



Know Your Rights

Be Informed

You have the right to receive information about your rights in a language and a way you understand.

Federal and state laws protect your rights when you live in long-term care.

The purpose of the Resident Bill of Rights is to:

- Promote quality of life
- Ensure you are treated with respect and dignity.
- Safeguard against mistreatment and neglect.

Facilities must make policies that promote the Resident Bill of Rights. They must explain the policies to you before you receive services, usually when you move in.

You have the right to ask for the bill of rights in a way that you can understand it.

You can find different versions of the bill of rights here:

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

Things to Think About:

1. What support do you need to understand your rights?
2. What part of the bill of rights is important to you?

Contact the Office of Ombudsman for Long-Term Care

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

Fill in the Blank

Here are some key "Know Your Rights" in long-term care. Fill in the blank spaces below using the phrases in the word-bank to complete the sentences.

Word Bank:

Social participation

Dignity and respect

Safety and security

Self-determination

Quality of life

Voice grievances

Information access

1. _____: To be treated with consideration and respect, including privacy for personal care and communication.
2. _____: To receive adequate, appropriate care tailored to your needs, regardless of payment method.
3. _____: To make choices about schedules, meals, and medical treatment, and to refuse medication.
4. _____: To review your medical records, receive information about your care in an understandable language, and see facility survey reports.
5. _____: To be free from physical or chemical restraints and to have personal belongings protected.
6. _____: To complain or report issues without fear of retaliation.
7. _____: To participate in resident councils, go on leave, and have visitors.

Answers: 1= Dignity and respect, 2= Quality of life, 3= Self-determination, 4= Information access, 5= Safety and security, 6= Voice grievances, 7= Social participation