

# Mendel



# Concentus



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# Introduction

The Mendel Concentus is a network of collaborating organizations for the professional development and implementation of *the best possible health for the elderly*: a complete spectrum of prevention, counseling, support, cure and care, from the beginning of the so-called “third age” all the way to the very last moment of a persons’ life.

Healthcare as we know it, only takes action in case of illness or disability. Prevention, professional counseling and assistance to maximize the active aspiration of the individuals’ health in its broadest sense (physical, social, emotional, spiritual) are dramatically under-utilized. We can do better, easily: together.

The Mendel Concentus has two main objectives:

1. The development of a top-level (“Best practice”) integrated, coordinated support system for the elderly, independent of the place or the institute where services are offered (and making every component of the entire system freely available to anyone), and
2. Put the system to practice for the members of the Mendel Society, a mutual that will offer the complete package of integrated measures as developed by the Mendel Foundation.

We always strive for a win-win-win (the people we serve, third parties and ourselves). This way, we lower the threshold to contribute to- and take advantage of the initiative. For instance, all the products of the Mendel foundation (protocols, systematics of research, quality measures, IT usage etc.) will be freely available: just a systematical reference to the Mendel Foundation will do.

The content and improvement of prevention, cure and care can only benefit by an organization that may and will share its developments to any third party; everything we develop should serve as best possible tools throughout all the Mendel organizations.

In this way, we also hope to get to a larger scale quicker, so tht we might participate and contribute to scientific research sooner.

# the Mendel Concentus

## a complete, interactive network

Everything we need to be able to deliver such a truly integrated, top-quality system for the best possible 3rd age is being developed in a collaboration of (for the time being, five) Mendel-organizations:

the Mendel Foundation,  
Mendel Health,  
Mendel Data,  
Mendel Medical, and  
the Mendel Society.

With this paper, we are happy to introduce these five organizations to the reader.

Everything assumes the following:

- Every individual and every institute that works with- or contributes to the Mendel Concentus agrees with and abides to our Manifest ([www.mendelfoundation.org/downloads](http://www.mendelfoundation.org/downloads)),
- Top-quality: minimal 20% better than the others, measured with comparable quality measures (results and satisfaction measures),
- We try as much as we can to deliver our system at the homes of the people we serve; only if it must be, in facilities that need to be certified by the Mendel Foundation;
- “Anything goes; if we didn’t foresee it already, we’ll develop it”



# Mendel Foundation

*the Know & How of a Blissful 3rd Age*

## **The Mendel Foundation: the “brain and conscience”**

As briefly described before, the goal of the Mendel Foundation is the development of an integrated system for *the best possible health for elderly*, and to make these procedures and developments freely available.

### **The development of the system:**

In order to construct such an integrated system for *the best possible health for elderly*, we will need to develop or select a whole lot of different items. Among others:

### **Relevant publications:**

- ✓ All manuals, protocols, programs etc. will be translated into Dutch, English and Spanish and will be available freely through our website
- ✓ An interactive website...

### **Conferences and Brainstorm meetings:**

- ✓ Participation in-, “hosting” of
  - “BrainWeave sessions”;
  - All kinds of related professional societies
  - Social pressure groups...

### **Development of content of prevention, care and counseling:**

- ✓ Systematics of initial- and periodical exams
- ✓ Systematics of behaviour modification
- ✓ Systematics, organisation of interdisciplinary teamwork
- ✓ Systematics of our “BrainWeave sessions” (see our website, downloads)
- ✓ Systematics of our “BlissCamps”
- ✓ Treatment protocols ...

### **Training, courses:**

- ✓ Cycle “A&D” (Professional Attitude in Dealing with people)
- ✓ Course, Basic Skills for core-staff members
- ✓ Specific additional courses for staff members
  - assertivity, social skills
  - dealing with acute medical problems
  - dealing with “difficult” patients and next-of-kin
- ✓ Specific courses for elderly and their caretakers
  - Assertivity, sociale skills,
  - Dealing with loss
  - Dealing with memory- and/or behavioral challenges
- ✓ Development of a central training center...

**Benchmarking:**

- ✓ Development of a system of **“Rigorous Quality Management”** throughout the collaborating organizations and in the delivered prevention, cure and care in particular
- ✓ Make available, possibly translate reknown outcome-, satisfaction and quality measures (e.g. the FIM in formal collaboration with the UDS: [www.udsmr.org](http://www.udsmr.org))
- ✓ Relevant protocols and care plans
- ✓ Management measures and management info (production, costs, efficiency...

**Psychogeriatrics:**

- ✓ Systematic organisation of:
  - (Early-) Diagnosis
  - Care and counseling
  - Support for (& collaboration of) next of kin / caretakers
- ✓ Develop a forum for medical specialists
- ✓ Publications...

