



Need Help?

Do know someone who is in Long-Term Care?

Some of your neighbors live nearby in nursing homes or assisted living. They have rights just like you.

There is a **free and confidential resource** – the Long-Term Care Ombudsman can provide advocacy and information to help you understand their rights and their long-term care choices.

You can also volunteer as an advocate, right here in your own community.

Their rights. Your voice.

Long-Term Care Ombudsman

1-800-522-2602

www.oregon.gov/ltco



Do you receive Medicare Benefits?

If you or a loved one receives Medicare or Medicaid benefits, consider these tips:

Protect your Medicare number like a credit card.

Detect errors on your bill and Medicare Summary Notices.

Report errors, fraud, or abuse.

For more information, visit www.ADRCofofOregon.org or call 1-855-673-2372

Oregon Senior Medicare Patrol

**Oregon ADRC line
1-855-673-2372**

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