

a manifesto of

care

**BY BERNADETTE
RUSSELL & FRIENDS**

- Accept our own and each other's vulnerabilities, fragilities and differences**
- Accept that we will all need care throughout our lives and that care is a human right**
- Ensure the cared for and the carers are seen as equals, and acknowledge that care can be reciprocal**
- Confront our own prejudices. Address inequality. Campaign to end all systems which regard one group of people as less than another**
- Campaign for care systems that are more flexible, less bureaucratic and based on compassionate practise**
- Create new systems of care based on the lived experience of cared for and carers, respecting their expertise.**
- Allow people to define their own family and designate their own next of kin**
- Work towards a future in which good quality of life throughout our lives is a guarantee**
- Learn from those trying out different models of care and implement their good practises.**
- Commit to learning and improving care, adapting as times and circumstances change**
- Demand better pay, working conditions, and support for carers**
- Ensure that unpaid carers get support, respite and help**
- Share the work of care amongst all of us**
- Love and appreciate all bodies and minds, perfect in their imperfections**
- Ensure that all shapes, sizes, abilities and ages are represented in the media**
- Discuss death, ,gently and carefully, and encourage loved ones to do the same.**
- Allow the dying to speak about death if they wish to**
- Use the proper words: death, dying, so that people know what is going on**
- Create alternative living arrangements for people, including intergenerational and communal living.**
- Future proof our homes for ourselves and each other so that our changing needs can be easily accommodated**
- Always allow space for joy, fun, laughter and spontaneity**
- Utilise technology to improve care and quality of life without replacing human interaction**
- Recognise and respond to each other as individuals with unique interests, needs and wants.**
- Practise active listening.**
- Use creativity to explore new ideas for care and help us live good lives, throughout our lives**
- Prepare children by showing them that we accept that death and illness are normal and natural and important parts of life.**
- Recognise that all life has value and meaning, and that it should not be measured by productivity and profit.**