

# COUNTY OF SAN DIEGO LONG-TERM CARE OMBUDSMAN

## You Can Make a Difference!

Become a San Diego County Long Term Care Ombudsman  
Volunteer!!!

Ombudsman volunteers advocate to improve the quality of life for seniors who are residents of nursing homes and residential care facilities throughout San Diego County.

### *How You Can Make a Difference*

- Visit and monitor local facilities on a regular basis
- Inform residents of their rights
- Investigate allegations of abuse and neglect
- Advocate to improve resident quality of life



### *What it Takes to Get Started*

- Attend a 36-hour certification training
- Make a 1-year commitment of about 5 hours/week
- Pass a medical and background check
- Have access to reliable transportation



The Long-Term Care Ombudsman Program is managed by Aging & Independence Services (AIS), a division of the County's Health & Human Services Agency. To learn more:

**Call:** (800) 640-4661 or (858) 560-2507  
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