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# 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](mailto: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](#)

### Local Aging and Disability Resource Centers

- [By zip code](#)

### Local Adult Protective Services

- Maryland Department of Human Services  
410-767-7475
- Adult Abuse Prevention Line  
1-800-917-7383

## VIRGINIA

### Long-Term Care Ombudsman Program

- Virginia State Ombudsman Office  
804-565-1600  
[ombudsman@dars.virginia.gov](mailto: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