*Attention Long-Term Care Residents*
You do not lose your rights as a citizen of the United States or of Illinois because you live in a long-term care facility

**You Have Rights!**

- To be treated with care, dignity, and respect
- To be safe and free from abuse of all types
- To participate in your own plan of care
- To appeal involuntary discharges
- To be free from retaliation for complaining
- To have assistance with moving into the community when possible

**Illinois Long-Term Care OMBUDSMAN PROGRAM**

Call us with questions, concerns, or complaints. We offer free and confidential advocacy. Ombudsmen are resident advocates and are resident directed.

Contact your local Long-Term Care Ombudsman:

**or**

**Contact the Senior HelpLine:** 1-800-252-8966  
1-888-206-1327 (TTY) • Illinois Department on Aging  
One Natural Resources Way, #100 • Springfield, Illinois • 62702-1271