

WORKFORCE SUPPORT.

Some older adults with age-related issues and adults with disabilities envision their life story as one in which they can maintain independence for as long as possible at home. Success depends on the work of informal caregivers, such as family members, friends, neighbors, and many others. It can also include home and community-based services that consists of three types of providers: agency qualified service providers (QSPs), individual QSPs, and family QSPs.

Caregivers can't always manage on their own and sharing responsibilities can bring some relief. Family and friends can help with some personal and household tasks, but trained professionals may be needed to help with others. Services may include hiring personal care aides or other in-home care services.

Long-Term Service and Support (LTSS) community options counselors can help make a care plan and find services within the individual's community. They may also suggest shared living, like adult foster care, which offers more specialized care. However, the main goal is finding ways to satisfy a person's desire to remain at home.

People should understand that it's okay to ask for help. Normalizing the conversation by encouraging people to reach out for help sooner rather than later is better for everyone involved.

Health and Human Services (HHS) provides programs that pay family caregivers to care for their eligible relatives. Respite services are also available to help family caregivers take short breaks. HHS may also suggest caregiver training and support groups that can help families navigate this journey.

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 fifth of which is workforce support.



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Health & Human Services

HUMAN IMPACT STORY: How Esther Embraced The Opportunity To Live Independently.

The pandemic had a major impact on Esther Williams when she developed COVID-19 complications that required a lengthy hospital stay. While recovering, she was transferred to a nursing home where she thought she would spend the rest of her life.

Then, a transition coordinator working through Health and Human Services informed Esther that she had the option to transition out of the nursing home and into affordable and accessible housing where she could live independently with support.

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I had no idea what to expect, but my care team explained what was happening and guided me through it. You couldn't ask for nicer people.

Esther Williams, North Dakota resident

Esther quickly adapted to her new living situation and got around with help from a team of caregivers at her new home. Her brother gave her informal support for financial concerns, while trained caregivers took Esther on trips outside her home and provided social support with weekly activities.

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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