

## **Snohomish County**

**John Lovick**

*County Executive*

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## **Volunteer long-term care ombudsman training coming in March**

The Silver Tsunami is on its way.

In ten short years, nearly 25 percent of Snohomish County's residents will be 60 years of age or older. As this valued part of our population continues to age, some will be without family or friends to look out for their interests, and some will require care in an adult family home, assisted living facility, or a nursing home.

Snohomish County is offering a special four-day training session in March for people interested in serving others as a long-term care ombudsman. The training is scheduled for March 16, 18, 23 and 24.

Volunteer ombudsmen will help ensure the rights, dignity and well-being of people living in a long-term care facility. They'll work with a team of advocates while expanding their skills and knowledge in resident-directed advocacy, health care and problem solving.

People from various backgrounds, age groups and education levels are encouraged to apply. Volunteers determine their own schedules, attend monthly meetings and submit monthly activity reports.

The Snohomish County Long Term Care Ombudsman Program protects and promotes the interests, well-being and rights of vulnerable adults living in long-term care facilities. It is part of the Washington State Long Term Care Ombudsman program, a federally mandated program created by the Older Americans Act.

For more information and an application packet visit our website at <http://bit.ly/1y76r6g> or contact July André at 425-388-7404 or [july.andre@snoco.org](mailto:july.andre@snoco.org).

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