



The Caregiver's Bill Of Rights

As a caregiver I have the right...

... to be respected for the work I choose to do.

... to take pride in my work and know that I am making a difference.

... to garner appreciation and validation for the care I give others.

... to receive adequate pay for my job as a professional caregiver.

... to discern my personal boundaries and have others respect my choices.

... to seek assistance from others, if and when it is necessary.

... to take time off to re-energize myself.

... to socialize, maintain my interests, and sustain a balanced lifestyle.

... to my own feelings, including negative emotions such as anger, sadness,
and frustration.

... to express my thoughts and feelings to appropriate people at
appropriate times.

... to convey hope to those in my care.

... to believe those in my care will prosper in mind, body and spirit as a
result of my caregiving.