

Long-Term Services and Supports

TRIBAL LONG-TERM SERVICES AND SUPPORTS NATIONAL RESOURCE CENTER

The National Indian Council on Aging, in partnership with the National Resource Center on Native American Aging, the American Association of Retired Persons, US Aging and other stakeholders established the Tribal Long Term Services and Supports National Resource Center (TLTSSNRC), also known as the LTSS Compass on the NICOA website:

<https://nicoaltsscompass.org>.

WHAT IS LTSS?

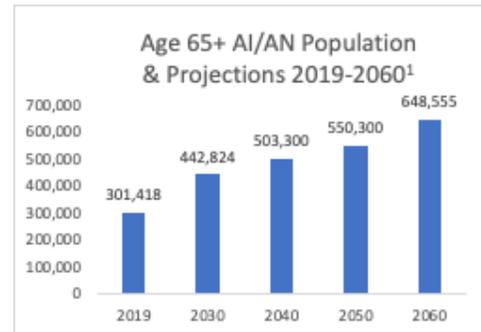
LTSS (Long Term Services & Supports) is part of a continuum of care for Elders and people with disabilities. LTSS addresses the needs of the whole person and the interdependence of an Elder's life journey including, physical, mental, social, and spiritual wellbeing.

LTSS promotes independence, healthy living, and quality of life. LTSS are person-centered and tailored to an individual's needs over an extended period, including:

- Case management
- Disease prevention
- Mental health services.
- Dietary management
- Hospice care
- Assisted living
- Homemaker/chore services
- Meals congregate or delivered
- Health aides
- Personal care
- Transportation
- Legal services
- Adult daycare
- Nursing care

LTSS Related Data

LTSS is wellness. As projected by the Administration for Community Living, the need for LTSS will grow as the American Indian and



Alaska Native (AI/AN) Elder population will double in the next 40 years.

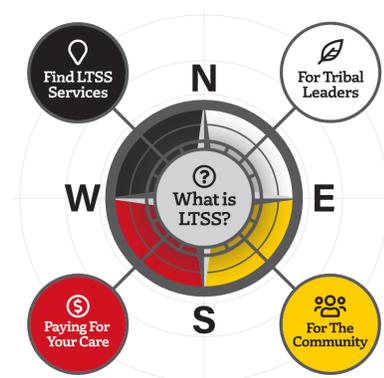
AI/AN Elders have a higher rate of disabilities than other adults aged 65 and older. They represent just 1.3% of all Elders receiving LTSS as reported by State and Area Agencies on Aging.

GOAL OF THE LTSS COMPASS

The goal of the LTSS Compass project is to empower tribal communities to develop or expand long-term services and supports for AI/AN Elders and persons with disabilities within their communities.

LTSS COMPASS WEBSITE

The LTSS Compass website is an LTSS Data Clearinghouse. The LTSS Compass website is organized into 4 main sections:



What is LTSS?

This section defines LTSS and provides online resources on issues affecting AI/AN Elders and consumers with disabilities, a nursing home directory in Indian Country, best practices and emerging LTSS issues in Indian Country, caregiver support, hospice and palliative care in Indian Country, Elder abuse prevention and more.

Find LTSS Services

In this section visitors will find a searchable directory to essential LTSS resources by state and county with maps to pinpoint the nearest services in their area.

For Tribal Leaders

Tribal leaders can learn how LTSS fits into their communities and provides instructions on how to implement LTSS systems, fund LTSS, develop policies, and more.

For the Community

This section is for tribal members seeking tools to care for Elders in their community. Visitors will find an advocacy toolkit, information on aging in place, a caregiver's corner, and advice on how to plan for LTSS for yourself and others.

PAYING FOR YOUR CARE

Tribal LTSS programs typically use a variety of revenue sources to create sustainable LTSS programs.

Medicaid

Medicaid is a joint federal and state program that pays for institutional and home-based community services for eligible low income Elders and people with disabilities.

Medicare

Medicare is a federal health insurance program for people who are 65 or older and certain younger people with specific diseases. As part of a treatment plan, Medicare may pay for 100 days of LTSS in an institutional or community setting.

Indian Health Service (IHS)

The IHS Tribal Self-Governance Program affords Tribes the most flexibility to tailor health care services to the needs of their communities. Tribes can include LTSS in their self-governance agreements with IHS.

Other revenue sources

LTSS are financed by a range of other small programs, including Title III and Title VI of the Older Americans Act, Title 20 of the Social Security Act, state programs for Home and Community-Based Services (State Medicaid Waiver Programs), and the Department of Veterans Administration LTSS Services. Some AI/AN Elders use private insurance to pay for LTSS services, and Tribes may also provide financial support.

Visit the LTSS National Resource Center: nicoaltsscompass.org

Sources

- 1) Administration for Community Living. 2020 Profile of American Indians and Alaska Native Age 65 and Older.
- 2) Centers for Medicare & Medicaid Services. "100% FMAP for LTSS – Educate Your State." 12/01/2021.

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