



An Alzheimer's Disease Bill of Rights

Every person diagnosed with Alzheimer's disease or a related disorder deserves:

- To be informed of one's diagnosis.
- To have appropriate, ongoing medical care.
- To be productive in work and play as long as possible
- To be treated like an adult, not a child.
- To have expressed feelings taken seriously.
- To be free from psychotropic medications if at all possible.
- To live in a safe, structured and predictable environment.
- To enjoy meaningful activities to fill each day.
- To be out-of-doors on a regular basis.
- To have physical contact including hugging, caressing, and hand-holding.
- To be with persons who know one's life story, including cultural and religious traditions.
- To be cared for by individuals well-trained in dementia care.

Source: Virginia Bell and David Troxel, The Best Friends Approach to Alzheimer's Care. Health Professions Press, 1997. www.healthpropress.com

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