

UNDERSTANDING NURSING HOME CARE AND YOUR RIGHTS

Understanding Nursing Home Care and Your Rights

A nursing home is a place where people can get help with medical care and daily activities. Nursing homes have nurses and other trained staff available to care for residents who need more help than they can get at home or in assisted living.

Before choosing a nursing home, it is important to look at all your options. Some people may be able to stay at home with help from caregivers, home health services, adult day programs, or meal delivery services.

Paying for Nursing Home Care

Nursing home care can be expensive. Some costs may be covered by programs such as Medicare, Medicaid, or Supplemental Security Income (SSI). It is a good idea to talk with your local Department of Aging or a benefits counselor to learn what help may be available.

[Brookletts Place - Talbot Senior Center | Medicare Assistance \(SHIP\)](#)

Planning for Nursing Home Care

Moving into a nursing home is a big decision. Seniors and families can get counseling and support to help compare facilities, understand costs, and choose the best care option.

Your Rights in a Nursing Home

Residents have important rights that must be respected. You have the right to:

- Be treated with dignity and respect.
- Be safe from abuse or neglect.
- Have privacy.
- Help make decisions about your care.

- Receive information about your health in a way you understand.
- Refuse medical treatment if you choose.
- Take part in care plan meetings.
- Review your medical records.
- Make complaints without fear of punishment.

When you move into a nursing home, staff will work with you and your family to create a care plan based on your needs, preferences, and goals. This plan should be reviewed regularly and updated when needed.

Can a Nursing Home Make You Leave?

In most cases, a nursing home cannot make a resident leave without a good reason. Examples include:

- The nursing home can no longer meet the resident's needs.
- The resident's health has improved and nursing home care is no longer needed.
- The resident is creating a serious safety risk.
- The resident has not paid for care.
- The facility is closing.

Usually, the nursing home must give written notice at least 30 days before a transfer or discharge.

If You Disagree with a Discharge

You have the right to appeal a discharge or transfer decision. You can ask for a hearing, contact the Long-Term Care Ombudsman for help, or file a complaint. During the appeal process, you may be able to stay in the nursing home until a decision is made.

[Advocacy Assistance – Upper Shore Aging](#)

Safe Discharge Planning

If a resident must leave a nursing home, the facility must help make sure the move is safe. The resident should receive a care plan, medication information, medical records, and a safe place to go that can meet their needs.

Remember: *You and your family have rights. Ask questions, learn about your options, and speak up if you have concerns about nursing home care.*

[Nursing Home Care and Resident Rights | The Maryland People's Law Library](#)



TALBOT
COUNTY
Commission on
Aging

*Data compiled by the Talbot County Commission on Aging,
Last updated: July 13, 2026*