**e-record, IT:**

- ✓ “Minimal Data Set” patient data (international benchmarking)
- ✓ Develop, make available an e- medical file about and for our elderly, kept by each participating individual, “in the cloud”, providing at least
  - Medical data, medication
  - Journal, correspondence
  - Contact data (family, “significant others”, involved health professionals etc.)
  - Connected with the system of the local hospital and family doctor
  - Reports of team meetings etc.
  - Goals, action plan and estimated completion dates
  - Financial/billing data...

**Research:**

- ✓ Characteristics of “getting old well”
- ✓ Longitudinal, comparative studies between members and non-members of the Mendel Society
- ✓ Dutch basis for the Society for Anti-Aging Medicine ([www.worldhealth.net](http://www.worldhealth.net))
- ✓ Collaboration with scientific publications and conferences...

**Initiate and contribute to relevant professional and scientific societies:**

- ✓ International Society for Geriatric-Rehab Medicine
- ✓ International Society for Geronto-Philosophy
- ✓ Relevant, “underlying” and/or related groups...

## **The development of the systematics of Mendel Society, Mendel Medical, Mendel Health en Mendel Data:**

### **Business Administration:**

- ✓ Forms to be used by the different Mendel endeavors
- ✓ Systematics for new initiatives / developments
- ✓ Systematical Business Case
- ✓ Systematical Business Plan
- ✓ Format financial planning, cash flow and (quarterly-; year-) reports...

### **Certification:**

The complete system of content, protocols for data collection and -interpretation, and appraisal of certification of interested institutions and individuals.

## **Constitution; Management, Supervisory Board of the Mendel Foundation**

The Mendel Foundation is a Not-for Profit (ANBI in the Netherlands); it was founded on December 19<sup>th</sup>, 2012.

For the time being, we have one member of the board of directors (Armand C. Hagedoorn, M.D., the founder) and a Supervisory board of three formidable members:

*Paul den Boer, chairman*

Former CEO of the Zeeland Rehab Foundation, a regional medical rehab facility in Zeeland, the Netherlands,

*Prof. dr. Ir. Pieter Kruit,*

University professor in technical physics, head of the department of applied scientific research of the Technical University in Delft, the Netherlands, author and co-author of numerous scientific publications and director of many doctoral theses. Prof. Kruit has a leading role in many prestigious scientific and social societies,

*Karlo de Waal (Thesaurer)*

Senior Financial- and Development expert at the Nederlandse Financierings- Maatschappij voor Ontwikkelingslanden N.V. (FMO, a multi-million Dutch NGO) "for the support of the private sector in developing countries and upcoming markets in Asia, Africa, Latin-America, Central and East Europe" ([www.FNO.nl](http://www.FNO.nl)).

The mandate of the Supervisory Board is to foster and safeguard the ideology, philosophy and quality of the Mendel Foundation, apart from the relevant management and financial aspects.



**Mendel Society**  
3<sup>e</sup> Leeftijd op z'n Best

## **the Mendel Society: the “Club”; by and for thinkers and do-ers in their third age.**

The Mendel Society is about to start operations, hopefully in September/October 2014. It is a completely independent association; its purpose is to provide the members with much better prevention, counseling, support and care than the currently available cure & care for the elderly.

Every individual that works in or with the Mendel Society (management, professionals and institutes, as well as individual members) commits to contribute towards our pledge: to offer our members a truly complete and integrated system that makes it possible to live seven extra years, in the best possible (physical, psychological, social and spiritual) health.

We decide which services we use, what standards we will demand and how we organize this. For the time being, we will make systematical use of the possibilities and services that the Mendel Foundation ([www.mendelfoundation.org](http://www.mendelfoundation.org)), Mendel Medical, Mendel Data and Mendel Health ([www.mendelmedical.nl](http://www.mendelmedical.nl), [www.mendelhealth.org](http://www.mendelhealth.org) en [www.mendeldata.org](http://www.mendeldata.org), in preparation) offer us, as we know that they deliver top-class services in their respective fields of expertise that we won't be able to find anywhere else.

We are and work:

- Not-for Profit (“for Benefit”)
- (Members-) Result - Driven (procedures & protocols secondary)
- Deadly serious, inherently critical, and a feast to work with: we are “Mendeleers”
- Practical, pro-active, pragmatic and innovative; “Outside the Box”
- We contribute to- and make full use of a fundamental makeover of elderly care, in ongoing consensus with experts in English-, Spanish- and Dutch speaking countries.

We make sure that our members can count on a complete package of possibilities, that will enable them to live a minimum of seven extra years and that those years are as blissful as ever possible. The system will provide excellent preventive exams, counseling, support and training, and lifelong individual support.

For that purpose, we make use of our selected pioneers, professionals in Wellness and Fitness, medical specialists, Physical- and Occupational therapists, social work, psychologists, etc.; all of them will receive our specific training and they will need to be certified (by us or the Mendel Foundation) to ensure that they deliver exceptional professional quality with an extraordinary attitude. The same goes for the cure and care institutions and organizations that we work with and refer to.

