

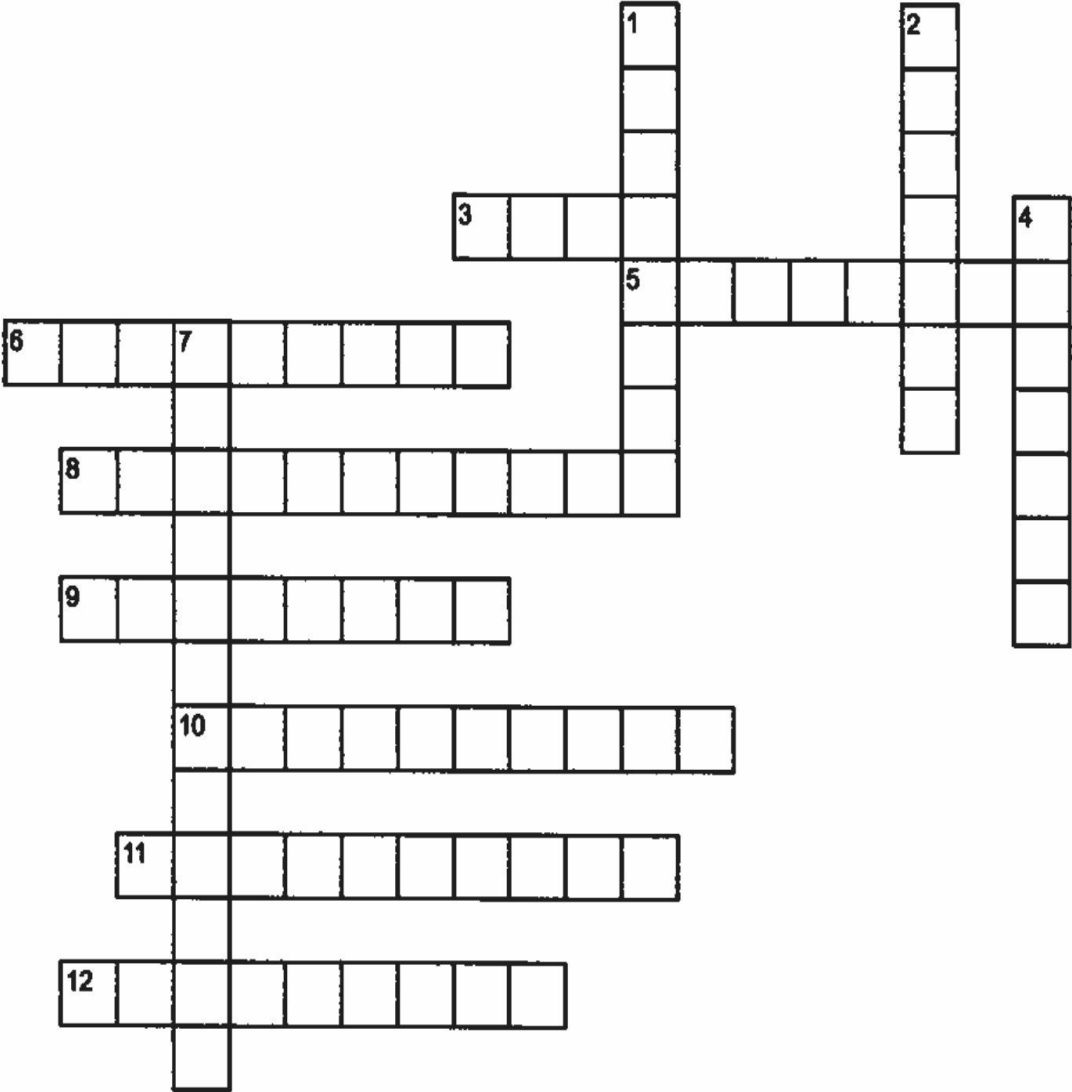
Residents’ Rights Overview

It’s new year which makes it a good time to share and go over the rights given to residents of long term care facilities. Residents’ Rights are guaranteed by the federal 1987 Nursing Home Reform Law. The law requires nursing homes to “promote and protect the rights of each resident” and places a strong emphasis on individual dignity and self-determination. Some states have residents' rights in state law or regulation for nursing homes, licensed assisted living, adult care homes, and other board and care facilities. A person living in a long-term care facility maintains the same rights as an individual in the larger community.

<p>Right to a Dignified Existence</p> <ul style="list-style-type: none">♦ Be treated with respect and dignity♦ Freedom from abuse, neglect, and exploitation♦ Freedom from physical and chemical restraints♦ Exercise rights without interference, coercion, discrimination, or retaliation♦ A homelike environment, and the right to have personal possessions and to have those possessions secure	<p>Right to be Fully Informed of</p> <ul style="list-style-type: none">♦ Changes to plan of care, or in a medical or health status and the risks and benefits of proposed treatments♦ Contact information for the long-term care ombudsman program♦ Written notice before a change in room or roommate♦ Notices and information in a language or manner you understand
<p>Right of Access to</p> <ul style="list-style-type: none">♦ Individuals, services, community members, and activities inside and outside the facility♦ Visitors of his or her choosing, at any time, and the right to refuse visitors♦ Personal and medical records♦ Participate in social, religious, and community activities♦ His or her physician, the long-term care ombudsman, and the state survey agency	<p>Right to Privacy</p> <ul style="list-style-type: none">♦ Regarding personal, financial, and medical affairs♦ Private and unrestricted communication with any person or your choice♦ During treatment and care of personal needs

Residents’ Rights Crossword

Use the residents' rights on the previous page to help you complete this puzzle.



