

# The First Step To Justice Starts Here

Nursing home abuse and neglect should never be ignored. If you suspect your loved one is being mistreated in an Oklahoma nursing home or long-term care facility, use this checklist to take immediate action. This guide outlines exactly how to document, report, and pursue justice through the appropriate state channels.

### STEP 1: DOCUMENT THE SIGNS OF ABUSE

- Take clear photos of injuries, poor hygiene, or unsafe conditions
- Keep a detailed log of incidents with dates, times, and staff or witness names
- Save copies of medical records, financial documents, and written complaints
- Record or write down your loved one's account, if they're able

### STEP 2: REPORT THE ABUSE TO THE FACILITY

- Notify the facility's administrator or director of nursing
- Submit your complaint in writing and keep a copy
- Request a written response or action plan

# STEP 3: FILE A COMPLAINT WITH THE OKLAHOMA STATE DEPARTMENT OF HEALTH (OSDH)

- Report abuse to OSDH Long-Term Care Services
- Call 1-800-747-8419 or file online
- Include documentation, staff names, and specific details
- Call 911 for life-threatening or criminal abuse



## Abuse Should Never Be Tolerated. Help Is Available.

If you believe your loved one is experiencing abuse or neglect in an Oklahoma nursing home, don't wait. Take immediate action to ensure their safety and protect their rights.

#### STEP 4: CALL LAW ENFORCEMENT (IF THERE'S IMMEDIATE DANGER)

- · Call 911 for life-threatening or criminal abuse
- · File a police report with local authorities
- · Share documentation and witness info

## STEP 5: CONTACT AN OKLAHOMA NURSING HOME ABUSE ATTORNEY

- Legal support helps protect your loved one and hold facilities accountable
- An attorney can gather evidence, work with agencies, and seek compensation
- Choose a lawyer experienced in Oklahoma nursing home abuse
- Schedule a free consultation to explore your options

#### **STEP 6: STAY INVOLVED**

- Even after a complaint is filed, your continued involvement is critical.
- · Visit your loved one frequently and unannounced.
- Monitor their physical and emotional condition.
- Keep records of improvements or ongoing issues.
- Advocate for their dignity, safety, and quality of life.