



The Beacon



A Newsletter for Long-Term Care Residents

February 2026

Consumer Voice Survey: Housing But Not a Home *Long-Term Care Residents Give Poor Grades for Quality of Life*



How are things in long-term care? Not so great, according to survey results published in December by the National Consumer Voice for Quality Long-Term Care. Half of the survey respondents said their quality of life has gotten worse since they moved into their facility, and residents — even those in the best of circumstances — generally do not feel like the place is their home.

The Consumer Voice report, *Behind Closed Doors*, is based on surveys of more than 450 residents from 40 different states. Three-quarters of the respondents lived in nursing homes, with the remainder being residents of assisted living.

The survey findings were not all bad. A prime example: 97% of respondents who receive visitors said they can do so when they want. Yet the residents who responded, in general, painted a bleak picture of their facilities.

- **32%** of respondents say they are never, rarely, or only sometimes treated with dignity or respect.
- **34%** report that the food rarely or never looks or smells appetizing.
- **36%** say there is rarely or never enough staff to meet their needs in a reasonable amount of time.
- **39%** report that a lack of transportation prevents them from participating in community events.
- **43%** feel that it is somewhat or very difficult to live life on their own terms.

The survey findings and quotes from the respondents are included in *Behind Closed Doors*. Read the report online at <https://tinyurl.com/552ymnrn>.

RESIDENTS' RIGHTS CORNER: DID YOU KNOW...

You have a right to privacy. This includes maintaining the privacy of your body, even during medical treatment or personal hygiene activities — UNLESS you need assistance for your safety. Your medical and personal records must be kept confidential. The Residents' Bill of Rights also requires that you have reasonable opportunities for intimate physical and social interaction with other people.



WHAT'S UP WITH THE PNA?

A bill to raise the personal needs allowance (PNA) died when the new legislative session began Jan. 13. On the bright side, the bill has been reintroduced in the Senate and Assembly. NJ Nursing Home Residents United will lead an effort to build on the momentum we created last session and get the bill passed. ***Want to get involved?*** Call 1-609-690-4740 or email community@ltco.nj.gov.

February Trivia

1. What is the traditional birthstone for February?
A) Amethyst B) Ruby C) Diamond
2. Who is the Roman god of love, often associated with Valentine's Day?
A) Aphrodite B) Zeus C) Cupid
3. On February 7, which beloved author of "Oliver Twist" was born in 1812?
A) Shakespeare B) Charles Dickens C) Stephen King
4. February marks the anniversary of which beloved animated Disney film released in 1950?
A) Cinderella B) Snow White C) Sleeping Beauty
5. Which civil rights icon known for the Montgomery bus boycott was born on February 4, 1913?
A) Ida B. Wells B) Rosa Parks C) Ella Baker

Answers: 1. A, 2. C, 3. B, 4. A, 5. B

New Jersey Office of the Long-Term Care Ombudsman

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