



Do your carers respect your rights?

- How do you feel at the care home where you are living?
- Do you feel you are treated with respect?
- Are you encouraged / allowed to take your own decisions regarding the care you receive?
- If you feel your rights are not being respected, you have the right to complain to the relevant authorities in your country.
- Are you informed about how to complain if you are not happy?
- You can start by telling someone you trust to help you.
- The care centre where you are should provide you the information you need.
- You have the right to access this information and be able to write about how you feel in regard to the aspect of your care you are not happy with.
- It is also your right to do so privately - without having to give your name.

For more information on your rights, see ennhri.org/rights4elders.



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www.ennhri.org - www.ennhri.org/rights4elders



All humans have the right to be treated right!



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What are Human Rights?

Human rights are rights every person has. They are universal, they apply to all humans, they are all equally important.

They refer to:

- RESPECT
- FREEDOM
- EQUALITY
- DIGNITY
- FAIRNESS

Human rights means everyone gets to make decisions for themselves, have their privacy, choices and body respected.

Human rights laws are made to protect the rights of all persons, including older persons



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What are the Human Rights of Older Persons in Receipt of Long-term Care?

- **The right to life** – this means carers must protect you so your life is not at risk.
- **The right not to be treated badly or be punished in any way.**
- **The right to move freely** – you don't have to be restrained – you should be able to move around as you like. If your safety is at risk, your carers should provide you with possible alternatives you're happy with.
- **The right to dignity and to be part of the community** – you should get the care and support you need to have a good life. You should be able to take part in various community activities, along with everyone else.
- **The right to a decent life** – your carers and the care home where you are living should provide you with a decent bed, food, access to water (and hot water) and cover all your basic needs.
- **The right to respect for private and family life** – this means the right to live as a family.
- **The right to freedom of expression** – this means you are free to express your opinion and ideas.
- **The right to access the same high quality, affordable health services as everyone else.**
- **The right to make your own choices, and get help to make those choices.**



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“Respect for fundamental rights is a central priority for the current College of Commissioners of the European Commission, as is creating jobs in growing sectors, including care for older persons.”

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- **The right to be equal and not be treated differently from others due to:**
 - your gender;
 - your ethnic or national background (where you come from);
 - your sexuality (your choices in relation to sex);
 - your disability.

If this happens, you have the right to complain and be protected.

- **The right to have access to justice and get a response** – if you feel your rights are not being respected and you

make a complaint that is not taken into account you have the right to reach to justice and have a response or a compensation for the harm that might have been caused to you.

- If you do not feel comfortable in the care home where you are staying or you would like to move out from it and return to a family member house or another household, you have always the right to leave the care home.

However, the government can not always ensure that you have a place in a long-term care institution.