



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.

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