

Age-Friendly Health Care: Your 5Ms Bill of Rights



I HAVE THE RIGHT TO:



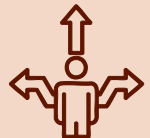
What Matters

- **Be respected, be heard, have care choices honored, and maintain my privacy, and confidentiality.**



Mind

- **Be treated with respect and not judged for having mental health challenges**, including understanding that these concerns can be a normal part of aging.
- Receive **clear** and **accurate information** about my mental health condition, and care that is focused on my specific needs.
- Access a wide range of treatment options for my mental health—not just medication—including support for my emotions, thinking, behavior, and overall well-being.
- **Select** mental health care from **qualified and caring mental health care professionals**.



Mobility

- **Live independently** in the **setting of my choice** with support.
- **Access community resources** that enable me to navigate my home and community.
- **Public and private transportation services** that meet my personal, social, and economic needs.



Medications

- **Understand everything about my health, diagnosis, medications, and the treatments available.** This includes knowing what will happen if I take a medication or what will happen if I do not.
- **Be protected from taking medication** that is not needed or is too much for my condition. I understand medicine should only be given if a doctor has written an official order for it.
- **Refuse medication as my personal choice.**



Multi-Complexity

- **Have my Care Team** provide treatment that addresses the **interplay of each of my chronic conditions separately and together.**
- **Access resources, family support, and living arrangements** that address my care needs through a **holistic, whole-person approach.**



Technology

- More **inclusive, accessible technologies** that address my needs regardless of my age.
- **Receive training and technical support** that supports technology-based interventions.
- Technology that is **free of security or privacy leaks.**

The Direct Care Worker Team:

Certified Nurse Aides
Support Coordinators
Health Educators

Home Health Aides
Paid Caregivers
Options Counselors

Community Health Workers
Nutrition Assessors
Other professionals

For copies of this publication, go to the DAAA Website: www.detroitseniorsolution.org/inclusive-health-care-taskforce/