

**TABLE 2**

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**OBSTACLES TO IMPLEMENTING RESIDENTS' RIGHTS**

1. Many residents do not know about or understand their rights.
2. Most residents feel that asserting rights is a negative thing to do.
3. To exercise their rights, residents need the physical care necessary to promote self-reliance and renewed strength, such as: appetizing food to suit their nutritional needs, rehabilitative and restorative therapy, meaningful activities, and freedom from over-medication and over-restraint.
4. Residents who do assert their rights often face tremendous resistance from every level of staff, which discourages them and makes it nearly impossible for them to succeed.
5. Most residents do not have many social supports inside or outside the home to encourage or assist them to live to their fullest.
6. Most resident councils do not receive the leadership development they need to function effectively.
7. Many resident councils meet resistance from staff when they voice concerns.
8. Few families understand residents' rights or know how to empower their relatives to maintain self-determination.
9. Most nursing homes are run in a very regimented, institutional fashion, which leaves little room for individuality, free expression, personal autonomy, or choice.
10. Most nursing homes provide few opportunities to foster relationships.
11. Many staff do not know about nor understand residents' rights.
12. Very few supervisory and managerial personnel understand residents' rights.
13. Sometimes staff feel threatened by "residents' rights."
14. Staff is often poorly trained in residents' rights.
15. Often, staff is not treated in a manner respectful of their own rights.
16. Short staffing prevents staff from taking the time necessary to treat residents respectfully in routine care and treatment.
17. Staff is used to "caring for" residents and do not know how to empower and enable residents to care for themselves.
18. It takes longer to help someone do something for himself/herself than to do it for him/her.
19. Many staff perceive residents' concerns and recommendations as too bothersome and another demand on an already burdensome schedule.
20. Most staff and others see residents' disabilities instead of their abilities.

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Source: National Citizens' Coalition for Nursing Home Reform, Nursing Home Residents' Rights Project, 1828 L Street, NW, Suite 801, Washington, DC 20036

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