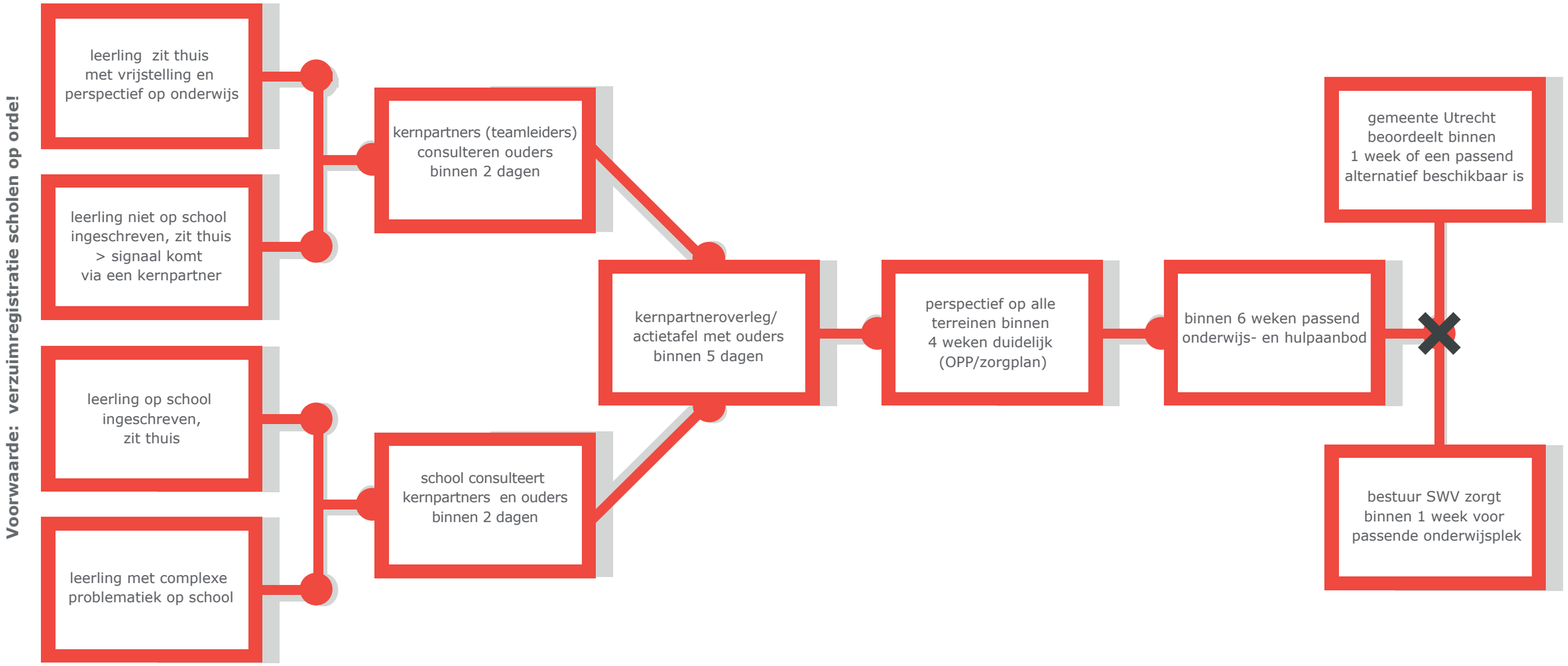Interventieroute thuiszittersaanpak