

OSLOMET

OSLO METROPOLITAN UNIVERSITY
STORBYUNIVERSITETET



UNIVERSITY
OF ICELAND

SDU 

University of
Southern Denmark



JÖNKÖPING UNIVERSITY
School of Health and Welfare

 Tampere University

Discover NordMaG! A Nordic Master's specialisation in Gerontology

JOINT NORDMAG ADVERTISING EVENT MARCH 11, 1-3 PM SWEDISH TIME (CET)

WWW.NORDMAG.NET

ASSOCIATE PROFESSOR CHARLOTTA NILSEN, JÖNKÖPING UNIVERSITY

Today's agenda

13:00–13:20

General introduction (approx. 20 minutes)

13:20–14:35

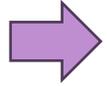
Presentations from each university (10-15 minutes each, including quick questions from the audience).

- University of Iceland
- Jönköping University
- Tampere University
- University of Southern Denmark
- Oslo Metropolitan University

14:35–15:00

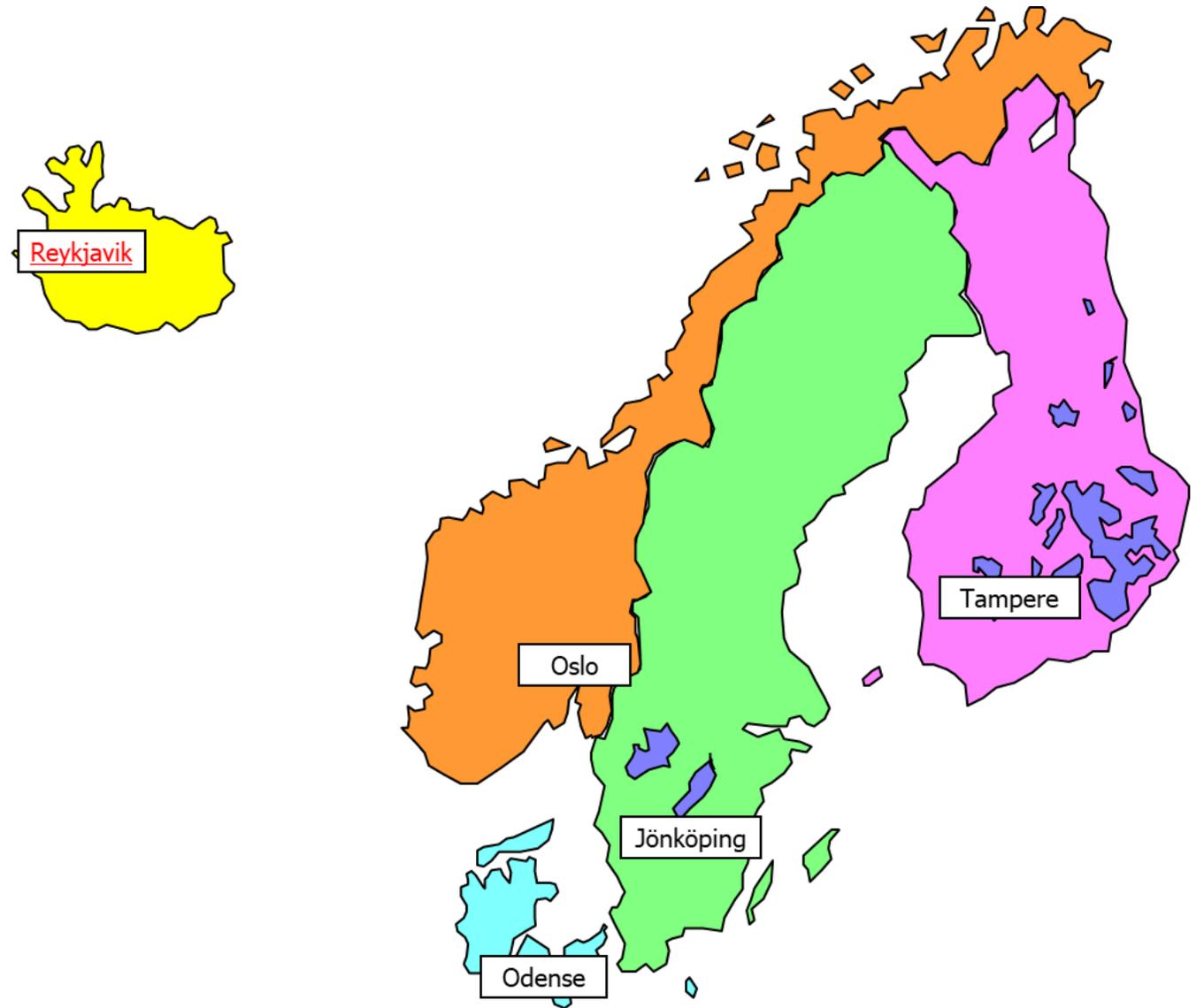
Q&A

What is NordMaG?



Educate professionals who can exploit, disseminate, and generate gerontological knowledge for the future development of this field.

- NordMaG is a multidisciplinary master's level specialisation in gerontology, equivalent to 30 ECTS of elective courses that you complete as part of an existing master's programme at one of the partner universities.
- It focuses on key issues in ageing societies and brings together Nordic expertise from health sciences, social sciences, and behavioural sciences.



