

# 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
- Contenance

- **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.



## Monthly Median Costs



### 2016 Cost of Care



LOCATION	Home Health Care		Adult Day Health Care	Assisted Living Facility <sup>1</sup>	Nursing Home Care	
	HOMEMAKER SERVICES	HOMEMAKER HEALTH AIDE	ADULT DAY HEALTH CARE	PRIVATE, ONE BEDROOM <sup>2</sup>	SEMI-PRIVATE ROOM	PRIVATE ROOM
USA – National	\$3,813	\$3,861	\$1,473	\$3,628	\$6,844	\$7,698
Alabama	\$3,051	\$3,146	\$596	\$2,900	\$5,931	\$6,266
Alaska	\$4,957	\$5,148	\$3,049	\$5,750	\$24,333	\$24,820
Arizona	\$3,813	\$3,998	\$1,812	\$3,500	\$6,296	\$7,756
Arkansas	\$3,432	\$3,432	\$1,733	\$3,133	\$4,905	\$5,862
California	\$4,385	\$4,576	\$1,668	\$4,000	\$7,604	\$9,338
Colorado	\$4,290	\$4,576	\$1,408	\$4,063	\$6,935	\$8,129
Connecticut	\$3,813	\$4,195	\$1,751	\$4,950	\$12,364	\$13,383
Delaware	\$4,195	\$4,481	\$1,419	\$5,368	\$9,581	\$9,901
District of Columbia	\$3,051	\$4,576	\$1,244	\$6,700	\$10,114	\$11,421
Florida	\$3,527	\$3,766	\$1,365	\$3,045	\$7,422	\$8,365
Georgia	\$3,432	\$3,432	\$1,300	\$2,850	\$5,779	\$6,175
Hawaii	\$4,576	\$4,814	\$1,463	\$4,125	\$10,798	\$11,776
Idaho	\$3,813	\$3,813	\$2,123	\$3,200	\$6,965	\$7,406
Illinois	\$4,029	\$4,195	\$1,563	\$3,898	\$5,597	\$6,235
Indiana	\$3,718	\$3,813	\$1,679	\$3,528	\$6,388	\$7,665
Iowa	\$4,004	\$4,385	\$1,343	\$3,518	\$5,536	\$6,083
Kansas	\$3,813	\$3,861	\$1,625	\$3,863	\$5,201	\$5,627
Kentucky	\$3,432	\$3,575	\$1,495	\$3,300	\$6,266	\$6,981
Louisiana	\$2,908	\$3,051	\$1,517	\$3,155	\$4,867	\$5,139
Maine	\$4,195	\$4,528	\$2,340	\$4,991	\$8,365	\$9,019
Maryland	\$3,790	\$3,956	\$1,712	\$3,750	\$8,684	\$9,444
Massachusetts	\$4,738	\$4,767	\$1,426	\$5,463	\$11,254	\$12,015
Michigan	\$3,861	\$4,004	\$1,733	\$3,563	\$7,604	\$8,182
Minnesota	\$4,576	\$4,957	\$1,733	\$3,200	\$7,361	\$8,086
Mississippi	\$3,241	\$3,241	\$1,452	\$3,200	\$6,357	\$6,586



**Does your Tribe provide  
Long Term Care Services?**



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## Image Sources:

[http://blogs.sacbee.com/sac\\_history\\_happenings/2013/06/what-36th-annual-gathering-of.html](http://blogs.sacbee.com/sac_history_happenings/2013/06/what-36th-annual-gathering-of.html)

<http://lowersiouxhhs.org/>