

Caregivers List of Needs

By Miki Kashtan, based on the Caregivers Bill of Rights by Jo Horne

I need to take care of myself.

I need support from others. I recognize the limits of my own endurance and strength.

I need some balance in my life that might include maintaining facets of my own life that do not include the person I care for.

I need spaces where I can express all of my feelings, including the most difficult ones.

I need honest and direct communication with my loved one about both of our needs as we negotiate care.

I need consideration, affection, forgiveness, and acceptance for what I do.

I need 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 need to find ways of preparing to sustain me in the time when my loved one no longer needs my full-time help.

I need societal commitment to support caregivers.

I need self-acceptance: to remember that I have needs, limits, and feelings, regardless of how much I love the person I care for, how committed I am to them, or how strong I am.

I need a solid relationship of trust and collaboration with my loved one.