

Dignity of Risk:

The right to take risks is part of living a meaningful life.

Taking risks can lead to growth, learning, and adapting at every stage of life. While living with risk may bring varying consequences and outcomes, older adults can continue to be supported in making (*or being involved in*) their own choices and living with risk, as their abilities change and whether living with frailty or dementia.

Main Principles:

- **Risk is likely to have a benefit** to the older adult.
- **Focus on the benefit of the risk**, aim to mitigate potential harms.
- **Consider using a tool to measure frailty (Clinical Frailty Scale).**
This can help anticipate functional concerns, guide care planning and caregiver training, and promote independence.
- **Use a balanced and broadened approach to risk assessment.**
Be mindful not to focus solely on potential for immediate physical harm.
- **Be aware of ageist attitude influences.**
Aim to interfere the least amount in the older adult's life.
- **Incorporate caregiver coaching.** Support caregivers at the earliest opportunity, integrating Dignity of Risk (DoR) principles and emphasizing strength- and ability-based language and modeling.

Remember: If health care providers are confident in ways the DoR can be integrated into care, caregivers are more likely to learn and see that it's possible. Once we know better, we can support better.

