



Area Agency on Aging, PSA 2

Caregiving Series

CAREGIVER'S BILL OF RIGHTS

- Caregivers have the right to consider their family and work responsibilities and to honestly assess their own abilities before committing to care for their loved one.
- Caregivers have the right to ask for help from family members and friends.
- Caregivers have the right to use available services including respite care, adult day services, home health care, homemaking, and home delivered meals for their loved one.
- Caregivers have the right to a life of their own with regular breaks from caregiving.
- Caregivers have the right to adequate knowledge about their loved one's condition.
- Caregivers have the right to information, support, and training to reinforce or develop the skills they need to care for their loved one.
- Caregivers have the right to take part in decisions about whether their loved one will be cared for at home or in an assisted living or nursing home facility.
- Caregivers have the right to expect doctors and health care professionals to be knowledgeable about the needs of older people and their caregivers and to offer older people the full range of available care options.
- Caregivers have the right to decide when to let go if they cannot continue to give the quality and quantity of care their loved one needs.
- Caregivers have the right to ask for flexibility and cooperation from employers to help them balance their work and caregiving responsibilities.
- Caregivers have the right to forgive themselves if they become angry and resentful at times.
- Caregivers have the right to appreciation and emotional support for their decision to accept the challenge of caregiving.



*For more information or a list of titles in this series,
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