Advocating for Resident Rights and the Role of the Long-Term Care Ombudsman

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A program of the Minnesota Board on Aging
OOLTC works to enhance the quality of life and quality of services for long-term care consumers through advocacy, education and empowerment.
Funding & Structure

- A program of the Older Americans Act
  - 1978 amendment enshrined ombudsman program into statute
- Administered through the Minnesota Board on Aging since 1980
- Central office in St. Paul
- Regional Ombudsman offices throughout Minnesota
- 70 trained volunteers statewide
July 2019
14 total R.O.s = 9 serve greater MN
5 serve metro
Role: Client Advocacy

Who do we Serve?

- Nursing home residents
- Home care clients
- Housing with services tenants
- Assisted living and customized living consumers
- Hospice clients
- Adult foster home 55+ residents
- Boarding care home consumers
- Medicare beneficiaries with hospital access or discharge concerns
I tried to serve my community, my country, my schools, my family, my church, my God.

Now I need help. Who will help me? I am 97 yrs old.
Role: Client Advocacy

- Identify, investigate, and resolve resident complaints

- Advocate for systemic change

- Provide information and consultation to residents and their families

- Inform public agencies about the problems of clients

- Evaluate and report on regulations, laws, policies (systemic advocacy)
Prevention work includes:

- unannounced visits to facilities

- provide nursing home residents with regular access to OOLTC

- support the work of resident councils and family councils

- systemic advocacy with person-centered focus and credible information
Anyone can call our office regarding concerns they have about a recipient of long-term care in a facility or community setting.
Person-centered problem solving
- Offer privacy/meet with resident
- Advise of rights
- Investigate
- Work with the resident to develop an action plan
- Determine whether the complaint was resolved
- Document consent
We Work to Resolve Concerns

Long-Term Care Issues:
- Quality of Care/Services
- Quality of Life
- Rights Violations
- Access to Services
- Service Termination
- Discharge or Eviction
- and more
The Client

Person-centered approach

Focus on resolution based on client goals

Obtain informed consent

Assure confidentiality to client

Investigate to identify resolutions

Provide information about rights and options, and referrals

With client permission, collaborate with APS, case manager, provider
Complaints rose in every category between 2017 and 2018.

- 150% increase in complaints about abuse, neglect, or financial exploitation between 2015 and 2018.
Beyond Casework: Education and Consultations

- In addition to work on complaints,
  - 4,500 activities like consultations with providers, trainings to facility staff, and community education (*in most recent reporting year*)

  – This included:
    • approx. 1,000 consultations with providers outside of casework
    • approx. 2,000 consultations to individuals (such as residents and families) outside of casework
Common Complaints

Autonomy
- Choice
- Privacy

Dignity
- Exercise of choice preferences
- Response to complaints

Discharge and Eviction
- Left at hospital (no due process)
- Provider inability to mental/behavioral or health needs
- Payment issues

Care
- Not following care plan, doctors orders, or lack of assessment
- Medication administration
- Slow response times to requests for help
Different Types of Dementia

- Alzheimer’s Disease
- Vascular Dementia
- Dementia with Lewy Bodies
- Parkinson’s disease
- Wernicke-Korsakoff syndrome
Spectrum of Dementia Behaviors

Anger, Anxiety, Confusion, Forgetfulness, Repetitive Actions, Sexuality, Striking Out/Physical Aggression, Suspiciousness, Verbal Aggression, Wandering
The Ombudsman engages in and advocates for Person-Centered Care and Services.
Self-Empowerment and Person-Centered Principles

Ombudsman use person-centered thinking and principles to work with residents, family members, and staff to empower the resident and engage them to lead and direct their individual plan of care.
Person-Centered Culture is the Federal Regulation

- “Focus on the resident as the locus of control and support the resident in making their own choices and having control over their daily lives.”

