

## Know Your Rights

Want to know more about your rights as a nursing home resident? Call your long-term care ombudsman!

**1-800-889-2047**

At no charge we can:

- Talk to you over the phone
- Visit you
- Answer questions
- Help with problems

**The Vermont Long-Term Care Ombudsman  
Project**



**A Project of Vermont Legal Aid**

## You have the right:

- To be treated with dignity and respect
- To keep your personal clothing and possessions
- To visit and talk privately with anyone you choose
- To send and receive mail unopened
- To reasonable, private access to a telephone
- To complain to the home and receive an answer in writing
- To manage your own money
- To review your personal and medical records
- To refuse care to the extent the law allows
- To be free from abuse neglect and exploitation