



CAPAGE
Capacity for Active Ageing

Promoting Academic and Professional Excellence in Health Care to meet the Challenges of Aging in Sri Lanka

Welcome to our first CAPAGE – Capacity for Active Ageing project newsletter! Our project in Sri Lanka addresses the challenges of an aging population by modernizing healthcare education in Healthy Aging and Geriatrics.



Co-funded by
the European Union



CAPAGE

ABOUT CAPAGE

A European initiative for capacity building to promote academic and professional excellence in healthcare, aiming to meet the challenges of aging in Sri Lanka by promoting active aging through interdisciplinary collaboration & innovative approaches.

Geriatric Assessment Laboratories

The CAPAGE project funded for the establishment of six Geriatric assessment laboratories in partner universities in Sri Lanka. A total of ...EUR was distributed for purchasing equipment and validating the Laboratories to improve the university's capacity for providing modern, practical training using novel technologies.



Six Geriatric Laboratories were established in Partner Universities in Sri Lanka

University of Colombo
University of Jaffna
University of Ruhuna
University of Peradeniya
Kothlawala Defence University
Eastern University



FH JOANNEUM
University of Applied Sciences

jamk
University of Applied Sciences

Escola Superior
Saúde Santa Maria

UNIVERSIDADE DA CORUÑA



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. The European Union cannot be held responsible for them.

Geriatric Assessment Laboratory University of Colombo



Co-funded by
the European Union

About Laboratory

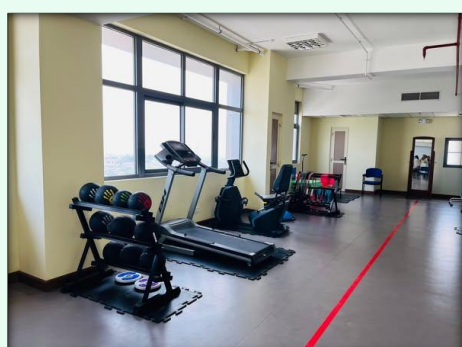
The Geriatric Assessment Laboratory, situated on the 11th floor of the UCFM Tower, Faculty of Medicine, University of Colombo, is a state-of-the-art facility dedicated to improving the health, mobility, and quality of life of older adults. Inaugurated on 20th February 2025.

The Geriatric Assessment Laboratory, in collaboration with the Elderly Care Physiotherapy Clinic at UCFM Tower, facilitates a seamless transition from evaluation to intervention. The laboratory focuses on comprehensive functional assessments and research-driven diagnostics, while the clinic offers personalized rehabilitation programs tailored to mobility challenges, pain management, fall prevention, and overall well-being. Together, these units create an integrated system dedicated to holistic geriatric care, empowering older adults to maintain independence and enhance their quality of life. This advanced facility serves as a hub for professional healthcare and support for older adults while also providing an exceptional platform for teaching, learning, and research in geriatric physiotherapy.



Official Opening of the Laboratory – Colombo

The Geriatric Assessment Laboratory of the University of Colombo was officially inaugurated on 19th February 2025 with the participation of the CAPAGE project Coordinator- Dr Monica, of the University of and Vice Chancellor, of the University of Colombo and Dean of the Faculty of Medicine.



Services Offered by the Geriatric Assessment Laboratory

- Falls assessment and prevention programs
- Comprehensive functional assessments – Evaluating upper and lower limb function
- Mobility assessment – Utilizing advanced gait analysis and postural stability evaluations to enhance movement and prevent falls
- Balance and postural stability assessment
- Assessment of independence in activities of daily living (ADLs)
- Body composition analysis
- Rehabilitation and assistive technology – Implementing physiotherapy interventions, adaptive devices, and assistive technologies to support senior independence
- Safe ADL training – Guiding older adults in performing daily activities safely
- Home environment modification advice – Recommending adjustments for safer and more accessible living spaces
- Clinical teaching for physiotherapy undergraduates and postgraduates – Providing hands-on training and education in geriatric physiotherapy

Dr. Asha Wettasighe
In-charge of Geriatric Assessment Laboratory
through
asha@med.cmb.ac.lk
+94777822193

Geriatric Assessment Laboratory University of Ruhuna

Geriatric Trainer



Co-funded by
the European Union

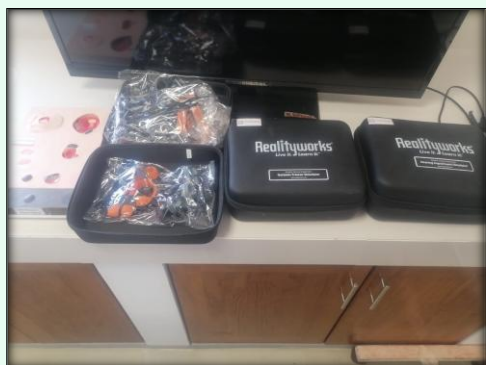
About Laboratory

The geriatric Laboratory of the University of Ruhuna is located at the Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka. The laboratory was funded 29 500 EUR to establish the laboratory

