	Health Break		
3:00 – 4:25 pm	Panel Discussion – Shaping the Agenda: Seizing Opportunity and Driving Change To close the Summit, next steps for global action towards public health policies that promote cognitive reserve will be discussed. Experts from different industries will highlight specific next steps that will help shift the conversation around cognitive decline to that of promoting cognitive reserve across the life course. Gaps in current research/ understanding will also be reviewed, illustrating what evidence is still required to influence policy will also be discussed by panelists. Panelists will be allocated a brief period to discuss their opinion and knowledge, followed by a moderated discussion.		
	3:00 pm	Introduction of session topic Professor Linda Clare – Professor of Clinical Psychology of Ageing and Dementia, University of Exeter	
	3:05 pm	3:05 pm	Professor Ralph Martins – Centre Director, Centre of Excellence for Alzheimer's Disease Research and Care, Edith Cowan University; Director, International Federation on Ageing
		3:25 pm	Mr Lenny Shallcross – Executive Director, World Dementia Council
		3:45 pm	Panelist: TBD
4:05 pm	Question period from audience		
4:25 – 4:35 pm	Wrap up and Closing Remarks		