



Nordic Gerontological Federation

GeroNord

News on research, developmental work and education within the
ageing area in the Nordic Countries

Volume 43, no. 1, 2026

In this newsletter:

- Words from the President
- 28NKG in Jyväskylä, Finland, 2027
- NordMaG – a new Nordic Master’s specialisation in gerontology
- Recent doctoral dissertations
- Other news from the Nordic countries
- The Executive committee and NGF representatives



Follow the Nordic Gerontological Federation
on LinkedIn!

Words from the President

Dear colleagues,

Spring is approaching, and for many of us this marks the beginning of a new grant application season—although, in recent years, it seems to span the entire calendar. Still, our continued engagement in seeking support for ageing research remains essential. The field is no less important today than it was yesterday. As the world undergoes rapid transformation and new crises continue to emerge, it becomes ever more crucial to deepen our understanding of the living conditions of older adults.

It is with great pleasure that I note the launch of the new NordMaG programme, a Nordic collaboration between five universities. This initiative represents a unique master's programme with a specialisation in gerontology. I look forward to following its development and am confident that it will make a significant contribution to the education and training of future experts in our field.

Another major event for geriatricians and gerontologists is the upcoming IAGG World Congress in Amsterdam this summer. Recently, the news of accepted abstracts for paper and poster presentations was released, and the programme already appears highly promising. With a rich selection of keynote speakers and symposia, it is set to be a stimulating and engaging gathering. I hope that those of you attending will have an inspiring and enriching experience, enjoy meaningful discussions, and find opportunities to connect with both new and longstanding colleagues.

Warm regards,



Carin Lennartsson

President of the Nordic Gerontological Federation

NKG 2027

28TH NORDIC CONGRESS OF
GERONTOLOGY

16-18 JUNE | JYVÄSKYLÄ, FINLAND

Ageing in the Current Light

You are cordially welcome to the multidisciplinary Nordic Congress of Gerontology, June 16-18, 2027, Jyväskylä, Finland.

Share your research results and ideas about ageing, meet with colleagues and enjoy the beautiful Finnish summer.

ju.fi/nkg2027

LinkedIn: [Nordic Gerontological Federation](#)



Ageing in the Current Light: 28th Nordic Congress of Gerontology, Jyväskylä, Finland, June 16-18, 2027

On behalf of the Faculty of Sport and Health Sciences and Gerontology Research Center at the University of Jyväskylä, Societas Gerontologica Fennica, the Finnish Geriatricians Society, the Finnish Society for Growth and Ageing Research, and the Nordic Gerontological Federation, we invite you to join the 28th Nordic Congress of Gerontology (NKG) to share your thoughts and latest research findings on ageing.

We welcome multidisciplinary contributions reflecting the pillars of the NGF's scientific orientations: behavioural and social sciences; biological, health and medical sciences; humanities; social research, policy, and practice. There will also be an enjoyable social programme.

Please read more about keynote speakers and [other updates on the congress website](#) and on [LinkedIn: Nordic Gerontological Federation](#).

The congress will take place at [the University of Jyväskylä in the heart of the city](#). Our beautiful and sustainable campus is a key element of the university's appeal. It offers a

unique blend of cultural heritage and natural beauty, reflecting over a century of Finnish architectural history. The campus is internationally renowned for its numerous buildings designed by Alvar Aalto.

We look forward to welcoming you to Jyväskylä on June 16-18, 2027!

Mikaela von Bonsdorff | Congress President

Katja Kokko | Secretary General

Johanna Eronen | Congress Coordinator

Linda Enroth | The Finnish Society for Growth and Ageing Research

Jouko Laurila | Finnish Geriatricians

Esa Jämsen | Societas Gerontologica Fennica



JÖNKÖPING UNIVERSITY
School of Health and Welfare



University of
Southern Denmark

OSLO METROPOLITAN UNIVERSITY
STORBYUNIVERSITETET

Discover NordMaG – Nordic Master’s Specialisation in Gerontology

NordMaG – online information event March 11, 13-15 CET

Do you want to help shape the future of ageing societies in the Nordic region? Are you interested in multidisciplinary approaches to gerontology? Five Nordic universities will start a unique specialisation in gerontology equivalent to 30 credits of elective courses within existing master’s programs. Participating universities include Tampere University (Finland), Jönköping University (Sweden), the University of Iceland (Iceland), the University of Southern Denmark (Denmark), and Oslo Metropolitan University (Norway).

