# The implementation of EHealth in dementia care

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Propositions belonging to the doctoral thesis

# The implementation of eHealth in dementia care:
Lessons learned

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1. In most intervention research, implementation data is not sufficiently taken into account as an outcome. Consequently, eHealth is implemented less sustainably, and often has longer and more inefficient development processes (this thesis).
2. eHealth research in dementia should not only focus on increasing adherence and self-efficacy among caregivers, but also do so for the health care professionals who implement it in practice (this thesis).
3. eHealth developers should ensure that eHealth interventions are developed for, and also targeted at, the most suitable future financers (this thesis).
4. The vast majority of academically developed eHealth interventions for caregivers of people with dementia are not sustainably implemented into practice (this thesis). This is a squandering of research resources and a failure to realise intended benefits and treatment options for caregivers.
5. A good product is not the same as good clinical practice.
6. eHealth is a promising tool to supplement and improve dementia caregiving support, but human interaction remains essential to successfully implement it.
7. The care-cure paradox in dementia is false. It is very uncertain whether there will ever be a cure and care will always remain essential.
8. When communicating psychological test results, it is crucial that the health care system emphasises client self-management by providing information that is free of jargon, easy to understand, and (continuously) accessible. This is true for both online electronic records, as well as more traditional channels.
9. Future research should explore applying commercial techniques for evaluating and monitoring online services to academically developed eHealth interventions, in order to shorten evaluation time and potentially bring more technologically up-to-date interventions into practice (this thesis valorisation).
10. Successful change consists of 25% technological innovation and 75% social innovation (prof. dr. Henk Volberda).
11. The flower that blooms in adversity is the most rare and beautiful of all (Fa Zhou).