The history of NordMaG

- The first NordMaG collaboration was established in 2006 by the University of Iceland, the University of Jyväskylä (Finland), and Lund University (Sweden).
- Over the years, different countries and universities have been part of NordMaG.
- The previous collaboration ended during the pandemic
- **Re-launch of NordMaG 2026!**



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Partner universities

<u>Tampere University</u>	<u>Faculty of Social Sciences, Unit of Health Sciences</u>	<u>Finland</u>
<u>Jönköping University</u>	<u>Institute of Gerontology,</u>	<u>Sweden</u>
<u>University of Southern Denmark</u>	<u>Department of Sports Science and Clinical Biomechanics</u>	<u>Denmark</u>
<u>University of Iceland</u>	<u>Faculty of Social Work</u>	<u>Iceland</u>
<u>Oslo Metropolitan University</u>	<u>Department of Social Work</u>	<u>Norway</u>

Partner universities

Oslo Metropolitan University	Tampere University	University of Iceland	Jönköping University	University of Southern Denmark
DEGREE Master of Applied Social Sciences Gerontology	DEGREE Master of Health Sciences	DEGREE Master of Gerontology	DEGREE Master of Gerontology	DEGREE Master of Health Sciences
	<i>Majoring in Public Health</i>			<i>Majoring in Physical Activity and Health</i>

The NordMaG certificate awarded jointly by five Consortium universities

NordMaG students remain registered in the master's programme at their home university and graduate with that university's degree, for example:

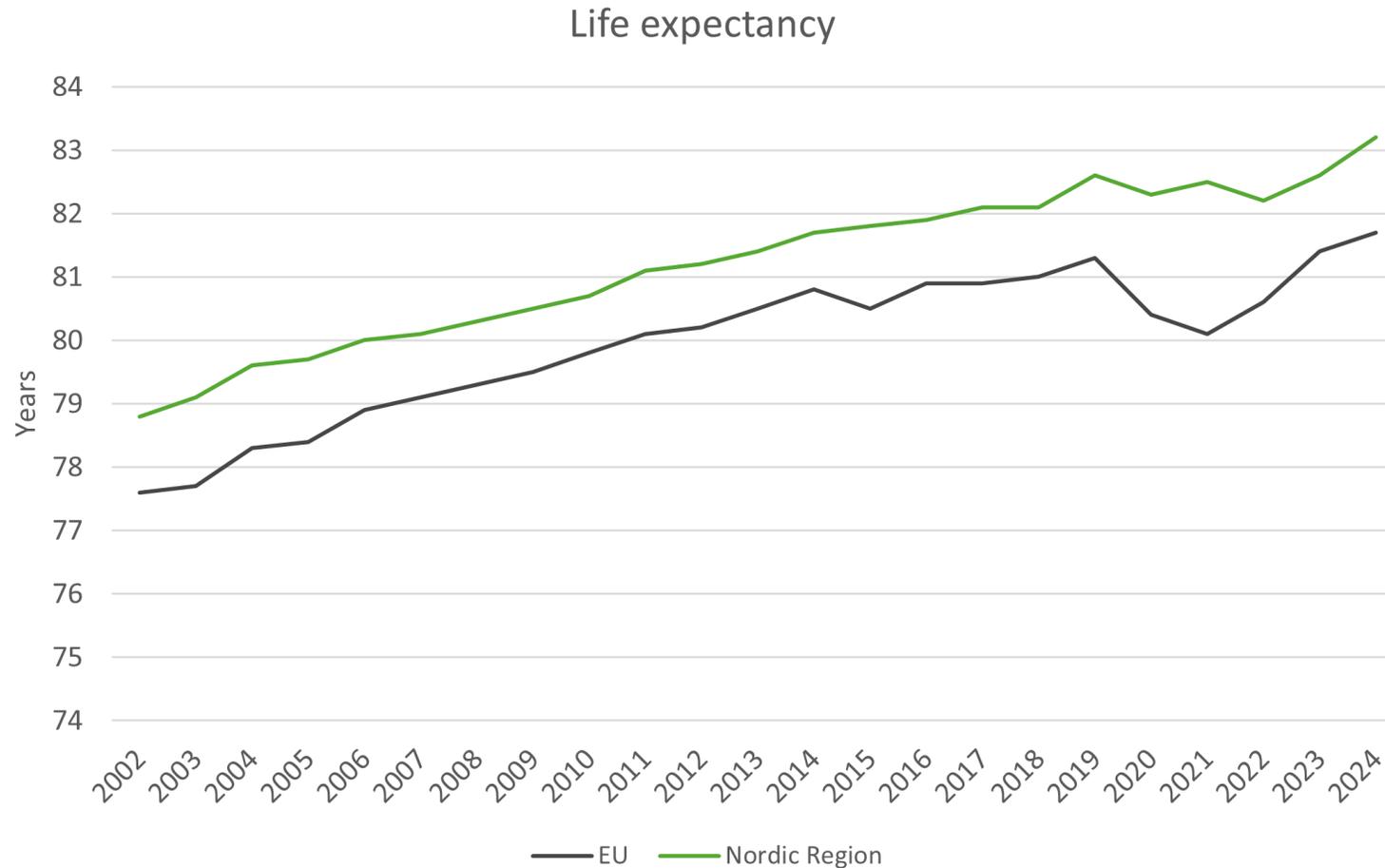
- ✓ At Jönköping University: Master of Gerontology
- ✓ At Tampere University: Master of Health Sciences
- ✓ At the University of Iceland: Master of Gerontology
- ✓ At the University of Southern Denmark: Master of Physical Activity and Health
- ✓ At OsloMet: Master of Applied Social Sciences

All of these degrees can include the NordMaG specialisation and lead to the NordMaG certificate.



Why a specialisation in gerontology?

