



Bill of Rights for the Brain Tumour Caregiver

As a caregiver for a loved one living with a brain tumour, I have the right to...

I have the right to... take care of my own health, spirit, and relationships.

I have the right to... seek help from others even though my loved one may object. Only I can recognize the limits of my endurance and strength.

I have the right to... accept help that is offered to me by others.

I have the right to... receive consideration, affection, forgiveness, and acceptance for what I achieve as a caregiver and offer these qualities in return.

I have the right to... get angry, be depressed, and express other difficult feelings occasionally.

I have the right to... take pride in what I accomplish, and to applaud the courage it takes sometimes to meet the needs of my loved one.

I have the right to... protect my individuality and the right to make a life for myself that will sustain me in the time when my care-receiver no longer needs my full-time help.

I have the right to... expect and demand increased awareness and support to find resources to aid me in caring for my loved one.

I have the right to... maintain facets of my life that do not include the person I care for, just as I would if he / 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.

Brain Tumour Walk events take place in May and June each year
Learn more and register at www.BrainTumourWalk.ca.