

Regional Long Term Care Ombudsman Program- Advocates for Residents in Long Term Care

The office of the Long Term Care Ombudsman investigates complaints about services in long term care facilities, mediates disputes, offers information/referral about long term care, provides advocacy services, technical assistance, and consultation to senior citizens, public agencies, legislators, and care providers.

North Carolina General Statutes direct the Long Term Care Ombudsman to ensure that long term care residents have full opportunity to exercise their basic rights, which include--civil and religious liberties, the right to independent personal decisions and knowledge of available choices.

The Regional Long Term Care Ombudsman provides support and assistance to Local Community Advisory Committees.

Helpful Resources:

Your local Police Department

Your local Better Business Bureau

North Carolina Department of Justice
877-566-9001 (toll free in North Carolina)

If you believe you are a victim of identity theft, contact your local law enforcement immediately!



Piedmont Triad Council of Governments

2216 West Meadowview Road
Wilmington Building, Suite 201
Greensboro, North Carolina 27407

Phone: 336.294.4950
Fax: 336.632.0457
E-mail: info@ptcog.org

Service Area:

Alamance, Caswell, Davidson, Guilford,
Montgomery, Randolph, and Rockingham
Counties

Piedmont Triad Council of Governments
Area Agency on Aging
**REGIONAL LONG TERM CARE
OMBUDSMAN PROGRAM**

**Be on Guard-
Against
Identity Theft!**

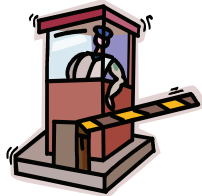
**Protect your good
name!**



CARRY ONLY WHAT YOU NEED

- ✓ Limit the number of credit cards you carry.
- ✓ Don't carry your Social Security card.
- ✓ Don't carry personal identification numbers (PIN) in your wallet or purse.

PROTECT YOUR SOCIAL SECURITY NUMBER



- ✓ Give your Social Security number (SSN) only when absolutely necessary.
- ✓ Ask why a SSN is needed, who has access to it, and how it is kept confidential.
- ✓ Don't print your SSN & driver's license number on your checks.
- ✓ Shred old bank statements, insurance forms, credit applications, insurance forms, and other documents, etc.

FINANCES

- ✓ Watch billing cycles for missing bills. Contact your creditors if you notice that a bill is missing.
- ✓ Review monthly bills for odd charges.
- ✓ Keep copies of all credit cards (front and back) in a safe place in case of a lost or stolen card.

- ✓ Destroy receipts that show your entire credit card number. It is now illegal for a North Carolina business to print the full credit card number on the electronically generated customer's receipt.
- ✓ Review your Social Security Earnings and Benefits Statement for errors in your yearly salary. To order a statement, call (800) 772-1213.
- ✓ Contact all of your financial institutions to tell them you "opt out" of sharing your nonpublic personal information or credit report information with other businesses.

PROTECT PASSWORDS

- ✓ Don't share PINs or passwords, even with anyone!
- ✓ Avoid using easily available information for your PINs or passwords such as your mother's maiden name, your or your family members' birth dates, your SSN, phone number or a series of consecutive numbers (i.e., 1, 2, 3, 4).



- ✓ Don't use the same PIN for multiple accounts.

PROTECT YOUR MAIL

- ✓ Deposit outgoing mail into a blue postal service box instead of an unsecured mailbox.
- ✓ Don't leave incoming mail sitting in an unlocked mailbox.
- ✓ Call (888) 5-OPT-OUT to stop receiving

pre-approved credit card applications.

- ✓ Reduce commercial advertising by mail; send a letter or postcard with your first and last name, mailing address and signature to Mail Preference Service,
- ✓ Direct Marketing Association, PO Box 643, Carmel, NY 10512. (www.dmaconsumers.org) Report mail fraud and theft to the postal inspector at 704-329-9120.



FREE YEARLY CREDIT REPORT

You are entitled to one free credit report each year from each major credit bureau through 1-877-322-8228. To keep of your credit during the year, you should request a free report from a different credit bureau every four months. At any time, you may purchase additional copies from the credit bureaus listed below.