

Healthy Aging – Program

07.07.2025 - 18.07.2025

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

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Nb. Please visit https://utrechtsummerschool.nl/social_programme for the social programme

Saturday, 5 th 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, 6 th 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, 7 th of July		
Time	Activity	Description
9:00-11:00	Module 1: Opening summer school Address: Heidelberglaan 7 Room: 2.058	9:00: Walk in 9:30: Official opening summer school by Eva Povel, MSc, Director of the Institute of Nursing studies. Introduction to the Dutch health care system
11:00 – 14:30	Module 2: Workshop Address: Heidelberglaan 7 Room: TBA	Practical information and Meet & Greet Marianne Jacobs, PhD and Sophie van Mierlo, MSc, RN
14:30-15:30	Module 3: Lecture Address: Heidelberglaan 7 Room: TBA	Proactive health care in the primary care setting. Nienke Bleijenberg, PhD, RN, Professor proactive care for older people living at home
15.30-17.00	Self-study	Working on presentation home assignment: Life review with an older person

Tuesday, 8 th of July		
Time	Activity	Description
9:00-12:00	Module 4: Presentations and discussion Address: Heidelberglaan 7 Room: TBA	Presentations home assignment: conduct a life review with an elderly person (75+). Marianne Jacobs, PhD and Sophie van Mierlo, MSc, RN
12:00-13:00	Lunch	
13:00-14:30	Module 5: Lecture, workshop Address: Heidelberglaan 7 Room: TBA	Prevention of decline in hospitals Roelof Ettema, PhD, RN

Wednesday, 9 th of July		
Time	Activity	Description
09:00-12:00	Module 6: Group assignment Address: Heidelberglaan 7 Room: TBA	Palliative care, End of Life, Advocacy and Leadership Riet Ruben MA, RN and Tanja Schaftenaar, MSc, RN
12:00-13:00	Lunch	
13:00-14:30	Module 7: Lecture Address: Heidelberglaan 7 Room: TBA	Palliative sedation Robbert-Jan de Jonge, MSc, RN

Thursday, 10 th of July		
Time	Activity	Description
10:00-12:00	Module 8: Lecture, workshop Address: Heidelberglaan 7 Room: TBA	Biological aging in perspective Bart Cuppen, PhD, MD
12:00-13:00	Lunch	
13:00-15:00	Module 9: Lecture Address: Heidelberglaan 7 Room: TBA	Psychological and social aging Marianne Jacobs, PhD.

Friday, 11 th of July		
Time	Activity	Description
9:00-12:00	Self-study	Working on final assignment and reflection report. Turn in your assignments by e-mail on Thursday 17 th of July 9:00 to marianne.jacobs@hu.nl and sophie.vanmierlo@hu.nl
12:00-13:00	Lunch	
13:00-15:00	Module 10: Workshop / experience Address: Heidelberglaan 7 Room: TBA	Being 85, feeling old? Marlieke Siteur and Kelvin Zomer, BSc

Saturday, 12 th of July		
Free time		

Sunday, 13 th of July		
Free time		

Monday, 14 th of July		
Time	Activity	Description
9:00 – 12:30	Site Visit	TBA
12:30-13:00	Lunch	
13:00-16:00	Module 12: Workshop Address: Heidelberglaan 15 Room: TBA	Intercultural care for older people: the way to agetopia Edwin Hagenbeek, MSc, RN

Tuesday, 15 th of July		
Time	Activity	Description
9:00-12:00	Module 13: Workshop Address: Heidelberglaan 7 Room: TBA	Technology: aging in place? Thijs van Houwelingen, PhD, RN
12:00-13:00	Lunch	
13:00-15:00	Self-study	Working on final assignment and reflection report. Turn in your assignments by e-mail on Thursday 18 th of July 9:00 to marianne.jacobs@hu.nl and sophie.vanmierlo@hu.nl

Wednesday, 16 th of July		
9:00 – 12:00	Module 14: Workshop Address: Heidelberglaan 7 Room: TBA	New technology for learning about older people (part 1) Vera Habes, MSc, RN and Sophie van Mierlo, MSc, RN
12:00-13:00	Lunch	
13:00-16:00	Module 15: Site visit See course pack for details	Diakonessenhuis, De Bilt Marianne Jacobs PhD and Sophie van Mierlo MSc, RN

Thursday, 17 th of July		
Time	Activity	Description
9:00-12:00	Module 16: Workshop Address: Heidelberglaan 7 Room: TBA	New technology for learning about older people (part 2) Vera Habes, MSc, RN and Sophie van Mierlo, MSc, RN
12:00 – 14:00	Module 17: Meet and greet Address: Heidelberglaan 7 Room: TBA	Lunch: Bring your own: make/bring some typical local food/dish/drink to this lunch of your own country.

Friday, 18 th of July		
Time	Activity	Description
08:30-9:00	Check out	
9:00 – 12:00	Module 18: Evaluation and closing course Address: Heidelberglaan 7 Room: TBA	New technology for learning about older people Film Presentations Course evaluation and certificate ceremony Vera Habes, MSc, RN, Marianne Jacobs, PhD and Sophie van Mierlo, MSc, RN
12:00	Closing summer school	Closing summer school