



# — THE RESIDENT ADVOCATE —

A newsletter for residents of long-term care facilities.

**YOU HAVE  
THE  
RIGHT TO:**



**SPEAK UP:**  
**Know Your Rights  
And How To Use Them**  
National Consumer Voice For Quality Long-Term Care

**Be fully  
informed and  
participate in  
your own care.**

Living in a nursing home does not mean that you give up your rights. In fact, federal law guarantees the rights of residents to make decisions that affect their care and quality of life. During Residents' Rights Month, it's a good time for all residents, families and friends, and long-term care facility staff to become reacquainted with residents' rights and think about how they can ensure that each resident's rights are respected and protected, assist residents in being engaged partners in achieving quality care and quality of life, and that residents feel confident in speaking up about what is important to them.

**Voice your  
concerns.**

Residents' Rights include the right to:

- Be fully informed about and participate in your own care. That means knowing what treatments you are receiving, the risks and benefits of each treatment, who is providing the care to you. You have the right to participate in the creation and implementation of your plan of care.
- Voice your concerns about any aspect of your care or life in a nursing home. You have the right to file a grievance without fear of retaliation, and to receive a response as to what will be done to address your concern.
- Privacy and confidentiality with respect to your personal and healthcare information, your communications and visits with others, and mail. This also pertains to privacy in the provision of care.
- Make your own choices, including what time you want to get up and go to bed, selecting a personal physician, the activities you participate in, with whom you visit.
- Dignity and respect in how you are treated, in the care of your personal belongings.

**Privacy and  
confidentiality.**

**Make your own  
choices.**

Individuals living in assisted living facilities must look to state law and regulations for their list of rights.

**Dignity and  
respect!**

To see a full list of residents' rights, or for concerns about violations of residents' rights, contact your long-term care ombudsman.



# Residents around the nation submit entries for the Residents Voice Challenge!



“ We may not have a choice in what happened to our body, but we still have our minds and until we take our last breath, we can still contribute to our lives and choose how we live. ”

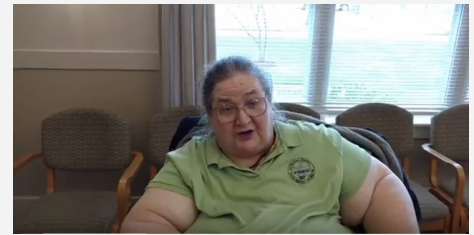
- Sherry W.



My rights and dignity are individual to me; that's why I sing

“ Know me as the person I am, and treat me as that person, not as an abstraction of a resident, absent of personhood. ”

- Dick W.



“ Facilities are residents' homes where they might live for a long time. A home should be a place where they feel they belong, feel comfortable, secure and happy. ”

- Penny S.



“ I deserve dignity and respect. When I speak my mind, I'm empowered. Then the quality of life increases. ”

- Ronnie M.



“ It is most important to be informed of any change that may affect the well-being of a resident. Healthcare providers should always consult the resident or the representative, such as family, before making changes, so there is no misunderstanding about care of the resident. ”

- Tyra P.

## Celebrate Residents' Rights Month with these Activity Ideas!

- **Book Club** - Residents select a book and hold a discussion at the end of the month.
- **Talk About Rights** - Have a discussion about residents' rights and how residents can feel comfortable talking about what's important to them.
- **Tell Your/A Story or Share A Story or Tell a Tale** - Residents bring an item, picture, or memento that is meaningful to them to share with the group and explain why it is important to them or the story behind it.

Check out the printable calendar with event and activity ideas for each day during October.

<http://theconsumervoice.org/events/residents-rights-month-2018#activities>



For more information, visit [www.theconsumervoice.org](http://www.theconsumervoice.org)  
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