

– COMPREHENSIVE –

Caregiver's Bill of Rights

As a caregiver, you have:

1. **The Right to Take Care of Yourself**

You have the right to maintain your own health and well-being. Your ability to care for others depends on your self-care, and you have the right to seek help and take breaks when necessary.
(Source: National Family Caregiver Association)

2. **The Right to Ask for Help**

You have the right to ask for and accept help. Caring for someone is a significant responsibility, and you should not have to do it alone.
(Source: AARP)

3. **The Right to Set Boundaries**

You have the right to set limits on your time, energy, and resources. You can say "no" when necessary, and it is okay to prioritize your own needs.
(Source: National Family Caregiver Association)

4. **The Right to Feel and Express Your Emotions**

You have the right to feel and express all of your emotions, including frustration, sadness, anger, and joy. Caregiving is a complex emotional experience, and it's important to acknowledge your feelings without guilt.
(Source: Family Caregiver Alliance)

5. **The Right to Be Respected**

You have the right to be treated with dignity and respect by healthcare providers, family members, and others involved in the caregiving process.
(Source: AARP)

6. **The Right to Education and Training**

You have the right to receive the necessary training and information to provide care competently and safely.
(Source: National Family Caregiver Association)

7. **The Right to Financial Support and Resources**

You have the right to access financial support and resources, such as respite care, financial aid, or tax relief, to help ease the financial burden of caregiving.
(Source: Family Caregiver Alliance)

8. **The Right to Privacy**

You have the right to maintain your privacy and personal space. Just as your loved one deserves their privacy, so do you.
(Source: National Family Caregiver Association)

9. **The Right to Maintain Your Social Life**

You have the right to continue engaging in social, recreational, and spiritual activities that enrich your life. It's important to nurture your relationships and interests outside of caregiving.
(Source: AARP)

10. **The Right to Be Notified About Changes in Care**

You have the right to be informed about any changes in your loved one's care needs, healthcare plans, and medical treatment. Clear communication is essential for your peace of mind and effectiveness as a caregiver.
(Source: Family Caregiver Alliance)

11. **The Right to Support and Appreciation**

You have the right to feel appreciated for the care you provide. Acknowledgement, gratitude, and recognition from others are important for sustaining your role as a caregiver.
(Source: AARP)

12. **The Right to Grieve**

You have the right to mourn the changes in your loved one's health, lifestyle, and even the future. It's okay to experience grief, even as you continue to provide care.
(Source: Family Caregiver Alliance)

SOURCES USED:

- National Family Caregiver Association (NFCA)
- AARP
- Family Caregiver Alliance

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A Guided Journal for the Caregiving Journey*

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