**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* *and* *sophie.vanmierlo@hu.nl*

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| **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.*  |

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| **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.*  |

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| **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+)*  |

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| **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)*  |

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| **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)* |

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| **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* |

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| **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)*  |

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

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

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| **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)*    |

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| **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* and *sophie.vanmierlo@hu.nl* ***)***  |

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| **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* ***and*** *sophie.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)*  |

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| **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.*  |

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| **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*  |