

Serving
residents of
long-term
care
homes in
Vanderburgh
County

VOICES VIEWPOINT

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Spring
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WHAT IS VOICES?

VOICES, Inc. is a not-for-profit organization that was founded in 1980. We provide free and confidential Long-Term Care Ombudsman services. VOICES, Inc. is the only agency in Vanderburgh County dedicated solely to advocate for residents in nursing homes and licensed assisted living homes in Evansville. Our services include investigation of complaints, resolution of problems and protection of resident rights. Additional services include information/training for staff, residents, and the general public on long-term care issues. These issues include quality of life, residents' rights, selection of a home, advanced directives and sources of payment for care.

WELCOME SPRING!

Do you remember very windy days in spring? On one of those days, I had chicken pox and sat under the maple tree with my mom watching the other kids play kick ball in the street and I couldn't play.

Did you hang your laundry out to dry in the windy weather? In those days we had an umbrella clothesline that folded up. The clothes dried so quickly with the wind blowing briskly and they smelled so fresh and clean.

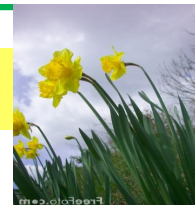
Do you like to listen to the sounds of wind chimes? They make beautiful music powered by the spring winds. My most treasured ones include one given to me when my dad died and another one purchased, so many years ago, with wedding money.

Did you like to fly a kite on a windy day? When I was successful at flying a kite, it looked so pretty in the sky with a lovely tail waiving from it. It was so colorful in the wind dancing its way through the breeze. Someone shared with me they used to save labels from Jolly Green Giant products. They mailed them in, then got a kite in return. What a joy for a child!!!!

Do you enjoy the colorful spring flowers blowing in the breeze? What are some of your favorite spring flowers? —daffodils, tulips, forsythia. When they come up in the spring you know warm weather has arrived. Next come black-eyed Susans and roses.

So goes the spring days. Enjoy the spring weather! Until next time, I am . . .

Judith Mangum, Resident



Your Right to Self-Determination

All residents of nursing homes and licensed assisted living homes are granted rights as persons worthy of dignity and respect. You have a right to a dignified existence and self-determination. These rights are protected under federal and state laws. Employees, families, community agencies and residents must work together in protecting these rights. Your rights to self-determination/choice are as follows:

- ♦ Right to choose your personal physician and other providers of services such as pharmacy and hospice
- ♦ Right to receive full information, in advance, and participate in your care plan and treatment
- ♦ Right to refuse care and treatment including medications. (Staff should explain to you the possible negative affects of your refusal.)
- ♦ Right to choose activities, schedules, and health care consistent with your interests, assessments, and plans of care
- ♦ Right to reside and receive services in the facility with reasonable accommodations of your needs and preferences, except when the health or safety of you or other residents would be endangered
- ♦ Right to make choices about aspects of your life in the facility that are significant to you such as when you get up and when you go to bed
- ♦ Right to interact with members of the community both inside and outside the facility
- ♦ Right to voice grievances without punishment and receive a prompt response to your concerns
- ♦ Right to organize and participate in Resident Council
- ♦ Right to participate in social, religious, and community activities that do not interfere with the rights of other residents in the facility
- ♦ Right to keep personal clothing and belongings as space permits unless to do so would infringe upon the rights of others or would create a health or safety hazard



☐ YES
☐ NO
☐ MAYBE



You Want to Move Out?

When I visit the long-term care homes in Vanderburgh County, I often encounter residents who tell me they “want to go home.” Moving from the nursing home is not safe for everyone. But, if you don’t have severe medical needs and don’t need a lot of help from staff, you may be eligible for Money Follows the Person (MFP).



What is Money Follows the Person?

The Indiana MFP Program assists residents in nursing homes move back into the community. The move may be to a home or an assisted living home. While it may be possible to leave a nursing home without the MFP program, some persons find the additional supports from MFP extremely helpful. MFP staff *specialize* in serving the needs and supports of persons who are leaving nursing homes and their services are free.

How do I Qualify?

For you to apply for Indiana's MFP program, you must meet the following:

- You must be living in a nursing home
- You must be approved to remain in the nursing home long term
- You must have needs that can be met safely with limited help
- You must be eligible for Indiana Medicaid at least one day prior to discharge from the nursing home

How do I Apply?

If you would like to apply for MFP, you may contact **Diane Wilson** at **1-812-549-0153** or dianewilson@carestar.com

What Happens Next?

Professional folks from MFP will work with you to identify your needs and possible supports. If you qualify for the MFP program, they will work to ensure your return to the community is safe and satisfactory.

For more information go to www.in.gov/fssa/da/3475.htm

Upcoming Events

June 15th—*World Elder Abuse Awareness Day*

October 30th—*Dance the Night Away Masquerade Ball*

October—*Residents' Rights Month*

November and December—*Holiday Cheer Generation to Generation holiday card drive and distribution*

Michelle's Message

Resident council meetings are the perfect place to make special requests or suggestions that affect everyone.

The Indiana regulations give you, as a Resident of your home, the **right to gather and participate in a Resident Council**. Some Resident Councils are very formal with an elected President and officers. They may follow their own rules or by-laws. Other Resident Councils are very informal with no officers or guidelines. It is up to your council to determine how you wish to operate. It is also up to your council whether you want to meet in private—that is with residents only. Staff and visitors are allowed with your council's permission.

During the meeting, you may discuss concerns, facility operation, residents' rights or other problems. Submit your request or suggestion in writing, and ask for a response in writing as well. If you submit a complaint, try to suggest a solution that suits all residents. Invite staff to participate in council meetings, and perhaps you can reach a solution together. You can request a "Resident Council Action Form" from me that helps with this process.

Get creative! Resident councils can organize fundraisers, publish newsletters, and form special committees to perform certain tasks in a facility.

Please think about inviting me to attend one or more of your council meetings. I would be happy to suggest solutions or ideas and provide information about your rights.

You are not required to participate in a Resident Council, however I recommend you get involved for the benefit of you and other residents in your home. Resident Council is a great way to take ownership in your home and make a positive difference.

Michelle

WHO CONTACTS THE OMBUDSMAN?

- o a resident
- o a family member
- o a friend
- o an employee
- o anyone

WHY CONTACT THE OMBUDSMAN?

Contact the Ombudsman if you have a complaint, problem or concern regarding long-term care.

HOW TO CONTACT THE OMBUDSMAN?

Call (812) 423-2927

Easter Funnies

Q: What did the rabbit say to the carrot?
A: It's been nice gnawing at you.

Q: What does the Easter Bunny get for making a basket?
A: Two points, just like anyone else.

Q: Why did the Easter Bunny get a ticket?
A. He was driving too fast with chicks.

Source: <http://www.jokes4us.com/holidayjokes/easterjokes/easteronelinersjokes.html>



"Spring is nature's way of saying, 'Let's Party!'"
— [Robin Williams](#)



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ALL SERVICES ARE FREE
AND CONFIDENTIAL



Upholding the rights and dignity
of Nursing Home Residents

DONATIONS AND MEMORIAL
CONTRIBUTIONS ARE GREATLY
APPRECIATED!

#voicesevv

