



The Rights of Older People

Independence

- ♦ Adequate food, water, shelter, clothing and health care
- ♦ Self help
- ♦ The opportunity to work
- ♦ Education and training

Participation

- ♦ Integration
- ♦ Active participation in policies which affect their well being
- ♦ Knowledge and skills shared between generations
- ♦ The right to contribute
- ♦ The right to form groups or associations

Care

- ♦ Family and community care and protection
- ♦ Health care
- ♦ Physical, mental and emotional well- being
- ♦ Social and legal services
- ♦ Social and mental stimulation
- ♦ Human rights and fundamental freedoms, including full respect for dignity, beliefs, needs and privacy
- ♦ The right to make decisions about care and the quality of life

Self-Fulfillment

- ♦ The opportunity to develop their potential fully
- ♦ Access to educational, cultural, spiritual and recreational resources

Dignity

- ♦ Security
- ♦ Freedom from exploitation and abuse
- ♦ Fair treatment
- ♦ All people to be valued regardless of their economic situation

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