

## Healthy Aging – Preliminary Program

**08.07.2024 - 19.07.2024**

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

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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.

Monday, 8 <sup>th</sup> of July		
Time	Activity	Description
9:30-11:00	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 – 12:30	Module 2: Workshop Address: Heidelberglaan 7 Room: 4.056	Practical information and Meet & Greet Marianne Jacobs, PhD and Sophie van Mierlo, MSc, RN
12:30-13:30	Lunch	
13:00-14:30	Module 3: Lecture Address: Heidelberglaan 7 Room: 4.056	Proactive health care in the primary care setting. Nienke Bleijenbergh, PhD, RN, Professor proactive care for older people living at home
14.30-17.00	Self-study	Working on presentation home assignment: Life review with an older person

Tuesday, 9 <sup>th</sup> of July		
Time	Activity	Description
9:00-12:00	Module 4: Presentations and discussion Address: Heidelberglaan 7 Room: 4.056 and 4.059	Presentations home assignment: conduct a life review with an elderly person (75+). Marianne Jacobs, PhD and Hennie Valkenburg, MEd
12:00-13:00	Lunch	
13:00-14:30	Module 5: Lecture, workshop Address: Heidelberglaan 7 Room: 4.056	Prevention of decline in hospitals Roelof Ettema, PhD, RN

Wednesday, 10 <sup>th</sup> of July		
Time	Activity	Description
09:00-12:00	Module 6: Group assignment Address: Heidelberglaan 7 Room: 4.056 and 4.059	Palliative care, End of Life, Advocacy and Leadership Riet Ruben MA, RN and Alice Rolink, MSc, RN
12:00-13:00	Lunch	
13:00-14:30	Module 7: Lecture Address: Heidelberglaan 7 Room: 4.056	Palliative sedation Robbert-Jan de Jonge, MSc, RN

Thursday, 11 <sup>th</sup> of July		
Time	Activity	Description
10:00-12:00	Module 8: Lecture, workshop Address: Heidelberglaan 7 Room: 4.056	Biological aging in perspective Bart Cuppen, PhD, MD
12:00-13:00	Lunch	
13:00-15:00	Module 9: Lecture Address: Heidelberglaan 7 Room: 4.056	Psychological and social aging Marianne Jacobs, PhD.

Friday, 12 <sup>th</sup> 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 18th of July 9:00 to marianne.jacobs@hu.nl and sophie.vanmierlo@hu.nl
13:00-15:00	Module 10: Workshop / experience Address: Heidelberglaan 7 Room: 3.042 and 3.046	Being 85, feeling old? Marlieke Siteur and Kelvin Zomer, BSc

Saturday, 13 <sup>th</sup> of July		
Free time		

Sunday, 14 <sup>th</sup> of July		
Free time		

Monday, 15 <sup>th</sup> of July		
Time	Activity	Description
9:00 – 12:30	Module 11: Site visit See course pack for details	Demeter, Hospice, De Bilt Marianne Jacobs PhD and Sophie van Mierlo MSc, RN
12:30-13:00	Lunch	
13:00-16:00	Module 12: Workshop <b>Address: Heidelberglaan 15</b> <b>Room: 3.058</b>	Intercultural care for older people: the way to agetopia Edwin Hagenbeek, MSc, RN

Tuesday, 16 <sup>th</sup> of July		
Time	Activity	Description
9:00-12:00	Module 13: Workshop Address: Heidelberglaan 7 Room: 0.012	Technology: aging in place? Thijs van Houwelingen, PhD, RN
12:00-13:00	Lunch	
13.00-15.00	Module 14: Lecture, workshop Address: Heidelberglaan 7 Room: 4.056	Interprofessional collaboration for community-dwelling older people in primary care setting. Linda Smit PhD, RN

Wednesday, 17 <sup>th</sup> of July		
9:00 – 12:00	Module 15: Workshop Address: Heidelberglaan 7 Room: 4.056	New technology for learning about older people (part 1) Vera Habes, MSc, RN and Sophie van Mierlo, MSc, RN
13:00-16:00	Module 16: Site visit See course pack for details	Diakonessenhuis, De Bilt Marianne Jacobs PhD and Sophie van Mierlo MSc, RN

Thursday, 18 <sup>th</sup> of July		
Time	Activity	Description
9:00-12:00	Module 10b: Workshop Address: Heidelberglaan 7 Room: 4.056	New technology for learning about older people (part 2) Vera Habes, MSc, RN and Sophie van Mierlo, MSc, RN
12:00 – 14:00	Module 16: Meet and greet Address: Heidelberglaan 7 Room: Open space next to 2.070	Lunch: Bring your own: make/bring some typical local food/dish/drink to this lunch of your own country.

Friday, 19 <sup>th</sup> of July		
Time	Activity	Description
08:30-9:00	Check out	
9:00 – 12:00	Module 17: Evaluation and closing course Address: Heidelberglaan 7 Room: 4.056	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