



Hanze
University of Applied Sciences
Groningen



NEW 2018

School of Health Care Studies
International Health Care School

Summerschool
Healthy Ageing

share your talent. move the world.

Summerschool

Growing up and ageing in good health, that is what Healthy Ageing is about. It is not only the healthcare field which is involved with healthy aging, technological developments can also contribute to a healthy lifestyle in children, adults and seniors. By combining disciplines such as healthcare and new technology, the Healthy Ageing programme offers a new and innovative approach. Innovations include recent developments in the provision of health care, the growth of e-health (information and communication technology in health care) as well as in special-needs or modular housing.

During the summerschool you will investigate, together with students from other countries, how people can age in a healthy way. As life expectancies increase, so does the importance of reducing the number of illness years. Improved treatment methods are being developed to this end. This intensification of healthcare is raising the cost of treatments. However, by using smart technological and non-technological innovations, we can optimise the quality and implementability of the care and keep it affordable.

Developments in healthcare

Health care is currently in the spotlight. Changes in the healthcare landscape are making the news almost every day. In this summerschool you will look not only at aspects of physical, social and mental health, but especially at how care provision can be optimised. How can you shift the focus for curing diseases towards self-management, positive psychology, maximising one's own capacity and sense of empowerment? How can care be organised more efficiently and effectively? How can designs be more oriented? What technological aids can be deployed to ensure that seniors can live independently for as long as possible while maintaining a good quality of life? Or how can children with a propensity for becoming obese be educated to eat healthy and nutritious food?

In this summerschool you will find out more about life course psychology and the positive influence of directing one's own behaviour, impact of taking control and responsibility of ones own behaviour. You will gain insight into wider societal issues and ethical dilemmas. You will further explore the possibilities that technology offers for the development of new health care concepts. Examples are the design of an app that brings together volunteers and help-seekers, a serious game about healthy nutrition, and an aid that helps people measure the effect of certain healthy or unhealthy behaviours on blood pressure. You will also learn more skills that will enable you to communicate with your target group. From the

beginning of the summerschool you will work in a multidisciplinary team on the project assignment within one of the four of the innovation labs Healthy Ageing. These assignments will come from external customers, which means that you will be working on real issues from practice.

Innovation labs Healthy Ageing

The innovation labs are staffed by researchers, teachers, students, companies, and healthcare and welfare institutions who cooperate in searching for solutions to problems in the field of Healthy Ageing. At the moment there are four labs that focus on the following themes:

- healthy lifestyle
- self-management and empowerment
- vulnerable seniors
- staying active with a physical or mental handicap

Practical information:

Period:

May- June, look for the exact dates on our website, www.hanze.nl/ihs

Profile prospective students:

Students have a background in sport studies, nursing, allied health care studies, midwifery, social studies or human technology studies, and completed the first year of their bachelor, undergraduate or associate degree. Students have experience with working in teams on a project basis and have developed research skills. No general education on these two topics will be offered. As a student you will work in an international interprofessional team. Useful additional personal characteristics for participation in such a team are: an open mind, the ability to listen actively, tolerance, flexibility, transparency in motives, interests and values. Students master the English language: Academic IELST 6.5 overall, or TOEFL Internet Based Test 80 or TOEFL Paper Based Test 550, or Dialang level B2

Group size:

25 students

Application deadline:

April 1st

Course fee:

Expenses differ per student based on whether the home university is a partner of Hanze UAS or not. For the latest information about the course fee, please check our website.

Course credits:

6 credits (ECTS. 1 EC = 28 hours)

Contact person

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