



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **NURSING HOME OMBUDSMEN NEEDED** *Ombudsmen Are Advocates for Residents of Long-Term Care Facilities*

The County of San Diego Long-Term Care Ombudsman Program is looking for volunteers to help safeguard the rights of residents in nursing homes and board and care facilities. A free training for volunteer ombudsmen will be held in March.

“Being an ombudsman is a rewarding and fulfilling volunteer activity,” said Pam Smith, Director, Aging & Independence Services. “Without ombudsmen, residents of long-term care facilities might have no one to speak for them. This is a great opportunity to give back to the community.”

Ombudsman volunteers advocate for the quality of life and quality of care for long-term care residents. They also maintain a regular presence in more than 675 skilled nursing facilities and residential care facilities for the elderly in San Diego County.

Volunteers must successfully complete a 40-hour training course, 10 hours of fieldwork and be available five hours per week to be recommended for state certification as a Long-Term Care Ombudsman.

Orientation classes will be held from 1 to 2:30 p.m. Wednesday, Feb. 28 and from 10 a.m. to 11:30 a.m. Thursday, March 1. The training classes will be held on Mondays, Tuesdays and Thursdays from March 12<sup>th</sup> to March 27<sup>th</sup> from 9 am to 2:30 pm. Both the orientation and the classes will be held in Kearny Mesa.

To register for the orientation and training or to obtain additional information, call (858) 560-2507 or (800) 640-4661.

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