

Healthy Aging 03.07.2023 - 14.07.2023

Course Director: Marianne Jacobs, PhD and Marjolein van Wijk, MSc, RN

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Saturday, 1 st of July		
Time	Activity	Description
12:00-18:00	Key pick up	You will find the exact key pick up location in the pre-departure information, which becomes available after you have paid the course fee.

Sunday, 2 nd of July		
Time	Activity	Description
12:00-18:00	Key pick up	You will find the exact key pick up location in the pre-departure information, which becomes available after you have paid the course fee.

Monday, 3 rd of July		
Time	Activity	Description
9:30-10:30	Module 1a: Opening summer school Address: Heidelberglaan 7 Room: 2.058	9:00 walk in, 9:30 Official opening summer school.
10:30 – 11:30	Module 1b: lecture, workshop Address: Heidelberglaan 7 Room: 2.058	Introduction to the Dutch health care system
12:00-13:00	Lunch	
13:00-14:30	Module 1d: Workshop Address: Heidelberglaan 7 Room: 2.150	Practical information Meet & Greet (Marianne Jacobs, PhD)
14:30 – 15:30	Module 1c: Lecture, workshop Address: Heidelberglaan 7 Room: 1.071	Proactive health care in the primary care setting. Professor Nienke Bleijenbergh, proactive elderly care,
15.30-18.00	Self-study	Working on presentation home assignment (life review with an elderly person 75+)

Tuesday, 4 th of July		
Time	Activity	Description
10:00-11:30	Module 2: Presentations and discussion Address: Heidelberglaan 7 Room: 1.071	Prevention of decline in hospitals (Dr. Roelof Ettema)
11:30-12:30	Lunch	
12:30-14:30	Module 3: Lecture, workshop Address: Heidelberglaan 7 Room: 1.071	Presentations home assignment: conduct a life review with an elderly person (75+). (Marianne Jacobs, PhD)

Wednesday, 5 th of July		
Time	Activity	Description

09:00-12:00	Module 4: Seminar, group assignment Address: Heidelberglaan 7 Room: 1.071	Palliative care, End of Life, Advocacy and Leadership (Riet Ruben MA, RN, Alice Rolink, MSc, RN)
12:00-13:00	Lunch	
13:00-15:00	Module 5: lecture, workshop Address: Heidelberglaan 7 Room: 1.071	Aging Society – Perspective from an elder State of the art in region Utrecht. (Jita Hoogerduijn, PhD)
16:00 – 17:30	Module 6a: Lecture, workshop Address: Heidelberglaan 7 Room: 1.071	New technology for learning about older people (part 1) (Vera Habes, MSc, RN)

Thursday, 6 th of July		
Time	Activity	Description
10:00-12:00	Module 7: Lecture, workshop Address: Heidelberglaan 7 Room: 4.055	Biological aging in perspective (Bart Cuppen, PhD)
12:00-13:00	Lunch	
13:00-16:00	Module 8: Lecture, workshop Address: Heidelberglaan 7 Room: 2.154	Technology: aging in place? (Thijs van Houwelingen, PhD, RN., Marjolein van Wijk, MSc, RN)

Week 2

Friday, 7 th of July		
Time	Activity	Description
9:00 – 11:00	Module 9: Workshop Heidelberglaan 7 2.070	Healthy Aging – How to face the future? (Jasmin Pekaric, MFT)
11:00 – 12:00	Optional. Lunch walk	
12:00-12:30	Lunch	
12:30-15:00	Module 10: workshop – experience Address: Heidelberglaan 7 Room: 0.023	Being 85, Feeling old? (Monique de Voigt, MD)

Saturday, 8 th of July		
Time	Activity	Description
Free time		

Sunday, 9 th of July		
Time	Activity	Description
Free time		

Monday, 10 th of July		
Time	Activity	Description
9:00 – 12:30	Self-study	Working on final assignment and made a first hand on the reflection report. (Turning in your assignments by e-mail on Wednesday 13 th July 13:00 Marianne.jacobs@hu.nl and marjolein.vanwijk@hu.nl) Homework for module 13: making a serious game.
12:30-13:00	Lunch	
13:00-16:00	Module 11: Workshop Address: Heidelberglaan 15 Room: 1.096	Intercultural care for older people: the way to agetopia (Edwin Hagebeek, MSc)

Tuesday, 11 th of July		
Time	Activity	Description
09:00-11:30	Self study	Working on final assignment and made a first hand on the reflection report. (Turning in your assignments by e-mail on Wednesday 15 th July 13:00 Marianne.jacobs@hu.nl and marjolein.vanwijk@hu.nl)
11:30-15:30	Module 12: Site visit	11:40 meeting point central station Utrecht. We leave by train to Gouda at 11:58 15 minutes' walk from train station Gouda to the nursing home (wear easy fit shoes for walking).

		Health care innovation center Nursing home with people with dementia Zorgpartners Midden Holland, location Prinsenhof (Marianne Jacobs PhD, Marjolein van Wijk MSc, RN)
16.00-18.00	Self study	Working on final assignment and made a first hand on the reflection report.

Wednesday, 12 th of July		
Time	Activity	Description
10:30-12:00	Module 13: lecture, workshop Address: TBA Room: TBA	Palliative sedation (Robbert-Jan de Jonge, MSc, RN)
12:00-13:00	Lunch	Turning in your assignments by e-mail @ 13:00 marianne.jacobs@hu.nl and marjolein.vanwijk@hu.nl
13:00-15:00	Module 14: lecture, workshop Address: TBA Room: TBA	Interprofessional collaboration for community-dwelling older people in primary care setting. Linda Smit, PhD, RN, Marjolein van Wijk MSc., RN.

Thursday, 13 th of July		
Time	Activity	Description
09:00-12:00	Module 6b: Lecture, workshop Address: Heidelberglaan 7 Room: 1.071	New technology for learning about older people (part 2) (Vera Habes, MSc, RN)
12:00 – 14:00	Module 15: Meet and greet Address: Heidelberglaan 7 Room: 1.071	Lunch with a Golden Oldie Bert Gulickx. Bring your own: make/bring some typical local food/dish/drink to this lunch of your own country.

Friday, 14 th of July		
Time	Activity	Description
08:30-9:00	Check out	
9:30-11:00	Module 6c: Film presentations Address: Heidelberglaan 7 Room: 1.071	New technology for learning about older people Film Presentations
11:00 – 12:00	Module 16: Evaluation and closing course Address: Heidelberglaan 7 Room: 1.071	Course evaluation and certificate ceremony
12:00	Closing summer school	Closing summer school