

Long Term Services and Supports

Programs Can Speak to Tribal Needs

There will be **2.5x** as many American Indian and Alaska Native (AI/AN) elders by the year 2030 as there were in 2012¹

More than **50%** of AI/AN people aged 65+ have a disability²

1 out of 3 AI/AN adults with disabilities who need care are younger than age 65³

American Indians and Alaska Natives are steadily growing older. AI/ANs with disabilities of all ages need care.

What can your tribe do?

Some tribes offer Long Term Services and Supports (LTSS) programs to help members live as independently as possible. Some tribes offer assisted living and skilled nursing facilities. Most focus on Home- and Community-Based Services, including health services to meet medical needs, human services to support daily living, and support services to ensure quality care.

Self-Care Tasks

- Walking
- Bathing
- Dressing
- Toileting
- Brushing teeth
- Eating

Independent Living Tasks

- Managing money
- Using the phone or computer
- Managing medication
- Shopping
- Legal services
- Caregiver support



Cooking



Driving



Home repair



Cleaning

Funding can come from a variety of sources. Although planning and coordination can be challenging, most tribes can find the funding they need.



Tribes don't have to do it alone. There are program models to follow, sources of technical assistance, and more funding sources than ever before.



Visit the online tribal LTSS Technical Assistance Center for information, resources, and a roadmap for planning.

go.cms.gov/AIAN-LongTermCare



Join the CMS Tribal Affairs group on LinkedIn.

[Link goes here](#)

Under tribal control, LTSS programs can speak to tribal needs and deliver culturally competent care.

Sources

1 U.S. Census Bureau. "An Aging Nation: The Older Population in the United States." Page 12. *Current Population Reports*. 2014. Retrieved from <http://www.census.gov/prod/2014pubs/p25-1140.pdf>

2 U.S. Census Bureau, "Age by Disability Status (American Indian and Alaska Native Alone)" 2013 American Community Survey, retrieved from http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_13_1YR_B18101C&prodType=table

3 Kaiser Family Foundation Analysis of the American Community Survey. 2013. Retrieved from <http://kff.org/report-section/the-role-of-medicare-and-the-indian-health-service-for-american-indians-and-alaska-natives-health-access-and-coverage-report/>