

Long-term Service and Supports Fact Sheet for Tribal Leaders

Overview of Long Term Services and Supports Models

Medicaid can pay for long-term services and supports (LTSS) in many settings. Through a continuum of services, elders and tribal members are able to remain in the community and participate as they always have. If your tribe wishes to develop LTSS, help is available by connecting with state experts, providers, advocates, and other tribes. They can assist you in creating sustainable, high-quality LTSS for older adults and people with disabilities to help ensure independence, healthy living, and quality of life.

Community-based LTSS

Home- and community-based services (HCBS) are care programs that are delivered in tribal homes and community settings. These services bring care to the person, rather than taking the person to the nursing home. These important, cost effective services are proven to support the needs of people with functional limitations who require assistance with activities of daily living. HCBS are person-centered, or tailored to the person's individual needs. Medicaid community-based LTSS are numerous, and while they depend on the state and specific program authority under which they are offered, the following are examples of the services that are possible:



Examples of Community-based LTSS

Health Services: Meeting medical needs

- Case management
- Personal care
- Caregiver and client training
- Health promotion and disease prevention
- Home health (skilled nursing; dietary management; pharmacy; and therapies including occupational, speech, and physical)
- Durable medical equipment
- Hospice care (comfort care for patients with terminal health conditions)

Human Services: Supporting daily living

- Senior centers
- Adult day care
- Assistance with bill paying
- Assistance with financial management
- Transportation assistance
- Home-delivered meals
- Congregate meals
- Homemaker and chore services
- Respite care
- Home repairs and modifications
- Home safety assessments
- Legal services
- Information and assistance services
- Personal emergency response systems





Facility-based Care

Facility-based care is care provided outside a home in an institutional setting, such as a nursing home. Facility-based care generally provides skilled nursing care and 24-hour supervision. Assisted living residences and adult family homes may also be included in this model, depending on state guidelines.

Types of Facilities

- Skilled nursing facilities
- Nursing homes
- Assisted living residences (depending on state guidelines)
- Adult family homes (depending on state guidelines)

Services Offered at LTSS Facilities

- Skilled nursing care (not always offered, but required for Medicare licensure)
- Occupational therapy, physical therapy, and speech therapy
- Dietary management
- Hospice and palliative care (not always offered)

Money Follows the Person

Money Follows the Person (MFP) is a federal demonstration grant program that helps Medicaid beneficiaries living in nursing facilities or other institutions transition back into their community where they can live at home to receive their care. Its purpose is to reduce the number of older adults and people with disabilities relying on facility-based care, so they can live more independently at home in their community. The MFP grant is for planning and capacity building, instead of direct services. The MFP grant also includes a targeted demonstration specifically for tribes. The MFP Tribal Initiative provides funding to five state grantees—Minnesota, Oklahoma, North Dakota, Washington, and Wisconsin—to build sustainable, community-based, LTSS (CB-LTSS) specifically for Indian country.



For more information visit: <http://www.medicaid.gov/medicaid-chip-program-information/by-topics/long-term-services-and-supports/balancing/money-follows-the-person.html>

Program of All Inclusive Care for the Elderly PACE

The Program of All Inclusive Care for the Elderly (PACE) combines both Medicare and Medicaid to provide eligible individuals with comprehensive medical and LTSS so they can receive needed care in the community without having to move into a facility. The PACE program uses a team of professional health providers with different specialties to provide health and LTSS to older adults who are certified as eligible for nursing home care. Examples of services provided include primary care, rehabilitation and therapy services, adult day services, home health, respite care, caregiver training, and transportation. PACE programs may have different names, depending on the state.



For more information, visit: <http://www.cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/LTSS-Roadmap/Resources/LTSS-Models/Overview.html>

Medicare Special Needs Plans

Medicare Special Needs Plans (SNPs) are a type of Medicare Advantage Plan (like an HMO or PPO) for individuals with chronic or disabling conditions, and require eligible beneficiaries to receive care and services from doctors or hospitals in the Medicare SNP network. A special needs plan must limit membership to the following groups:

1. People who live in certain institutions (like a nursing home) or who require nursing care at home,

2. People who are eligible for both Medicare and Medicaid, or
3. People who have specific chronic or disabling conditions (like diabetes, end-stage renal disease, HIV/AIDS, chronic heart failure, or dementia).

Plans, however, may further limit membership beyond these groups.



For information visit: <http://www.medicare.gov/sign-up-change-plans/medicare-health-plans/medicare-advantage-plans/special-needs-plans.html>

Addressing the LTSS Needs of Your Tribe

Knowing the LTSS model that best meets the needs of your tribe requires that you first determine the needs of your current population, and the strengths and needs of your community. This requires a data collection process to gather information from various individuals in your tribe and in the LTSS and health care communities. The information-gathering process should include interviews with older adults, people with disabilities, caregivers, health care providers, tribal officials, and Title IV directors. Specific community assessment steps are summarized below.

1. Conduct a demographic assessment of your tribe.
 - a. How many older adults in your community need LTSS services? (See the list of services on Page 1.)
 - b. How many people with disabilities in your community need LTSS services?
2. Determine what supports are already available in your tribe.
 - a. Do you have any programs for seniors (i.e. personal care, meal and nutrition programs, or social and recreational activities)?
 - b. Do you have any programs for people with disabilities (i.e. personal care, meal and nutrition programs, or social and recreational activities)?
3. Specify the array of services and supports people in your tribe need, such as:
 - a. Caregiver respite
 - b. Social interaction
 - c. Transportation services
4. Determine how adults want services delivered, such as:
 - a. Coordinated care or service management
 - b. Single point of entry
 - c. After-hours services and supports
5. Identify public and private resources and financing that will address the needs of your tribe.

This assessment process is the first step to addressing the LTSS needs of your tribe. For a step-by-step planning guide, please visit the LTSS Roadmap:

<http://www.cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/LTSS-Roadmap/Overview.html>

Tribal Leader Contact Information

