

# **WHERE DO YOU WANT TO LIVE WHEN YOU “GROW UP?”**

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(Family Caregiver Turned Advocate)**

**I SUPPORT CULTURE CHANGE.**

**I WANT TO LIVE IN A “HOME” & A COMMUNITY.**

I want to live in a place that is my HOME, wherever that may be.

I want a place that supports person-centered values.

Where MY VOICE is heard.

Where I AM RESPECTED.

Where my LIFE HISTORY is HONORED.

Where my BASIC RIGHTS and REQUESTS are SUPPORTED.

Where I can make CHOICES and CONTRIBUTIONS.

Where I am not BORED, LONELY and ISOLATED.

I want a place where the PEOPLE WHO ARE HELPING ME ARE HONORED, RESPECTED and VALUED.

I don't want to live in an “INSTITUTION” or be involved with organizations that don't respect my individual rights.

I support organizations and innovations that promote PEOPLE and PERSONAL GROWTH and HAPPINESS.

If I am not able to speak for myself, please listen to my family and loved ones. They will speak for me, and I want you to listen to them and involve them. Do not ignore them. Get to know me through them. Honor them and understand that they are doing the best they can to HELP YOU HELP ME.

If I can't speak for myself, I want my family and loved ones to know that THIS is what I want. I want them to be able to use THIS as a guide as they are making decisions for me. And if I am not able to tell them, I want them to know how much I appreciate what they are doing to help me STAY ME.

## **VISION**

I want to age in a way that is life-affirming, satisfying, humane and meaningful.

## **MISSION**

I support changing the current system of long-term care.

The way that our society and our culture treats elders is unacceptable.

I do not want to “age” into this system!

I am an advocate for creating a HOME for people, wherever it may be.

## **VALUES and PRINCIPLES**

I want you to KNOW ME and I want to KNOW YOU.

I want to be in a place that respects EVERYONE.

I want to be in a place that is built on RELATIONSHIPS.

Respond to my SPIRIT, as well as my mind and my body. If I ever have dementia or Alzheimer's, remember that THERE IS STILL A PERSON IN THERE ~ A SOUL.

I want to be able to make my own decisions, even if you don't agree with them.

Put ME before THE TASK. I am a PERSON.

I am ENTITLED to MAKE MY OWN DECISIONS. I am an adult, after all!

I want to be a part of a COMMUNITY. I don't want to be known by my disease or room number. I want to continue to be a part of “the bigger picture” of life. Not locked up in a building with no contact with the outside world.

Do unto others as you would have them do unto you – yes, the Golden Rule. I will treat you with the same respect that you treat me!  
Let's all be NICE to each other.

I want to continue to learn and grow and develop. I want to keep having fun. I want to keep contributing. Don't park me in a line of wheelchairs in front of the television. I don't want to give up and wait to die.

I want to be in an environment that is pleasing to the senses and to the soul.

I want to be in a place that continues to grow and develop, and wants my ideas and contributions. I want to keep growing and help my community grow and improve. I want to be involved in my HOME.

I know that aging is a journey, a part of life. I know that we have a lot of work to do if we are going to “fix” long-term care. I want to be part of the solution and contribute to making life better for everyone. I want to enjoy the work in progress...