



Know Your Rights

Introduction to the 'Know Your Rights' Series

All people who live in skilled nursing facilities and assisted living facilities have rights under federal and state law. The *Minnesota Bill of Rights for Assisted Living Residents* and the *Combined Federal and State Bill of Rights Nursing Facilities* list many residents' rights.

About the series:

- Collection of summaries of the Bills of Rights for nursing home and assisted living residents.
- Explains resident rights in simple, real-life terms.
- Series includes 24 rights to make a two-year cycle if you review one page per month. We suggest starting in January.
- Numbered to match specific months, with #1 in January, but can be used in any order.

Fill out our feedback form by scanning the QR code:



Features & Best Practices:

- Clear explanations of resident rights.
- Activities and discussion questions to make rights meaningful. Can use in a group or alone.
- Review a 'Know Your Rights' at each resident council meeting.

Find complete resident rights at the Minnesota Department of Health.

health.state.mn.us/facilities/regulation/billofrights/index.html

Contact the Office of Ombudsman for Long-Term Care

Phone: 651-431-2555 **Toll-free:** (800) 657-3591 **Website** mn.gov/ooltc

Check it off!

Use this list to keep track of when each topic is presented.

# Topic	Date	# Topic	Date
1 Resident Rights		13 Planning and Implementing Care	
2 Dignity and Respect		14 Receive Appropriate Care and Services	
3 Self-Determination		15 Safe Environment	
4 Voice Grievances		16 Technology and Communication Privacy	
5 Meaningful Activities		17 Dining: Food, Nutrition, & Preferences	
6 Be Informed		18 Participate in Care and Service Planning	
7 Contact Help		19 Inclusive Person-Centered Care and Services	
8 Organize and Participate in Resident Councils		20 Privacy	
9 Homelike Environment		21 Refuse Care	
10 Vote		22 Finances, Fees, and Records	
11 Receive Visitors		23 Legal Council and Advocacy	
12 Electronic Monitoring		24 Identification of Provider and Choice	

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