

# International Charter of Rights to Intimacy, Sexuality and Autonomy in nursing homes

## Preamble

The Charter of Rights to Intimacy, Sexuality and Autonomy (ISA), was created for people of all ages and/or in vulnerable situations, living in nursing homes, as well as for the families and professionals who support them daily. Considering that each person has the right to respect for their intimate and sexual life (Universal Declaration of Human Rights, 1948), this charter recommends a framework allowing the person, whatever their gender, sexual orientation, status social or state of health, to live their intimate and sexual life in complete freedom and security. This charter affirms the commitment of residence professionals to recognize, respect and support these human and sexual rights. The concerted implementation of this charter involves essential evaluations and continuous improvement.

## General principles of the ISA Bill of Rights

### 1. Right to respect for human dignity

The person accommodated in a nursing home must be treated with respect, dignity and consideration, recognizing their level of autonomy and their free choice regarding their intimate, emotional and sexual life.

### 2. Right to an intimate life and sexuality

The person must be recognized and respected in their right to an emotional life and sexuality. The caring environment of the nursing home must contribute to their personal development and prevent any form of discrimination or judgement.

### 3. Right to privacy and confidentiality

The bedroom, a private space, must allow the person's privacy to be preserved and their emotional and sexual choices to be lived discreetly.

### 4. Right to access information and advice

The person must be made aware of the risks of their possible vulnerabilities in the context of life in an establishment, be informed of their rights to privacy, emotional life and sexuality, as well as resources and services to support their choices to promote an informed decision in the most appropriate context.

### 5. The right to be recognized in one's ability to consent or assent

No form of abuse or coercion can be tolerated, in the case of a relationship which reciprocally commits to absolute respect for the consent of the adult partner.

### 6. Right to the prevention of any risk of abuse

Which would be generated by a certain degree of vulnerability of the person with caring and adapted support without discrimination of the person in their rights to privacy and sexuality.

### 7. Right to protection in the event of abuse and physical, psychological and sexual violence

The nursing home undertakes to put in place a process of protection, alert and reporting of violence following the law of their country, whether they originate from a professional or a resident.

### 8. Right to consultation and training

The nursing home undertakes to set up a consultation system bringing together professionals within the framework of analyses of specific situations. They offer awareness-raising and training sessions in consultation with ethics and well-treatment representatives.

## The manager undertakes to:

- Promote the ISA Charter of Rights among its teams and gradually implement it in its group's nursing homes.
- Adhere to the evaluation process of this implementation by the UNESCO Chair and by the residents of their establishments. The results of these evaluations could make it possible to obtain the Labeling of the UNESCO Chair in Sexual Health & Human Rights.

With the participation and validation of four experts: Claude Evin, former French Minister of Health; Serge Guérin, sociologist of the elderly; Emmanuel Hirsch, philosopher & ethics in health and Thierry Troussier, public health and sexologist.

With the commitment of three operators: Christian G. Archambault, CEO Excelsoins (Canada); Francesco Lupi, CEO Codess Sociale (Italy) and Christian Potthoff, CEO Interpares (Germany).

**Holder of the UNESCO  
Chair in Sexual Health &  
Human Rights**

Thierry Troussier



**Manager of the  
nursing home**

