



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.