

## A Bill of Rights for **People** with Alzheimer's Disease and other dementia's

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1. To be informed of one's diagnosis
2. To have appropriate on-going care
3. To be productive in work and play for as long as possible
4. To be treated as an adult, not as a child
5. To have feelings expressed taken seriously
6. To be free from psychotropic medications, if possible
7. To live in a safe, structured, and predictable environment
8. To enjoy meaningful activities that fill each day
9. To be outdoors on a regular basis
10. To have physical contact, including hugs and hand holding
11. To be with individuals that know your life story, including cultural and religious traditions
12. To be cared for by individuals both family and professional care partners who are well trained in dementia care
13. *To spend time with young people, children and pets*