



Know Your Rights

Self-Determination

You control your own life. You have the right to self-determination.
The facility must support your choices.

- You get to make decisions about your care, routine, and daily life.
- You have the right to choose!
You can choose your activities, your daily schedules, and your health care providers.
- You get to choose which activities you want to do.
- You can also choose to manage your own finances.
- You can make many other decisions for yourself. This could include with whom you spend your time.

Practice!

Remind staff to listen and respect your choices, even if they are different from what they may choose.

Things to think about:

1. What is a choice in your daily routine that you make?
2. Do you have hobbies or activities you enjoy that you would like to see offered in your facility?

Contact the Office of Ombudsman for Long-Term Care

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

Grievance Word Search

Find and circle the following words about the right to self-determination. Words may appear forward, backward, up, down, or diagonally.

R	E	S	I	D	E	N	T	R	I	G	H	T	C
E	G	I	S	I	N	I	N	L	C	E	D	S	S
T	A	T	P	C	O	R	O	A	O	I	C	C	E
N	N	A	R	C	O	S	I	I	C	I	S	A	V
I	A	I	E	D	M	E	T	C	O	N	C	I	I
I	D	E	F	C	B	I	A	N	U	E	H	I	S
E	E	H	E	H	U	T	N	A	N	T	E	M	I
I	E	O	R	O	D	I	I	N	C	T	D	I	T
F	D	N	E	I	S	V	M	I	I	O	U	T	O
C	D	I	N	C	M	I	R	F	L	F	L	E	R
F	N	E	C	E	A	T	E	E	D	S	E	C	S
S	I	N	E	T	N	C	T	C	S	N	S	E	P
S	S	E	I	U	H	A	E	M	I	T	T	R	I
R	N	C	D	H	S	C	D	E	E	U	M	P	F

Ombudsman

Determination

Choice

Visitors

Activities

Financial

Preference

Council

Resident right

Schedules