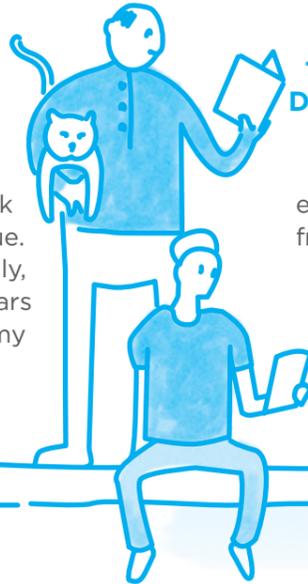


'I can live well with dementia'

1

I SHOULD HAVE ACCESS TO A DOCTOR TO CHECK IF I HAVE DEMENTIA.

I should have access to a memory assessment to check if my dementia worries are true. A diagnosis will allow my family, friends and I to plan for the years ahead and prepare for when my needs will change.



2

I SHOULD HAVE ACCESS TO INFORMATION ABOUT DEMENTIA SO I KNOW HOW IT WILL AFFECT ME.

Dementia will affect me and everyone around me. My family, friends and I should have access to high quality information and advice so we know what to expect as my condition progresses.



5

I SHOULD HAVE ACCESS TO HIGH QUALITY CARE THAT'S RIGHT FOR ME.

At all stages of the condition, I should have access to high quality care when I need it, be that in my home, my village, town or community, or in a care home.



4

I SHOULD HAVE A SAY IN THE CARE AND SUPPORT THAT I AM GIVEN.

I have a voice and should have a say in the care that I am given, for as long as I can.



3

I SHOULD BE HELPED TO LIVE INDEPENDENTLY FOR AS LONG AS I CAN.

I want to be as active as I can, for as long as possible, supported by those around me, in a safe environment.



6

I SHOULD BE TREATED AS AN INDIVIDUAL, WITH THOSE LOOKING AFTER ME KNOWING ABOUT MY LIFE.

People looking after me should know about my life, family and history so they can provide personalised care that's right for me. My care should be shaped around my personality, preferences and lifestyle.



7

I SHOULD BE RESPECTED FOR WHO I AM.

I should not be discriminated against on any grounds, including age, disability, gender, race, sexual orientation, religious beliefs, social or other status.



8

I SHOULD HAVE ACCESS TO MEDICINE AND TREATMENT THAT HELPS ME.

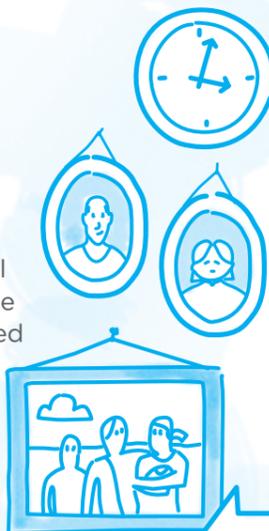
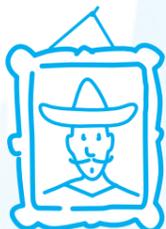
During all stages of dementia, I should have access to medication and treatment that helps me to live well, and these should be regularly assessed by my doctor.



10

I WANT MY FAMILY AND FRIENDS TO HAVE FOND MEMORIES OF ME.

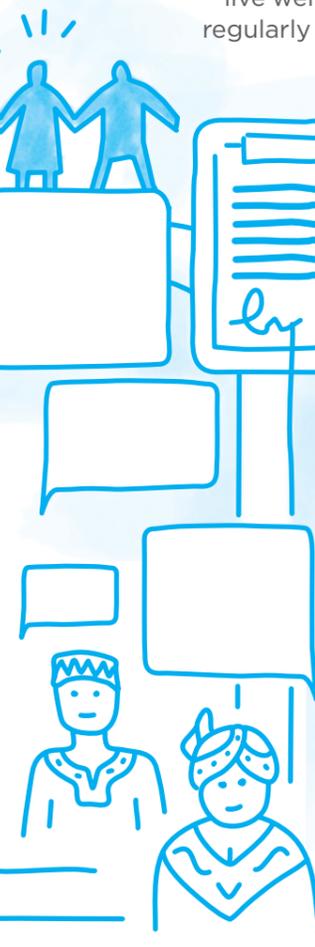
I want to have peace of mind that my family and friends will have adequate support to cope with my death and be comforted in their grief, to help them remember me for the person I was.



9

MY END OF LIFE WISHES SHOULD BE DISCUSSED WITH ME WHILE I CAN STILL MAKE DECISIONS.

I should have a say about how I spend my final days, so my end of life care wishes should be discussed with me while I can still make decisions.



Alzheimer's Disease International

