



## CALL TO ACTION

### BECOME A VOLUNTEER ADVOCATE FOR RESIDENTS IN NURSING AND ASSISTED LIVING HOMES

During this COVID-19 crisis and in these uncertain times, imagine that you are living in a nursing home. You have concerns you want to tell the staff about, but they are so busy. There are many changes you do not understand - why you no longer receive visitors, why activities were cancelled, why you must stay in your room, or why your food comes on disposable plates. You also have questions about missing some of your belongings and you do not understand what the new medication you are taking is.

**An Ombudsman can help you communicate what you need and advocate for you.** We provide a voice for long-term care residents at a time in their lives when they are particularly vulnerable. Our corps of dedicated Volunteer Ombudsmen assist residents statewide but we need more!

**Volunteering just 3 hours a week can make a world of difference in the lives of others.**

After an initial 4 hour training, help us conduct virtual check-ins with facilities. Join us for an additional 4 hours of training and assist us with virtual check-ins with residents and families, and the development of Family Councils.

**Volunteer  
Virtual Trainings  
Week of May 18th**



The Ombudsman Program is a division of New Mexico's Aging & Long-Term Services Department. **To learn more, please contact us:**

**1-866-451-2901**

**<http://www.nmaging.state.nm.us/omb-volunteering.aspx>**