

- ✳ Form and participate in an organized resident group that functions to address facility issues;
- ✳ Review and receive a copy, within two working days, of your permanent record;
- ✳ Be free from abuse, neglect, and misappropriation of your money and personal property;
- ✳ Be free from involuntary transfer or discharge from a nursing facility without 30 days advance written notice except in situations where the transfer or discharge is necessary to protect your health and safety, or the health and safety of other residents or staff;
- ✳ Examine the results of the most recent survey of the facility conducted by representatives of the Department of Health and Human Services.

Contact Us:
Long-Term Care Ombudsman Program

Department of Health & Human Services
P.O. Box 95026
Lincoln, NE 68509-5026
(402) 471-2307
1-800-942-7830 (Nebraska only)
dhhs.LTCOmbudsman@nebraska.gov

**Call Your Long-Term Care
(LTC) Ombudsman. We
Are Here to Help You.**

Nebraska's LTC Ombudsman Program consists of the State Office and several Local LTC Ombudsman Programs, which are located at Area Agencies on Aging and serve specific regions.



State of Nebraska
 Department of Health and Human Services
 Long-Term Care Ombudsman Program

Your Rights
 as a Long-Term Care Resident in Nebraska

Residents of any nursing home or assisted living facility are protected ***under state law***

175 NAC 12-006.05

You have the right to ...

- * Be treated with dignity and provided care by competent staff;
 - * Be an equal partner in the development of the resident service agreement while retaining final decision making authority;
 - * Be informed in advance about care and treatment and of any changes in care and treatment that may affect your well-being;
 - * Self-direct activities, participate in decisions which incorporate independence, individuality, privacy and dignity and make decisions regarding care and treatment;
 - * Choose a personal attending physician;
 - * Refuse to participate in activities;
 - * Retain and use personal possessions, including furnishings, and clothing, as space permits, unless to do so would infringe upon the rights and safety of other residents;
 - * Share a room with a person of your choice upon consent of that person;
 - * Self-administer medications if it is safe to do so;
 - * Be free of chemical and physical restraints;
 - * Exercise your rights as a resident of the facility and as a citizen or resident of the United States;
 - * Be informed in writing of the pricing structure and/or rates of all facility services;
 - * Refuse to perform services for the facility;
 - * Privacy in written communication including sending and receiving mail;
 - * Receive visitors as long as this does not infringe on the rights and safety of other residents in the facility;
 - * Have access to the use of a telephone with auxiliary aides where calls can be made without being overheard;
 - * Have a telephone in your room at your expense; and
 - * Voice complaints and grievances without discrimination or reprisal and have those complaints or grievances addressed;
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