

IC-HAGR 2026

International Congress on Healthy Ageing & Geriatric Rehabilitation

WORKSHOP PROPOSAL SUBMISSION FORM

Congress Dates: 29–31 October 2026
Doha, Qatar

Invitation to Submit a Workshop Proposal

The Scientific Committee of **IC-HAGR 2026 – International Congress on Healthy Ageing & Geriatric Rehabilitation** invites clinicians, researchers, academics, educators, innovators, multidisciplinary teams and organisations to submit proposals for interactive workshops to be considered for inclusion in the scientific programme.

IC-HAGR 2026 aims to move beyond conventional discussions of ageing and rehabilitation towards approaches that preserve **function, independence, participation, cognitive and physical capacity, and quality of life across the ageing journey**.

Workshop proposals should therefore be practical, evidence-informed, interactive and clearly aligned with the scientific direction and objectives of the Congress.

Submission of a proposal does not guarantee acceptance. All proposals will undergo review by the IC-HAGR Scientific Committee based on scientific quality, relevance, educational value, feasibility, innovation and alignment with the Congress programme.

SECTION A — PRIMARY APPLICANT

1. Lead Workshop Facilitator / Applicant

Full Name:

Professional Title / Designation:

Organisation / Institution:

Department:

Country:

Email:

Mobile / Contact Number:

2. Brief Professional Biography

Maximum 150 words.

Please describe your expertise and experience relevant to the proposed workshop.

3. Previous Workshop / Teaching Experience

Have you previously delivered this or a similar workshop?

☐ Yes

☐ No

If yes, please briefly describe where, when and for which audience:

SECTION B — CO-FACILITATORS

4. Will there be additional facilitators?

☐ Yes

☐ No

If yes, please provide the following details for each facilitator:

- Full name
- Professional designation
- Institution/organisation
- Country
- Email
- Specific role in the workshop

Recommended number of facilitators: Please justify proposals requiring a large faculty.

SECTION C — WORKSHOP PROPOSAL

5. Proposed Workshop Title

Please provide a concise, engaging and scientifically appropriate title.

6. Workshop Summary

Maximum 250 words.

Please describe:

- the topic/problem being addressed
- why it is important
- what the workshop will teach
- how participants will engage
- what participants should be able to apply after attending the workshop

7. Why is this workshop important NOW?

Maximum 150 words.

Please explain the current clinical, scientific, service, educational or population need addressed by the workshop.

SECTION D — ALIGNMENT WITH IC-HAGR 2026

8. Primary Area of Alignment

Please select **ONE** strongest area:

- ☐ Functional Longevity
- ☐ Healthy Ageing
- ☐ Geriatric Rehabilitation
- ☐ Frailty, Sarcopenia & Functional Decline
- ☐ Mobility, Exercise & Physical Activity
- ☐ Brain Health, Cognition & Dementia
- ☐ Falls Prevention & Balance
- ☐ Musculoskeletal Health in Ageing
- ☐ Neurological Rehabilitation in Older Adults
- ☐ Cardiovascular / Metabolic Health & Rehabilitation
- ☐ Nutrition & Healthy Ageing
- ☐ Mental Health & Psychological Well-being
- ☐ Social Connection, Participation & Age-Friendly Care
- ☐ Multidisciplinary / Integrated Geriatric Care
- ☐ Lifestyle Medicine & Prevention
- ☐ Digital Health, Artificial Intelligence & Technology
- ☐ Precision / Personalised Approaches to Healthy Ageing
- ☐ Assistive Technology & Environmental Adaptation
- ☐ Caregiver / Family Engagement
- ☐ Health Systems, Policy & Models of Care
- ☐ Workforce Development & Education
- ☐ Other: _____

9. Secondary Areas of Alignment

Select all that apply.

10. Relevance to Functional Longevity

How does the proposed workshop contribute to maintaining or improving functional ability, intrinsic capacity, independence, participation, resilience or quality of life across ageing?

Maximum 200 words.

11. Alignment with the Congress

Please explain how the workshop supports the overall aims and scientific direction of IC-HAGR 2026.

Maximum 200 words.

SECTION E — EDUCATIONAL OBJECTIVES

12. Overall Educational Aim

At the end of this workshop, what is the main capability participants should have gained?

13. Learning Objectives

Please provide **3–5 measurable learning objectives**.

