

“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 relative.
- ✧ To seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.
- ✧ To maintain areas of my own life that does not include the person I care for, just as I would if he or she were healthy.
- ✧ To get angry, be depressed, and express other difficult feelings occasionally.
- ✧ To reject any attempt by my relative to manipulate me through guilt, anger, or depression.
- ✧ To receive consideration, affection, forgiveness and acceptance for what I do from 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 me to meet the needs of my relative.
- ✧ To protect my individuality and my right to make a life for myself that will sustain me when my relative no longer needs my full-time help.

Read the list to yourself every day.

HelpPeopleSM
Employee Assistance Program

470-7447
or
800-777-6110