

# Caregiver Bill of Rights



**I HAVE THE RIGHT TO:**



## ◆ TAKE CARE OF MYSELF

*This is not an act of selfishness; it will allow me to take better care of my family member.*

## ◆ SEEK HELP FROM OTHERS

*Even though my family member may object, it is reasonable for me to acknowledge and deal with the limits of my own strength and endurance by accepting help.*

## ◆ MAINTAIN PARTS OF MY OWN LIFE

*It is important for me to do some things for myself that do not include my family member, just as I would if they were healthy.*

## ◆ HAVE INTENSE EMOTIONS

*It is normal for me to have intense emotions related to the caregiving process. It is necessary for me to find healthy ways to express emotions like anger, frustration, and sadness.*

## ◆ REJECT MANIPULATION

*It is important for me to resist attempts by my family member to manipulate me, whether those attempts are intentional or not.*

## ◆ TAKE PRIDE

*It is acceptable for me to take pride and applaud the courage it takes for me to meet the needs of my family member.*

## ◆ PROTECT MY INDIVIDUALITY

*It is reasonable for me to make a life for myself that will help me after my family member no longer needs my help.*

# Dementia Study Groups

*“Come with questions, leave with answers.”*

*In SHELTON:* Second Wednesday of the month from 10am-12pm

*In CHEHALIS:* Second Thursday of the month from 1pm-3pm

*In OLYMPIA:* Third Thursday of the month from 1pm-3pm

*We will be reviewing Teepa Snow’s dementia care techniques  
in each Dementia Study Group all of this year.*



## Family Caregiver Resource Managers

### **Lewis County**

Joan Vance  
748-2524 ext. 210

Toll-free 1-888-702-4464  
1651 S. Market Blvd.  
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### **Mason County**

Carolyn Merling  
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### **Thurston County**

Kathy Schroeder  
644-3162 ext. 106

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