

# Residents' Rights: What You Need to Know

---

As a resident of a long-term care facility, you have rights that are guaranteed and protected by law. These “residents’ rights” support the principles of dignity and respect. Every facility must protect and promote these rights for all residents.

## Be Free from Restraints

### Restraints may only be used when ordered by your doctor.

Restraints **may** be used when they are part of a total program of care to attain or maintain the highest possible level of well-being.

Restraints **may** be used when necessary in an emergency to protect you from injuring yourself or others.

Even when restraints are used to enable you to do things you might not otherwise be able to do, **all your rights still apply.**

Be sure you discuss the use of ALL restraints with your doctor and facility staff.

#### Types of restraints might include:

- A vest, belt or tray that secures you to a chair;
- A sheet tied around your body to keep you in place;
- Raised side rails that keep you from getting out of your bed; or
- **Anything** on or near you that restricts your movement or ability to reach any part of your body.

#### When restraints must be used:

- There should be a specific time limit on their use;

- They must be appropriate for your condition;
- Only the least restrictive method should be used; and,
- You may ask for alternative types and methods of restraint.

#### When physical restraints are necessary, you have the right to:

- Have the restraint removed when eating;
- Have restraints removed for part of the day;
- Be checked every 30 minutes and released from the restraint for exercise at least every two hours; and,
- Refuse the restraint.

#### When chemical restraints are used, you have the right to:

- Be given the proper dosage for your condition;
- Be given the least amount of medication necessary;
- Ask that the restraint not interfere with your ability to stay awake and function normally throughout the day; and,
- Be given proper sedation to maintain your comfort level.

---

For more information about these rights, or any other questions or concerns you may have when you are a resident in a long-term care facility, please call, email or visit us online:

**1-800-309-3282**

Email: [LTCOmbudsman@health.mo.gov](mailto:LTCOmbudsman@health.mo.gov)

Online: [health.mo.gov/seniors/ombudsman](http://health.mo.gov/seniors/ombudsman)