

Be an Advocate

for seniors and other vulnerable adults living in long-term care

Senior
Advocacy
Services
Ombudsman Program
HICAP-Medicare
Elder Justice Initiative



As a **Long-Term Care Ombudsman** you will be the eyes and ears inside facilities like nursing homes and assisted living, advocating for residents' dignity and quality of life.

Volunteer on your own schedule a minimum of 14 hours per month.

If you enjoy **talking to older people** and are interested in helping them **speak up for their rights** call **(707) 526-4108** or email **volunteer@sasnb.org**. Training starts February 12, 2021.



What does an Ombudsman do?

- Make regular, unannounced visits to licensed long-term care facilities.
- Investigate and attempt to resolve residents' complaints and problems.
- Educate residents about their rights.
- Help residents navigate services available at their facility and in their community.
- Collaborate with a team of Ombudsman staff and volunteers who are passionate about advocating for seniors.

Senior Advocacy Services' Long-Term Care Ombudsman Program is a no-cost consumer advocacy program that aims to improve the quality of care and quality of life for people living in long-term care.

Find more information and other volunteer opportunities at www.SeniorAdvocacyServices.org.

We have a place for you!