Nordic life expectancy hits 83.2 years, exceeding pre-pandemic level

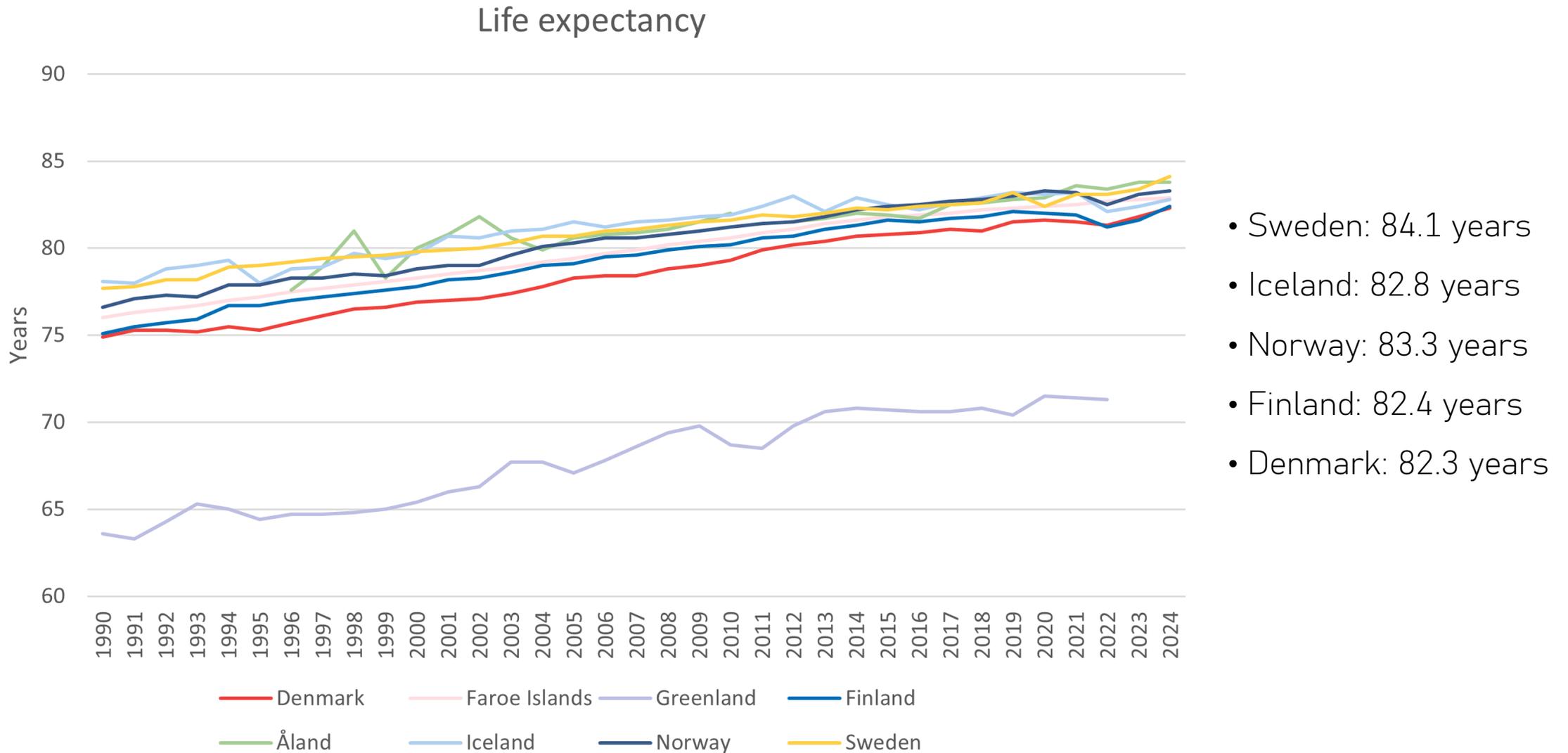


- In 2024, life expectancy in the Nordics ranged from 82.3 to 84.1 years

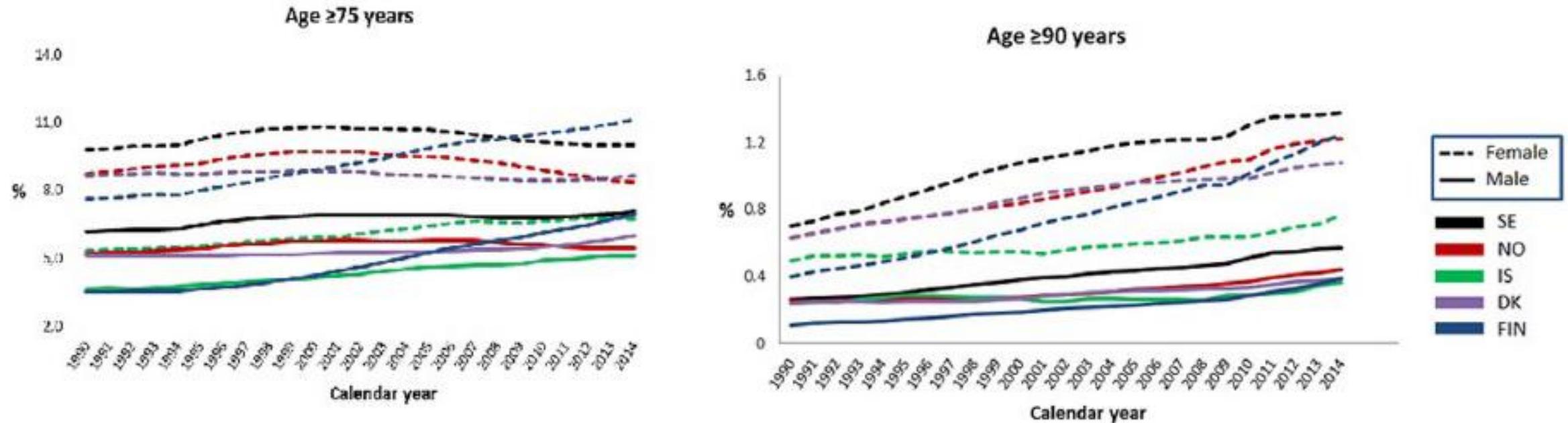
Source: [LIFE01](#) / SOSU11, <https://www.nordicstatistics.org/>

The Nordic Region aggregate is comprised of the following countries/areas: Denmark, Faroe Islands, Greenland, Finland, Åland, Iceland, Norway and Sweden. As 2024 values are yet to be published, 2022 values are used for Greenland, and 2023 values are used for Åland.