What is NordMaG?

- A multidisciplinary specialisation in gerontology, grounded in health sciences, social sciences, and behavioural sciences.
- It includes courses that provide an understanding of aging societies from individual, societal, and cultural perspectives.
- NordMaG offers six courses totalling 55 credits, from which the students select 30 credits based on their interests.
- NordMaG provides opportunities to participate in international studies, engage in Nordic networking, and earn an official specialisation in gerontology.

Launch of NordMaG

NordMaG will begin offering courses in Fall 2026, and the application period for NordMaG studies will start in Spring 2026.

Curious to learn more? Join our joint online information event about NordMaG on March 11, 13-15 CET via Zoom.

Join the event

[Click here to join the event via Zoom](#)

Meeting ID: 622 5550 7544

Passcode: 294248



[Learn more about NordMaG](#)



23rd IAGG World Congress of Gerontology and Geriatrics: Ageing well in a globalized world

Deadline late-breaking abstract submission: April 1.

The upcoming world congress will take place in Amsterdam, the Netherlands, 5-8 July 2026, organised by the International Association of Gerontology and Geriatrics, the Dutch Society for Gerontology (NVG-KNOWS), the Netherlands Clinical Geriatrics Society (NVKG), and the Dutch professional organisation of Nurse Practitioners in Geriatrics and Gerontology (V&VN-GG).

The congress will provide a platform for contributions from the various disciplines and practices that help to improve the position, health and wellbeing of older populations. Contributions are invited from the biological and health sciences to the social sciences and humanities, and from social policy to nursing home care practice, and from physiotherapy to nursing.

[Learn more about IAGG2026](http://WWW.IAGG2026.ORG)

The Ageing Research Center turns 25 years

The Aging Research Center (ARC) at Karolinska Institutet and Stockholm University celebrated its 25th anniversary in 2025.

To mark the occasion, ARC hosted a special research day on February 5 titled "Forum for Aging Research – What Have We Achieved and Where Are We Heading?" The event gathered ageing researchers from across Sweden to share insights, highlight recent findings, and discuss future directions in the field. It was a well-attended and inspiring day, bringing together researchers, practitioners, and other participants interested in ageing research.

[Read more about the Forum for Ageing Research](#)

New study on dementia prevention

New study from Norway published in *The Lancet Health Longevity* shows that many cases of dementia can be prevented.

A new study from the Norwegian Institute of Public Health (FHI) has received some attention recently. It suggests that many cases of dementia can be prevented. Overall, 14 risk factors can be linked to around half of dementia cases among people over 70 in Norway. When the three sociodemographic factors—marital status, employment status, and heavy physical work—are included, the estimated proportion increases to 55 percent.

Article: Ellingjord-Dale, Merete et al. (2025) Potentially modifiable risk factors for dementia in Norway (HUNT4 70+): a retrospective cohort study, *The Lancet Healthy Longevity*, Volume 6, Issue 12, 100802.

[Read more about the article](#)

Change in the administrative responsibility for nursing home development in Iceland

An agreement has been reached between the Minister of Social Affairs and Housing and the Minister of Education and Children regarding the administrative handling of the development of nursing homes and assisted living facilities for older adults in Iceland. The Prime Minister's Office has confirmed the arrangement.

Under this agreement, [Minister of Education and Children Inga Sæland](#) will oversee governmental matters related to the development and expansion of nursing homes and senior housing. However, the formal responsibility for the policy area remains within the [Ministry of Social Affairs and Housing](#).

The change follows a recent ministerial reshuffle and is described as part of an ongoing governmental priority to strengthen the construction and long-term planning of nursing homes. According to the official statement, this is considered a targeted initiative aimed at continuing the progress achieved in the sector over the past year and supporting further development during the current parliamentary term.

Recommendations from the National Ombudsmand for Older Adults in Finland

In a new publication, the National Ombudsman for Older People in Finland presents a number of proposals to strengthen the rights of older people receiving home care.

