



Know Your Rights

Participate in Care and Service Planning

You have the right to actively take part in planning, changing, and assessing your care and services.

Your care and service planning should include **your** input.

If you share your likes and dislikes, you can have better health and well-being.

Developing a care or service plan should include you. It should also include your care providers.

You have the right to invite any person you choose to care and service planning meetings. You can invite family, friends, ombudsman and legal representatives.

Laws support your right to person centered care. Here are some:

- The Olmstead Act
- 144G
- 245D.07
- 42 CFR Part 483

Your plan should include your strengths and needs. It should capture your unique skills, talents and likes and dislikes.

Things to Think About:

1. What would you like your daily routine to look like?
2. What best supports you when you have a hard day?
3. If you experience pain, how would you like to address it?

Contact the Office of Ombudsman for Long-Term Care

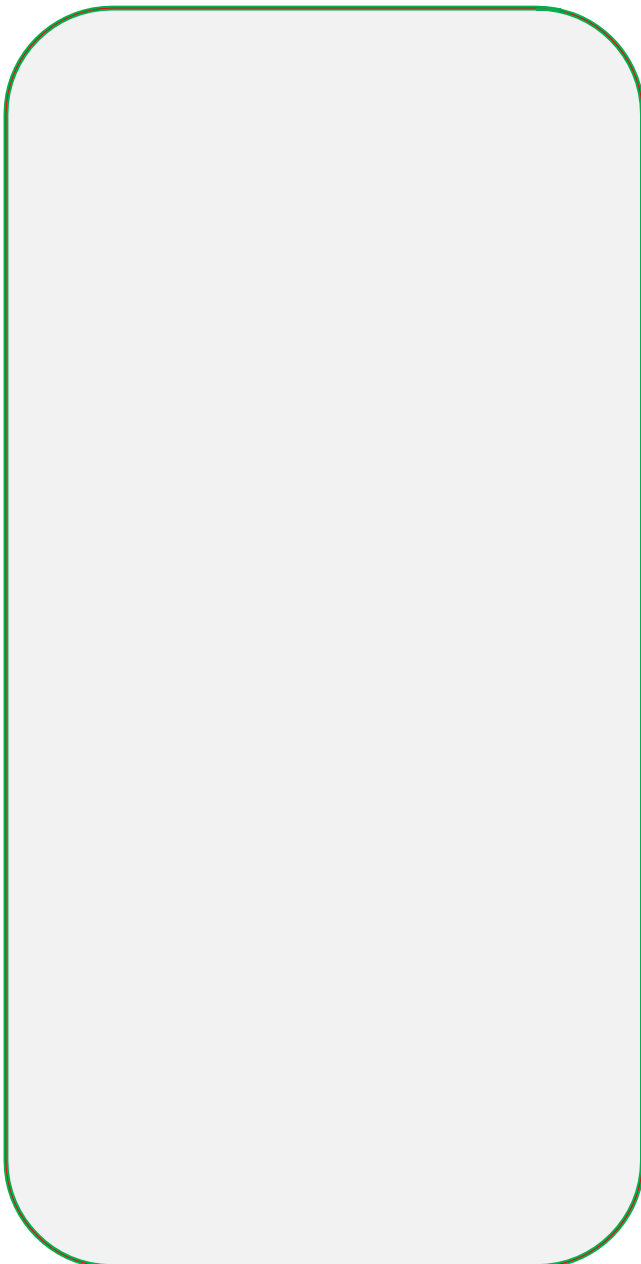
Phone: 651-431-2555 Toll-free: (800) 657-3591 Website mn.gov/ooltc

"Good Day" or "Bad Day"

We all have "good days" and "bad days". Understanding what makes a "good day" or "bad day" for you can lead to decisions about how you would like to receive care and services.

In the space below write down or share what makes a "good day" or "bad day" for you. How can people support you on "bad days"? Tip: share these at your next care conference.

Good Day



Bad Day

