

# BE AN ADVOCATE

FOR LONG-TERM CARE RESIDENTS



## Volunteers are needed in your area!

Do you have a passion for helping others? Do you have 2–4 hours a week to commit to a program that makes a difference for long-term care residents and their families?

## Become a Certified Volunteer Ombudsman

Visit nursing homes, assisted living facilities and family type homes weekly. Ombudsmen help residents and their families understand and exercise their rights to quality care and quality of life. We're looking for people with good problem-solving skills. It's a great opportunity for meaningful volunteer work. Training and resources provided.



Please call **Catholic Charities** at **(518) 372-5667** or scan the code for more information



Office of the State  
Long Term Care  
Ombudsman

