

# Bill of Rights for the Brain Tumour Caregiver



## I have the right to...

- 1 ...accept help that is offered to me by others.
- 2 ...take care of my own health, spirit, and relationships.
- 3 ...seek help from others even though my loved one may object, as only I can recognize the limits of my own endurance and strength.
- 4 ...maintain facets of my life that do not include the person I care for, just as I would if they were healthy.
- 5 ...feel anger, be depressed, and express other difficult feelings on occasion.
- 6 ...take pride in what I accomplish, and applaud the courage it takes sometimes to meet the needs of my loved one.
- 7 ...receive consideration, affection, forgiveness, and acceptance for what I am able to achieve as a caregiver, and offer these qualities in return.
- 8 ...protect my individuality and the right to make a life for myself that will sustain me when my care-receiver no longer needs my full-time help.
- 9 ...expect and demand increased awareness and support to find resources to aid me in caring for my loved one.

For more information:

[www.BrainTumour.ca](http://www.BrainTumour.ca)

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