

# A Caregiver's Bill of Rights

By: Jo Horne

## 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 loved one.

## I have the right:

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

## I have the right:

To maintain facets 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 just for myself.

## I have the right:

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

## I have the right:

To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.

## I have the right:

To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.

## I have the right:

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.

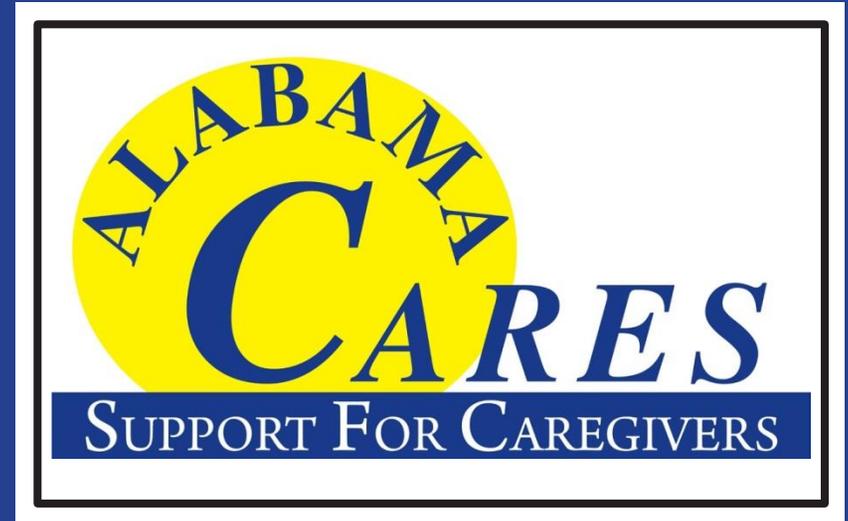
## I have the right:

To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer need my full-time help.

## I have the right:

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

## Caregiver Assistance with Resources, Education, and Services



**According to "Caregiving in Alabama" the aging population in Alabama is one of the most important demographic trends affecting the state.**

**818,000 Caregivers**

**783 Million Hours**

**\$7.3 Billion Cost**

# Program Overview

The National Family Caregiver Support Program (NFCSP) was established in 2000 under the Older Americans Act. It provides funds to states and territories based on their share of senior citizens. Alabama created the Alabama Cares Program, which offers support for caregivers across the state by providing services through five basic areas:

1) **Information:** provides public education, caregiver and provider training, health fairs, newsletters, brochures, and audio visual/written caregiver information.

2) **Assistance:** provides outreach, case management, assessment, and information regarding resources.

3) **Education:** provides support groups and trainings to assist and advise in areas of health, nutrition, financial literacy, and the role of caregiving.

4) **Respite:** provides temporary, substitute support of the care recipient to provide a brief period of relief/rest to the caregiver, help with personal care, homemaker services, adult day care, and skilled or unskilled services in the home.

5) **Supplemental Services:** provides through a limited basis, incontinence supplies, minor home modifications, assistive technology, home-delivered meals, emergency alarm response systems, nutritional supplements, chore services, and transportation.



# Eligibility Requirements

- Primary Caregivers of frail, older adults age 60 and older, or of any age if caring for those suffering with Alzheimer's or other types of dementia
- Grandparents/relative Caregiver, age 55+, caring for children ages 18 and under or caring for children any age with a severe disability

## Priority consideration is given to:

- Caregivers caring for those in greatest social and/or economic need
- Older Caregivers (age 60+)
- Caregivers providing for those living in rural areas
- Caregiver and Care Recipient with critical health needs

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For More Information:  
Call your Area Agency on Aging at  
1-800-AGE-LINE or visit  
[www.AlabamaAgingline.gov](http://www.AlabamaAgingline.gov)

To access additional caregiver information you may also contact:



1-800-AGE-LINE