

The Caregiver's Bill of Rights

As a caregiver I have the right...

- To be respected for the work I choose to do.
- To take pride in my work and know that I am making a difference.
- To garner appreciation and validation for the care I give others.
- To receive adequate pay for my job as a professional caregiver.
- To discern my personal boundaries and have others respect my choices.
- To seek assistance from others, if and when it is necessary.
- To take time off to re-energize myself.
- To socialize, maintain my interests and sustain a balanced lifestyle.
- To my own feelings, including negative emotions such as anger, sadness and frustration.
- To express my thoughts and feelings to appropriate people at appropriate times.
- To convey hope in those in my care.
- To believe those in my care will prosper in mind, body and spirit as a result of my caregiving.

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(Retrieved 8/9/2010 from <http://www.compassionfatigue.org/pages/TheBillofRights.pdf>)