According to the publication, the number of home care clients in Finland has decreased, even though the number of older adults has increased. At the same time, access to round-the-clock care has also deteriorated. Home care and round-the-clock care clients have been in worse condition than previously when they gained access to services. It is becoming increasingly difficult to obtain services. At the same time, loneliness and isolation among clients in home care are common.

The recommendations from the Ombudsman include:

- Improved access to home care and other services that support people in continuing to live in their own homes.

- Advice on the rights of older people and their relatives.
- Keeping the cost of home care and support services at a reasonable level.
- Focusing on improving the functional ability of older people receiving home care.
- Making technical solutions available and targeting them at the people who actually benefit from them.

[Read the recommendations](#)

Mobile teams to promote safety and understanding in eldercare for LGBT+ persons in Denmark

A new initiative is to help ensure that older LGBT+ people are met with understanding and acceptance in eldercare.

The government has allocated DKK 24.4 million to a new action plan for LGBT+ people for the period 2026-2029. The framework is now being implemented, and one initiative in the action plan aims to ensure that older LGBT+ people are met with understanding and acceptance in eldercare.

With the initiative "Gamle regnbueliv" (Old Rainbow Lives), the government wants to establish a mobile team of older LGBT+ people who can visit nursing homes, activity centres, volunteer centres and senior living communities to share stories and experiences about life as an older person with an LGBT+ identity.

The mobile team will help give older LGBT+ people a voice and increase knowledge and understanding among care staff, residents and management about the specific experiences and needs that older LGBT+ people may have.

[Read about the initiative](#)

Recent PhD dissertations



The Incidence of Dementia and the Impact of Diagnosis As experienced by people with cognitive impairment and their family caregivers

Inger Molvik, inger.molvik@aldringoghelse.no

The Norwegian National Centre for Ageing and Health/Institute of Clinical Medicine, Faculty of Medicine, University of Oslo

Dementia is an increasing public health challenge due to the growing number and proportion of older people. In Norway, prevalence data exist, but incidence figures have been lacking, making planning difficult. Diagnosis is often influenced by social factors, and access to services depends on a formal diagnosis—those without one risk missing essential support.

This thesis aimed to provide valid estimates of dementia incidence in Norway and to explore the experiences and impacts of cognitive impairment and dementia for individuals and family caregivers. Three specific aims were addressed: (1) estimating dementia incidence; (2) exploring lived experiences of cognitive impairment and dementia; and (3) examining caregivers' perspectives on diagnosis.

Data were obtained from the population-based Trøndelag Health Study (HUNT). Study 1 used a longitudinal cohort design with 5,229 dementia-free participants aged 70+ followed over four years (HUNT4 and HUNT AiT). Comprehensive clinical assessments enabled the first population-based incidence estimates in Norway. Studies 2 and 3 applied qualitative descriptive designs, using interviews with individuals with cognitive impairment (n=15) and caregivers (n=8).

Results showed that 14.3% developed dementia over 4.2 years, and incidence doubled every five years after age 75. Projections indicate nearly 29,000 new cases in 2023, rising to over 56,000 by 2050. Diagnosis often brought relief and clarity but also anxiety; undiagnosed individuals frequently reported good quality of life, highlighting the importance of timely—not merely early—diagnosis. Caregivers of diagnosed individuals were more aware of services and received more support.

The overall conclusion of this thesis is that dementia incidence will rise sharply, requiring better planning and service accessibility. Timely diagnosis can reduce stigma and improve care, but support for caregivers is essential regardless of diagnosis.

[Read more](#)

Group exercises for older persons at meeting places in the municipality: A person-centred perspective

Daniella Dinse

Fakulteten för hälsovetenskap, Människa - Hälsa - Samhälle (MHS), Avdelningen för sjuksköterskeutbildningarna och integrerad hälsovetenskap, Kristianstad University

Many municipalities in Sweden organise group exercises for older persons at meeting places, i.e. senior centres, as a health-promotive and preventive intervention. Increased knowledge about the prevalence of these exercises, how they are organised, and whether they are experienced in accordance with older persons' needs and wishes is needed. The overall aim of this thesis was therefore to explore group exercises for older persons at meeting places in municipalities from a person-centred perspective.

