

## The Very Old Person's Bill of Rights

- > Society should define Very Old Age as a special time of life for which there are different rules and expectations that can allow the VOP to have a fulfilling and pleasurable experience.
- > People should be taught about Very Old Age in school and by the media so that they empathize with VOPs and can be with them in ways that can be helpful and satisfying to all that are involved.
- > The VOP should have a disinterested advocate whose job it is to look out for his interests, such as those listed below.
- > The VOP should have the opportunity to review his life. This will allow him to relive his life and to find meaning in it. The life review would serve as an enduring memorial, and provide the chance for him to pass on what he has learned. It would also be a chance to say "Thank-you", "I'm sorry", "I forgive you" and "I love you", if for some reason he can't say these in person.
- > The VOP should have access to medical and other means of extending his life, improving his quality of life, and of leaving life. He and his advocate should be given complete information about any contemplated course of action so that they can thoroughly explore its benefits and costs.
- > The VOP should have contact with the people who care about him, either through their physical presence or by being part of a "virtual household" created by audio-visual contact that is woven into their daily lives.
- > The VOP should have contact through touch with caring professionals, loved ones, and animals. He should also be able to be in the actual (as well as virtual) outdoors.
- > The immobile VOP should have access to a selection of virtual realities, including those that are chemically enhanced, that can allow him to be almost anywhere, do almost anything, and feel whatever he wants.
- > The VOP should have control of his sensory input; in particular, he should have access to privacy provided either by the usual space/physical barriers or by virtual/technological means.
- > The VOP should have a chance to be useful, in addition to working on his life review.
- > The VOP should have contact with people of all ages.