

## **A CAREGIVER'S BILL OF RIGHTS**

- 1. Seek support from other caregivers. You are not alone!**
- 2. Take care of your own health so that you can be strong enough to take care of your loved one.**
- 3. Accept offers of help and suggest specific things people can do to help you.**
- 4. Learn how to communicate effectively with doctors**
- 5. Be open to new technologies that can help you care for your loved one.**
- 6. Watch out for signs of depression and don't delay getting professional help when you need it.**
- 7. Caregiving is hard work so take respite breaks often.**
- 8. Organize medical information so it's up to date and easy to find.**
- 9. Make sure legal documents are in order.**
- 10. Give yourself credit for doing the best you can in one of the toughest jobs there is!**