**Parallel Session 1.3**

**Subtheme: *The Role of Family, Community, and Supportive Environments Amid Demographic Shifts***

**Date: Thu 29 Jan 2026**

**Time: 14:00-16:00**

**Duration:** 120 minutes

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**Background**

Demographic shifts—including population aging, changing household structures, declining fertility, and increased urbanization—are reshaping the foundational roles of family, community, and care environments across societies. These transitions pose profound implications for social cohesion, caregiving responsibilities, intergenerational relationships, and the design of health and social services.

Traditionally, families and communities have served as the primary sources of emotional, physical, and financial support throughout the life course. However, modern dynamics such as smaller family sizes, migration, and rising dependency ratios are straining these informal support systems. Meanwhile, communities are increasingly called upon to create inclusive, age-friendly, and resilient environments that promote well-being and enable people of all ages to thrive.

This session explores how families, communities, and the broader social environment can be strengthened and reimagined to support population health and social equity amid demographic change.

**🎯 Session Objectives**

This session explores innovative, inclusive, and equity-driven approaches that strengthen the role of families, communities, and supportive environments across the life course. The session highlights diverse models from mental health systems, palliative care, digital health, and age-friendly design — emphasizing how demographic transitions can be met with compassionate, community-rooted strategies.

**Key Issue:**

 Integrated health systems and governance for family and community care

 Evolving caregiving roles amid demographic shifts

 Community-based and culturally rooted care models

 Digital tools for inclusive, people-centered health services

 Age-friendly and intergenerationally supportive environments

 Peer support and integrated chronic disease management

**🕰️ Session Flow**

| **Time** | **Format** | **Description** |
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| 0–5 min | **Opening Remarks** | Welcome, session framing by co-leads (Dinesh Arora)  |
| 5–20 min | **Keynote Framing Talk** **Dr. Praseedha Janakiram** (Canada) | Sets the stage for PS1.3 by addressing how changing family structures, social inclusion, and caregiving roles require a fundamental rethinking of how care is delivered and who delivers it |
| 20–70 min | **Panelist Presentations (8–10 min each)** | See individual contributions below |
| 70–95 min | **Moderated Panel Discussion** | Dialogue across clinical, digital, community, and design perspectives |
| 95–115 min | **Interactive Q&A** | Open discussion with audience |
| 115–120 min | **Closing Reflections** | Key takeaways and synthesis by co-lead |

**🧩 Speaker Contributions**

**🔹 Keynote: Dr. Praseedha Janakiram**

*Faculty of Family and Community Medicine, University of Toronto (Canada)*
**Topic:** *Equity-Focused Care in Context: Interprofessional Training and Community-Rooted Practice Across the Life Course*

* Frames the session with a Canadian perspective on health equity, cultural safety, and training health professionals to work compassionately with structurally marginalized populations
* Address how changing family structures, social inclusion, and caregiving roles require a fundamental rethinking of how care is delivered and who delivers it
* Shares lessons from medical education reforms and interprofessional collaboration in family and community medicine
* Sets the tone for integrating social determinants of health into care delivery

**🔸 1. Dr. Dinesh Arora**
*Principal Health Specialist, Asian Development Bank (ADB)*
**Topic: Strengthening Family and Community Systems through Integrated Governance**

* Shares regional perspectives on how health systems can be reformed to support families and community-based care
* Highlights ADB’s initiatives on early childhood development, primary care integration, and multisector governance
* Discusses the importance of political commitment and policy coherence in scaling supportive environments for health across life stages

**🔸 2. Dr. Katie Malbon**

*Consultant Paediatrician, NHS / Lead for Acute CYP Mental Health (UK)*
**Topic:** *Systems-Based Approaches to Adolescent Mental Health*

* Discusses how the UK’s child and adolescent mental health services (CAMHS) are integrating trauma-informed and system-level approaches
* Highlights innovations for care transitions, acute services, and interagency collaboration
* Explores how family dynamics and school-community partnerships shape mental health outcomes

**🔸 3. Dr. Issarang Nuchprayoon**

*Medical Director, The Wishing Well Foundation (Thailand)*
**Topic:** *Compassionate Community-Based Palliative and Psychosocial Care*

* Shares Thai experiences with family-centered care at end-of-life and chronic illness
* Describes a model where community volunteers, temples, and families work together in rural and underserved areas
* Emphasizes dignity, trust, and culturally respectful caregiving across generations

**🔸 4. Martin Dale**

*Director of Digital Health and Monitoring, PSI Global (Kenya)*
**Topic:** *Digital Tools and Data Systems that Empower Communities*

* Demonstrates how PSI leverages AI, chatbots, and mobile-based systems to expand access to reproductive, mental, and primary care
* Provides case studies on digital self-care, youth-centered platforms, and pandemic preparedness across LMICs
* Highlights the role of community data in designing responsive, people-centered services

**🔸 5. Dr. Emi Kiyota**

*Environmental Gerontologist, National University of Singapore*
**Topic:** *Designing Supportive Environments for Healthy Aging*

* Explores how built environments — from homes to public spaces — influence autonomy, dignity, and intergenerational connection
* Presents co-design principles used in age-friendly and dementia-friendly architecture
* Emphasizes community participation and environmental justice in the face of aging societies

**🔄 Panel Discussion Themes**

* What models most effectively integrate family, community, and technology for inclusive care?
* How do we shift from disease-focused systems to relational and context-sensitive approaches?
* What are emerging strategies to **train providers**, **design spaces**, and **leverage digital tools** while maintaining equity and human dignity?
* How can these models scale and adapt across regions with different demographics and cultural norms?