



Transplant Caregiver Bill of Rights

The "Caregiver Bill of Rights" can help you remember that it is okay to take care of yourself while you are a caregiver.

I have the right to:

- Take care of myself. This is not an act of selfishness. It will give me the capacity to take better care of the person I am caring for.
- Seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.
- Maintain parts of my own life that do 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 for myself.
- Get angry, have bad moods, and express other difficult feelings occasionally.
- Reject any attempt by the one I care for (either conscious or unconscious) to manipulate me through guilt, anger, or depression.
- Receive consideration, affection, forgiveness, and acceptance for what I do for the person I care for as long as I offer these qualities in return.
- Take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of the person I care for.
- Protect my individuality and my right to make a life for myself that will sustain me in the time when the person I care for no longer needs my full-time help.
- Expect and demand that as new strides are made in finding resources to aid transplant recipients in our country, similar strides will be made toward aiding and supporting caregivers.

*Adapted from "Caregiver Bill of Rights" by Jo Horne, author of *Caregiving: Helping an Aging Loved One* (<https://www.caregiver.org/resource/caregivers-bill-rights/>).*