



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*

www.bestfriendsapproach.com