INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

NAME: Lizzy Boots
TITLE: dr.
PROFESIONAL GROUPING: psychologist
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PRESENT POSITION: researcher and coordinator psychosocial research Alzheimer Centre Limburg
HIGHEST ACADEMIC QUALIFICATION (e.g. PhD, MD etc.): PhD

PROFILE OF MEMBER: The Alzheimer Centre Limburg (ACL) is an expert centre on dementia that aims to improve the quality of life of people with dementia and their caregivers by research, patient care and community projects. As a researcher Boots is responsible for project management, acquiring funding and supervising PhD students of various studies, particularly aimed at the development, evaluation and implementation of psychosocial (eHealth) interventions. As the coordinator of psychosocial research Boots strengthens the infrastructure of the ACL by maintaining collaborations with regional, euregional and international research centres and other partners such as health care institutions, end-users, developers, municipalities, health insurers, policy makers, patient organisations and other stakeholders with a strong focus on implementation of effective interventions. She contributes to the PR of the centre by giving lectures, interviews and contributions to national initiatives and media exposure. Boots represents the Alzheimer Centre Limburg in the coordination meetings with Alzheimer Nederland and the other Alzheimer Centres in the Netherlands. Within the ACL she is the chair of the Partner in Balance team that currently exists of 9 people. Boots chairs the monthly meetings of the PiB working group coordinating the different PiB activities and projects.

AREAS OF EXPERTISE: The PhD research of Boots (defence date July 1st 2016) focused on needs of people with dementia and their carers during the early stages of the disease and potential gaps in available care. This resulted in the "Partner in Balance" (PiB) program, a now widely-used and frequently requested intervention to effectively support caregivers of people with dementia post-diagnosis. As a postdoctoral researcher, she is investigating the further applications of PiB as a transdiagnostic tool for caregivers (e.g. young-onset, Frontotemporal dementia, Parkinson's disease, Huntington's disease) and the implementation of PiB and other eHealth products developed within the Alzheimer Centre Limburg. The impact of her research is by publications in several high-impact journals, various invited lectures, intensive media-attention and the adoption of PiB in memory clinics, mental health care, and case management organizations. As an ambitious and devoted psychologist, her personal goal is to translate knowledge on psychosocial needs into care innovations and implement them into daily practice. Boots pursues an academic career based on her expertise in dementia care eHealth innovations and their sustainable implementation.

KEY PUBLICATIONS (Max. 5):
Duits, A.A., **BOOTS, L.M.M**., Mulders, A.E.P., Moonen, A., & de Vugt, M.E. (2020). Covid proof self-management training for caregivers of patients with Parkinson's Disease: Parkinson Partner in Balance, an online intervention. Movement Disorders. DOI: 10.1002/mds.28457 **IF: 8.324**

Christie, H.L., **BOOTS, L.M.M.,** Hermans, I., Tange, H.J., Verhey, F.R.J. & De Vugt, M.E. (2020). Evidence-based eHealth interventions for caregivers of people with dementia (Myinlife and Partner in Balance): Evaluation of implementations in municipality contexts, JMIR Aging. DOI: 10.2196/21629 **IF: 5.175**

BOOTS, L.M.M., de Vugt, Kempen, G.I.J.M., & Verhey, F.R.J. (2018). Effectiveness of the blended-care self-management intervention for family caregivers of people with early-stage dementia (Partner in Balance): results of a randomized controlled trial. Journal of Medical Internet Research. DOI: 10.2196/10017. **IF: 4.945**

BOOTS, L.M.M., de Vugt, M.E., Smeets, C.M.J., Kempen, G.I.J.M., & Verhey, F.R.J. (2017). Implementation of the blended care self-management program for caregivers of people with early-stage dementia (Partner in Balance): process evaluation of a randomized controlled trial. Journal of Medical Internet Research. DOI: 10.2196/jmir.7666. **IF: 4.945**

BOOTS, L.M.M., de Vugt, M.E., van Knippenberg, R.J., Kempen, G.I.j.M., & Verhey, F.R.J. (2014). A systematic review of Internet-based supportive interventions for caregivers of patients with dementia. International Journal of Geriatric Psychiatry. DOI: 10.1002/gps.4016. **IF: 3.141** Highly Cited Paper

RELEVANT RESEARCH ACTIVITY:

Competitive funding by third parties

Name project:	Trial-based effectiveness and cost-effectiveness of the Partner in Balance intervention to self-manage mild dementia via blended eHealth psycho-education and behavioural modelling for the care partner coached by a dementia care professional
Period	2021-2025
Project coordinator:	dr. Ron Handels/prof dr. ME de Vugt/ dr. LMM Boots
Funded by:	ZonMw
Sum of contract in Euro's:	€ 341.280
Sum to personal CV:	€ 170.640

Name project:	Huntington Partner in Balance: online self-management for partners/caregivers of persons with Huntington Disease (HD)
Period	2021-2022
Project coordinator:	dr. Annelien Duits
Project members:	prof dr. ME de Vugt/dr. M. Oosterloo/dr. LMM Boots
Funded by:	the European Huntington's Disease Network ("EHDN"),
Sum of contract in Euro's:	€ 49.805
Sum to personal CV:	€ 24.903

Name project:	Adapting and testing an intervention for carers of people with dementia - CARECOACH
Period:	2020-2026
Project coordinator:	University of East-Anglia; prof. dr. Chris Fox | NL lead prof. dr. ME de Vugt/ dr. LMM Boots
Funded by:	NIHR; National Institute for Health Research (UK)
Total sum in Euro's:	€ 2.123.665
Sum of contract in Euro's:	€ 201.371
Sum to personal CV:	€ 100.686

Name project:	Sustainability and viability of Partner in Balance during COVID-19
Period:	2020
Project coordinator:	prof. dr. ME de Vugt/ dr LMM Boots
Funded by:	ZonMW
Sum of contract in Euro's:	€ 50.000
Sum to personal CV:	€ 25.000

Name project:	Medical Inspiration Award 'Implementation of Partner in Balance'
Period:	2018-2020
Project coordinator:	LMM Boots
Funded by:	ZonMW

Sum of contract in Euro's:€ 75.000
Sum to personal CV: € 75.000

Name project: Partner in Balance for Frontotemporal dementia
Period: 2018-2020
Project coordinator: prof. dr. ME de Vugt
Project member: / LMM Boots
Funded by: Hersenstichting
Sum of contract in Euro's:€ 188.342
Sum to personal CV: € 94.171

Name project: Parkinson Partner in Balance
Period: 2018-2019
Project coordinator: prof. dr. ME de Vugt/ dr. Annelien Duits/ LMM Boots
Funded by: CZ
Sum of contract in Euro's:€ 59.916
Sum to personal CV: € 29.958

Other funding

Name project: Knowledge synthesis for research agenda Alzheimer Nederland
Period: 2020
Project coordinator: Prof dr. ME de Vugt / LMM Boots
Funded by: Alzheimer Nederland
Sum of contract in Euro's:€ 23.623
Sum to personal CV: € 11.812

Name project: 'Partner in Balans- part II'
Period: 2016 - 2018
Project coordinator: Prof. dr. ME de Vugt / LMM Boots
Funded by: Stichting Kerry
Sum of contract in Euro's:€ 134.043
Sum to personal CV: € 67.022

PhD supervision

Sept 18 2020	Daily supervisor thesis Hannah Christie: Implementation of Ehealth interventions in dementia
Scheduled 2022	Co-promotor thesis Yindee van Os: Neuropsychological interventions in MCI
Scheduled 2022	Co-promotor and daily supervisor thesis Pascale Heins: Using technology-based interventions to improve participation in dementia (DISTINCT project)
Scheduled 2025	Co-promotor and daily supervisor thesis Maud Daemen: eHealth support for caregivers and people with neurodegenerative disorders

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

Further applications of 'Partner in Balance' as a transdiagnostic tool for caregivers (e.g. young-onset, Frontotemporal dementia, Parkinson's disease, Huntington's disease) and the implementation of PiB and other eHealth products developed within the Alzheimer Centre Limburg. Trial-based effectiveness and cost-effectiveness of the Partner in Balance intervention
Starting this year Boots will co-lead a work package in the prestigious CARECOACH project lead by prof Chris Fox (UK) funded by the NIHR to adapt Partner in Balance to the UK context.

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

As a researcher focused on improving the quality of life of people with dementia and their carers through e.g. technology and as the coordinator of psychosocial research in the Alzheimer Centre Limburg I aim to brainstorm with the INTERDEM members about new funding ideas, develop and implement studies together with other researchers in the same field and join forces with this same-minded international group of researchers. I want to participate actively by giving presentations about my own research and all psychosocial research carried out within our centre and seek collaborations with our international colleagues during INTERDEM meetings and conferences.