**Healthy Aging**

**08.07.2024 - 19.07.2024**

*Nb. Preliminary programme based on last year’s template, there might be changes in the programme*

Course Director: Marianne Jacobs, PhD and *Sophie van Mierlo, MSc, RN*

E-mail:[*marianne.jacobs@hu.nl*](mailto:marianne.jacobs@hu.nl) *and* [*sophie.vanmierlo@hu.nl*](mailto:sophie.vanmierlo@hu.nl)

|  |  |  |
| --- | --- | --- |
| **Saturday, 6th 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, 7th 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, 8th 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 1c: Workshop*  *Address: Heidelberglaan 7*  *Room: 3.132* | *Practical information*  *Meet &Greet*  *(Marianne Jacobs, PhD)* |
| 14:30 – 15:30 | *Module 1d: Lecture, workshop*  *Address: Heidelberglaan 7*  *Room: 1.063* | *Proactive health care in the primary care setting.*  *Professor Nienke Bleijenberg,  proactive elderly care,* |
| *15.30-18.00* | *Self-study* | *Working on presentation home assignment (life review with an elderly person 75+)* |

|  |  |  |
| --- | --- | --- |
| **Tuesday, 9th of July** | | |
| **Time** | **Activity** | **Description** |
| *9:00-12:00* | *Module 2: Presentations and discussion*  *Address: Heidelberglaan 7*  *Room: 1.063 and 1.062* | *Presentations home assignment: conduct a life review with an elderly person (75+).*  *(Marianne Jacobs, PhD, Ben Princen, MSc, RN)* |
| 12:00-13:00 | Lunch |  |
| *13:00-14:30* | *Module 3: Lecture, workshop*  *Address: Heidelberglaan 7*  *Room: 3.132* | *Prevention of decline in hospitals*  *(Dr. Roelof Ettema)* |

|  |  |  |
| --- | --- | --- |
| **Wednesday, 10th of July** | | |
| **Time** | **Activity** | **Description** |
| *09:00-12:00* | *Module 4: Seminar, group assignment*  *Address: Heidelberglaan 7*  *Room: 4.056 and 4.059* | *Palliative care, End of Life, Advocacy and Leadership*  *(Riet Ruben MA, RN, Alice Rolink, MSc, RN)* |
| 12:00-13:00 | Lunch |  |
| *13:00-14:30* | *Module 4B: lecture, workshop*  *Address: Heidelberglaan 7*  *Room: 3.132* | *Palliative sedation*  *(Robbert-Jan de Jonge, MSc, RN)* |

|  |  |  |
| --- | --- | --- |
| **Thursday, 11th of July** | | |
| **Time** | **Activity** | **Description** |
| *10:00-12:00* | *Module 5: Lecture, workshop*  *Address: Heidelberglaan 7*  *Room: 3.132* | *Biological aging in perspective*  *(Bart Cuppen, PhD)* |
| 12:00-13:00 | Lunch |  |
| *13:00-16:00* | *Module 6: Lecture, workshop*  *Address: Heidelberglaan 7*  *Room: 0.012* | *Technology: aging in place?*  *(Thijs van Houwelingen, PhD, RN.)* |
| *16:00 – 17:30* | *Module 7a: Lecture, workshop*  *Address: Heidelberglaan 7*  *Room: 3.132* | *New technology for learning about older people (part 1)*  *(Vera Habes, MSc, RN* |

|  |  |  |  |
| --- | --- | --- | --- |
| **Friday, 12th of July** | | | |
| **Time** | **Activity** | **Description** | |
| *9:30 – 11:30* | *Module 8: workshop – experience*  *Address: Heidelberglaan 7*  *Room: 3.059 and 4.042* | *Being 85, Feeling old?*  *(Monique de Voigt, MD)* |  |
| 11:30-12:30 | Lunch |  | |
| *12:30-16:00* | *Module 9: Site visit*  See course pack for details | *Health care innovation center*  *Nursing home with people with dementia*  *Zorgpartners Midden Holland, location Prinsenhof, Gouda*  *(Marianne Jacobs PhD, Sophie van Mierlo MSc, RN)* | |

