

The Caregiver Bill of Rights

The Caregiver Bill of Rights was created by the National Family Caregivers Association. This Bill of Rights is something from which dementia caregivers can find validation, courage, strength, and pride. If you know a caregiver, please share this valuable resource with them, and encourage them to keep a copy close by for reference, grounding, and confidence-building.

Caregivers have the right to

1. take care of themselves and know it's not selfish to do so
2. enlist the care of others in the caregiving, even over the objection of the sick family member
3. maintain facets of their own lives that do not include the person being cared for
4. have feelings of anger or sadness and express them occasionally
5. refuse to be manipulated consciously or unconsciously
6. be treated with consideration, affection, acceptance and be forgiven for shortcomings
7. take pride in their own individuality and what they are accomplishing, and
8. be applauded for the courage it takes to meet the needs of the person being cared for

The National Family Caregivers Association can be reached by calling 800-896-3650 or visiting www.nfcacares.org

