



## INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

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<b>TITLE</b>	Dr. ir.
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<b>PRESENT POSITION</b>	Professor ( <i>in Dutch: lector</i> ) of Living Well with Dementia
<b>HIGHEST ACADEMIC QUALIFICATION</b>	PhD



**Dr. ir. Simone de Bruin** is Professor (*in Dutch: lector*) of Living Well with Dementia at the Department of Health and Well-being of Windesheim University of Applied Sciences, Research Group Living Well with Dementia. Simone studied Household and Consumer Sciences at Wageningen University, and graduated with distinction in 2001. She subsequently worked as a researcher at TNO and Wageningen University, where she completed her PhD research in 2009 which focused on care farming as an innovative form of dementia care. From 2009 until 2020, she worked as a senior researcher at the Dutch National Institute for Public Health and the Environment (RIVM) mainly on projects on care and support of older people and people with dementia and their family caregivers. Since January 2021, she is leading the research group Living Well with Dementia at Windesheim University of Applied Sciences. By conducting practice-based qualitative research, this research group aims to contribute to better lives for people with dementia and their families. The focus of the research group is on people's abilities rather than on their limitations and challenges posed by the disease. This implies that important themes in the work of the group include autonomy, dignity, inclusion, meaningfulness, participation, and well-being of people with dementia and their families. Research lines of the Living Well with Dementia research group are: 1. The meaning of living well with dementia; 2. Innovations in the living and care environments of people with dementia, and 3. Access to and alignment of dementia care and support services. Research designs of the research group are often guided by the principles of participatory action research, including co-creation between stakeholders from research, practice, and education. As such, findings of research find their way into professional practice and educational programs of (future) health and social care professionals. Simone de Bruin has a long track record of project coordination, including complex collaborative research projects (e.g. Horizon 2020), and has published in a wide range of (scientific) journals.

### AREAS OF EXPERTISE

Main focus of my research is to enable living well with dementia from different angles (i.e. individual with dementia, social system around people with dementia, living and care environment, and society as a whole). Themes in our research include: perspectives on living well with dementia, tensions that challenge living well with dementia, framing of dementia, social innovations supporting living well with dementia (for people with dementia, family caregivers, health and social care professionals) and collaboration and alignment of (dementia) care. Research designs of my research group are often guided by the principles of participatory action research, including co-creation between dementia care stakeholders from research, practice, and education: people with

dementia, informal caregivers, health and social care professionals, students, teachers and social entrepreneurs. My research projects mostly have qualitative research designs using creative and inclusive data collection methods including narrative interviews, observations, photo voice, photo elicitation and cultural probes.

## KEY PUBLICATIONS

1. Vos EE, **De Bruin SR**, Van der Beek AJ, Proper KI (2021). "It's like juggling, constantly trying to keep all balls in the air": a qualitative study of the support needs of working caregivers taking care of older adults. *International Journal of Environmental Research and Public Health* 18 (11), 5701.
2. **De Bruin SR**, Pedersen I, Eriksen S, Hassink J, Vaandrager L, Patil GG (2020). Care farming for people with dementia; what can healthcare leaders learn from this innovative care concept? *Journal of Healthcare Leadership*. 12:11-18.
3. **De Bruin SR**, Buist Y, Hassink J, Vaandrager L (2019). 'I want to make myself useful': The value of nature-based adult day services in urban areas for people with dementia and their family carers. *Ageing & Society*: 41(3): 582-604.
4. **De Bruin SR**, De Boer B, Beerens H, Buist Y, Verbeek H (2017). Rethinking dementia care; the value of green care farming, *JAMDA*, 18(3): 200-203.
5. **De Bruin SR**, Billings J, Stoop A, Lette M, Ambugo EA, Gadsby E, Hausler C, Obermann K, Paat-Ahi G, Reynolds J, Ruppe G, Tram N, Wistow G, Zonneveld N, Nijpels G, Baan CA *on behalf of the Horizon 2020 SUSTAIN consortium* (2020). Different contexts, similar challenges. SUSTAIN's experiences with improving integrated care in Europe. *International Journal of Integrated Care*. 20(2):17

