

## Healthy Aging 08.07.2019 - 19.07.2019

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

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### Week 1

#### Saturday, 6<sup>th</sup> 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, 7<sup>th</sup> 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.
18:00-19:00	Dinner	

#### Monday, 8<sup>th</sup> of July

Time	Activity	Description
08:00-09:00	Breakfast	
09:30-11:00	Module 1a: Opening summer school Address: Heidelberglaan 7 Room: HL7 2.058	Opening summer school. Pick up course map etc.
11:00 – 12:00	Module 1b: lecture, workshop Address: Heidelberglaan 7 Room: 2.058	Introduction to healthy Aging and the Dutch health care system
12:00-13:00	Lunch	
13:00 – 14:00	Module 1c: Lecture, workshop Address: Room:	Proactive health care in the primary care setting. Professor Nienke Bleijenbergh, proactive elderly care,
14:00-16:00	Module 1d: Workshop Address: Room:	Practical information Meet & Greet (Marjolein van Wijk, MSc, RN)
16:00-18:00	Self-study	Working on presentation home assignment (life review with an elderly person 65+)
18:00-19:00	Dinner	

#### Tuesday, 9<sup>th</sup> of July

Time	Activity	Description
08:00-09:00	Breakfast	
09:00-12:00	Module 2: Lecture, workshop Address: Room:	Technology: aging in place? (Thijs van Houwelingen, PhD, RN, Yvonne van Koppershoek MSc, RN PhD candidate)
12:00-13:00	Lunch	
13:00-14:30	Module 3: Lecture, workshop	Biological aging in perspective, Bart Cuppen, PhD.
14:30 – 18:00	Self-study	Working on presentation home assignment (life review with an elderly person 65+)
18:00-19:00	Dinner	

## Wednesday, 10<sup>th</sup> of July

Time	Activity	Description
08:00-09:00	Breakfast	
09:00-12:00	Module 4a: Seminar, group assignment Address: Room:	Palliative care, End of Life, Advocacy and Leadership (Riet Ruben MA, RN. and Karin van Pijpen RN)
12:00-13:00	Lunch	
13:00-14:30	Module 4b: lecture, workshop Address: Room:	Palliative sedation (Robbert Jan de Jonge, MA, RN)
15:00 – 16:30	Module 5: Lecture, workshop Address: Room:	Serious Soaps, new technology for learning about older people (Vera Habes, MSc, RN)
17:00 –	Opening ceremony Utrecht Summer School Address: Janskerk Janskerkhof 26	The Utrecht Summer School 2019 will officially be opened during the Opening Ceremony. There will be interesting speakers welcoming you to Utrecht, including the Mayor of Utrecht.
18:00-19:00	Dinner	

## Thursday, 11<sup>th</sup> of July

Time	Activity	Description
08:00-09:00	Breakfast	
10:00-12:00	Module 6: Lecture, workshop Address: Room:	The importance of oral care in old age. (Babette Everaars, MSc. PhD candidate)
12:00-13:00	Lunch	
13:00-16:00	Module 7: Presentations and discussion Address: Room:	Presentations home assignment: conduct a life review with an elderly person (65+). (Marianne Jacobs, PHd. and Marjolein van Wijk, Msc. RN)
18:00-19:00	Dinner	

## Friday, 12<sup>th</sup> of July

Time	Activity	Description
08:00-09:00	Breakfast	
9:00 – 12:00	Module 8: Site visit	Health care innovation center Nursing home with people with dementia Zorgpartners Midden Holland, location Prinsenhof (Sytske Seetz, Marianne Jacobs, Marjolein van Wijk)
12:00-13:00	Lunch	
13:00-15:30	Module 9: workshop - experience Address: Heidelberglaan 7 Room:	Being 85, Feeling old? (Monique de Voigt, MD)

## Week 2

### Saturday, 13<sup>th</sup> of July

Time	Activity	Description
Free time		

### Sunday, 14<sup>th</sup> of July

Time	Activity	Description
18:00-19:00	Dinner	

### Monday, 15<sup>th</sup> of July

Time	Activity	Description
08:00-09:00	Breakfast	
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 11 <sup>th</sup> July 13:00 <a href="mailto:Marianne.jacobs@hu.nl">Marianne.jacobs@hu.nl</a> and <a href="mailto:marjolein.vanwijk@hu.nl">marjolein.vanwijk@hu.nl</a> )
12:30-13:00	Lunch	
14:00-16:30	Module 12: Site visit	Senior friendly hospital Diakonessenhuis, Utrecht (Lotte Kramer MSc RN)
18:00-19:00	Dinner	

## Tuesday, 16<sup>th</sup> of July

Time	Activity	Description
08:00-09:00	Breakfast	
09:00-12:30	Module 13: Site visit	Technology @ home Woerden  (Together with SS Public Health and Engenering and 21 <sup>st</sup> century skills for health care professionals)
12:30-13:00	Lunch	
13:00-16:00	Module 14: lecture, workshop Room:	Intercultural care for older people: the way to agetopia (Edwin Hagebeek, MSc)
16.00-18.00	Self study	
18:00-19:00	Dinner	

## Wednesday, 17<sup>th</sup> of July

Time	Activity	Description
08:00-09:00	Breakfast	
10:00-12:00	Module 15: lecture, workshop Room:	Prevention of malnutrition in hospitals Debbie ten Cate, MSc, RN, PhD candidate.
12:00-13:00	Lunch	<b>Turning in your assignments by e-mail @ 13:00</b> <a href="mailto:marianne.jacobs@hu.nl">marianne.jacobs@hu.nl</a> and <a href="mailto:marjolein.vanwijk@hu.nl">marjolein.vanwijk@hu.nl</a>
13:00-16:00	Module 16: lecture, workshop Room:	Prevention of decline in hospitals Dr. Roelof Ettema
18:00-19:00	Dinner	

## Thursday, 18<sup>th</sup> of July

Time	Activity	Description
08:00-09:00	Breakfast	
09:00-10:30	Module 10: Lecture, workshop Room:	Interprofessional Education Program in primary care setting Linda Smit, MSc, RN, PhD candidate.
11:00 – 12:30	Module 11: Lecture, workshop Room:	Polypharmacy in organisational contexts. Nienke Dijkstra, MSc, RN, PhD candidate
13:00 – 15:00	Module 17: meet and greet	Lunch with a Golden Oldie Bert Gulickx
18:00-19:00	Dinner	

**Friday, 19<sup>th</sup> of July**

<b>Time</b>	<b>Activity</b>	<b>Description</b>
08:00-09:00	Breakfast	
09:00-10:00	Check out	
9:30-10:30	<i>Module 16: Evaluation and closing course</i>	<i>Course evaluation and certificate ceremony</i>
11:30-12:00	<i>Closing ceremony summer school</i>	<i>Closing ceremony summer school</i>