

American Indian/Alaska Native Long-Term Services and Supports

SOLUTIONS

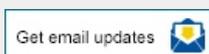
Technical assistance for tribal health care

March 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.



Nutrition and oral health in care facilities

March is National Nutrition Month®, a good time to highlight the connection between nutrition and oral health.

Difficulty chewing impacts people's ability to eat healthy foods, such as meat, nuts, fruits, and vegetables. Daily brushing and flossing help keep teeth and gums healthy.

However, as noted in a recent article, [Priority for Oral Health in Residential Facilities](#), elders with arthritis, declining motor dexterity, or cognitive impairment often require assistance with brushing and flossing.

For that reason, the article recommends dental hygiene training for certified nursing assistants and other care facility staff.

Traditional foods in nursing homes

Adding traditional foods to menus enhances nursing home residents' health and quality of life.

To learn more, visit the LTSS Technical Assistance Center and check out [Tribal Nursing Home Best Practices: Traditional Foods](#) (PDF, 1.7 MB, 12 pp), which covers:

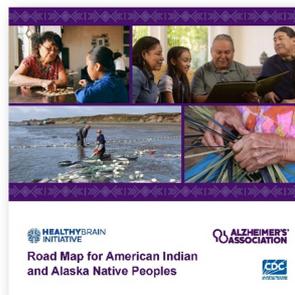
- Who to involve in the menu planning process
- Food sourcing and safety considerations
- Working with government agencies to bring traditional foods into nursing home kitchens

Healthy Brain Initiative's road map

The second edition of the Healthy Brain Initiative's [Road Map for American Indian and Alaska Native Peoples](#) (PDF, 13.3 MB, 88 pp) is now available.

This updated resource offers strategies to improve brain health, address dementia, and provide better support for caregivers.

Key contributors to the road map include staff from the [International Association for Indigenous Aging \(IA²\)](#). Watch the LTSS TA Center's [series of seven brief videos](#) to learn more about the work that IA² is doing in the area of dementia.



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 November 2024 webinar, [Building a Dementia Training for First Responders](#).

Caregiver's corner

Weight loss and dementia

Often, people with dementia experience significant weight loss as the result of:

- Decreased ability to recognize feelings of hunger
- Difficulty preparing food or feeding oneself
- Oral health changes
- Challenges communicating about food likes and dislikes

To help prevent weight loss in that population, [an article in Caring for the Ages](#) suggests:

- Preparing meals for people who are aging in place
- Providing feeding assistance to people who have lost the ability to use utensils
- Paying attention to care recipients' food preferences, which may change over time and affect food intake

Funding opportunities

Highway safety grants

Applications due: May 1

[Learn more about the highway safety funding opportunity](#)

Indian Highway Safety Program grants are available to fund traffic safety enforcement efforts and child passenger safety seat programs. The program aims to:

- Decrease the number of crashes
- Prevent crash-related injuries, deaths, and property damage

Upcoming events

31st Annual Aging Policy Briefing & Capitol Hill Day

March 31–April 1

Washington, DC

[Register for the Aging Policy Briefing](#)



Join USAging for their annual event to provide updates on federal policy related to care for elders. Also, make plans to meet with congressional members in person.

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.

