



CAREGIVER BILL OF RIGHTS

I have the right... to take care of myself. This is not an act of selfishness. Meeting my own needs will help me take better care of my loved one.

I have the right... to seek help from others. Even though my loved one may object to accepting outside help, I recognize the limits of my own endurance and strength.

I have the right... to maintain my own interests. I deserve to nurture the 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 it's okay to do some things just for myself.

I have the right... to have negative feelings. I'm human, and it's okay for me to occasionally express frustration, exhaustion, depression and other difficult feelings.

I have the right... to not be manipulated. I will reject any attempts by my loved one (either conscious or unconscious) to guilt or shame me into doing things.

I have the right... to feel compassion from others. I deserve to receive consideration, affection, forgiveness and acceptance from my loved one for as long as I offer these qualities in return.

I have the right... to be proud of my work. I can take pride in what I am accomplishing and applaud the courage it sometimes takes to meet the needs of my loved one.

I have the right... to protect my individuality. I need to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.

I have the right... to demand societal progress. I expect that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.



MY CAREGIVER AGREEMENT

THE THING I STRUGGLE MOST TO ACCEPT THAT I CAN'T CONTROL IS:

THE THINGS AS A CAREGIVER I CAN CONTROL ARE:

I AM SOMETIMES NEGATIVE ABOUT:

I CAN THINK ABOUT THAT MORE POSITIVELY BY:

MY PERSONAL SERENITY PRAYER IS:
