



# Dementia Declaration: Our Lives Matter

**“We ALL want to be seen, valued, appreciated and loved for who we are.”**

As New Zealanders living with dementia, we are citizens whose lives matter. We have the same rights, privileges and obligations as everyone else. Our Declaration sets out what we need to live well.

**We live our best possible lives when:**



We have control over our lives; we have support to make decisions that are important to us.



We live in knowledgeable communities that include, accept and understand us.



We have consistent quality support, care and information which is timely and appropriate to us; it is provided with kindness by compassionate people who have the right skills and knowledge, our interests as a focus, and with whom we are comfortable.



We continue to be actively engaged in roles and activities which are meaningful and important to us.



We have the things we need to live well such as housing, privacy, an adequate standard of living, and ways of getting where we need to go.



A circle of support protects our wellbeing, allowing us to maintain strong mutual relationships with our families, whānau, friends, colleagues, and those who are important to us.



We are loved; our presence matters.

**“I am still me.”**



# He Whakapuaki mō te Mate Wareware: He Mea Nui Tō Mātou Noho i Te Ao

**“E hiahia ana mātou KATOA kia kitea mai e te tangata kē, kia whakanuia, kia kīa he tangata whai painga, kia arohaina mai mō tō mātou āhua tūturu.”**

Hei tāngata nō Aotearoa e noho tahi ana me te mate wareware, he kirirarau mātou, ā, he mea nui tō mātou noho i te ao nei. He rite tonu ō mātou tika, ō mātou whiwhinga, haepapa hoki ki ō ngā tāngata katoa. Tā tō mātou Whakapuaki he whakataki i ngā mea e hiahia ana mātou kia noho pai i te ao nei.

## Ka eke mātou ki tō mātou tino teitei ina:



Noho tonu te mana mō mātou ki a mātou anō; kua kaha hoki ngā reo tautoko i ā mātou whakatau mō ngā mea hira ki a mātou.



Noho mātou i ngā hapori mōhio e awhi nei, e whakaae nei, e mārāma pū nei ki a mātou.



Tōkeke tonu te tautoko i a mātou, te tiaki me te whiwhi mōhiotanga i te wā tonu e tika ana, e hāngai ana hoki ki a mātou; e horaina mai ana i roto i te atawhai e te hunga ngākau pūaroa, he tāngata whai pūkenga tōtika, mātauranga tōtika e arotahi ana ki ō mātou hiahia, he pai tō mātou noho tahi me rātou.



Whakauru tonu mātou ki ngā tūranga me ngā mahi whai tikanga, hira hoki ki a mātou.



Tukua ki a mātou tonu ngā mea e hiahia ana mātou ki te noho pai, te tūmataitinga, kia whai moni e pai ai te noho, me ngā āhuatanga kawē i a mātou ki ngā wāhi e hiahia ana mātou ki te haere.



Karapotingia mātou e tēnei kāhui tautoko, he kāhui e ngāwari tonu ai te noho pipiri ki ō mātou whānau, ki ngā hoa, ki ō mātou hoa mahi, me te hunga e noho nei hei mea nui ki a mātou.



Aroha nuitia mātou; he mea nui tō mātou noho i te ao.

**“Ko au tonu ahau.”**

*He mea tuhituhi tēnei Whakapuaki e te hunga e noho tahi ana me te mate wareware i roto i te Rōpū Tohutohu o Alzheimers New Zealand.*