



BILL OF RIGHTS FOR FAMILY MEMBERS

I have the right to enjoy my own good health without feeling guilty. It is not my fault that someone I love is ill.

I have the right to choose whom I will talk to about the illness. If I hurt others' feelings because they are asking too many questions, it is not my fault.

Even if I am a child, I have a right to know what is going on in my family. I have a right to be told the truth about the illness in words I can understand.

I do not always have to agree with someone just because he or she is ill. I can feel angry with the patient without feeling guilty, because sickness does not stop someone from being a real person.

I have the right to feel what I feel now, not what someone else says I "should" feel.

I have the right to look after my own needs, even if they do not seem as great as the patient's. I am permitted to take "time out" without feeling disloyal.

I have the right to get outside help for the patient if I cannot manage all the responsibilities of home care myself.

I also have the right to get help for myself, even if others in my family choose not to get help.

No one has the right to take my hope away. I believe that the powers that control life are greater than the understanding of any person or group of persons.

