



Medicaid, Medicare, IHS, and other sources. Time-limited grant support can be helpful for start-up activities such as planning and implementation.

Care provided by families to dependent members is a valued and stated preference of tribal communities, and may be reimbursable by Medicaid.

Communities can build effective, sustainable community-based LTSS systems to care for their loved ones.

Start Planning for LTSS Today

<http://go.cms.gov/AIAN-LongTermCare>



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¹ Administration on Aging (2008), "Projected Future Growth of the Older Population by Race and Hispanic Origin: 2000–2050, Persons 65 and Over" Available online at http://www.aoa.gov/Aging_Statistics/future_growth/future_growth.aspx.

² Centers for Disease Control and Prevention (2008). Racial/Ethnic Disparities in Self-Related Health Status Among Adults With and Without Disabilities—United States, 2004–2006. Morbidity and Mortality Weekly Report, 57(39), 1069–1073. Available online at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5739a1.htm>.



Long-term Service and Supports

Planning for Your Community

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What are Long-term Services and Supports (LTSS)?

- Care provided in the home, in community-based settings, or in facilities, such as nursing homes
- Care for older adults and people with disabilities who need support because of age, health conditions, and functional limitations that restrict their ability to care for themselves

- A wide range of services to help people and their family caregivers with personal and health care needs and activities of daily living.

Grooming Taking baths Getting dressed
 Walking **Driving** Managing medication
 Cooking Getting up and down
 Managing medication **Eating**

Why are LTSS Programs Important for Tribes?

Tribal needs are growing

Older American Indians and Alaska Natives (AI/AN) are a rapidly growing population projected to increase by nearly 75% between 2010 and 2020.¹

Elders are living longer, but long life can mean chronic illness and disability. AI/ANs experience high rates of some chronic illnesses (diabetes, cancer, heart disease) which can make self-care difficult. AI/ANs, at age 18, had the highest disability rate in the country (29.9% compared to the general population rate of 19.9%).²

LTSS programs improve lives

Community-based LTSS help older adults and people with disabilities live in their homes or community settings for as long as they want to stay. These services ensure better quality of lives, maximum independence, and dignity by allowing them to stay and participate in their communities.

Community-based LTSS also provide help and encouragement to family members caring for older adults and people with disabilities. This is done through a range of services for caregivers to assist them in caring for their loved ones. These supports can include such things as training, counseling, support groups, and in- and out-of-home respite care to give the caregivers breaks.

Tribal programs meet community needs

Qualified tribes can provide community-based LTSS programs and, in most cases, provide them in ways that reflect their unique needs, culture, values, and community expectations.

Most AI/AN families want to care for their loved ones in ways that preserve their dignity and honor cultural traditions.

Community-based LTSS honor these preferences by allowing older adults and people with disabilities to remain in their homes and communities while receiving the care they need.

Funding Can Be Found

Medicaid and, to a lesser extent, Medicare and the Indian Health Service cover some LTSS services. Other possible funding sources include Title VI of the Older Americans Act, tribal revenue, other federal programs, state programs, county programs, and the Veterans Administration.

Proper planning can make the most of available funding sources, including

