



Know Your Rights

Meaningful Activities

You have the right to choose how you spend your day.

- **Choose your activities** — You decide what events you want to take part in. You can pick individual activities and group events.
- **Stay connected to the community** — You can decide to do things outside the building, such as go to church, volunteer, or visit friends and family.
- **Have visitors** — You can meet with and receive visitors of your choice. Your visits must respect others' privacy and safety.
- **Set your own schedule** — You can make your own daily choices about when to wake up, eat, and participate in activities.
- **Be free from interference** — Staff must support your right to take part in the activities and relationships that matter to you. They cannot restrict your relationships or activities.

Do you have a good idea? Share your thoughts with staff!

Things to Think About:

1. What does an ideal activity calendar look like to you?
2. Is there an interest/hobby that you would like to do?
3. What holidays or events would you like to see observed in your community?

Contact the Office of Ombudsman for Long-Term Care

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

Activity Match

Review your community's activities calendar for the upcoming month. Put a checkmark by the activities that are listed.

Circle the activities you would want to attend.



Fitness activity



Cards



Resident council



Musical performance



Community outing



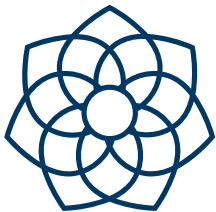
Book club



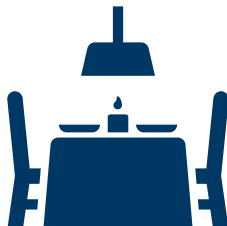
Group activities



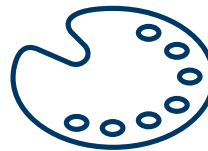
Discussion group



Spiritual program



Social club



Artistic activity



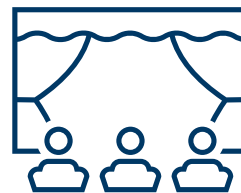
Party



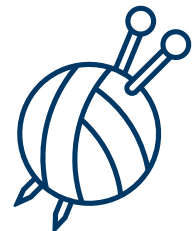
Musical Activity



Outdoor outing



Feature film



Crafting group



Community service event



Learning opportunity



Intellectually stimulating activity



Baking group