

The stepwise development of a comprehensive family caregiver support programme

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Propositions associated with the dissertation
**The stepwise development of a comprehensive
family caregiver support programme**

1. Family caregiver support is complex and therefore, a holistic approach is required throughout the entire programme (this dissertation).
2. Both the programme´s end-users (family caregivers) and the professional service providers in the support system contain contextual experiences as well as insightful individual and system knowledge therefore, they should be involved early and constantly throughout the programme (this dissertation).
3. Understanding the multistakeholder landscape and the perceived implementation risks is central for the development of a complex public health programme (Chapter 3).
4. Applying a Participatory Action Research approach leads to reducing the gap between theory and practice (Chapter 4).
5. Investing in a systematic optimization phase helps to verify the completeness of the new programme before full-scale implementation (Chapter 4).
6. Participatory Health Research empowers the participants professionally and personally (Chapter 6, valorisation).
7. A comprehensive caregiver support programme benefits from project management, design- and systems thinking approaches (this dissertation).
8. *“In my experiences, in many humanitarian crises investing in people is the most sustainable approach, and in some situations it is the only factor for a better future which remains when we leave.”* (Regina Theresia Krieger)
9. *“Impossible is just a word thrown around by small men who find it easier to live in the world they´ve been given than to explore the power they have to change it. Impossible is not a fact. It´s an option. Impossible is potential. Impossible is temporary. Impossible is nothing.”* (Muhammed Ali)
10. *“Climbing the scientific “Uhuru Peak” requires the fitness for long-distance, endurance and composure, and above all the continuous and encouraging support of the coaching team.”* (Regina Theresia Krieger)
11. *„Auch aus Steinen, die in den Weg gelegt werden, kann man schönes bauen.“* (Johann Wolfgang von Goethe)