

American Indian/Alaska Native Long-Term Services and Supports

SOLUTIONS

Technical assistance for tribal health care

February 2025



LTSS Technical Assistance Center

Visit the [online LTSS TA Center](#) for videos, best practices, toolkits, a resource library, and a step-by-step planning roadmap.



Storytelling and advance care planning

An [article in Caring for the Ages](#) highlights the use of storytelling to facilitate conversations about advance care planning.

Storytelling may help strengthen connections between caregivers and care recipients while creating opportunities for care recipients to:

- Discuss what brings them meaning, joy, or fulfillment
- Evaluate their treatment goals
- Identify someone to make medical decisions for them if needed

That's why caregivers are encouraged to:

- Invite care recipients in the later stage of life to share their stories
- Demonstrate active listening skills as those stories are shared

Advance care planning resources

An advance care plan enables elders to identify what is important to them and which types of treatments they want.

It also provides guidance so the care team, family members, and loved ones can make decisions about care if an elder can no longer tell them what is preferred.

To learn more, watch the following LTSS webinars:

- [My Advance Care Plan & Guide for Native Americans and Other Resources](#)
- [The Many Facets of Advance Care Planning](#)

Telehealth's role in timely access to care

People with disabilities are more likely to receive high-quality care in a timely manner when they have access to telehealth services tailored to their needs. Help ensure those needs are met by:

- Encouraging people with disabilities to ask their health care providers about communication options such as remote video interpreting
- Sharing specific examples from lived experience of how telehealth has helped people with disabilities communicate better with their providers

To learn more, watch [Ensuring Access for Patients with Disabilities in an Evolving Telehealth Landscape](#).



Join the conversation on LinkedIn

Want to learn more about or discuss LTSS in Indian Country? Looking to connect with others working in the same field? [Join the Tribal Affairs Group](#) on LinkedIn.

Upcoming webinar

Stay tuned for the next LTSS webinar

The LTSS webinars are opportunities for experts from the field to share information about long-term services and supports for elders and people with disabilities.

Please stay tuned for details regarding the next LTSS webinar. In the meantime, check out the June 2024 webinar, [Unique Benefits of Animal-Assisted Therapy for Individuals in Long-Term Care](#).



Mission Statement

It is the mission of CHAMP Assistance Dogs to improve and enhance life skills and promote companionship through the placement of specially selected service dogs with qualified individuals, and further, to always celebrate the mystery and joy inherent in the canine/human bond.



Mission statement of CHAMP (Canine Helpers Allow More Possibilities) Assistance Dogs, featured in the webinar about animal-assisted therapy

Caregiver's corner

Socialization among Native elders

The National Resource Center on Native American Aging highlights Cycle VIII Needs Assessment Survey findings in an infographic, [Caregiving and Socialization Among Native Elders](#) (PDF, 400 KB, 1 p).

The survey findings indicate that 30% of Native elders take care of grandchildren, and 38% of Native elders are receiving care from a family member.

While most Native elders said they socialize through everyday living with their families, 22% of Native elders reported connecting with other people only once or twice each month.

Socialization Among Native Elders

22.4% socialized 1-2 times per month

62.7% lived with family members



Trends in Native elders' socialization from the infographic, [Caregiving and Socialization Among Native Elders](#)

There are many reasons why elders may have difficulty staying connected. Possible reasons include:

- Caregiving responsibilities that leave little time for socialization
- Physical challenges like having lower vision or hearing
- Trouble leaving the house without help
- Limited access to transportation

The [National Institute on Aging](#) reports that loneliness and social isolation put elders at a higher risk for developing heart disease, depression, dementia, and other health issues. Use the [Eldercare Locator](#) to help connect elders with in-home and community services,

including transportation.

Funding opportunities

Telehealth response and research funding

Applications due: April 15

The Health Resources & Services Administration (HRSA) is accepting applications for funding for the:

- [Telehealth Rapid Response Center](#), which will focus on research to understand the impact of telehealth policies and regulations
- [Telehealth Research Center](#), which will expand the evidence base for telehealth services

HRSA will award one cooperative agreement for each center.

Upcoming events

Monthly ECHO session: Elders, Knowledge Holders, and Culture Keepers

Next monthly session: March 11, 3–4:30 p.m. Eastern

[Sign up for the next session](#)

Indian Country ECHO creates opportunities to share information on how to enhance health care for Native patients. The monthly Elders, Knowledge Holders, and Culture Keepers ECHO session creates space for people to connect regarding traditional and clinical health education and support.

On Aging conference

April 21–24

Orlando, Florida

[Register for the On Aging conference](#)

Join the American Society on Aging for their annual conference, On Aging 2025. The theme for this year's conference is Ageism and Culture.

Annual NCUIH conference

April 23–24

Washington, DC

[Early bird registration](#) ends March 7

Urban Indian organization (UIO) staff, health care professionals, policymakers, community leaders, and advocates are encouraged to attend the National Council of Urban Indian Health's (NCUIH) annual conference. The day before the conference, NCUIH will offer training to UIO boards of directors. Additionally, UIOs are invited to participate in Capitol Hill Day April 25.

EARLY BIRD REGISTRATION

ncuih.org/conference

ANNUAL CONFERENCE
WASHINGTON, D.C.
2025

April 22 : Board Training (for UIOs only) | April 23 – 24 : Conference | April 25 : Hill Day (for UIOs only) | The Westin Washington, DC Downtown

Send us your news

Do you have news to share about LTSS in Indian Country? Send it to ltssinfo@kauffmaninc.com for possible inclusion in an upcoming newsletter. Contact us with other comments or feedback, too.

About the newsletter

American Indian/Alaska Native Long-Term Services and Supports Solutions is published monthly by the CMS Division of Tribal Affairs to share information, funding opportunities, and resources with LTSS planners, tribal leaders, and supporters.