At the completion of the workshop, participants should be able to:

1. _____
2. _____
3. _____
4. _____
5. _____

Learning objectives should preferably use measurable verbs such as *identify, assess, demonstrate, interpret, design, apply, develop, implement, or evaluate*.

SECTION F — TARGET AUDIENCE

14. Intended Participants

Select all that apply.

- ☐ Physicians
- ☐ Geriatricians
- ☐ Rehabilitation Physicians
- ☐ Family / Primary Care Physicians
- ☐ Nurses
- ☐ Physiotherapists
- ☐ Occupational Therapists
- ☐ Speech & Language Therapists
- ☐ Dietitians / Nutritionists
- ☐ Psychologists
- ☐ Pharmacists
- ☐ Social Workers
- ☐ Exercise / Sports Professionals
- ☐ Researchers / Academics
- ☐ Healthcare Managers / Leaders
- ☐ Public Health Professionals
- ☐ Technology / Innovation Professionals
- ☐ Students / Trainees

- ☐ Caregivers / Community Professionals
☐ Other: _____

15. Expected Level

- ☐ Introductory
☐ Intermediate
☐ Advanced
☐ Suitable for mixed levels

16. Ideal Number of Participants

- ☐ Up to 15
☐ 16–25
☐ 26–40
☐ 41–60
☐ More than 60

Maximum number that can participate effectively: _____

SECTION G — WORKSHOP DESIGN

17. Preferred Duration

- ☐ 45 minutes
☐ 60 minutes
☐ 90 minutes
☐ 2 hours
☐ Half-day
☐ Other: _____

18. Proposed Workshop Structure

Please provide an approximate agenda including timing.

Component	Activity	Duration
Introduction		
Component 1		
Component 2		
Component 3		
Practical / Interactive Activity		
Discussion / Q&A		
Summary / Take-home Messages		

19. Teaching / Engagement Methods

Select all that apply.

- ☐ Short presentations
- ☐ Case-based learning
- ☐ Hands-on practical training
- ☐ Demonstration
- ☐ Simulation
- ☐ Small-group activities
- ☐ Problem-solving exercises
- ☐ Clinical scenarios
- ☐ Role play
- ☐ Technology demonstration
- ☐ Digital / AI demonstration
- ☐ Exercise / movement-based activity
- ☐ Patient / caregiver perspective
- ☐ Panel discussion
- ☐ Interactive polling
- ☐ Skills assessment
- ☐ Other: _____

20. What percentage of the workshop will be interactive or practical?

- ☐ <25%
- ☐ 25–49%
- ☐ 50–74%
- ☐ ≥75%

21. Describe the Interactive Component

Please explain what participants will actually **do**, rather than only listen to.

SECTION H — EVIDENCE & SCIENTIFIC QUALITY

22. Evidence Base

Please briefly describe the scientific evidence, clinical guidelines, research or recognised best practice supporting the proposed workshop.

Maximum 200 words.

23. Key References

Please provide up to **five key references**, preferably recent peer-reviewed publications, guidelines or authoritative sources.

1.

2.

3.

4.

5.

24. Is the proposed approach:

- ☐ Established evidence-based practice
- ☐ Adaptation of established practice
- ☐ Emerging evidence / developing field
- ☐ Innovative model / new approach
- ☐ Research-derived intervention
- ☐ Technology-based innovation
- ☐ Other: _____

If the approach is emerging, experimental or innovative, please briefly describe the current level of evidence:

SECTION I — INNOVATION & IMPACT

25. What makes this workshop distinctive?

Please describe what participants will gain that is different from a conventional lecture or conference presentation.

26. Translation into Practice

What practical tools, skills, frameworks, protocols, assessment methods or interventions will participants be able to take back to their workplace?

27. Expected Impact

The workshop is primarily expected to influence:

- ☐ Clinical practice
- ☐ Patient outcomes
- ☐ Functional outcomes
- ☐ Prevention / health promotion
- ☐ Rehabilitation practice
- ☐ Education / workforce capability
- ☐ Service redesign
- ☐ Research
- ☐ Policy
- ☐ Digital transformation
- ☐ Community / caregiver engagement
- ☐ Other: _____

28. Take-Home Output

Please state **one key practical outcome** participants should leave the workshop with.