Nordic life expectancy across the countries

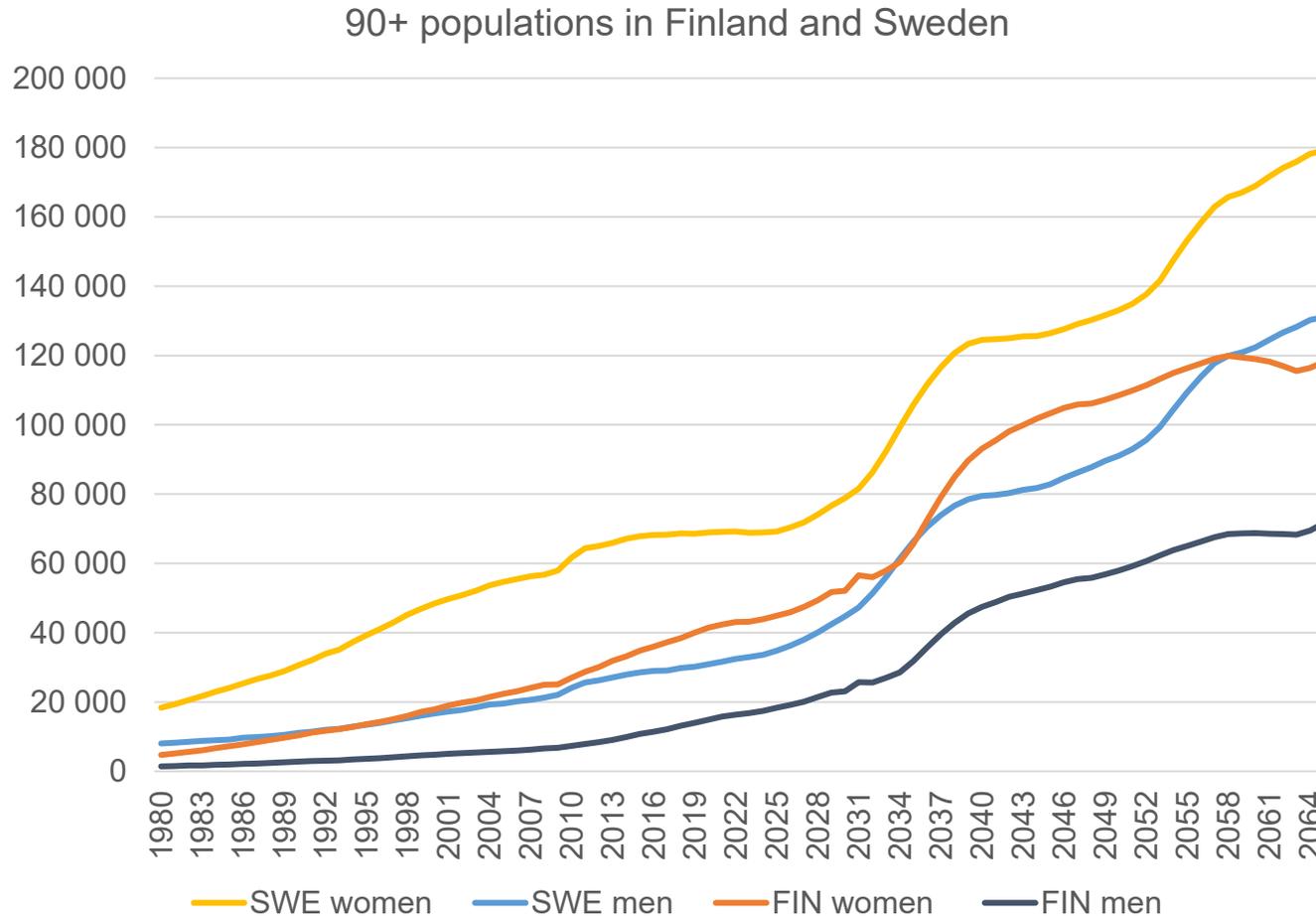


Ageing populations in the Nordic countries



Jørgensen, T. S. H., Fors, S., Nilsson, C. J., Enroth, L., Aaltonen, M., Sundberg, L., ... & Jylhä, M. (2019). Ageing populations in the Nordic countries: mortality and longevity from 1990 to 2014. *Scandinavian Journal of Public Health*, 47(6), 611-617.

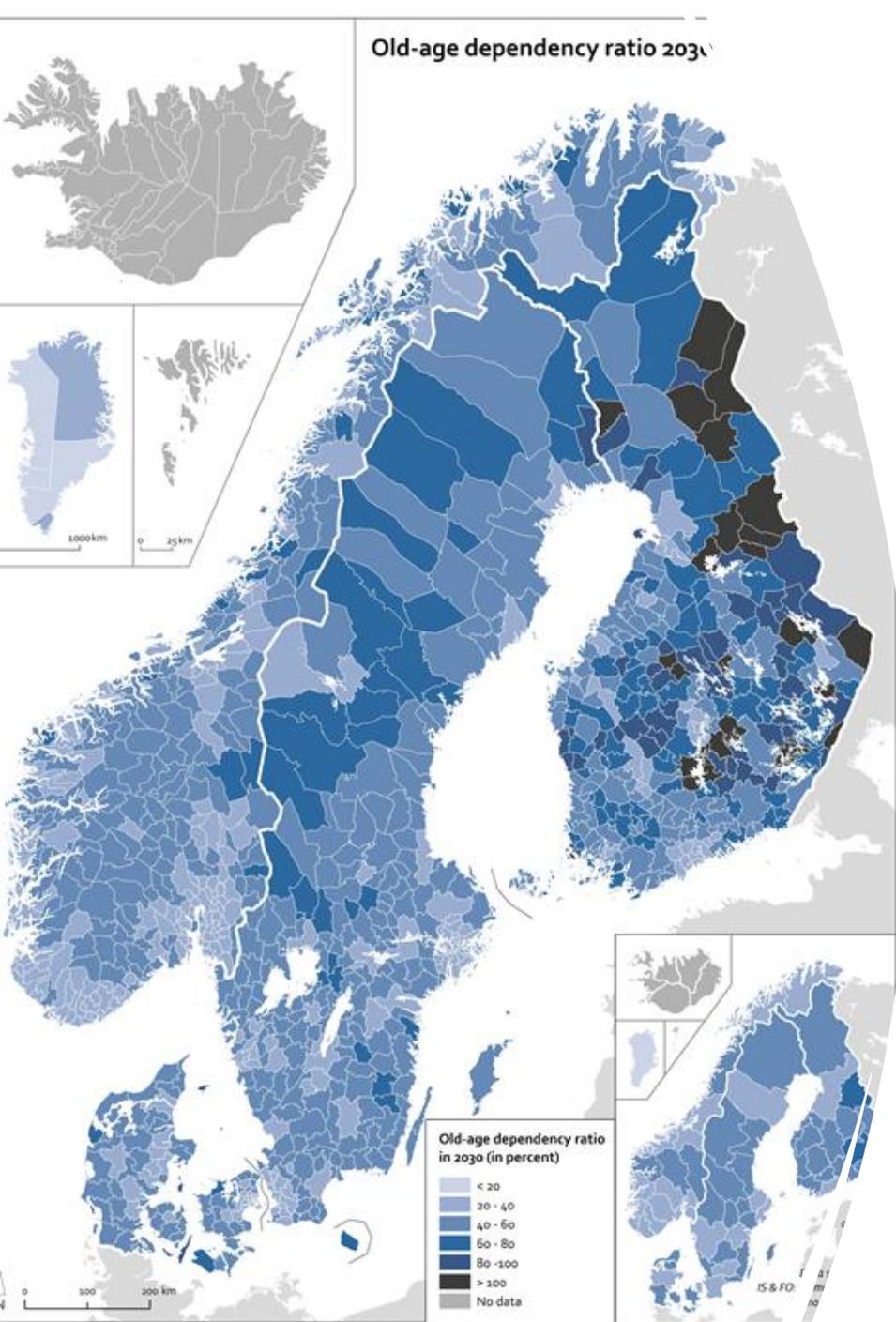
Increase in longevity in the Nordic countries



