

CONSIDERING LONG-TERM CARE?

Here's What You Need to Know

Making the move to a long-term care facility is a big decision. The Florida Long-Term Care Ombudsman Program is here to support you with guidance and advocacy. Here are some helpful steps and tips to get started.

Choosing the Right Facility

- Visit the facility in person, more than once, and if possible, during different times of the day.
- Ask questions: How are residents treated? What's the staff-to-resident ratio? What type of activities are offered?
- Check for cleanliness, safety, and respectful interactions.

Important Considerations

- **DETERMINE WHAT LEVEL OF CARE IS NEEDED:** Skilled nursing, assisted living, or memory care?
- **LOCATION:** Stay close to family or friends if possible
- **BUDGET:** Know what Medicare, Medicaid, or private insurance may cover.
- **LEGAL DOCUMENTS:** Ensure your power of attorney, living will, and health care proxy are up to date.

What to Do with Personal Resources

- **DOWNSIZING:** Decide what personal items and furniture to bring.
- **FINANCES:** Talk with a financial advisor about income, savings, and benefits.
- **RECORDS:** Organize health records and personal documents.



You Have Rights

You have rights while residing in long-term care. Your local Florida Long-Term Care Ombudsman is available to advocate for your rights and address any questions you might have, assisting you in making informed decisions at no cost. Their services are both free and confidential.



Long-Term Care
**Ombudsman
Program** FLORIDA

For more information, call or visit us online.

1-888-831-0404

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