



NURSING HOMES NEED MORE STAFF

Lack of enough staff in nursing homes can harm residents and prevent them from getting even the most basic care they need. Understaffing has been linked to pressure ulcers (bedsores), malnutrition, dehydration, preventable hospitalizations and even death. Residents may also experience loneliness and isolation as a result of understaffing. Even the best nurses and nurse aides cannot provide quality care if there are not enough of them. Nursing home residents are not the only ones who suffer. Insufficient numbers of staff cause on-the-job injuries for overworked employees; distress and anxiety for residents' families; and unnecessary costs for taxpayers when residents end up in the hospital and Medicare must pay the bill.

CURRENT FEDERAL LAW MUST BE CHANGED

Federal law only requires a nursing home to have "sufficient" staff to meet the needs of residents. The term "sufficient" is vague and very difficult to measure. A study by the federal government determined that nursing home residents need at least 4.1 hours of care per day. This is the minimum amount of care residents need to prevent common quality of care problems and loss of the ability to do things independently, like eating. Staffing levels in nursing homes should be increased so each resident receives the recommended minimum of 4.1 hours of care every day.

Dear Member of Congress:

I am concerned about the safety and well-being of nursing home residents in my state. Many residents are not getting the care they need because there aren't enough aides and nurses. They may wait for a long period of time to get help or sometimes not get help at all. They deserve better. Please protect residents by requiring nursing homes to provide 4.1 hours of nursing care per resident every day.

Printed Name

Your State

Signature

Address:

Phone:

 Email:
