



OLDER WOMEN'S BILL OF RIGHTS

OLDER WOMEN'S LEAGUE (OWL) SACRAMENTO CAPITOL

As an older woman, I have the right to expect quality as well as quantity of life in order to add years to my life and life to my years.

I have the right...

to self-esteem in an ageist and sexist society.

to have adequate economic support to cover my needs for food, shelter, clothes and health care.

to have adequate health care, to be treated with respect by sensitive health care providers as an individual whose life is valuable.

to have access to honest legal and financial advice, and consumer protection.

to have a positive representation in the media.

to freedom from fear of crime, isolation, poverty and abandonment.

to be seen as a unique individual who is productive, attractive, intelligent and interesting.

to express my sexuality in whatever manner I choose.

to freedom from society's stigma of incompleteness if I am a woman alone.

to have employment opportunities if I choose or need to work and to receive fair wages.

to have worthwhile volunteer opportunities available to me if I choose to contribute my time.

to choose alternative life styles and living arrangements.

to maintain optimum control over my own life and possessions.

to be given the opportunity to continue to grow intellectually, spiritually and socially.

to rid myself of dependence on others, to speak for myself, and to learn to serve myself.