SECTION J — LOGISTICS & TECHNICAL REQUIREMENTS

29. Preferred Room Configuration

- ☐ Theatre
- ☐ Classroom
- ☐ Cabaret / round tables
- ☐ Open practical space
- ☐ Skills stations
- ☐ Exercise / movement area
- ☐ Computer / technology-enabled room
- ☐ Other: _____

30. Equipment Required

- ☐ Projector / screen
- ☐ Laptop connection
- ☐ Internet / Wi-Fi
- ☐ Microphone
- ☐ Flip charts
- ☐ Whiteboard
- ☐ Treatment plinths
- ☐ Exercise equipment
- ☐ Clinical assessment equipment
- ☐ Simulation equipment
- ☐ VR / AR equipment
- ☐ Computers / tablets
- ☐ Other specialised equipment

Please specify:

31. Will you bring any equipment/materials?

☐ Yes

☐ No

If yes, please describe:

32. Are there any special space, safety, infection-control, accessibility or technical requirements?

☐ No

☐ Yes — please specify:

SECTION K — COMMERCIAL INTEREST & CONFLICT OF INTEREST

33. Is this workshop associated with a commercial company, product, device, pharmaceutical product or paid service?

☐ Yes

☐ No

If yes, please provide details:

34. Will any specific commercial product, device or brand be demonstrated?

☐ Yes

☐ No

If yes:

Product/Brand: _____

Company: _____

Reason it is necessary for the educational activity:

35. Conflict of Interest Declaration

Please declare any financial, professional, research or commercial relationship relevant to this proposal.

☐ I confirm that I have disclosed all relevant potential conflicts of interest.

SECTION L — FACULTY & PROGRAMME REQUIREMENTS

36. Are all proposed facilitators available during the IC-HAGR 2026 Congress dates?

- ☐ Yes
☐ No
☐ To be confirmed

37. Is acceptance dependent upon travel, accommodation, honorarium or other financial support from the Congress?

- ☐ No
☐ Yes

If yes, please specify:

Please note that submission or acceptance of a workshop proposal does not automatically imply financial support, travel, accommodation, registration waiver or honorarium unless separately confirmed by the Organising Committee.

SECTION M — SUPPORTING MATERIAL

Please indicate materials that can be supplied if requested:

- ☐ Facilitator CV(s)
 - ☐ Workshop slides
 - ☐ Participant workbook
 - ☐ Clinical protocol / guideline
 - ☐ Assessment tool
 - ☐ Published research
 - ☐ Supporting video
 - ☐ Equipment information
 - ☐ Previous workshop evaluation
 - ☐ Other: _____
-

SECTION N — DECLARATION

By submitting this proposal, I confirm that:

- ☐ The information provided is accurate.
- ☐ The proposed content has an appropriate scientific, professional and/or evidence-informed basis.
- ☐ All potential conflicts of interest and commercial relationships have been disclosed.
- ☐ The workshop will maintain educational and scientific integrity and will not primarily function as commercial promotion.
- ☐ I understand that the Scientific Committee may request modifications to the title, content, duration, format, faculty or learning objectives.
- ☐ I understand that submission does not guarantee inclusion in the IC-HAGR 2026 scientific programme.
- ☐ If accepted, I agree to work with the IC-HAGR Scientific Committee to finalise the workshop according to Congress requirements.

Lead Applicant Name: _____

Date: _____

FOR IC-HAGR SCIENTIFIC COMMITTEE USE ONLY

Workshop Scientific Review Score

Review Domain	Maximum Score	Score
Alignment with IC-HAGR aims and themes	15	
Relevance to Functional Longevity / Healthy Ageing	15	
Scientific / evidence base	15	
Quality of learning objectives	10	
Clinical / practical applicability	15	
Interactivity and educational design	10	
Innovation / originality	10	
Multidisciplinary relevance	5	
Feasibility within Congress setting	5	
TOTAL	100	

Overall Reviewer Recommendation

- ☐ **Priority Accept** — ≥ 85
☐ **Accept** — 75–84
☐ **Accept with Modification** — 65–74
☐ **Committee Discussion Required** — 55–64
☐ **Decline** — < 55

Recommended Duration

- ☐ 45 min
☐ 60 min
☐ 90 min
☐ 2 hours
☐ Half-day
☐ Other: _____

Reviewer Comments

Modifications Required

Reviewer: _____

Date: _____

Final Scientific Committee Decision:

- ☐ Accepted
☐ Accepted subject to revision
☐ Reserve / waiting list
☐ Redirect to oral presentation
☐ Redirect to poster / demonstration
☐ Declined