

**A CAREGIVER IS A FAMILY MEMBER OR FRIEND WHO PROVIDES
UNPAID CARE FOR A LOVED ONE LIVING WITH
CHALLENGES DUE TO DISABILITY, ILLNESS, OR AGING.**

A 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 of taking better care of my loved one.
- **To seek help from others even though my loved one may object.** I recognize the limits of my own endurance and strength.
- **To maintain facets of my own life** that do not include the person I provide care for, just as I would if he or she were healthy. I know that I do everything I can for this person and I have the right to do some things just for myself.
- **To get angry, be depressed and express other difficult feelings occasionally.**
- To reject any attempt by my loved one [either conscious or unconscious] to manipulate me through guilt, anger or depression.
- **To receive consideration, affection, forgiveness and acceptance for what I do** for my loved one for as long as I offer these qualities in return.
- **To take pride in what I am accomplishing** and to applaud the courage it has sometimes taken to meet the needs of my loved one.
- **To protect my individuality and my right to make a life for myself** that will sustain me in the time when my loved one no longer needs my full time help.
- To expect and demand that as new strides are made in finding resources to aid physically/ mentally challenged and ill persons in our country, similar strides will be made toward aiding and supporting caregivers.