



**PMAC** | PRINCE MAHIDOL  
AWARD CONFERENCE **2026**

## **PS 1.3**

**THE ROLE OF FAMILY, COMMUNITY, AND SUPPORTIVE ENVIRONMENTS  
AMID DEMOGRAPHIC SHIFTS**

## | 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 reimaged to support population health and social equity amid demographic change

## | 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.

## Keynote



### Praseedha Janakiram

*Program Director Global health education*

Faculty of Family and Community Medicine, University of Toronto  
Canada

Dr. Praseedha Janakiram, MD, CCFP, FCFP, MPH Candidate

Dr. Janakiram is a family physician of Sri Lankan origin, an immigrant to Canada having spent her youth in Cameroon, West Africa. She is clinically based at the Crossroads Refugee Clinic at Women's College Hospital in Toronto, Ontario, Canada while also practicing community-based HIV primary care and family medicine. Dr. Janakiram serves as the Program Director for Global Health Education at the Department of Family and Community Medicine at the University of Toronto. She is a Faculty Co-Lead for the New and Evolving Academic Leaders program at the Center for Faculty Development, and is Co-Chair of "Advancing Women's Excellence in Family Medicine" a program to support emerging leaders in family medicine who identify as women from around the globe. She has held the role of Faculty Lead for the Toronto Addis Ababa Academic Collaboration in Family Medicine supporting Ethiopian colleagues and champions of family medicine in the advancement of this new specialty at Addis Ababa University. Recently, in May 2025, she had the honour of serving as Co-Chair of the Starfield Summit Toronto 2025, in close collaboration with global colleagues on the subject of "The Family Medicine imperative for better health system performance: strengthening the three components of the PHC approach." She is deeply committed to education, faculty development, capacity strengthening partnership, and cultivating family medicine leadership as a pathway to global health equity. She is mother to a bright and beautiful 10yr old daughter, and believes in bringing a whole-self perspective to all the spheres she works within.