



CAREGIVER BILL OF RIGHTS

As a caregiver devoting yourself in every way to the care and support of a loved one, you have the right and duty to maintain a humane lifestyle for yourself and your loved ones.

As a caregiver you have the right to:

- Live your own life and retain your dignity and sense of self.
- Choose a plan of care that accommodates your needs and the needs of your loved one.
- Be recognized as a vital and stabilizing force within your family.
- Be free of guilt, anguish and doubt, knowing decisions you make are appropriate for your own well-being and that of your loved one.
- Be yourself enough to have confidence that you are doing the best you are able within the circumstances presented.

Embracing these rights to the fullest, your loved one will receive the highest and best care you are capable of giving, and you may take pride in yourself.

Adapted from: Caregiver Resource Center, Orange County, CA

[Dementia & Alzheimer's Family Caregivers Services](#)

Post Office Box 5133 • La Quinta, CA 92248 • 877-699-3456 • www.dementiahelpcenter.com