

## Hudson Valley Nursing Home Update: June 2026

### Part I. Data Update.

### Part II. Resident Rights: Dignity & Quality of Life.

[www.nursinghome411.org](http://www.nursinghome411.org)

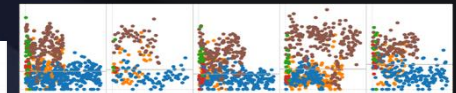
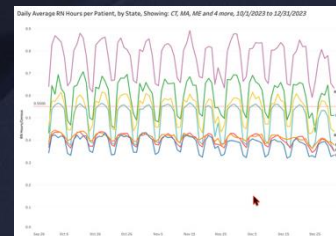
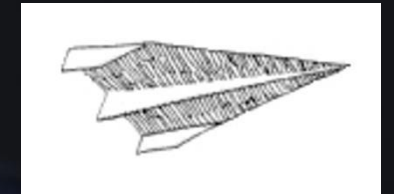
## + The Long Term Care Community Coalition

- **LTCCC**: Nonprofit, nonpartisan organization dedicated to improving care & quality of life for the elderly & adult disabled in long-term care (LTC).
- **Our focus**: People who live in nursing homes & assisted living.
- **What we do**:
  - Policy analysis and systems advocacy;
  - Data resources & analyses;
  - Education of consumers and families, LTC ombudsmen, and other stakeholders;
  - Home of two local LTC Ombudsman Programs in the Hudson Valley.
- **Website**: [www.nursinghome411.org](http://www.nursinghome411.org).

# John W. Rodat Public Signals, LLC

Think in systems ...  
*and Use the Damn Data*

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# Outline of Today's Program



**DATA BRIEFING.**




**RESIDENT RIGHTS:**

Dignity & Quality  
of Life.



**Discussion and  
Q & A.**



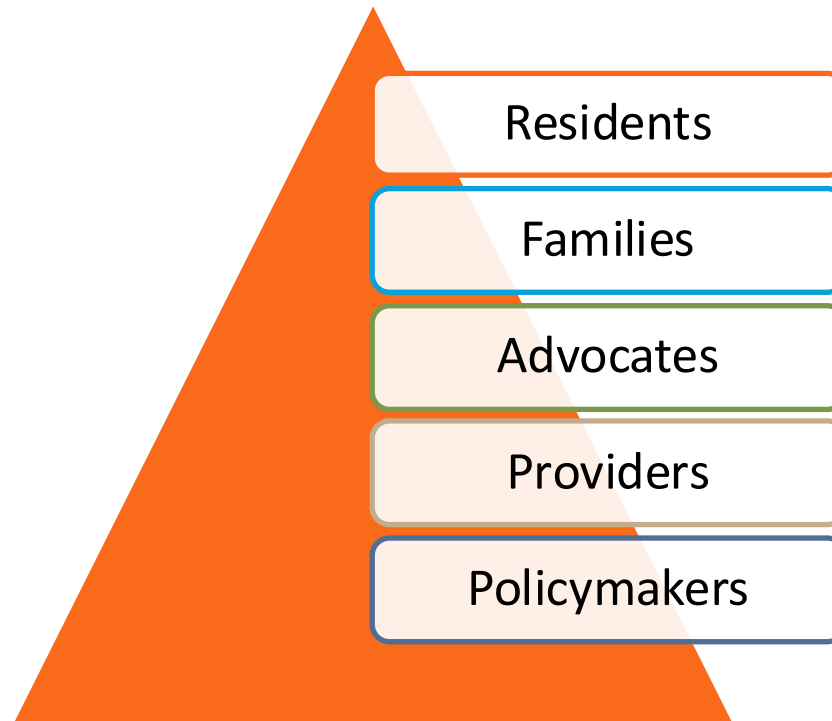
+ Hudson County Nursing Home  
Update – Part 1

**DATA UPDATE**

# + Data

## ■ Why are data important?


- Provide evidence of nursing home practices and performance.
- Enable comparisons between nursing homes, nursing home companies, etc...
- Support efforts to address problems and improve care by all stakeholders:



# + Live Data Presentation



- The Data Update portion of this program was **presented live** and consisted of a demonstration of LTCCC's Data Visualization Platform.
- To view the data presentation, including demonstrations of nursing home performance measures and comparisons among Hudson Valley, New York State, and national facilities, please watch the program recording.



+ Hudson County Nursing Home  
Update – Part 2

**Dignity & Quality of Life**

# + Know Your Resident's Rights

Too often, we accept substandard care because we have been conditioned to expect it.

## Learning Center

Home » Learning Center

### Welcome to LTCCC's Learning Center

Select boxes below to access our latest materials and resources to support good care and resident-centered advocacy. Scroll to the bottom of this page for LTCCC's most recent Learning Center resources.



#### Webinars

Learn about long-term care issues at LTCCC's monthly Zoom webinars. Attend programs live or watch recordings on YouTube.



#### Get the Facts

Fact sheets providing information on care standards to support better care and quality of life for long-term care residents.



