

## **RESTRAINT REDUCTION**

### ***Resident-Centered Care***

Our goal is that every nursing home resident will realize optimal quality of life and receive the highest quality of care.

Resident-Centered Care:

- respects each individual's uniqueness
- assures dignity and privacy
- provides a predictable environment of care
- involves each resident in directing his/her own care
- offers a choice of schedules, care and services based on the individual's needs and preferences
- gives residents opportunities to suggest activities

### ***Freedom from Restraints***

When restraints are removed according to a plan of care, the resident experiences freedom of movement again and improved quality of life. He or she begins to talk more, to be animated, to enjoy life, to interact with others, to often regain continence, to lessen the risk of developing pressure ulcers, and to increase strength that allows more movement around the nursing home.

### ***Advocacy***

Your local Long-Term Care Ombudsman is a catalyst for optimal quality of life and quality of care for every nursing home resident. Responsibilities include identifying, investigating, and resolving complaints made by or on behalf of residents and providing services to assist in protecting the health, safety, welfare, and rights of residents.

Residents have the right to be free from restraints. Your local Long-Term Care Ombudsman can answer questions you may have about restraints.

### **CONTACT YOUR LOCAL OMBUDSMAN**

for help in improving the quality of life and care for your loved one.

*(Name and Address of Local Ombudsman Program)*  
*(local program phone number)*

OFFICE OF THE STATE LONG-TERM CARE OMBUDSMAN  
CALIFORNIA DEPARTMENT ON AGING  
1300 National Drive, Suite 200  
Sacramento, California 95834  
916-419-7510  
[www.aging.ca.gov](http://www.aging.ca.gov)