Proportion of 90+ population / total population			
	1980	2017	2050
SWE	0.3%	1.0%	1.9%
FIN	0.1%	0.9%	2.8%



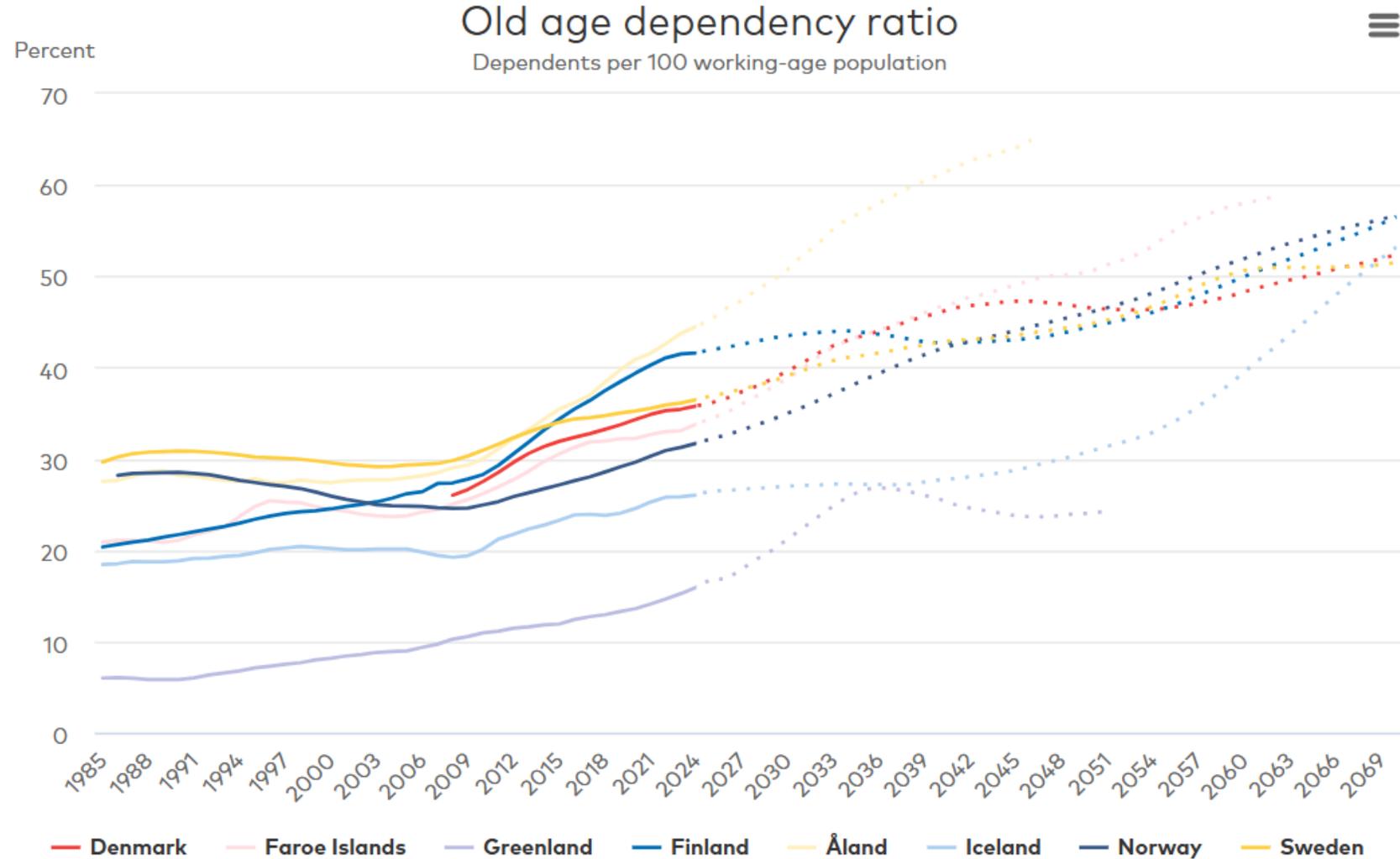
By 2040, the proportion of people aged 65+ in the Nordic region is expected to reach 25 per cent



