

# WORKING CAREGIVERS BILL OF RIGHTS

## YOU HAVE THE RIGHT TO SET BOUNDARIES

You have the right to balance your own needs with the needs of the people you care for. Know your personal limits and say no to requests that push those limits.

## YOU HAVE THE RIGHT TO A LIFE

You have a right to maintain your relationships and personal interests. Carve out time for you. If others don't approve, then don't approve of their opinions.

## YOU HAVE THE RIGHT TO EARN A LIVING

You have the right to a job, and even a career. It is not only your rights, it is smart to have an income source and a plan for your own retirement and future care needs.

## YOU HAVE THE RIGHT TO BE HEALTHY

You have the right to sleep, eat, exercise, and do whatever else is needed to protect your physical and mental health. Care for yourself.

## YOU HAVE THE RIGHT TO ASK FOR HELP

You have the right to accept that you cannot do everything. You have the right to ask for support from siblings, extended family members, friends, social workers, doctors, etc.

## YOU HAVE THE RIGHT TO BE GOOD ENOUGH

You have the right to let the laundry pile high and the bed remain unmade. You have the right to wear yoga pants seven days a week. You have the right to serve your children cereal for dinner, again.