



## Tips for Supporting Individual Choice & Informed Consent

Informed consent is a foundational principle in care. For people with dementia, this means actively involving them - alongside their families - in conversations about their care.

1. **Include the Individual** in care planning. Simple, easy-to-understand communications is essential.
2. **Respect Preferences.** Care must honor the individual's values, goals, and dignity. Make sure their voice and priorities are central in all decisions.
3. **Be Informed** about the individual's health, treatment options, and what matters most to them.
4. **Ask Questions.** Individuals and their loved ones should be encouraged to ask about benefits, risks, alternatives, and long-term effects.
5. **Work as a Team.** A shared approach among the individual, family members, and care providers leads to more personalized and respectful care.
6. **Honor the Right to Choose.** The person—or their legal representative—has the final say. They can say yes, no, or ask for different options.

## LONG TERM CARE COMMUNITY COALITION

*Advancing Quality, Dignity & Justice*

This Dementia Care Card is part of a toolkit of resources to help improve care for individuals living with dementia. For more detailed information on this topic and other useful resources, visit [www.nursinghome411.org/dementia-care-in-the-community](http://www.nursinghome411.org/dementia-care-in-the-community).

**Visit [www.NursingHome411.org](http://www.NursingHome411.org) for...**

- Dementia care resources,
- Fact sheets on nursing home resident rights,
- Information on nursing home staffing & quality,
- Assisted living guides,
- Family empowerment resources,
- Educational webinars,
- And much more!

**All resources are free to use and share.**