

# Another perspective on care for older people

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# Geriatric Care Physicians

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- Doctors with geriatric expertise used to work in nursing homes only.
- Nowadays their area of work also includes people's homes.
- Their focus is primarily on quality of life, rather than on optimal treatment of single diseases.

# Three initiatives

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1. Geriatric Care Practice
2. Meeting Centre for older people
3. Prevention through lessons for older people

# 1. Geriatric Care Practice

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- Based in the community, next to the GP
- The GP refers older patients with complex problems
- Own team consisting of doctors and nurses with geriatric knowledge
- Holistic view of all areas
- We provide diagnostics and coordinate treatment at home
- In close cooperation with the patient, family, healthcare providers present and residents of the neighbourhood
- On average, we are involved for 6 months

# Geriatric Care Practice

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- Prevention of hospital care
- Postponement or cancellation of admission to a nursing home (or a soft landing without crisis)
- Research showed: high gains in quality of life, clarity (for patients, family and care workers), coordination of care and impressive cost savings!

# 2. Meeting Centre for older people

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- Initially focused on ‘older people with complex problems’ (25 people per week).
- However, other people were also interested in the activities and togetherness.
- Now everyone is welcome, all ages and with or without problems as one can help the other (average 387 people per week).

# Meeting Centre (for older people)

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- 3-4 activities at any time of every day, dancing, eating together, lectures etcetera
  - 70% of all activities are carried out by the (older) people themselves.
  - People arrive feeling uncertain and within a few months regain their strength, both physically and mentally.
  - People find here a family they have found for themselves.
- an infrastructure that helps people help each other

# 3. Prevention

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- At the community centre, I started teaching older people about anything they wanted to learn about: pain, anxiety, osteoarthritis, incontinence, etc.
- During the coronavirus pandemic, I started writing down the lessons in a book with a group of 170 older people and 65 colleagues.
- Prevention (of deterioration) starts with understanding how our body and mind work and how you can prevent/treat problems. From a bleeding nose to heart problems and dementia.



# Prevention

For example:

1. 'Use it or lose it' also applies to hearing. Hearing remains better intact if it is regularly stimulated by... Hearing! That is why it is important to start using a hearing aid in good time!
2. Exercise also includes stretching, climbing stairs and standing. So make it as **difficult** as possible for yourself, not as **easy** as possible: put your coffee on a shelf you have to reach for, and your tea at the bottom of the cupboard so you have to bend down. Keep using the stairs. Use public transport with all the delays and hassle.



Live footage in Meeting Centre  
'Ons Raadhuis'



# Discussion

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