

Design² Recover

Codesigning inclusive hybrid exercise and movement support to improve recovery, autonomy and participation in citizens with long-term disabilities

HORIZON-HLTH-2027-01-STAYHLTH-01

Design² Recover

Project Focus

- Co-designing practical, digital, and low-tech solutions for inclusive access to movement and recovery activities across the life course
- Targeting critical life transitions such as hospital discharge and assisted-living settings

Core Objectives

- Improving autonomy, inclusiveness, and participation in recovery
- Understanding how contextual factors shape real opportunities for healthy living across Europe

Approach

- Co-design as the cornerstone methodology, with iterative monitoring of the co-designer experience
- Cross-European "recovery carousel" bringing together knowledge and care institutions to translate insights into evidence-based solutions

Partner overview



Project Lead

- NHL Stenden University of Applied Sciences (Netherlands)
- SME | SSH partner: 8D (Netherlands)

Current Partners

- Frisius MC | Hospital (Netherlands)

Partners Sought

- **Healthcare & Social Work** – practitioners in care and community support
- **Movement & Exercise** – local sports and exercise initiatives
- **Living Environment** – specialists in accessible and supportive environments
- **Research & Evaluation** – universities and health services researchers for capability modelling and evaluation
- **Patient & Community Organisations** – to reach and represent vulnerable groups
- **Technology & SMEs** – for interoperable low-tech and digital components and scale-up
- **Implementation & Valorisation** – partners to embed structural solutions across Europe

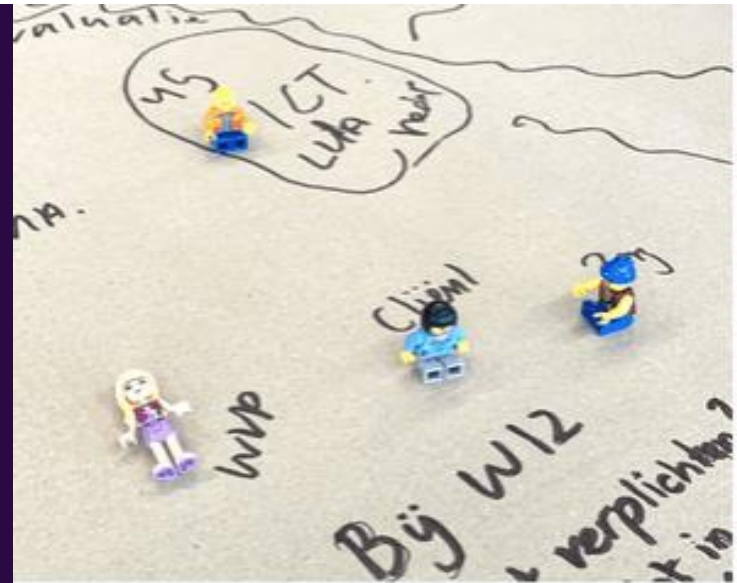


Project Experience

- Project lead and collaborator in various projects positioning citizens in research and practice
- Programmes: Erasmus+, RunEU, SNN, EU4Health, Interreg

Core Competencies & Research Focus

- Inclusive design, health transformation, simulation learning, serious gaming (Terlouw, 2021, de Vries 2025)
- Digital skills & (health) literacy (Tuitert, 2024)
- Transdisciplinary learning, design-based education, health monitoring (van 't Veer, 2020)
- Implementation and adoption of technology





**Research
Design**
Impact²⁺

EU Project Experience

- 10+ years of experience | Led work packages in 25+ EU consortia
- Programmes: Horizon Europe, Erasmus+, Interreg, CERV, AMIF, LIFE

Core Competencies

- SSH, Co-design, prototyping, and user testing
- Implementation support and quality assurance
- Dissemination and communication

Research Expertise

- Translating research into user-centred solutions
- Bridging academia and real-world application



Thank you!



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