



National Consumer Voice for Quality Long-Term Care

Residents' Rights Month is designated by Consumer Voice and is celebrated each October to honor residents living in all long-term care facilities and consumers receiving care in their homes and communities. The 2023 Residents' Rights Month theme is "Amplify Our Voices."

Creative writing and artistic expression are meaningful and compelling ways to highlight the importance of residents' rights and how these rights can be carried out in all long-term care settings. The Resident's Voice Challenge encourages residents to submit essays, poems, artwork, drawings, or videos related to the theme.

How to Participate

Create a Video

This year's theme emphasizes a community of long-term care residents coming together to make their voices heard. As part of the Resident's Voice Challenge, we are inviting residents to create videos amplifying their voices.

- Create a video sharing who you are and how you amplify your voice by answering the questions: **What does it mean to be heard and how do you make yourself heard?**
- Get creative with your video – share a story, conduct an interview, read a piece of original poetry, play original music or sing a song, show and tell us about your artwork, etc.
- Videos must feature at least one long-term care resident/consumer.

- Any person who appears in the video must sign and submit a [release form](#).
- Selected videos will appear on our website, emails, and social media.

Alternatively, residents can respond to the Resident's Voice Challenge in writing (essays, poems, word collages), artwork (posters, paintings, drawings), audio (songs or spoken word), or photos. Answer one or more of the following questions:

- What is an example of a time you amplified your voice?
- What positive change has occurred when you have raised your voice?
- How do you help others amplify their voices?
 - What could others do to help you raise your voice?

How to Submit

- Email submissions to info@theconsumervoice.org.
 - Include a mailing address with your submission for residents to receive certificates of participation
 - Video submission options:
 - [Upload your video to YouTube](#) and send us the link.
 - Email us the MP4 video file. If the file is too large to email, let us know at info@theconsumervoice.org, and we can arrange the transfer of large files.
 - Learn about more options for submitting your video entry [here](#).
 - Each person included in the video must sign and submit a [release form](#).
 - Artwork submissions: Take a high-resolution photo of your artwork and email the JPG or PNG file as an attachment to info@theconsumervoice.org. Do not send images in the body of the email, as the file is sometimes compressed.

Participation Criteria and Rules

- The deadline for submissions is **September 1, 2023**.
- **Submissions must be produced by a long-term care resident/consumer.** This can include residents of nursing homes, assisted living, independent living, or individuals receiving long-term services in their homes or community. Group entries by several residents/consumers are encouraged. Relatives, friends, and facility staff may be involved in assisting

residents/consumers with the challenge but may not submit their own entries without creative involvement of at least one long-term care resident/consumer.

- **Submissions must be original content created by a long-term care resident/consumer.** We cannot accept coloring pages or reproductions/reprintings of existing artwork, poems, or essays.
- **Any photo or video submissions must be accompanied by a photo/video release form and signed by anyone appearing in the photo or video.** Find the release form here:
<https://theconsumervoice.org/uploads/files/events/release-form-23.pdf>.
- Consumer Voice maintains the right to utilize entries in a variety of forums including the Residents' Rights Month packet, its websites, its products, and other mediums determined appropriate by Consumer Voice. Consumer Voice reserves the right to use submissions, including the photographs and videos and/or likenesses contained therein for promotional and publicity purposes, at any time, including, but not limited to, posting on the Consumer Voice/NORC websites and Consumer Voice/NORC social media pages, inclusion in promotional materials, products and other materials, and for display at the Consumer Voice Annual Conference.

Questions? Email info@theconsumervoice.org.