- Appendix PP, State Operations Manual (“SOM”), Definitions
Person-Centered Care
Nursing Facility Regulations

• Homelike Environment
• Communication
• Know Residents
  • Preferences and Choices
  • Values and Beliefs
Person-Directed vs. Provider-Directed

- People served make decisions/choices about daily routine
- If person is unable to articulate needs/preferences, staff honor known preferences and lifelong habits
- Staff assignments reflect people preference

- Management and/or staff make most decision with little regard of the impact on people served
- People served accommodate management/staff preferences
- People served are expected to follow existing routines
Person-Centered Planning

- The person at the focus of planning, and those whom the person chooses, are primary authorities on the person’s life direction and plan.

- Planning through the person-centered process must address all assessed needs of the person.
Health & Safety: A Dictate Lifestyle

- Health & Safety
- Being Valued
All Choice No Responsibility: A Risky Lifestyle

- People
- Status & Control
- Things To Do
- Routines
- Places To Go
- Thing To Have
## Finding the Balance

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<td>Pace of Life</td>
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Laws to consider when advocating for residents include:

- Federal Nursing Home Reform Law and Minnesota Statutes, Chapter 144A
- Housing with Services Law - Minn. Stat., Chapter 144D
  - Minnesota assisted living laws or dementia disclosure laws, if applicable
- Home case licensure laws and rules - Minn. Stat., Chapter 144A
- Vulnerable Adult Act - Minn. Stat. § 626.557
- Nurse Practice Act - Minn. Stat., Chapter 148
- Medical Assistance/Elderly Waiver program participant requirements
- Medical privacy laws such as state law and HIPAA
Laws to consider when advocating for residents include:

- Minnesota Human Rights Act – Minn. Stat., Chapter 363A
- Landlord-Tenant Law - Minnesota Statutes, Chapter 504B
- Consumer protection laws
- Negligence law
- Contract law
Changes coming

- Elder Care and Vulnerable Adult Protection Act of 2019
  - Most protections in this law will be enacted on August 1, 2021
Systemic Reform

- Collaboration with Minnesota Department of Health, Minnesota Department of Human Services, provider organizations, Legal Aid, other advocacy groups

- Focus on using client experience and casework to inform our systemic advocacy efforts

- Reports and studies
Policy Issues: Nursing Homes

• Refusal to readmit after hospitalization
• Other involuntary discharge issues
• Workforce shortage
• Unnecessary guardianships
• Abuse and neglect – including financial exploitation
• Reduction in use of anti-psychotic medication
• Retaliation and fear to report
Policy Issues: Housing with Services and Assisted Living Services

- Fees
- Dementia care
- Serving people with mental health challenges
- Eviction
- Affordable housing
- Staff training, staffing levels
- Consumer protections
Other Aspects of Program

Self-Advocacy Project for Nursing Home Residents

Civil Money Penalty Funds: Sexual Abuse in Nursing Homes, professionally-produced training video

Resident/Family Councils

Volunteer Program
Contacting OOLTC

Main intake 651-431-2555
1-800-657-3591
TTY, please call 711
Other Community Resources

Senior LinkAge Line®: 1-800-333-2433

Disability Hub: 1-866-333-2433

Veterans Linkage Line™: 1-888-546-5838
The Senior LinkAge Line® has expertise in the areas of:
- Medicare
- Prescription Drug Expense assistance for Minnesotans of all ages
- Health Insurance Counseling
- Forms assistance, including help applying for Medical Assistance and Medicare options
- Long-term Care Insurance, including the Long-term Care Partnership
- Long-term Care Planning Options
- Caregiver planning and support
- Grandparents raising Grandchildren
More Resources

Information about Minnesota’s health and social services:  
www.Minnesotahelp.info

Minnesota Nursing Home Report Card:  
http://nhreportcard.dhs.mn.gov/

Minnesota Department of Health provider survey &  
licensure/certification information:  
https://www.health.state.mn.us/facilities/regulation/viewcomplaint.html
Thank You!