

## CAREGIVER'S BILL OF RIGHTS

### I have the right to:

- Take care of myself. This is not an act of selfishness. It will give me the capability to take better care of my loved one.
- Seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.
- Maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person and I have the right to do some things just for myself.
- Get angry, be depressed, and occasionally express other difficult feelings.
- Reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/ or depression
- Receive consideration, affection, forgiveness, and acceptance for what I do from my loved ones for as long I offer these qualities to them.
- Take pride in what I accomplish and applaud the courage it takes to meet the needs of my loved one.
- Protect my individuality and my right to make a life for myself that will sustain me when my loved one no longer needs my full-time help.
- Expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made toward aiding and supporting caregivers.