

# A Caregiver's Bill of Rights

from the Alberta Caregivers Association

## 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.** 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, and express other difficult feelings occasionally.**
- **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.