#### Family Council Empowerment

A toolkit and other resources to support families and friends in their development of family councils.



#### Dementia Care & Antipsychotics

Resources for promoting good dementia care and reducing dangerous antipsychotic drugging in nursing homes.



#### Families & Ombudsmen

Fact sheets and other resources supporting resident-centered advocacy.



#### Reporting Abuse & Neglect

Information and resources to help identify and address abuse and neglect.



#### Assisted Living

Guidebooks, reports, fact sheets, and other resources to advocate for residents in assisted living.



#### Podcasts

Listen to interviews and conversations with a variety of leading experts in long-term care.

## User-Friendly Fact Sheets Include:

- Resident Dignity & Quality of Life Standards
- Abuse, Neglect & Exploitation
- Antipsychotic Drugging
- Bed Rails
- Dementia Care Practices
- Fall & Accident Prevention
- Food, Nutrition, and Dietary Services
- Pain Management
- Infection Prevention and Control
- Requirements for Nursing Home Care Staff & Administration
- Requirements for Nursing Home Physician, Rehab, & Dental Services
- Transfer & Discharge Rights

# + The Nursing Home Reform Law

- Nursing homes are required – and paid – to provide sufficient staff and appropriate services to help residents attain and maintain their highest practicable physical, mental, and psychosocial well-being as individuals. **This includes residents with dementia.**
- Though the the standards are strong, they can only make a difference in the lives of residents if they are ENFORCED.
- Due to lack of enforcement, nursing homes are often poor places to live.
- Our goal is to help YOU achieve this quality of care for YOUR RESIDENTS.



# + The Law: Residents' Rights

- **Dignity:** Every resident, including those with dementia, has the right to be treated with dignity and respect and to live in a comfortable environment.
- **Care & Services:** Every resident, no matter who pays for her care, has the right to receive the care and services necessary to attain and maintain highest possible well-being and functioning.

+

## QUALITY OF LIFE [42 CFR 483.24 F-675]

- *Quality of life is a fundamental principle that applies to all care and services provided to facility residents.*
- *Each resident must receive and the facility must provide the necessary care and services to attain or maintain the highest practicable physical, mental, and psychosocial well-being, consistent with the resident's comprehensive assessment and plan of care.*



## + QUALITY OF LIFE: **Fundamentals**

*Based on the comprehensive assessment of a resident and consistent with the resident's needs and choices, the facility must provide the necessary care and services to ensure that a resident's abilities in activities of daily living do not diminish unless circumstances of the individual's clinical condition demonstrate that such diminution was unavoidable.*



## + QUALITY OF LIFE: **Fundamentals**

*This includes the facility ensuring that:*

- 1) A resident is given the appropriate treatment and services to maintain or improve his or her ability to carry out the activities of daily living...,*
- 2) A resident who is unable to carry out activities of daily living receives the necessary services to maintain good nutrition, grooming, and personal and oral hygiene, and*
- 3) Personnel provide basic life support, including CPR, to a resident requiring such emergency care prior to the arrival of emergency medical personnel and subject to related physician orders and the resident's advance directives.*

## + QUALITY OF LIFE: **Activities of daily living**

■ *The facility must provide care and services in accordance with... [previous slide] for the following activities of daily living:*

- 1) *Hygiene—bathing, dressing, grooming, and oral care,*
- 2) *Mobility—transfer and ambulation, including walking,*
- 3) *Elimination—toileting,*
- 4) *Dining—eating, including meals and snacks,*
- 5) *Communication, including*
  - i. *Speech,*
  - ii. *Language,*
  - iii. *Other functional communications systems.*

## + QUALITY OF LIFE: **Activities**

*The facility must provide, based on the comprehensive assessment and care plan and the preferences of each resident,*

- *an ongoing program to support residents in their choice of activities,*
- *both facility-sponsored group and individual activities and independent activities,*

*designed to meet the interests of and support the physical, mental, and psychosocial well-being of each resident, encouraging both independence and interaction in the community.*



## LONG TERM CARE COMMUNITY COALITION

*Advancing Quality, Dignity & Justice*

### Fact Sheet: The Fundamentals of Resident Rights – Dignity & Respect

There are many standards which nursing homes are required to follow in order to ensure that residents receive appropriate care, have a good quality of life and are treated with dignity. **YOU** can use these standards as a basis for advocating in your nursing home and community.

Following are two important federal standards. They apply to every nursing home resident in licensed facilities in the U.S. On the following page are some examples that illustrate how these standards are to be realized by nursing homes. [Note: The brackets below provide, for reference, the citation to the federal requirement (42 CFR 483.xx) and the F-tag number used when a facility is cited for failing to meet the requirement.]

