Care Rights

Before your next care call

Put what matters to you first. Take your own copy of the call sheet to a conversation with your nursing home, health plan or billing office.

Three things to write down

1. What do you want to happen? Put it in your own words.
2. Who did you speak with, and when? Ask for their name, job title and phone number.
3. Who will do what, by when? Ask where you can find the answer in writing.

When you need help

Immediate danger in the U.S.? Call 911. In Florida, report suspected abuse or neglect of a vulnerable adult to the Florida Abuse Hotline at 1-800-962-2873.
For a concern about care or daily life in a Florida nursing home, call the Long-Term Care Ombudsman Program at 1-888-831-0404. In another state, find your resident advocate at theconsumervoice.org/get-help/.

Get the free call sheet
Scan the code or visit www.care-rights.com/learn/call-worksheet. Choose what you write and whom you share it with.

Care Rights is independent of nursing homes, insurers and government. Educational tools from Growth Stack Technologies. Contact details checked November 26, 2026.