



If you live in a nursing home or assisted living, your rights are protected by Maryland law. Some of your rights are to:

- Be treated as an individual with dignity and respect
- Be free from mental, verbal, sexual, and physical abuse
- Participate in planning care and treatment; Refuse treatment
- Be free from chemical and physical restraints
- Confidentiality
- Choose who visits you and meet privately with them
- Access to your medical records
- Access to private use of a phone and to writing materials
- Send and receive mail promptly without it being opened
- Present grievances without fear of retaliation and get a prompt response from facility staff to resolve grievances
- Receive notice of upcoming discharge or roommate change; and to extent possible give input in the choice of roommate
- Attend or not attend religious activities
- Exercise your rights as a United States Citizen

To learn more about your rights or if you have a problem, contact your local ombudsman (*Om-budz-man*) who is an advocate for residents. Everything you discuss is confidential unless you give permission to use your name.

[Insert local ombudsman information here.....](#)

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This is not a comprehensive list of all of the rights a resident in assisted living or nursing home enjoys. It is a simplified and hopefully more understandable list of rights that are shared by both nursing home and assisted living residents. It can be used as an educational tool for staff, residents, families and others. It can be posted in facilities year round to provide information about the ombudsman program.

Each right is more fully explained in the COMARs for assisted living and nursing homes. The Nursing Home Reform Law (also known as OBRA '87) contains the federal rights for residents and details are in the State Operation Manual for surveyors. It should also be noted that residents do not give up their constitutional rights as citizens just because they enter a long term care facility.

For more information, please contact the Local Ombudsman Program serving your area or the State Long Term Care Ombudsman Program at the Maryland Department of Aging – 410 – 767 – 1100.