#### STANDARD 1: RESIDENT RIGHTS [42 CFR 483.10(a) F-550]

- *The resident has a right to a dignified existence, self-determination, and communication with and access to persons and services inside and outside the facility...*
- *A facility must treat each resident with respect and dignity and care for each resident in a manner and in an environment that promotes maintenance or enhancement of his or her quality of life, recognizing each resident's individuality.*
- *The facility must protect and promote the rights of the resident.*
- *The facility must provide equal access to quality care regardless of diagnosis, severity of condition, or payment source. A facility must establish and maintain identical policies and practices regarding transfer, discharge, and the provision of services under the State plan for all residents regardless of payment source.*

#### STANDARD 2: EXERCISE OF RIGHTS [42 CFR 483.10(a) F-550]

- *The resident has the right to exercise his or her rights as a resident of the facility and as a citizen or resident of the United States.*
- *The facility must ensure that the resident can exercise his or her rights without interference, coercion, discrimination, or reprisal from the facility.*
- *The resident has the right to be free of interference, coercion, discrimination, and reprisal from the facility in exercising his or her rights and to be supported by the facility in the exercise of his or her rights as required under this subpart.*

#### INTENT OF THIS REGULATION

- *Each resident has the right to be treated with dignity and respect. All staff activities and interactions with residents must focus on assisting the resident in maintaining and enhancing his or her self-esteem and self-worth and incorporating the resident's preferences and choices. Staff must respect each resident's individuality when providing care and services while honoring and valuing their input.*
- All residents have rights guaranteed to them under Federal and State law and regulations. This regulation is intended to lay the foundation for the rights requirements. A resident must be allowed to exercise their rights based on his or her degree of capability.

LTCCC Factsheet: Foundations of Resident Rights – Dignity & Respect

#### Examples From the Federal Guidelines to Support Your Advocacy

- **Grooming** residents as they wish to be groomed (e.g., hair combed and styled, beards shaved/trimmed, nails clean and clipped).
- **Dressing:** Encouraging and assisting residents to dress in their own clothes appropriate to the time of day and individual preferences rather than hospital-type gowns; Labeling each resident's clothing in a way that respects his or her dignity (e.g., placing labels on the inside of shoes and clothing).
- **Promoting Independence & Dignity in Dining:** Facility and staff should avoid:
  - Day-to-day use of plastic cutlery and paper/plastic dishware;
  - Bibs instead of napkins (except by resident choice);
  - Staff standing over residents while assisting them to eat; and
  - Staff interacting/conversing only with each other rather than with residents while assisting residents.
- **Respecting Residents' Private Space & Property** (e.g., not changing radio or television station without resident's permission, knocking on doors and requesting permission to enter, closing doors as requested by the resident, not moving or inspecting resident's personal possessions without permission).
- **Speaking Respectfully to (and About) Residents** by addressing the resident with a name of the resident's choice (not "Honey" or "Sweetie" unless that is what the resident wishes), avoiding use of labels for residents such as "feeders," not excluding residents from conversations or discussing residents in community settings in which others can overhear private information. Focusing on residents as individuals when they talk to them and addressing residents as individuals when providing care and services.
- **Maintaining Resident Privacy Of Body:** including keeping residents sufficiently covered, such as with a robe, while being taken to areas outside their room, such as the bathing area (one method of ensuring resident privacy and dignity is to transport residents while they are dressed and assist them to dress and undress in the bathing room).
- **Refraining from practices demeaning to residents** such as keeping urinary catheter bags uncovered, refusing to comply with a resident's request for toileting assistance during meal times, and restricting residents from use of common areas open to the general public such as lobbies and restrooms, unless they are on transmission-based isolation precautions or are restricted according to their care planned needs.

For more information & resources visit [www.nursinghome411.org](http://www.nursinghome411.org).

# + Additional Resources at NH411

## ■ Hudson Valley Page

➤ <https://nursinghome411.org/states/ny/hudsonvalley/>

## ■ NEW! Unsafe Nursing Home Discharge Complaint Form

➤ <https://nursinghome411.org/resource-discharge-complaint-form/>

## ■ Supporting Your Constituents During a Nursing Home Stay: A Guide for Legislators and Elected Officials

➤ <https://nursinghome411.org/reports/guide-legislators/>

## ■ A Guide to Nursing Home Oversight & Enforcement

➤ <https://nursinghome411.org/reports-studies/guide-oversight/>

## ■ Dementia Care Toolkits

➤ <https://nursinghome411.org/dementia-care-toolkits/>

[www.nursinghome411.org](http://www.nursinghome411.org)



# Thank You For Joining Us Today!

Next Program: August 20at 11am

## Agenda:

1. Data Update

2. Nursing Home Staffing: Challenges, Solutions, and Resident Rights .

Email [info@ltccc.org](mailto:info@ltccc.org) to...

1. Suggest a topic for a future program or
2. Join our list-serve community, open only to residents, families, LTC Ombudsmen, and advocates in NY State.

You can also...

Visit us on the **Web** at [www.nursinghome411.org](http://www.nursinghome411.org).

Join us on **Facebook** at [www.facebook.com/ltccc](http://www.facebook.com/ltccc).

Follow us on **Instagram** at [www.instagram.com/ltccoalition/](http://www.instagram.com/ltccoalition/).

Thank you to the Dyson Foundation for supporting these programs!