

Long Term Care and Supportive Services



Managing Elders Needs in Indian Country



What is Long Term Care?

- Long Term Care is any service that helps Elders and adults (aged 18 and older) with disabilities stay in their own home or community.





Staying at Home or in the Community

- ADL

(Activities of Daily Living)

- IADL

(Instrumental Activities of Daily Living)

- Aging in Place



More Than You Think

- **ADL**

- Eating
- Bathing
- Dressing
- Toileting
- Transferring
- Continence

- **IADL**

- Managing Money
- Grocery Shopping
- Help with Telephoning
- Meal Preparation
- Housework
- Laundry



Does your Tribe provide
Long Term Care Services?



How Tribes Provide Long Term Care

- Chore workers (lawn care, snow removal, home makers)
- Home delivered meals
- Transportation (to the store, pow-wow, doctor's appointments)
- Home modifications (wheelchair ramps, widening doorways and more)
- Caregiver Respite
- Loan of reusable medical equipment (walkers, wheelchairs, canes, potty chairs)





Where to Find Tribal Long Term Care

- Elder/Aging Services
- Social/Human Services
- Tribal Housing
- Tribal Transportation
- Tribal Veterans Services
- Health Center & Community Health



Institutional Long Term Care vs. Home and Community Based Services

- **Nursing Homes and Community Based Residential Facilities** are also a part of long term care
- **HCBS** are those services aimed at keeping your Elders in their home or other community setting for as long as possible.



Cost of Care



Monthly Cost

2017

Home Health Care	
Homemaker Services	\$4,481
	\$4,481

Based on annual rate divided by 12 months.

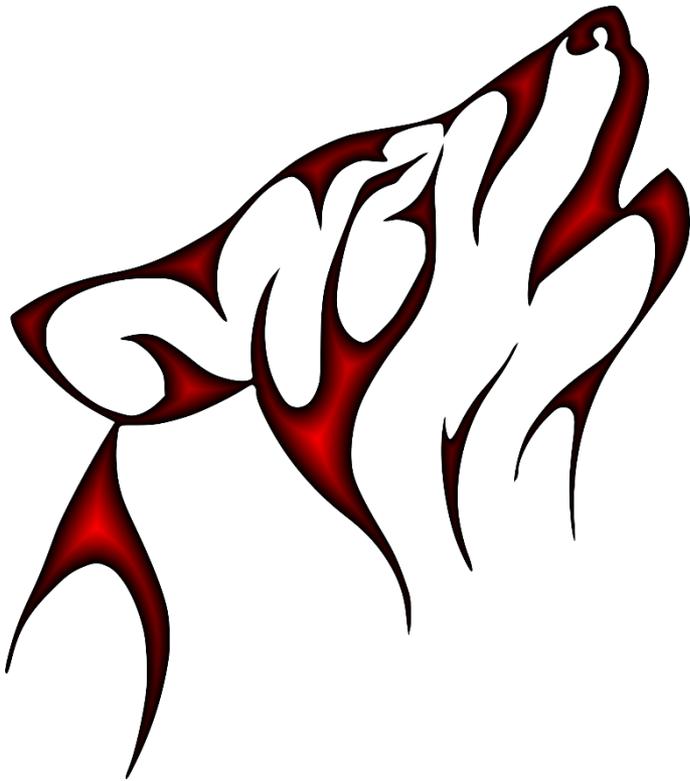
	\$1,413
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Assisted Living Facility	
Private, One Bedroom	\$4,000

Skilled Nursing Facility	
Private, One Bedroom	\$8,953



Does your Tribe provide
Long Term Care Services?



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Data Sources

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