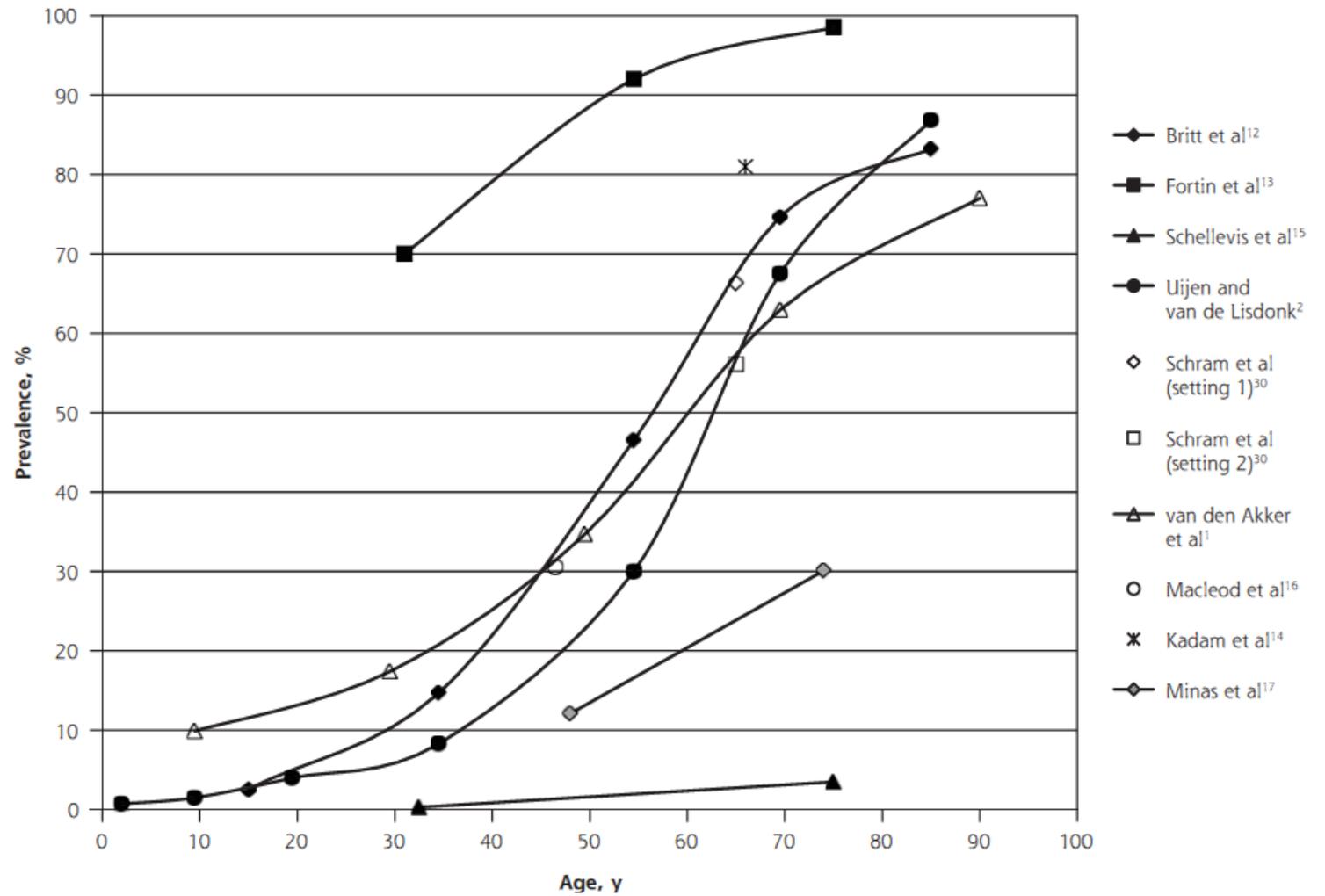
Expected old-age dependency ratio in the Nordic municipalities in 2030

- The size of the working age population sets the framework for any welfare system. More importantly is the size of the working age population in relation to those that cannot support themselves financially.

Old age dependency ratio



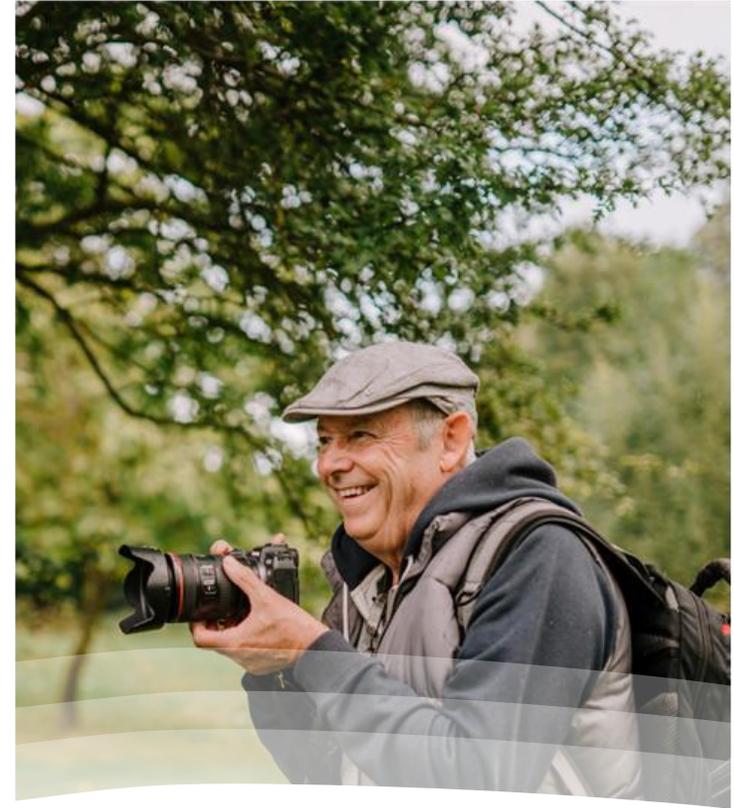
Multimorbidity



Fortin, M., Stewart, M., & Poitras, M. (2012). E, Almirall J, Maddocks H. A systematic review of prevalence studies on multimorbidity: toward a more uniform methodology. *Ann Fam Med*, 10(2), 142-151.

Key challenges with an Ageing Nordic region

- **Welfare state pressure:** A declining workforce relative to the older population puts pressure on the sustainability of the Nordic welfare model and public finances.
- **Healthcare and Social Care Demands:** Increased prevalence of multimorbidity and dementia among older adults increases the need for care services, including informal care.
- **Reduction in Residential Care:** There is a notable decrease in nursing home capacity, particularly in Sweden, leading to longer waiting times and greater reliance on home-based care.



..but there are also opportunities!

- Current and future generations of older adults are generally healthier, better educated, and better off financially than previous generations = a valuable resource in society
- Welfare technology = help older adults live safer, more active, and independent lives.
- Older citizens organisations – combating ageism

The rights of older people

The UN is currently drafting a new, legally binding international treaty to protect the rights of older people, addressing gaps in existing frameworks.