Usage of the Laboratory

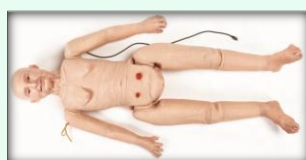
The nursing undergraduates are the primary users of the laboratory. The laboratory is utilized for undergraduate training in geriatric nursing procedures and assessments of student performance in geriatric nursing care. Students engage with the laboratory for assessment, training, and evaluation throughout their studies.. Additionally, the Laboratory will be utilized for the Master's course in neurodegenerative diseases.

The laboratory is managed by qualified staff, and its usage will be organized through assessment rotations. With approximately 700 students in the Department of Nursing, all students will be given the opportunity to use the equipment. A rotation schedule and timetable will be arranged accordingly.



Equipment available

Geriatric sensory impairment kit

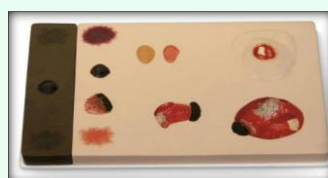


by
European Union

Geriatric sensory impairment kit



Pat pressure injury staging model



Validation of the Laboratory

The Geriatric Assessment Laboratory was validated by the team of EU members on 21st February 2025



Dr. Bimba Wickramarachchi
In-charge of Geriatric Assessment Laboratory
biwickramarachchi@ahs.ruh.ac.lk
+94703091222

Geriatric Assessment Laboratory University of Jaffna



Co-funded by
the European Union

About Laboratory

The Geriatric Assessment Laboratory is located within the 'AHS Hub' of the Faculty of Allied Health Sciences, University of Jaffna. The laboratory was officially inaugurated on 24th February 2025 by the CAPAGE project manager, Prof. Monica Christova. The facility is designed to support education, clinical training, and research in geriatric health, equipping healthcare professionals with the necessary skills to address the unique needs of older adults.

Equipment of the Laboratory

- 3D Body Scanner
Provides detailed body composition analysis to assess muscle mass and fat distribution etc.
- Pat Pressure Injury Staging Model
Enhances training in wound care and pressure injury prevention.
- Sphygmomanometer
Essential for monitoring blood pressure and cardiovascular health.
- Patient Monitor
Tracks vital signs such as heart rate, oxygen saturation, and blood pressure in real-time.
- Digital Hand Dynamometer
Measures hand grip strength, a key indicator of sarcopenia and functional decline.
- Segmental Body Composition Scale
Assesses body fat percentage, muscle mass, and hydration levels to monitor health status.
- Geriatric Patient Care Manikin
Provides simulation-based training for nursing and physiotherapy students in elderly patient care.

Usage of the Laboratory

The laboratory collaborates with key healthcare institutions, including Teaching Hospital Jaffna, Base Hospital Thellipalai, Base Hospital Chavakachcheri, and the Regional Director of Health Services (RDHS) Jaffna. These collaborations facilitate hands-on training for nurses and physiotherapists while also enabling comprehensive geriatric assessments for patients. Additionally, the laboratory functions as a dedicated research center for faculty members and clinicians from affiliated healthcare institutions, through interdisciplinary collaboration..



- GERT Age Simulation Suit
Allows users to experience age-related physical limitations, enhancing empathy and understanding in geriatric care.
- Mobilization Board
Supports training in safe patient handling and mobility assistance techniques.
- five-point patient bed
Used for training in bedside assessments, patient transfers, and elderly care techniques.
- Examination Bed
Used for initial assessments
- Tymo System for Balance Assessment
Assists in evaluating and improving balance, reducing fall risks among older adults.



Dr. Santhalingam Sathees
In-charge of Geriatric Assessment Laboratory
Sathees@univ.jfn.ac.lk
+94776702856

Geriatric Assessment Laboratory University of Peradeniya



Co-funded by
the European Union

About Laboratory

The Geriatric Assessment Laboratory, situated within the Department of Physiotherapy in the Faculty of Allied Health Sciences, University of Peradeniya is focused on improving health, mobility, function and quality of life of older adults.

Services of the Laboratory

- Falls assessment and prevention programs
- Comprehensive functional assessments – Evaluating upper and lower extremities function
- Gait Assessment
- Balance and postural stability assessment
- Body composition – Anthropometric Measurements
- Safe ADL training – Guiding older adults in performing daily activities safely
- Home environment modification advice – Recommending adjustments for safer and more accessible living spaces
- Individualized intervention regime according to the functional status and abilities of each individual.
- Interdisciplinary research and education – A hub for innovative research in geriatric physiotherapy and advancements in elderly care.



