

## Biosketch Anne Margriet Pot



### Profile

Professor of Clinical Geropsychology at the Vrije Universiteit, Amsterdam, Anne Margriet Pot, is currently posted in Geneva at the World Health Organisation (WHO) working in both departments of Ageing and Life Course, and of Mental Health and Substance Abuse. Her focus and speciality spans areas of long-term care and dementia, and includes the establishment of long-term care systems, as well as training and support for caregivers using innovative technology.

Pot oversees the WHO's work on the establishment of sustainable and equitable Long-Term-Care systems worldwide. She has made a significant contribution to the World Report on Aging and Health and the related Global Strategy and Action Plan, which outlines a framework for action to foster Healthy Aging, and enabling older people's ongoing participation in society and a life of meaning and dignity. Convinced that family members and friends caring for older people are in need of easily accessible support to reinforce self-help, provide knowledge and build skills, she is responsible for the development of iSupport: an extensive online training package for caregivers of people with dementia. Anne Margriet Pot and her team at WHO are collaborating with a wide variety of International partners on these programmes of work.

Previously, as Head of Programme on Aging at Trimbos, Netherlands Institute of Mental Health and Addiction, her attention was strongly directed towards monitoring quality of care and the development of innovative evidence based interventions. Unwavering commitment to improving the health, well-being and quality of life of older people, and her heartfelt support for family caregivers was duly acknowledged in 2010 with an International Psychosocial Research Award from ADI and Fondation M d ric Alzheimer for 'Mastery over Dementia' – a self-guided internet intervention for caregivers of people with dementia. It was regarded as the most promising psychosocial intervention.

A prolific writer with more than 200 publications in scientific, academic, professional and peer-reviewed journals, editor of the Dutch Manual on Geropsychology, and in excess of 150 presentations and workshops at scientific meetings, she is highly regarded for her devotion to the improvement of research, education and care in the field of mental health of older people, and her determination in engendering fundamental changes in how society views aging. She was the founder and principal investigator of two national studies: a trend study on Living Arrangements for people with Dementia (LAD-study), and one on outpatient psychiatric care for older adults (MEMO).

In addition to her Professorship at the VU University, Amsterdam, Anne Margriet Pot is an Honorary Professor at the School of Psychology, University of Queensland, Australia, and has worked as a registered healthcare and clinical psychologist. For the past 30 years, she has dedicated her work on improving the mental health of the elderly through research, post-graduate education and clinical practice.

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