We strive for top-class results and efficiency, in all relevant aspects (e.g., knowledge, abilities & experience; availability; friendliness, respect, time for explanations about available options in order to take good informed decisions); we want to make sure that our members and their care takers experience the best possible sense of health, enjoyment of life and security.

More than 91% of our members will not only judge our system as excellent but will also frequently recommend us to others.

Members will self-select; there will be no formal selection procedure. One applies, makes an inscription payment of (-at this moment) €2475.= and pay a monthly fee of €22,50 per person.

*the Mendel Concentus.*

Every paying member is entitled to:

- A yearly multi- dimensional preventive exam (medical-, social- and psychological aspects) and recommendations (to make sure that our members are and stay healthy);
- The use of a personal e-file, updated by the member;
- "Get back your Bliss" workweeks and weekends: a series of gatherings dedicated to training, counseling and behavior modification (e.g., reduce inactivity and overweight, stop smoking, improve mood disorders and social isolation; intimacy and spirituality);
- Continuous, just-in-time and only-if-desired (or really necessary) personal Liaison services: when worried, in illness, medical appointments, hospitalization (e.g., when a member is hospitalized, the Liaison will be there within 48 hours and take care of an adequate information transfer, so that medical complications will be minimal- and treatment results will be optimal; she will also coordinate the optimal discharge and the best fitting after care);
- Expedited, early differential diagnostics in all forms of (ensuing) dementia; counseling and support; treatment and case management; care if needed;
- All possible types of rehab: from physical- and/or occupational therapy at home and medical fitness, to complex interdisciplinary inpatient medical rehab.

The system of management is extremely "flat", and the complete team of directors and management of the Mendel Society have roles in the primary process; meetings are as short and efficient as ever possible, preferably conducted standing up.

We cherish results instead of procedures.



# Mendel Health

3<sup>rd</sup> Age Prevention, Cure & Care

## **Mendel Health:**

### **3<sup>rd</sup> Age Prevention, Cure and Care at a specialist level**

A unique aspect of our system is our complete spectrum of specialized medical interventions, specifically preventive, where needed in Cure en Care. Both the emphasis on both prevention and the development of specialized geriatric rehabilitation medicine are truly unique.

Mendel Health takes care of all medical tasks within the Mendel network: the yearly examinations, referrals to specialists and our own medical rehab.

We all can prevent us from so much suffering by prudent, periodical, examinations, combined with informed recommendations, counseling and behavior modification where needed and/or necessary.

Geriatric medical rehab is in a fairly early stage of its development, slowly becoming more appreciated as a subspecialty within the field of the medical specialty of rehabilitation medicine, dedicated to our elderly and very old patients with (incapacitating) disorders and limitations.

Medical rehab combines specialist diagnostics with training and treatment possibilities through a complete team of physical therapy, occupational therapy, psychology, social work, speech pathology and a score of other technical assisting services (dietician, podotherapist, orthopedic technician, specialist shoemakers).

Geriatric rehab can prevent much suffering: the holistic, comprehensive diagnostics will often be the starting point of a process of functional improvement and pragmatic compensation, often secondary-preventive that prevents not only physical, but also social and emotional pain and suffering. Rehab also expedites the process of recovery and improves the end results, which in itself can help prevent many secondary problems.

Mendel Health is a not-for profit foundation, registered in the Netherlands as an officially registered medical entity. The foundation offers the broad spectrum of medical services as described, including specialized geriatric medical rehab, in selected small interdisciplinary centers. The medical specialists that work for Mendel Health are made available through Mendel Medical.

Each center that works with Mendel Health, not only (and obviously) complies with the official standards and regulations, it also passed the rigorous certification and training process by the Mendel Foundation.

Mendel Health will become operational as soon as the Mendel Society becomes a reality.



## Mendel Medical

Mendel Medical organizes and deploys medical specialists and specialized practitioners. They work through Mendel Medical, either under contract or as an independent professional.

Mendel Medical is a private company; it complies naturally to all the same criteria that are in place for Mendel Health, the Mendel Society, Mendel Data and the Mendel Foundation: the rigorous quality management system, the systematical financial reports, the certification by the Mendel Foundation. Obviously, Mendel Medical complies to all current regulations for the involved specialties.



## Mendel Data

Mendel Data develops and produces for her members, a practical and uniform Minimal Dataset of patient/client data, relevant outcome- and quality measures. This is unique in the Netherlands and in many other countries, and it is seamlessly compatible with different international prestigious scientific databases in Canada, the USA and Australia.

Mendel Data is a mutual: all participating institutions contribute in content development, maintenance and financially. The systematics will be freely available, fitting to a Mendel organization, through the website of the Mendel Foundation.

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