

Who's available to help?

Use the space below to write important phone numbers and notes.

Local Contact Agency:

(Nursing home staff will call them, but you may prefer to call them yourself.)

Nursing home social worker/ discharge planner:

Your local ombudsman (resident advocate):

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

Your Right to Get Information about Returning to the Community





How can I get more information about returning to my community?

The staff at your nursing home will ask you about your care, and if you want to talk to someone about the possibility of returning to your community. Say “yes” if you want to talk to someone.

What will happen next?

If you say you want to talk to someone, the staff at your nursing home will call a local agency for community living (or “Local Contact Agency”). The Local Contact Agency will then call or visit you to talk about the services and support you need. They’ll look into:

- Housing options or home modification services
- Available services, like help with your personal care
- Programs that may help pay for these services, like Medicare, Medicaid, or any other insurance you may have

If the services and support you need are available, you’ll decide if you want to start a plan to leave your nursing home and return to your community.

You have the right to learn if it’s possible for you to leave your nursing home to live in your home, an apartment, or another setting. If you return to your community, it’s important that you’re still able to get the care and services you need.

What if I change my mind and don’t want to leave the nursing home?

You can change your mind about leaving the nursing home at any time.

What if the Local Contact Agency doesn’t think I should leave the nursing home?

Talking to someone doesn’t guarantee that you’ll be able to move back to your community due to the care and services you need. But, don’t worry – the nursing home staff will ask you if you want to talk to someone again later, because your needs may change over time.

