



The Caregiver Covenant By Dr. Linda Rhodes

To the best of my ability, I will:

Solicit the preferences and values of my loved one so I can provide and arrange for care that respects their person and is centered on meeting their needs and wishes.

Advocate for my loved one by educating myself on caregiving matters, their health conditions, care plans and medications so I can ask informed questions and better monitor their care.

Research the quality of care services, facilities and persons who provide care to my loved one to ensure their well-being.

Support my loved one's desire for independence and dignity while addressing their need to remain safe and secure.

Foster a caregiving relationship that espouses mutual trust, respect, kindness and patience while disavowing behavior that evokes feelings of guilt or resentment.

Reach out for and accept help from family, friends, community and volunteers recognizing that caregiving as a solo act is not healthy for my loved one or me.

Nurture my body, mind and spirit by taking the time to care for myself, replenish my soul and seek respite from my caregiving.

Forgive and learn from my shortcomings realizing that I'm only human and will have my moments of feeling frustrated, angry or sad. If these feelings dominate my caregiving, I'll seek professional help.

Preserve my family and professional life throughout my caregiving in a manner that will not jeopardize or harm what I hold dear.

Cherish the purpose, bond and meaning that caring for my loved one brings to my life and make room for the healing power of humor and laughter.

