



SENIOR SERVICES
Helping Our Elderly Live With Dignity

ELIZABETH AND TAB
WILLIAMS ADULT
DAY CENTER

MEALS-ON-WHEELS

HELP LINE

HOME CARE

LIVING-AT-HOME

SENIOR LUNCH

ELDER CARE CHOICES

Senior Services, Inc.

2895 Shorefair Drive

Winston-Salem, NC 27105

www.seniorservicesinc.org

HelpLine@seniorservicesinc.org

336-724-2040

A CAREGIVER'S BILL OF RIGHTS

I Have The Right:

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.

To seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.

To maintain the facets of my own life that does not include the person I care for, just as I would if he or she were healthy. I know that I do everything I reasonably can for this person, and I have the right to do some things for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempt by my relative (either conscious or unconscious) to manipulate me through guilt, anger, or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do from my loved one for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.

Add your own statements of rights to this list. Read the list to yourself everyday.

To _____

To _____

Adapted from *Caregiving, Helping an Aging Loved One* by Jo Horne. Published by AARP, Washington, DC - 1985. Reprinted with permission by the author, Jo Horne Schmidt.

This information is provided to the consumer by Senior Services' Help Line (724-2040), a hub of the Forsyth County Community Resource Connection. 2/2010