

CAREGIVER BILL OF RIGHTS

I have the right to take care of myself. My health and well-being are important.

I have the right to seek help from others. I acknowledge that I cannot do everything by myself.

I have the right to maintain a healthy balance in my own life.

I have the right to my emotions. Sometimes I may feel anxious, sad, upset, and angry. I, too, am facing a major crisis in my life.

I have the right not to be judged, or manipulated, or made to feel guilty.

I am doing the best that I can.

I have the right to receive consideration, acceptance, and gratitude for what I do for my loved one as I offer these in return.

I have the right to take pride in my accomplishments in taking care of my loved one and applaud the courage that it sometimes takes to care for him or her.

I have the right to have my own physical and emotional needs seen as important.

I have the right to spend time with other people who need my attention without feeling guilty.

Caring for a relative or friend is difficult and emotionally exhausting.

Please take a few minutes today to take care of yourself as well!