

NORTH DAKOTA LONG-TERM SERVICE AND SUPPORT OPTIONS COUNSELING.

Nursing homes are a necessary option for some people. However, there was a time when older adults and adults with disabilities on Medicaid ended up in nursing homes without a thorough exploration of other options.

Today, there's a focus on identifying people who may be looking for an in-home alternative to nursing home care, making them aware of alternative solutions, and helping them move back into the community.

Individuals on Medicaid receive an in-person visit from a trained Long-Term Service and Support (LTSS) options counselor who will discuss all the service options that are covered under Medicaid. The LTSS options counselor identifies needs through face-to-face visits, and explains and explores in-home and community-based options available to individuals as Medicaid recipients. They discuss a range of services to promote independent living, like personal care, household needs assistance, meal preparation, medication management, and medical equipment.

If an individual expresses interest in in-home and community-based services, the LTSS options counselor connects them with a transition coordinator. The transition coordinator helps them make a plan to return home. If an individual chooses nursing home care, the LTSS options counselor provides written information, including their contact information. They will continue with ongoing support by completing an annual person-centered care plan visit. The ultimate goal is to provide information and honor the individual's right to choose their care setting.

PROVIDING SERVICES THAT SUPPORT INDEPENDENT LIVING.

As an outcome of the systems change efforts implemented to meet the requirement of the U.S. Department of Justice settlement agreement, North Dakota continues to expand and raise awareness about services available to older adults and adults with disabilities that significantly impact their ability to live independently in their homes and communities.

The mission is to empower people by providing support options that help them make informed choices that best fit their life situation. North Dakota's in-home and community-based services system for older adults and adults with disability comprises five vital stages, the second of which is LTSS options counseling.



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Health & Human Services

HUMAN IMPACT STORY: How Kenna Got Support To Transition From A Nursing Home To Her Own Home.

Kenna Williams experienced some dramatic changes in her life. Around the same time her husband passed away, she suffered a debilitating stroke that left her in a care facility. While the staff treated her well there, Kenna felt that, in her early 60s, she was too young to be in a nursing home.

When she heard of the services and support provided by North Dakota Health and Human Services, she jumped at the opportunity to transition out of nursing home care to her own apartment with assistance.



I want people to know how great the support is so maybe they can leave a nursing home too if they're able to do it.

Kenna Williams, North Dakota resident

Kenna is doing well and continues to improve each day. She meets with physical and occupational therapists twice a week and cherishes the freedom to leave her home whenever she wants to enjoy an occasional shopping trip—something she couldn't do during her nursing home stay.

This story is just one of many about the positive impact of home and community-based support and how it's helping transform the lives of North Dakotans.



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Health & Human Services

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