

CAREGIVER DECLARATION OF RIGHTS



For Hospice Palliative and End Life Care. (2019)

RESPECT



You should be **respected** and **included** as a **valuable member** of the **care team***.

ADVOCACY



You should be provided the **opportunity** to have a **voice**, provide **meaningful feedback**, and express those **ongoing efforts** be made in Ontario to find resources to **support caregivers** like yourself.

HONESTY



With the **permission** of the person you are caring for, you should be provided **clear information** about the **individual's disease, condition** and **prognosis** in words you can understand, and **participate** in **conversations with the care team*** to understand options and ask questions.

HONOUR



Your role as a caregiver is **important** and you should expect to be **valued and honoured** in this role by others.

SELF-CARE



You should be able to **seek help from others** and be **supported to take care of yourself** which includes **accessing any available respite** and **support** you need to take a break. This is **not** an act of **selfishness**. It will enable you to **take better care** of your **loved one**.

SERVICES



You should receive **services and information** that is aligned with your **cultural preferences** and **accessibility needs** to support your **caregiving**.

HOPE



You should be supported in **maintaining hope and a positive outlook**, however changing its' **focus** may be.

COMMUNICATION



You have the **right** to **express your thoughts and emotions**, whatever they may be, in a way that is **respectful of others**, as well as be **validated for your feelings**.

INDIVIDUALITY



You should be recognized as a **person beyond** and including your **caregiver role** and be supported in maintaining **a life for yourself** as you choose.

*Care Team is defined as anyone the patient chooses to have included in their circle of care, including both formal and informal care providers.

Quality Hospice Palliative Care Coalition of Ontario

<http://hpcoc.ca/qhpcoc/>

