

# ***Caregivers, You Are Not Alone.***

Taking care of others is a selfless act, but it doesn't mean you have to do it alone. If you're feeling overwhelmed or in need of guidance, reach out today. Whether it's connecting with fellow caregivers, accessing resources, or simply having someone to listen, support is available. You deserve care, too.



**Together, we can navigate the challenges and celebrate the strength in caregiving. You matter. Your well-being matters.**



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# *The Caregiver's Bill of Rights*

**Caregiver:** A person who assists a family member or friend with challenges resulting from a disability, illness or aging.

## **I have the right:**

- **To take care of myself.** This is not an act of selfishness. It will give me the capability to take 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 protect my individuality** and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.
- **To take pride** in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.
- **To maintain facets of my own life** that do not include the person I provide 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 just for myself.
- **To reject any attempt** by my loved one (either consciously or unconsciously) to manipulate me through guilt, anger or depression.
- **To get angry, be depressed** and express other difficult feelings occasionally.
- **To receive consideration, affection, forgiveness and acceptance** for what I do for my loved one for as long as I offer these qualities in return.
- **To expect and demand** that as new strides are made in developing resources to aid people facing challenges due to illness, disability or aging in our country, similar strides will be made toward aiding and supporting caregivers.