|  |  |  |
| --- | --- | --- |
| **Saturday, 13th of July** | | |
| **Time** | **Activity** | **Description** |
| Free time |  |  |

|  |  |  |
| --- | --- | --- |
| **Sunday, 14th of July** | | |
| **Time** | **Activity** | **Description** |
| Free time |  |  |

|  |  |  |
| --- | --- | --- |
| **Monday, 15th of July** | | |
| **Time** | **Activity** | **Description** |
| 9:00 – 12:30 | Self-study | *Working on final assignment and made a first hand on the reflection report.* ***Turn in your assignments by e-mail on Wednesday 17th July 13:00 to marianne.jacobs@hu.nl and sophie.vanmierlo@hu.nl***  *Homework for module 13: making a serious game.* |
| 12:30-13:00 | Lunch |  |
| *13:00-16:00* | *Module 10: Workshop*  ***Address: Heidelberglaan 15***  *Room: 4.018* | *Intercultural care for older people: the way to agetopia*  *(Edwin Hagenbeek, MSc)* |

|  |  |  |
| --- | --- | --- |
| **Tuesday, 16th of July** | | |
| **Time** | **Activity** | **Description** |
| *09:00-10:30*  *11:00-12:30* | *Module  11: Site visit*  See course pack for details | *Demeter, Hospice, De Bilt*  *(Marianne Jacobs PhD, Sophie van Mierlo MSc, RN)* |
| 12:30-13:30 | Lunch |  |
| *13.30-17.00* | *Self study* | *Working on final assignment and made a first hand on the reflection report.*   ***(Turning in your assignments by e-mail on Wednesday 12th July 13:00***  [*Marianne.jacobs@hu.nl*](mailto:Marianne.jacobs@hu.nl) and [*sophie.vanmierlo@hu.nl*](mailto:sophie.vanmierlo@hu.nl) ***)*** |

|  |  |  |
| --- | --- | --- |
| **Wednesday, 17th of July** | | |
| **Time** | **Activity** | **Description** |
| *10:30-12:00* | *Module 12: lecture, workshop*  *Address: Heidelberglaan 7*  *Room: 1.063* | *Interprofessional collaboration for community-dwelling older people in primary care setting.*   *Linda Smit MSc., RN.* |
| 12:00-13:00 | Lunch | ***Turning in your assignments by e-mail @ 13:00*** [*marianne.jacobs@hu.nl*](mailto:marianne.jacobs@hu.nl) ***and*** [*sophie.vanmierlo@hu.nl*](mailto:%20sophie.vanmierlo@hu.nl) |
| *13:00-15:00* | *Module 7b: Lecture, workshop*  *Address: Heidelberglaan 7*  *Room: 1.063* | *New technology for learning about older people (part 2)*  *(Vera Habes, MSc, RN)* |

|  |  |  |
| --- | --- | --- |
| **Thursday, 18th of July** | | |
| **Time** | **Activity** | **Description** |
| *10:00-12:00* | *Module 13: lecture, workshop*  *Address: Heidelberglaan 7*  *Room: 3.132* | *Psychological and social aging*  *Marianne Jacobs, PhD.* |
| *12:00 – 14:00* | *Module 14: Meet and greet*  *Address: Heidelberglaan 7*  *Room: 3.132* | *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, 19th of July** | | |
| **Time** | **Activity** | **Description** |
| 08:30-9:00 | Check out |  |
| *9:00-9:45* | Module 7c: Film presentations  *Address: Heidelberglaan 7*  *Room: 3.132* | *New technology for learning about older people*  *Film Presentations* |
| *9:45 – 10:30* | *Module 15: Evaluation and closing course*  *Address: Heidelberglaan 7*  *Room: 3.132* | *Course evaluation and certificate ceremony* |
| *12:00* | *Closing summer school* | *Closing summer school* |