

## **Caregiver Checklist**

- I am getting out at least once a week.
- I am exercising at least once a week.
- I am getting at least 7 hours of restful sleep a night.
- I talk with or visit up to 3 friends or relatives a week.
- I keep annual medical and dental appointments.
- I am taking only medications prescribed to keep up my health.
- My legal and financial papers, including wills, are in order and available.
- I have checked a new resource regarding caregiving each week.
- I am eating 3 balanced meals a day.
- I have read and am aware of the Caregiver's Bill of Rights.

## **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 relative.

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

To maintain 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 that I reasonably can for this person, and I have the right to do some things just for myself.

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

To reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/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 persons, similar strides will be made towards aiding and supporting caregivers.

Adapted from *Today's Caregiver Magazine*

### **Caregiving books**

*Chicken Soup for the Caregiver's Soul* by Rosalynn Carter

*A Guided Journal for Caregivers* by Marion Karpinski

*God Knows Caregiving Can Pull You Apart: 12 Ways to Keep It All Together* by Gretchen Thompson

*Caregiving: The Spiritual Journey of Love, Loss and Renewal* by Beth Witrogen McLeod

### **Caregiving Websites**

[www.caregiver.org](http://www.caregiver.org)

[www.caregiving.com](http://www.caregiving.com)

[www.caringtoday.com](http://www.caringtoday.com)

[www.caregivershome.com](http://www.caregivershome.com)