

Know Your Rights!

Persons living in nursing homes in the District of Columbia have the specific rights under federal and District law. These rights ensure that residents can maintain their personal autonomy by making informed decisions important to their quality of care and quality of life, that they are treated with respect and dignity, that they receive the services and benefits they are entitled to under the law, and that their concerns are fairly addressed. These rights include:

THE RIGHT TO BE FULLY INFORMED OF

- Available services and charges for each service
- Facility rules, regulations, and receive a written copy of rights
- Information in a language they understand

THE RIGHT TO COMPLAIN

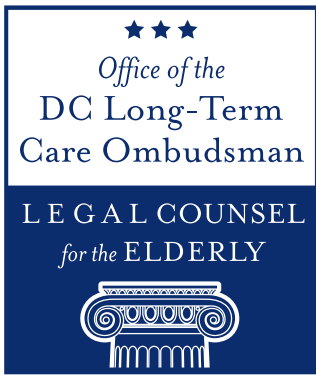
- Present grievances to staff, ombudsmen, or regulation/law enforcement officials

THE RIGHT TO PARTICIPATE IN ONE'S OWN CARE

- Notification of all changes in medical condition and treatment
- Refusal of chemical and physical restraints
- Review one's own medical record
- Participation in one's treatment plan

THE RIGHT TO PRIVACY AND CONFIDENTIALITY

- Exercise the right of privacy and confidentiality, including treatment, family visits, and phone calls, and mail



Know Your Rights!

THE RIGHT TO A VALID DISCHARGE, TRANSFER, OR RELOCATION

- Receive a 30-day notice of discharge, transfer, or relocation
- Receive a discharge plan and have a safe transition
- Request legal assistance and an appeal to challenge a notice of discharge or transfer

THE RIGHT TO DIGNITY, RESPECT, AND FREEDOM

- To be treated with consideration, dignity, and respect
- To be free from mental, verbal, and physical abuse, corporal punishment, and seclusion
- To be guaranteed security of possessions

THE RIGHT TO VISITS

- To accept or refuse visits

THE RIGHT TO MAKE INDEPENDENT CHOICES

- Choose one's own physician
- Participate in community activities
- Organize and participate in a Resident Council
- Manage one's own financial affairs

The Office of the D.C. Long-Term Care Ombudsman/Legal Counsel for the Elderly, is providing this Know Your Rights card to persons living in nursing homes. If you have any questions, please call **202-434-2190** or email **DCOmbuds@aarp.org**. All services are free and confidential.

Supported By

