

VOLUNTEERS NEEDED!



Seeking compassionate and dedicated volunteers to become certified, **long-term care ombudsmen** in Onondaga, Oswego, Cayuga, and Cortland counties.

As an ombudsman, you will have the opportunity to regularly visit a local nursing home or other adult care facility to advocate for residents and help ensure they are receiving quality, person-centered care.

Volunteers receive free training to become New York State Certified Ombudsmen.

The next training session is:

November 4th, 5th 7th and 14th from 9:00am-4:30pm each day

ARISE 635 James St, Syracuse, NY 13203

If you are interested in becoming an ombudsman, please contact the Regional Ombudsman Coordinator at (315) 671-5108 or ombudsman@ariseinc.org to learn how to get started.

Volunteer Ombudsmen:

- Provide a voice for residents of nursing homes, assisted living facilities, and other long-term care settings
- Help residents and their families understand and exercise their rights
- Educate and empower residents to self-advocate
- Lessen social isolation or loneliness many residents experience
- Create their own schedule
- Receive on-going training and support



**Office of the State
Long Term Care
Ombudsman**

HELP ENSURE OUR SENIORS HAVE THE BEST QUALITY OF LIFE POSSIBLE!