2nd Project Meeting in Porto

Function of the Laboratory

The Geriatric Assessment Laboratory focuses on comprehensive functional assessments and formulation of specific individualized interventions and group interventions when possible. The lab will provide rehabilitation programs tailored to mobility challenges, pain management, fall prevention, and overall well-being. The Department of Physiotherapy, Faculty of Allied Health Sciences, University of Peradeniya has already established partnership with state hospitals, and the Divisional Secretariat. These partnerships will allow outreach to a wider group of older adults in the Kandy District living in the community and the Elderly Homes. Further, the Department has two service units where patients are received daily. These units will further allow for identification, assessment and management of older adults. The lab will be utilized for Undergraduate and Postgraduate teaching, for research by undergraduates, postgraduates and staff and for geriatric patient assessment and management. The equipment purchased through the CAPAGE project adds value to the lab by providing advanced technology and objective and reliable results.



Dr. Esther Liyanage
In-charge of Geriatric Assessment Laboratory
estherl@ahs.pdn.ac.lk
[+94812065784](tel:+94812065784)

Geriatric Assessment Laboratory Eastern University Sri Lanka



Co-funded by
the European Union

About Laboratory

Geriatric Assessment Laboratory was inaugurated on 24th February 2025. It is located at the Holistic Care Centre (HCC), Faculty of Health-Care Sciences (FHCS), Eastern University Sri Lanka (EUSL).

It enables geriatric assessments, including gait, balance, posture, body composition, upper limb and lower limb functions, functional abilities with different assessment tools.

The laboratory is utilized for the assessment and rehabilitation of older adults.

It is used for undergraduate and postgraduate teaching and research purposes.

Service of the Laboratory

- Falls assessment and prevention programmes
- Comprehensive functional assessments – Evaluating upper and lower limb function
- Mobility assessment – Utilizing advanced gait analysis and postural stability evaluations to enhance movement and prevent falls
- Balance and postural stability assessment
- Assessment of independence in activities of daily living (ADLs)
- Body composition analysis
- Rehabilitation and assistive technology
- Safe ADL training – Guiding older adults in performing daily activities safely
- Home environment modification advice – Recommending adjustments for safer and more accessible living spaces
- Clinical teaching for nursing undergraduates and postgraduates – Providing hands-on training and education in geriatric nursing
- Interdisciplinary research and education – A hub for innovative research in geriatrics and advancements in elderly care



Collaboration of the Laboratory

About CAPAGE

The Geriatric Assessment Laboratory, in collaboration with the clinic at the HCC building, facilitates a seamless transition from evaluation to intervention. The HCC fulfills the health needs of the population surrounded by the faculty. All the departments in the faculty are involved in delivering health care in HCC, which also satisfies the health needs of older adults through an integrated care approach. Further, institution-based and community-based assessments are performed by the students, academic staff, and experts in geriatrics.

The laboratory focuses on comprehensive functional assessments and research-driven diagnostics. Further, the clinic will also offer personalized rehabilitation programs tailored to mobility challenges, pain management, fall prevention, and overall well-being of older adults. Together, these units create an integrated system that is dedicated to holistic geriatric care, empowering older adults to maintain independence and enhance their quality of life. This advanced facility serves as a hub for healthcare professionals. Further, it also provides an exceptional platform for teaching, learning, and research in geriatric nursing.



Dr. S Sujendran
In-charge of Geriatric Assessment Laboratory
sujendrands@esn.ac.lk
+94714866181

Geriatric Assessment Laboratory Kothalawala Defense University



Co-funded by
the European Union

About Movement Analyzing Laboratory

Movement Analysis Laboratory was inaugurated on 21st February 2025. It is located at the university hospital premises, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University, Werahara, Sri Lanka.

Services offered by the Laboratory

- Comprehensive functional assessments – Evaluating upper and lower limb functions.
- Mobility assessment – Utilizing advanced gait analysis and postural stability evaluations to enhance correct movement patterns eg. prevent falls in elderly.
- Balance and postural stability assessment.
- Clinical teaching for physiotherapy undergraduates and postgraduates – Providing hands-on training and education in Movement analyzing.
- Interdisciplinary research and education – A hub for innovative research in movement analyzing, eg. geriatrics rehabilitation and promoting in elderly care.



Functions of the Laboratory

This movement analysis lab facilitates geriatric assessment by identifying gait parameters, movement patterns, and both static and dynamic balance. The lab serves for geriatric population for assessment and rehabilitation services and it is used for undergraduate and post graduate teaching and research activities.



Lab Validation

Four academic experts from EU partner universities participated the validation process of the Movement Analysis Laboratory. They inspected the equipment, resources and other facilities available. .



Mr. SADCS Senavirathna
In-charge of Movement Analysis Laboratory
senavirathnacs@kdu.ac.lk
+94772779984