

## CAREGIVER BILL OF RIGHTS

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*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 COVENANT

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

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THE THINGS AS A CAREGIVER I CAN CONTROL ARE:

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I AM SOMETIMES NEGATIVE ABOUT:

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I CAN THINK ABOUT THAT MORE POSITIVELY BY:

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MY PERSONAL SERENITY PRAYER IS:

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