Rights of People Living with Dementia

DREAM
Dementia Resources for Eating Activity & Meaningful Inclusion

In this factsheet, you will learn about:

How the United Nations Convention for the Rights of Persons with Disabilities (UN CRPD) supports the rights of people living with dementia for inclusion in wellness programs

The Core Principles of the UN CPRD

The UN CRPD (click here to visit the website) promotes, protects, and ensures the full human rights and freedoms of people with disabilities, including people living with dementia. It has 8 core principles:

1. **Respect for the inherent dignity, individual autonomy** including the freedom to make one's own choices, and **independence** of persons
2. **Non-discrimination**
3. Full and effective participation and inclusion in society
4. **Respect for difference** and **acceptance** of persons with disabilities as part of human diversity and humanity
5. **Equality of opportunity**
6. **Accessibility**
7. **Equality between men and women**
8. **Respect for the evolving capacities** of children with disabilities and respect for the right of children with disabilities to **preserve their identities**

UN CRPD, Physical Activity and Healthy Eating

The UN CRPD has several articles that are relevant to physical activity and healthy eating. These highlight the rights of people living with dementia to full access to supports for their health, independence, and social participation.

Article 19: Living independently and being included in the community

- People living with dementia have the right to be included in the community without discrimination, isolation, or segregation
- This means having the right to choose where to live and what services and programs that they would like to participate in

Article 25: Health

- People living with dementia have the right to be as healthy as possible
- They have the right to equal access to services that support health, including those focused on physical activity and healthy eating
- They have the right to participate in programs close to home

Article 26: Habilitation and rehabilitation

- Countries should help people living with dementia maintain and improve their functional abilities so they can participate in all aspects of life
- Physical activity and healthy eating can promote functional abilities and provide opportunities for participation in their communities

Article 28: Adequate standard of living and social protection

- People living with dementia have the right to a good standard of living
- This includes equal access to appropriate and affordable foods

Article 30: Participation in cultural life, recreation, leisure, and sport

- People living with dementia have the right to equal inclusion in recreational, leisure, and sporting activities
- This includes programs that are relevant to their culture and language

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