Core principles focus on dignity, autonomy, non-discrimination, and access to healthcare, social security, and housing.

This initiative combats ageism and ensures participation in society.



AGEISM IS EVERYWHERE



1 IN 2 PEOPLE
WORLDWIDE ARE
AGEIST AGAINST
OLDER PEOPLE

and, in Europe, there is
more ageism against
younger than older
people



Ageism affects us
THROUGHOUT LIFE

and exists in our
institutions, our
relationships
and ourselves



Ageism
**EXACERBATES
OTHER
DISADVANTAGE**

#AWorld4AllAges



GLOBAL
CAMPAIGN
TO COMBAT
AGEISM

AGEISM

refers to

**HOW WE THINK
(STEREOTYPES),**

**FEEL
(PREJUDICE)**

and **ACT
(DISCRIMINATION)**

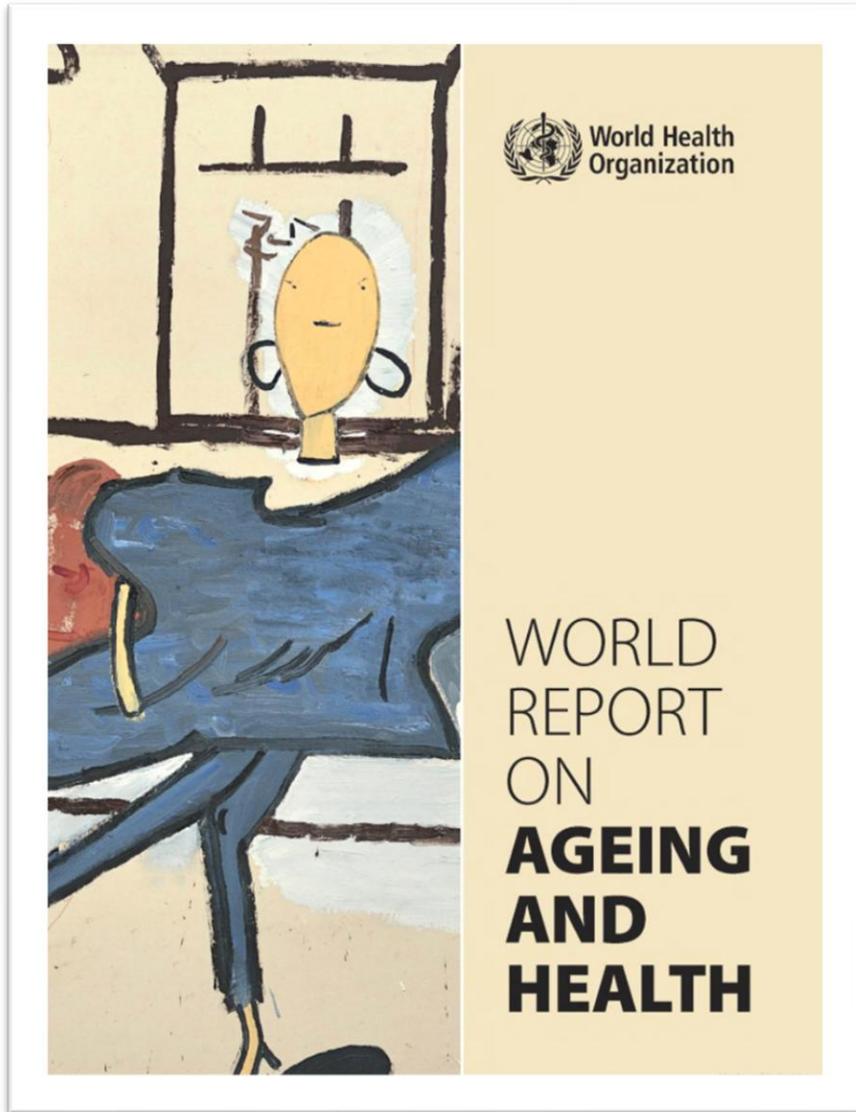
**towards others
or ourselves
based on age**



#AWorld4AllAges



GLOBAL
CAMPAIGN
TO COMBAT
AGEISM



Healthy ageing

“The process of developing and maintaining the functional ability that enables well-being in older age”

