

2 NORTH DAKOTA LONG-TERM SERVICE AND SUPPORT OPTIONS COUNSELING

North Dakota created a five-stage system that assists older adults and adults with disabilities by helping them make informed choices that enhance their ability to live independently in their homes and communities.

STAGE #2 ~ LONG-TERM SERVICE AND SUPPORT (LTSS) OPTIONS COUNSELING:

- Nursing homes are a necessary option for some people. Still, it's vital to identify people looking for an in-home alternative to nursing home care. The goal is to make them aware of alternative solutions and help them move back into the community.
- Individuals on Medicaid receive an in-person visit from a trained 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.
- A range of services are considered 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 to help make a plan to return home.
- If an individual chooses nursing home care, the LTSS options counselor provides written information, including their contact information, so individuals can restart the conversation at any time. The options counselor will continue with ongoing support by completing an annual person-centered care plan visit.

LTSS OPTIONS COUNSELING IS INTENDED FOR:

- Older adults with age-related issues
- Adults with disabilities
- Caregivers (i.e. family, friends, neighbors, community members, etc.)

LTSS OPTIONS COUNSELING RESULTS.

Since the start of the settlement agreement, LTSS options counseling staff provided information about Home and Community-Based Service (HCBS) options during 16,874 visits to Medicaid eligible individuals referred for a long-term stay in a Skilled Nursing Facility (SNF).

PROVIDING SERVICES CLOSER TO HOME.

The State of North Dakota and the U.S. Department of Justice reached a settlement agreement intended to expand access to home and community-based care services and enable individuals with physical disabilities to live in less restrictive home and community-based settings.

SYSTEM CHANGE BENEFITS:

- Expand and raise awareness about community-based care options available to adults with physical disabilities on Medicaid.
- Allow individuals to make informed choices about how they want to receive services that help them live as independently as possible.
- Build upon the legislative investments made and our shared goal of improving services to citizens.