



FOR IMMEDIATE RELEASE

November 20, 2015

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ALABAMA'S HUMBLE HEROES – THE FAMILY CAREGIVER

Help for a Loved One Residing in a Long-Term Care Facility

Part Three: Four Part Weekly Series

November is National Family Caregiver Month. Currently, there are over 818,000 family caregivers in Alabama who provide more than 783 million hours of care to a loved one saving the state and federal governments over \$7 billion dollars annually. The majority of care provided by family caregivers is in a home setting, but family caregivers may also oversee the care for their loved one residing in a long-term care facility. Long-term facilities may include nursing homes, assisted living and specialty care facilities, and board and care homes.

Family caregivers who care for a loved one in a long-term care facility have **free help** available to them through the Alabama Department of Senior Service's Office of the State Long-Term Care Ombudsman (Om-buds-man) Program. The local ombudsman programs operate out of the 13 Area Agencies on Aging (AAA) offices located across the state and cover all 67 counties. Ombudsmen serve as advocates to residents who reside in long-term care facilities and work to protect the health, safety, welfare, and rights of the residents.

Ombudsmen provide an opportunity for residents and family members to voice their concerns or unresolved issues they may have so they can live with dignity and respect. All concerns are kept confidential, unless given permission by the resident or their legal representative to disclose any information.

Ombudsmen can also help when a family caregiver is looking to place a loved one in a long term care facility. They can discuss general information about long term care facilities, such as the admission process, the rights of long-term care residents, the quality of care to which residents are entitled to, and other important issues.

Family caregivers or anyone in need of Ombudsmen services can contact the Office of the State Long Term Care Ombudsman Program, at (800) AGE-LINE or (800) 243-5463 for information and assistance. Ombudsmen are available to help!

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