



expertisecentrum
dementie
Vlaanderen

vergeet
dementie
onthou mens
een dementievriendelijke samenleving start in je hoofd



ALZHEIMER LIGA VLAANDEREN vzw

samen dementie draagbaar maken

Hand in hand **CHARTER** **OF PEOPLE WITH** **DEMENTIA**



1 LISTEN TO US

Listen to our words and / or our body language.

We want to be heard in every phase of our condition.

2 GIVE US A VOICE

Do not make decisions for us, but with us.

We want to be involved in the communication about our lives with dementia.

3 INCLUDE US

Do not lock us up and do not shut us out.

We want to be able to participate in social activities at our own pace.

4 LET US ENJOY OURSELVES WITH OUR PEERS

Give us the opportunity to meet peers.

We want to be able to be ourselves.

5 WORDS MATTER

Use respectful language and speak about us with dignity.

We do not want to hear any more taboos.

6 GIVE US OPPORTUNITIES

Let us be in charge of our own lives.

To be able to do this we need access to tailored care and support.

7 DO NOT EXCLUDE US FROM POLICY DECISIONS

Involve us.

We want to participate in policy making decisions that impact our lives.

8 LET US EXPERIENCE NEW THINGS

Let us gain new experiences and give us the opportunity to learn.

We still want to grow as a person.

9 PROVIDE ANSWERS TO OUR NEEDS

Make sure the right facilities are available.

We want access to affordable and accessible help.

10 BE KIND – DEMENTIA FRIENDLY

Let us live together in a dementia friendly society.

We want to be encouraged in our possibilities and want understanding for our limitations.