

Nursing Home Residents' Rights

Right of Choice—How Residents Spend Their Time

As a resident in a nursing home, you have the right to choose how you spend your time. You may participate in activities of your choosing. Both federal and state regulations give you the right to make choices. You have the right to participate in social, religious, and community activities inside and outside the facility that do not interfere with the rights of other residents in your nursing home.

Your nursing home protects this right by:

- ▼ Inviting you to participate in planning scheduled activities.
- ▼ Listening to your opinions and planning activities that are of interest to you.
- ▼ Offering a variety of activities at times convenient to you and the other residents in your nursing home. Activities should take place at different times throughout the day (morning, afternoon, evenings and weekends).
- ▼ Informing you of all planned activities in the nursing home so you can select those activities that are appropriate, meet the objectives in your plan of care, and are of interest to you.

- ▼ Helping you with arrangements to leave the facility when you want to participate in an activity outside of your nursing home.

Your nursing home must provide you with an ongoing program of activities. This activities program should be designed to meet your interests and enhance your physical, mental, and social well-being.

Choice in Schedules and Services

Your nursing home must encourage you to make as many choices as possible about your daily life. For example, you have the right to:

- ▼ Make reasonable choices about schedules. This means that you have the right to stay up late at night reading or watching television. You have the right to sleep late or to get up early, if you want. You do not have to get up and go to bed on a schedule that is set by the nursing home.





Right of Choice—How Residents Spend Their Time *(continued)*

- ▼ Request baths or showers, as you choose, at the time of day you choose. Your nursing home must respect your request as much as possible.
- ▼ Handle your own money.
- ▼ Have a choice in the foods that you eat, respecting cultural preferences as much as possible.
- ▼ Make decisions about your health care. For example, you have the right to choose your physician and to participate in planning your care.

For additional information about your right to choices, you may ask the staff at your nursing home, or contact the Department of Public Health, Licensing and Certification, District Office or the Ombudsman Program in your county. The telephone numbers for both agencies are posted in your nursing home.

Licensing and Certification District Offices:



Bakersfield	(866)	222-1903	San Bernardino	(800)	344-2896
Chico	(800)	554-0350	San Diego North	(800)	824-0613
East Bay	(866)	247-9100	San Diego South	(866)	706-0759
Fresno	(800)	554-0351	San Francisco	(800)	554-0353
Los Angeles	(800)	228-1019	San Jose	(800)	554-0348
Orange County	(800)	228-5234	Santa Rosa/ Redwood Coast	(866)	784-0703
Riverside	(888)	354-9203	Ventura	(800)	547-8267
Sacramento	(800)	554-0354			
