



## Contact Us

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## What is a Family Council?

**Family Councils (FC)** are a group of friends and relatives of residents in nursing homes or long-term care settings who work together to advocate for their loved ones. These groups, whether large or small, serve as a private space for families to voice concerns and work together to find solutions to improve quality of life and resident care.

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LONG TERM CARE COMMUNITY COALITION

## A Guide for Forming Family Councils

**Family Councils (FC)** can play an important role in improving care and quality of life in nursing homes. Visit [nursinghome411.org/families](http://nursinghome411.org/families) to get started today!

# Family Councils Have Rights!

Federal law states that families have the right to join together to advocate for their loved ones. As a family member, you have the right to:

## ✓ Form a Family Council

Residents and families have the right to form and participate in a Family Council.

## ✓ Privacy

Nursing homes are required to provide a private space for council meetings and can only have a staff person in attendance if they are invited by the council.

## ✓ Response

Nursing homes must consider the council's concerns and recommendations. While they are not obliged to do everything the council wants, nursing homes are required to demonstrate their response to the council's concerns and recommendations and provide a rationale for their response.

## ✓ Communication

The nursing home must have a designated staff person who has been approved by the council and is responsible for providing assistance to the council and responding to the council's written requests.

Visit [nursinghome411.org/families](https://nursinghome411.org/families) or scan the QR Code below for resources to support a vibrant and effective Family Council.



# Let's empower families so residents get the care they deserve.

[nursinghome411.org/families](https://nursinghome411.org/families)



## 10 Tips for Family Councils

1. Stay Resident-Centered
2. Learn About Resident Rights
3. Know Your FC Rights
4. There is Strength in Numbers
5. Be Inclusive and Respectful
6. Support Each Other
7. Write it Down (or Record)
8. Befriend Technology
9. Get to Know Your Local Ombudsmen
10. Take a Breath & Refresh!

For more tips on forming and building Family Councils, including a step-by-step guide for setting up a Zoom meeting, visit [nursinghome411.org/families](https://nursinghome411.org/families) or scan the QR Code below.