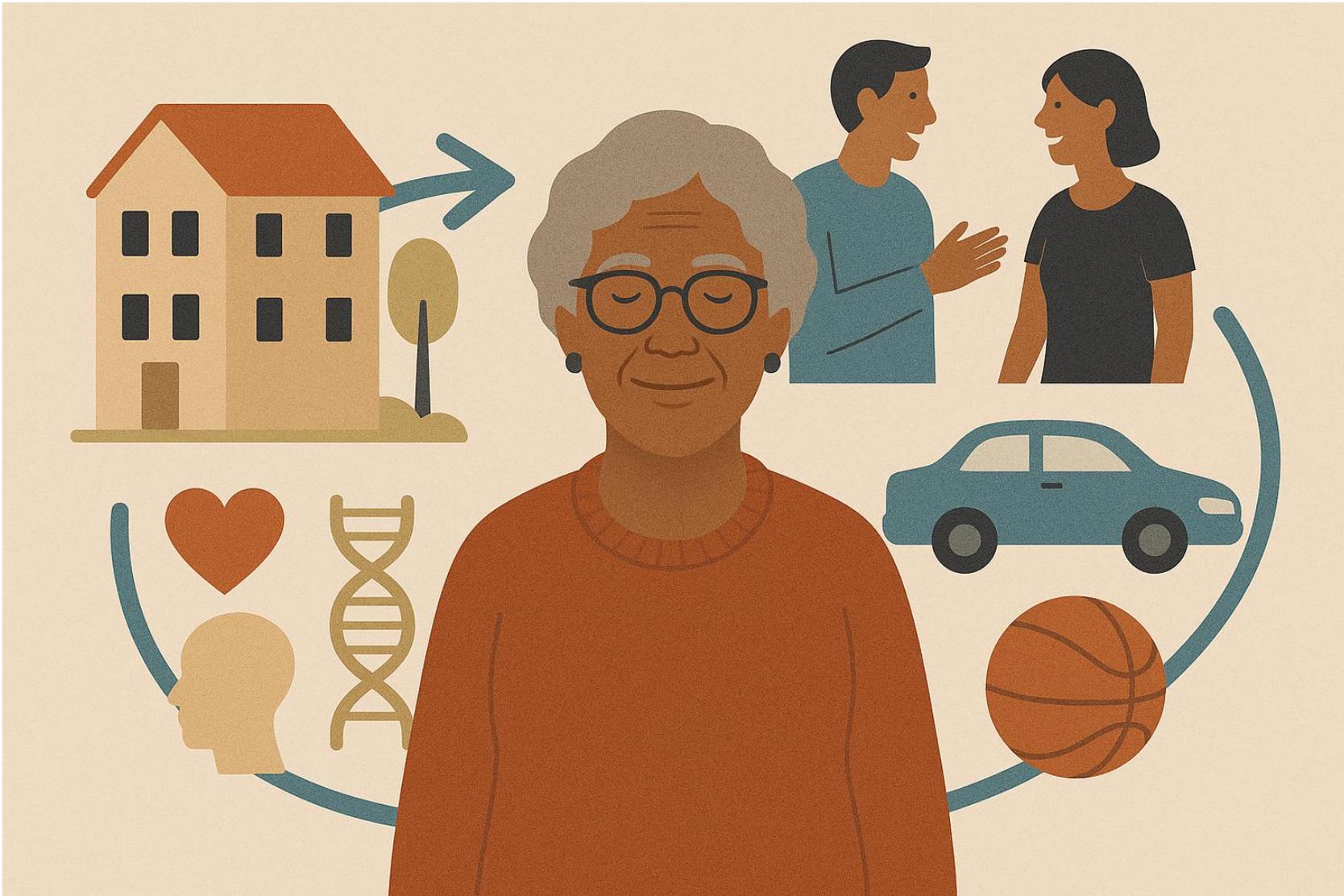


Illustration created with OpenAI

Gerontology

- **Gerontology** is the study of older people and the aging process
- *The word gerontology is composed of the Greek word ge'rōn (old man) and logia (knowledge).*
- Aging is a **lifelong process**
- Aging is not a single process but rather the result of different sub-processes
- A **multidisciplinary** field



Criteria for application

- First, you apply for admission to a relevant master's program at one of the partner universities. Your eligibility and selection are handled according to the local rules and criteria of that university.
- Once you are admitted, you can be selected as a NordMaG student within your program, or in some programs, the courses are part of your elective courses within the program
- Apart from home university registration or tuition fee are no extra fees for NordMaG students, regardless of whether you are a degree student or an exchange student, as long as current national legislation allows tuition-free education. Student mobility is supported, when possible, by Erasmus funding.
- Courses completed at a partner (host) university are fully and automatically recognised by your home university as part of your master's degree and your NordMaG certificate.

Criteria for NordMaG specialisation

- The eligibility to become a NordMaG student requires admission to a master program.
- The NordMaG accreditation requires:
 1. Completion of a minimum of 30 ECTS from two or more partner universities
 2. Completion of a Master's thesis (minimum of 30 ECTS) relevant to the field of ageing

The NordMaG board

The Board oversees the academic quality of the courses, decides on changes to the course portfolio, coordinates joint quality assurance activities, and seeks external funding for student and staff mobility.

- **Sweden:** Charlotta Nilsen (Chair) and Sofi Fristedt
- **Finland:** Linda Enroth (Co-chair) and Anu Siren
- **Denmark:** Annemari Svendsen and Paolo Caserotti
- **Norway** Erik Børve Rasmussen and Maria Johanna Aartsen
- **Iceland:** Halldór Sigurður Guðmundsson and Stefán Hrafn Jónsson

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Overview courses

- **Gerontology: Policymaking and Service**, 10 credits, autumn, online, University of Iceland
- Multidisciplinary perspectives in gerontology, 5 credits, autumn (starts 2028), online, University of Iceland
- **Ageing and society – Nordic perspectives**, 10 credits, online, spring, Jönköping University
- **Aging and life course**, 5 credits, hybrid possible, spring, Tampere University
- **Ageing, physical activity and health: from theory to practice**, 15 credits, autumn, on campus (Erasmus) University of Southern Denmark
- **Digital revolution? Social science perspectives on technology in the health and social care sector**, 10 credits, autumn, on campus (Erasmus), Oslo Metropolitan University

NordMaG courses 2026 – 2028

	Autumn 2026	Spring 2027	Autumn 2027	Spring 2028	Autumn 2028
Every second year			<u>Period 1</u> Gerontology: Policymaking and Services (10cr) University of Iceland, Iceland Online	<u>Period 3</u> Ageing and Life Course (5cr) Tampere University, Finland Hybrid/online	<u>Period 1</u> Multidisciplinary Perspectives in Gerontology (5cr) University of Iceland, Iceland Online
Every year	<u>Period 2</u> Ageing Physical Activity and Health: from theory to practice (15cr) University of Southern Denmark, Denmark Onsite	<u>Period 4</u> Ageing and Society – Nordic Perspectives (10cr) Jönköping University, Sweden Online	<u>Period 2</u> Ageing Physical Activity and Health: from theory to practice (15cr) University of Southern Denmark, Denmark Onsite	<u>Period 4</u> Ageing and Society – Nordic Perspectives (10cr) Jönköping University, Sweden Online	<u>Period 2</u> Ageing Physical Activity and Health: from theory to practice (15cr) University of Southern Denmark, Denmark Onsite
	<u>Period 2</u> revolution? Social science perspectives on technology in the health and social care sector (10cr) Oslo Metropolitan University, Norway Onsite		<u>Period 2</u> revolution? Social science perspectives on technology in the health and social care sector (10cr) Oslo Metropolitan University, Norway Onsite		<u>Period 2</u> Social science perspectives on technology in the health and social care sector (10cr) Oslo Metropolitan University, Norway Onsite

For more information visit: www.nordmag.net

In summary

- NordMaG is a multidisciplinary specialisation in gerontology, grounded in health sciences, social sciences, and behavioral sciences.
- NordMaG includes courses that provide an understanding of aging societies from individual, societal, and cultural perspectives.
- NordMaG offers six courses totaling 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.
- Please visit: www.nordmag.net