

## **A CAREGIVER'S BILL OF RIGHTS**

### **I have the right...**

- To take care of me!
- To seek help from others.
- To maintain parts of my own life for myself.
- To get angry, feel blue, express feelings.
- To reject attempts by relatives or others to manipulate me through guilt, anger or depression.
- To receive consideration, affection, forgiveness and acceptance.
- To take pride in and applaud my courage.
- To protect my individuality and create a separate life for myself which helps sustain me.
- To be an advocate for the care for caregivers and people with dementia.

*Source: Wendy Lustbader Caregiving: Helping an Aging Loved One*

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