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The social health and well-being of people with memory problems and dementia

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The social health and well-being of people with memory problems and dementia: Exploring mobility in public space in the Netherlands

Propositions

1. “If our deficits are what are focussed on, then we will never transform the way the world thinks, acts and talks about the condition” (Dementia Alliance International).
2. Broader, less stigmatizing terminology in dementia research, such as memory problems, captures a more diverse, inclusive and empowering perspective (this thesis).
3. A mixed-method approach to exploring mobility offers unique insight into how the social and built environments support the social health and well-being of people with memory problems and dementia (this thesis).
4. People with memory problems and dementia can adapt and self-manage to overcome physical and social challenges in public space associated with memory problems and dementia (this thesis).
5. An asset-based approach provides an improved understanding of how social and built environment characteristics help people navigate their environments and gain a sense of inclusion in society despite their condition (Chapter 4).
6. The concept of activity space illustrates two spatial mobility patterns: participants interacted independently in routine activity spaces but depended on others to participate in occasional activity spaces (Chapter 5).
7. Repeated encounters with familiar and unfamiliar people from different generations and cultures, can support social inclusion for people with memory problems and dementia (Chapters 3, 4 and 5).
8. Public services and public space design that are dementia-informed will result in more socially inclusive public spaces for all citizens (Chapter 6).
9. Compared to other car dependent countries, the mobility of people with memory problems and dementia living in the Netherlands is less likely to be interrupted where they can continue to walk and bike to nearby destinations (Chapters 3 and 7).
10. Make decisions with people with dementia, not about people with dementia (Caregiver statement from data collection).
11. “The most terrible poverty is loneliness and the feeling of being unloved” (Mother Teresa).