

Caregiver 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.
- Seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.
- Maintain facets of my own life that do not include the person I care for, just as I would if s/he were healthy.
- Get angry, be depressed, and to express other difficult feelings occasionally.
- Reject any attempt by my relative to manipulate me through guilt, anger, or depression.
- Receive consideration, affection, forgiveness, and acceptance for what I do for my loved for as long as I offer these qualities in return.
- Take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
- Protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

*-Excerpted from **Caregiving: Helping an Aging Loved One***

Provided to you by:



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“To Serve. To Guide. To Envision.”