

Regional LTCO Program Newsletter



MAY 2023

Know your Rights!

The 1987 Nursing Home Reform Law protects **YOUR RIGHTS** to:

1. Be fully informed.
2. Raise grievances.
3. Participate in your care.
4. **Privacy and Confidentiality.**
 - Regarding personal, financial, and medical affairs.
 - Private and unrestricted communication with any person of choice.
 - During treatment and care of personal needs.
5. During Transfer & Discharge.
6. Dignity, Respect, & Freedom
7. Visits
8. Self-Determination

Be on the lookout each month for more details.



Facility Councils are organized to discuss and address concerns regarding residents' rights, quality of care and quality of life.

Interested in organizing a *Resident or Family Council*? Contact the Region Long-Term Care Ombudsman Program.

Questions about abuse, neglect, or exploitation?

Contact the Regional Long Term Care Ombudsman

Sheila Brooks

Regional Ombudsman

(803) 774-1983



May is Older Americans Month! This year's theme of "Aging Unbound" offers an opportunity to explore diverse aging experiences, discuss how communities can combat stereotypes, increase understanding of ageism, and change how people think, talk, and act about aging.

HISTORY OF OLDER AMERICANS MONTH

Older Americans Month was established in 1963 when at the time, there were only 17 million living Americans that had reached their 65th birthday. Around a third of older Americans lived in poverty, and programs to meet their needs were not many. For that reason, there was a growth of interest in older Americans and their concerns. In April 1963, a meeting was held between President John F. Kennedy and members of the National Council of Senior Citizens (N.C.S.C.), leading to the designation of May as Senior Citizens Month, now Older Americans Month.

acl.gov

Happy Mother's Day
From

Santee Lynches Regional Long-Term Care Ombudsman Program



Ways to Improve Mental Health

1. Get adequate sleep.
2. Maintain a healthy diet.
3. Take regular breaks during the day.
4. Meditate.
5. Exercise.
6. Journaling.