

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 for whom I care, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person and that I have the right to do some things just for me.
- ∞ 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 from my loved one for what I do, as long as I offer these in return.
- ∞ To take pride in what I am accomplishing and to applaud the courage it has sometimes take 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 fulltime help.
- ∞ To _____

(Add your own statement of rights to this list. Read the list to yourself everyday.)