Across

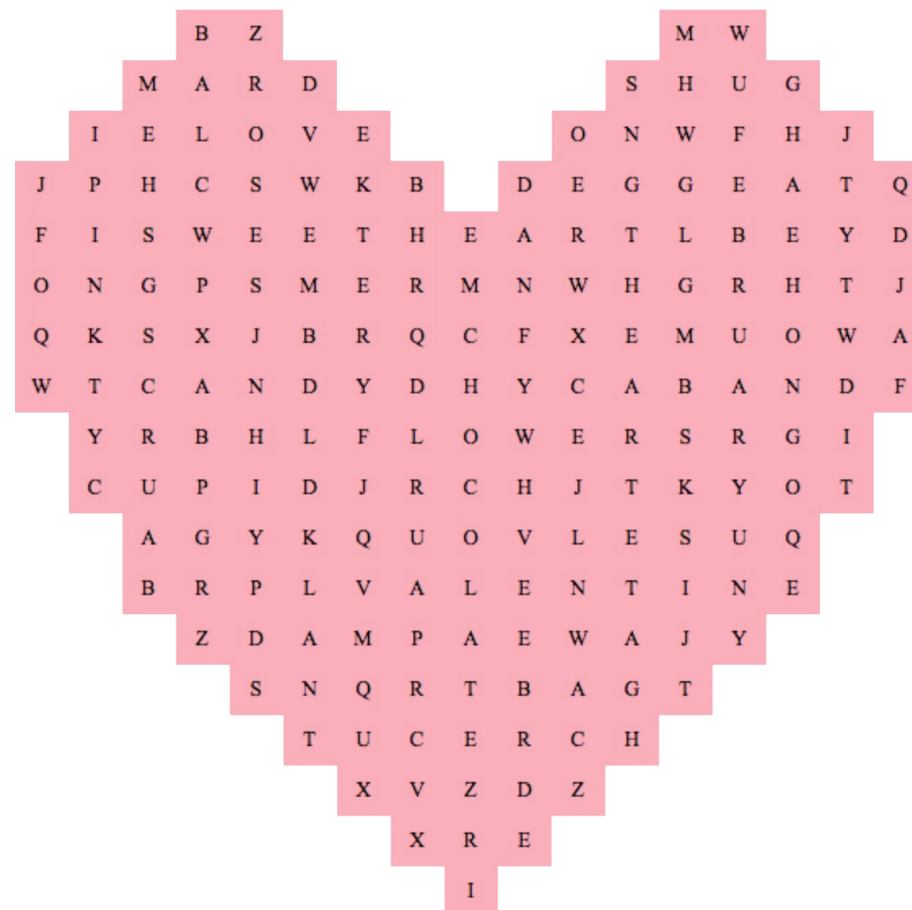
- 3 Fully informed with changes to your plan of _____.
- 5 Right to have notices and information in a _____ or manner you understand.
- 6 Given contact information for the long-term care _____.
- 8 Access to _____ in social, religious, and community activities.
- 9 Right to have _____ of your choosing, at any time.
- 10 Freedom from physical and chemical _____.
- 11 Access to individuals, services and _____ inside and outside the facility.
- 12 Right to privacy during _____ and care of personal needs.

Down

- 1 Right to live in a _____ environment.
- 2 Right to _____ regarding personal, financial, and medical affairs.
- 4 Be treated with consideration, _____ and dignity.
- 7 Right to private and _____ communication with any person of your choosing.

1. homelike; 2. privacy; 3. care; 4. respect;
5. language; 6. ombudsman; 7. unrestricted;
8. participate; 9. visitors; 10. restraints;
11. activities; 12. treatment

Valentine's Day Word Search



LOVE
CHOCOLATE
PINK
VALENTINE
ROSES
CUPID
FEBRUARY
RED
HUG
FLOWERS
CANDY
HEART
SWEETHEART
CARD
SWEET

Avenues for Advocacy: Resident Edition

a newsletter of the **Lower Savannah Regional Long-Term Care Ombudsman Program**

Lower Savannah Council of Governments' Aging, Disability and Transportation Resource Center

Communities of Strength

Every May, the Administration for Community Living (ACL) leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength." Older adults have built resilience and strength over their lives through successes, failures, joys and difficulties. Your stories and contributions help to support and inspire others. There are many things you can do to nurture yourselves and continue to thrive. Connecting with others is one of the most important – it plays a vital role in your health and well-being. Look out for the next newsletter which will include resources and activities to celebrate the month!

Credit to: <https://acl.gov/oam/2021/older-americans-month-2021>



Long Term Care Advocacy Team



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- **Advocates for your rights**
- **Helps you resolve any complaints you have about your care**

**For help, call toll free
1-866-845-1550**

**Lower Savannah AAA/ADTRC
PO Box 850
Aiken, SC 29802**

**We are both available for FaceTime
or Google Duo virtual visits using
our work cell numbers.**



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As we try to look forward to this new year, it's hard to forget all that has happened in 2020. Everybody has been affected by the COVID-19 pandemic, especially you all, the residents of long-term care facilities. Without notice, you were cut off from friends and family. New ways of visitation emerged, and window visits became the new norm. Activities within the facility were limited, resulting in less contact with fellow residents. The isolation has been hard. Also, many of you may have lost friends and family members, either within or outside the facility, or both. It is okay to feel sad and to grieve for all the losses you have experienced. The loss of contact with family/friends, the loss of companionship with others, and the loss of friends and loved ones. When it comes to grieving the loss of anything, there is no "one size fits all." Your process will be different from others. Give yourself permission to grieve the loss and hold no expectations for the duration or how it should look and feel. We acknowledge that this is a very hard time for each one of you and want you to know that as your resident advocates we are here to talk. Don't forget that staff are there for you also. Let staff know how you are feeling so they can better help you. Requesting to speak to a therapist may also be a good option. They can give you the skills you need to get through this tough time. Remember, we will get through this!