KNOW YOUR RIGHTS

Nursing Home Resident Rights - A Quick Guide

NAVIGATING SENIOR CARE

Residents have the right to dignity, choice, safety, privacy, and a voice in their care.

Federal law protects residents in Medicare- and Medicaid-certified nursing homes. These rights belong to the resident - not to the facility, staff, or family.

DIGNITY & RESPECT

Be treated as an individual, with respect for your preferences, routines, culture, belongings, and quality of life.

CHOICE & SELF-DETERMINATION

Make choices about daily life, schedules, activities, clothing, meals, visitors, and other personal preferences.

PARTICIPATE IN YOUR CARE

Be informed, ask questions, take part in care planning, choose a physician when possible, and accept or refuse treatment.

PRIVACY & CONFIDENTIALITY

Have privacy during care, visits, phone calls, mail, and personal conversations, and have medical information kept confidential.

FREEDOM FROM ABUSE & UNNECESSARY RESTRAINTS

Be free from abuse, neglect, exploitation, punishment, and physical or chemical restraints used for discipline or convenience.

VOICE CONCERNS WITHOUT RETALIATION

Raise complaints or grievances, speak with advocates, and exercise your rights without interference, discrimination, or retaliation.

VISITORS, COMMUNICATION & COMMUNITY

Communicate with people inside and outside the facility, receive visitors, access a phone privately, and participate in resident groups.

FAIR TRANSFER & DISCHARGE

Receive proper notice and protections when a facility proposes transfer or discharge, including appeal rights in many circumstances.

IF YOU THINK A RESIDENT'S RIGHTS ARE BEING VIOLATED

- Speak with the resident, nurse, social worker, administrator, or grievance contact when appropriate.
- You may also contact the Long-Term Care Ombudsman or state survey agency for help.
- Eldercare Locator can connect you with local resources: 1-800-677-1116 | eldercare.acl.gov

Educational resource. Rights may vary by setting and state.

Based on CMS federal nursing home resident-rights guidance (42 CFR §483.10).