

CAREGIVER BILL OF RIGHTS

WE, THE CAREGIVERS, devote ourselves and our internal and external resources to the maintenance and support of a loved one.

We declare that we have basic inalienable rights:

The right to live our own life and retain our dignity and sense of self.

The right to choose a plan of caring that accommodates our needs and the needs of those we care about.

The right to be recognized as a vital and stabilizing source within our families.

The right to be free from any form of financial or legal coercion when choosing a plan for providing care.

The right to be free of guilt, anguish, and doubt, knowing that the decisions we make are appropriate for our own well-being and that of our loved one.

The right to be ourselves enough to have confidence that we are doing the best that we are able to do.

With these rights, the disabled and frail elderly will be provided with the highest and best care that we are capable of giving, and we may take pride in ourselves.

“From the book CARING FOR YOURSELF WHILE CARING FOR YOUR AGING PARENTS: How to Help, How to Survive by Claire Berman, 2nd ed., ©2001 by Claire Berman. Reproduced by arrangement with the publisher, Henry Holt and Company, New York.”