

Continuum of Care

TRIBAL CONTINUUM OF CARE 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 Continuum of Care National Resource Center, also known as the Compass:

<https://nicoacompass.org>.

WHAT IS CONTINUUM OF CARE?

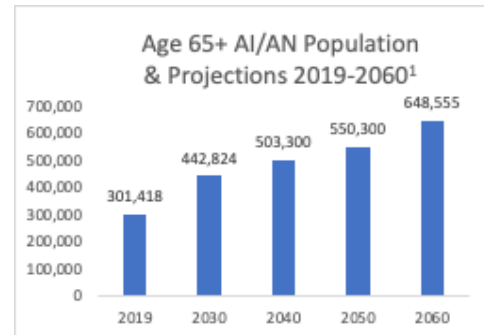
Long term care is part of a continuum of care for Elders and people with disabilities. It addresses the needs of the whole person and the interdependence of an Elder's life journey including, physical, mental, social, and spiritual well-being.

A continuum of care promotes independence, healthy living, and quality of life. It is 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

CONTINUUM OF CARE-RELATED DATA

A continuum of care is wellness. As projected by the Administration for Community Living, the need for long term care will grow as the American Indian and Alaska Native (AI/AN)



Elder population will double in the next 40 years.

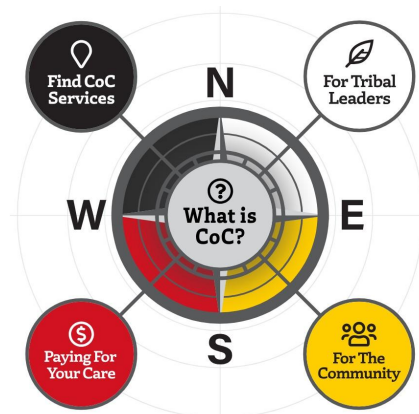
AI/AN Elders have a higher rate of disabilities than other adults aged 65 and older. They represent just 1.3% of all Elders receiving long term care, as reported by State and Area Agencies on Aging.

GOAL OF THE NICOA COMPASS

The goal of the Compass project is to empower tribal communities to develop or expand continuum of care for AI/AN Elders and persons with disabilities within their communities.

NICOA COMPASS WEBSITE

The Compass website is a continuum of care data clearinghouse. The Compass website is organized into 4 main sections:



WHAT IS CONTINUUM OF CARE?

This section defines continuum of care 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 continuum of care issues in Indian Country, caregiver support, hospice and palliative care in Indian Country, Elder abuse prevention and more.

Find Continuum of Care Services

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

For Tribal Leaders

Tribal leaders can learn how a continuum of care fits into their communities and provides instructions on how to implement continuum of care systems, fund a continuum of care, 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 a continuum of care for yourself and others.

PAYING FOR YOUR CARE

Tribal continuum of care programs typically use a variety of revenue sources to create sustainable long term care 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 long term care 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 long term care in their self-governance agreements with IHS.

Other revenue sources

A continuum of care can be 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 continuum of care services, and Tribes may also provide financial support.

Visit the Continuum of Care National Resource Center:

www.nicoacompass.org

SOURCES

¹ Administration for Community Living. 2020 Profile of American Indians and Alaska Natives Age 65 and Older.

² Centers for Medicare & Medicaid Services. "100% FMAP for LTSS – Educate Your State." 12/01/2021.

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