This thesis consists of three studies with qualitative design (I, II, III) and one study with quantitative design (IV). Study I is based on individual interviews with 18 older persons who participated in the group exercises. Studies II and III are based on focus group interviews with 25 stakeholders involved in organising the group exercises before and during the COVID-19 pandemic. Study IV is based on a questionnaire with responses from 81 % (n=243) of all Swedish municipalities. The qualitative studies were analysed using content analysis (I) and focus group analysis (II, III). Descriptive and analytical statistics were used in the quantitative study (IV).

The findings showed that the group exercises were to some extent experienced as person-centred at the individual level. This was reflected in meaningful relationships, a safe and inclusive environment, and the adaptations of exercises to older persons' needs and abilities. Older persons' ability to continue with

group exercises over time also supported their health and well-being. At the organisational level, elements of a person-centred approach were evident through collaboration between stakeholders, but challenges remained regarding unequal availability of meeting places between municipalities, competence development, systematic evaluation, the need for long-term funding, and greater involvement of older persons in decision-making.

To conclude, these findings can support municipalities in advancing equitable, sustainable and person-centred health promotion through group exercises, while also highlighting the need for supportive national policies.

[Read more](#)

Calendar 2026

- **12-13 March, Odense, Denmark,** [Længere liv- bedre liv? Muligheder, udfordringer og nye perspektiver på fremtidens ældreliv](#)
- 10. Nationale Konference om Aldring og Samfund
- **23 April, webinar,** [Kompetanse, samarbeid og ledelse i tjenester for personer med utviklingshemming og demens](#), Nordisk nettverk for demens og mennesker med intellektuel funksjonsnedsettelse og Nordens Velfærdscenter
- **5-9 July, Amsterdam, The Netherlands,** [23rd IAGG world congress of gerontology and geriatrics](#). Ageing well in a globalized world.

2027

- **16-18 June, University of Jyväskylä, Finland,** [28th Nordic Congress of Gerontology](#)

**Would you like to announce an upcoming event in the GeroNord calendar?
Please send an email to contact@ngf-geronord.se**

Deadlines for materials to be published in the GeroNord newsletters in 2026 are:

- 15 May
 - 15 September
 - 15 November.
-

The Executive committee and NGF representatives

Executive committee

President: Carin Lennartsson, Aging Research Center, Karolinska Institutet, Sweden

1. Vice president: Mikaela von Bonsdorff, Societas Gerontologica Fennica, Finland

2. Vice president: Paolo Caserotti, Danish Gerontological Society, Denmark

Secretary General of the 27NKG: Amaia Calderón Larrañaga, Aging Research Center, Karolinska Institutet, Sweden

Representatives from the member organizations

Denmark

Danish Gerontological Society (Dansk Gerontologisk Selskab): Paolo Caserotti

Danish Society for Geriatrics (Dansk Selskab for Geriatri): Pia Nimann Kannegaard

Finland

Societas Gerontologica Fennica: Anu Siren

Finnish Geriatricians (Suomen Geriatriit ry - Finlands Geriatriker rf): Heli Tikkanen

Finnish Society for Growth and Ageing Research (Kasvun ja vanhenemisen tutkijat ry - Föreningen för forskning i uppväxt och åldrande): Katja Kokko

Iceland

The Icelandic Gerontological Society (Öldrunarfræðafélag Íslands): Dr. Berglind Blöndal

The Icelandic Geriatrics Society (Félag Íslenskra Öldrunarlækna): Konstantin Shcherbak

Norway

Norwegian Society for Aging Research (Norsk selskap for aldersforskning): Hanna Vangen

Norwegian Geriatrics Association (Norsk geriatriisk förening): Kristin Mork Hamre

Sweden

Swedish Gerontological Society (Sveriges Gerontologiska Sällskap): Carin Lennartsson

Swedish Geriatrics Society (Svensk Geriatriisk Förening): Peter Nordström

The editorial staff of the GeroNord

Carin Lennartsson, President, and Louise Scheel Thomasen, Secretary

contact@ngf-geronord.se