## RELEVANT RESEARCH ACTIVITY

### Grant funding (*selection*)

2021-2022	In 2021, I started with my new position at Windesheim University of Applied Sciences. I have coordinated and/or contributed to five project proposals so far. Early 2022, we will hear whether or not these grants will be funded. Themes of the grants are: 1. Learning communities in dementia care; 2. Framing of dementia, and VR to reduce dementia fear; 3. AI to support independent living with dementia; 4. Adoption of technology supporting quality of life in nursing homes and 5. Advanced care planning.
2020-2021	Knowledge synthesis of the National COVID-19 strategy for older people (including people with dementia) living at home, funded by the Dutch Ministry of Health Welfare and Sport (€172.000). Researchers involved: Thomas Kuijpers, Fatiha Baâdoudi, Babette Everaars, Gerrie-Cor Herber, Annemieke Spijkerman, Simone de Bruin. I coordinated the grant proposal development, and was involved in the research execution from October 2020 until December 2020.
2019-2021	Evaluation of integrated care networks for older people (including people with dementia), funded by the Dutch Ministry of Health Welfare and Sport (€478.000). Researchers involved: Lidwien Lemmens, Maarten Beijer, Fatiha Baâdoudi, Simone de Bruin. I coordinated the grant proposal development and research execution from September 2019 until December 2020.
2019-2023	Supporting working informal caregivers who take care of their older relatives (including people with dementia), funded from the RIVM Strategic Programme (€267.000). Researchers involved: Eline Vos, Karin Proper, Allard van der Beek, Henk Hilderink, Simone de Bruin. I contributed to the grant proposal, led one of the work packages (September 2019-December 2020), and am involved as a supervisor of a PhD candidate.
2019-2021	Principles for designing healthy communities for frail older people (including people with dementia), funded from the RIVM Strategic Programme (€307.000). Researchers involved: Hanneke Kruize, Lidwien Lemmens, Lea den Broeder, Annemarie Ruijsbroek, Sharell Bas, Simone de Bruin. I contributed to the grant proposal and led one of the work packages (September 2019-December 2020).
2019-2022	Adopting broader approaches to health in health and social care, funded by the Dutch Ministry of Health Welfare and Sport (€394.000). Researchers involved: Lidwien Lemmens, Ankie de Bekker, Maarten Beijer, Simone de Bruin. I coordinated the grant proposal development and research execution from September 2019 until December 2020.

2015-2017	Empowerment of people with dementia: care farms as an alternative to traditional care environments, funded by the Dutch Alzheimer Society (€150.000). Researchers involved: Hilde Verbeek, Bram de Boer, Hanneke Beerens, Yvette Buist, Simone de Bruin. I coordinated the grant proposal development together with Hilde Verbeek, and was project manager of the project.
2015-2019	SUSTAIN: sustainable tailored integrated care for older people living at home, funded from Horizon 2020 – the Framework Programme for Research and Innovation (2014-2020) (€5.888.000). Researchers involved: Caroline Baan, Giel Nijpels, Annerieke Stoop, Manon Lette, and researchers of the SUSTAIN consortium. I co-coordinated the grant proposal development and was project manager of the project.

#### PhD candidate supervision

2019 – present	Mw. E. Vos, National Institute for Public Health and the Environment, Bilthoven and VU University, Amsterdam, the Netherlands. Project title: Supporting working informal caregivers who take care of their older relatives.
2015 – 2020	Mw. A. Stoop, National Institute for Public Health and the Environment, Bilthoven; Tilburg University, Tilburg and VU University, Amsterdam, the Netherlands. Project title: Improving integrated care for older people from a European perspective.
2015 – 2020	Mw. M. Lette, VU University, Amsterdam, the Netherlands. Project title: Integrating health and social care for older people living at home.
2015 – 2020	Dhr. B. Finnanger Garshol, NMBU University of Life Sciences, As, Norway. Project title: Care farming for people with dementia.

#### CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE (*selection*)

- **Living well with dementia project:** qualitative research project in which we explore the perspectives of individuals with dementia, their informal caregivers, and health and social care professionals on the meaning of 'living well with dementia', and identify factors that potentially challenge to live well.
- **'See the person not just the condition' with the DEMENZIEN-method:** qualitative research project using a participatory action research design in which we implement and further develop the DEMENZIEN-method in nursing homes. With the ultimate goal to improve relationships between people with dementia, their informal caregivers and care professionals in nursing homes, and as such maintain autonomy, dignity and wellbeing.
- **On our way to providing better care to people with a migration background:** qualitative research project using a participatory action research design in which we develop and implement a tool for casemanagers which they can use to deal with challenging behaviour of people with dementia with a migration background.
- **Nature-based interventions for people with a migration background:** qualitative research project in which we explore the needs of people with dementia regarding adult day care, and explore the potential of nature-based interventions (e.g. care farms, green urban initiatives) for this group.

#### HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM

I look forward to collaborating with the other members of the INTERDEM-network and to contributing jointly to more quality of life for people with dementia and their informal caregivers. My contribution will consist of sharing insights from our research projects, and more specifically sharing our learnings with regard to enabling to live well with dementia. Additionally, we aim to share our experiences with the different creative and inclusive methods for data collection. We are very motivated to learn from the experiences from other INTERDEM-partners. We still have a lot to learn when it comes to engaging people with dementia (with different cultural backgrounds) and therefore will join INTERDEM-meetings with an open attitude and with the intention to build learning connections. As a university of applied sciences, we always aim for close collaboration between science, care practice and education. This means that we have a lot of experience with co-creation with various stakeholders including people with dementia, informal caregivers, health and social care professionals, managers, students, teachers and social entrepreneurs. We are very motivated to share these experiences, and exchange with INTERDEM-partners how such collaborations can be used to their full potential so as to create new scientific knowledge while at the same time improve current practice in dementia care.