Resources for Residents of Long-Term Care Facilities and their Family Members

OVERVIEW:
This flyer provides resources for District of Columbia residents who have family members in long-term care facilities in DC, Maryland, and Virginia. Family of residents are often times unaware that there are resources to help in each state. This includes an Ombudsman that advocates for residents in Long-term Care Facilities, Aging and Disability Resource Centers (ARDC) for one-stop shop information, and Adult Protective Services for reporting abuse, neglect, and exploitation.

AARP DC and Legal Counsel for the Elderly’s Office of the DC Long-Term Care Ombudsman have compiled the following resources to assist you in finding points of contact in your area.

**DISTRICT OF COLUMBIA**
- **Long-Term Care Ombudsman Program**
  - 202-434-2190
  - DCOmbuds@aarp.org
- **Aging and Disability Resource Center**
  - Department of Aging and Community Living
  - 202-724-5626
- **Local Adult Protective Services**
  - 202-541-3950

**MARYLAND**
- **Long-Term Care Ombudsman Program**
  - Maryland State Ombudsman Office
  - 410-767-1100
  - Local Ombudsman Numbers by County

**VIRGINIA**
- **Long-Term Care Ombudsman Program**
  - Virginia State Ombudsman Office
  - 804-565-1600
  - ombudsman@dars.virginia.gov
- **Local Aging and Disability Resource Centers**
  - Office for Aging Services
  - 804-662-9333
  - Department for Aging and Rehabilitative Services
  - 804-662-7000
- **Local Adult Protective Services**
  - 1-888-832-3858