

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 #5 ~ DIRECT CARE WORKFORCE SUPPORT:

- It is essential for individuals in need of support to discuss their preferences for living arrangements and care with family and friends. Planning for future care needs and seeking assistance at the first signs of functional decline are key steps in ensuring the best possible support.
- Some older adults with age-related needs and adults with disabilities can benefit from support from both informal caregivers (family and friends) and formal caregivers (professionals) including three types of providers: Qualified Service Provider (QSP) agencies, individual QSPs, and family QSPs.
- Informal caregivers can't always manage on their own and sharing responsibilities can provide a sense of relief.
- Provide programs that allow family caregivers to become paid supports for their eligible relatives.
- Offer assistance to informal caregivers with respite services.
- Some individuals may have support from informal caregivers who can provide most of the necessary care but others need to rely on trained caregivers to meet their complex needs.
- Long-Term Service and Support (LTSS) community options counselors help make a care plan and find services within the individual's community.
- Suggest caregiver training and support groups that help families navigate this journey.

## DIRECT CARE WORKFORCE SUPPORT IS INTENDED FOR:

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

## THE PEOPLE WORKING TO MAKE INDEPENDENT LIVING WORK:

North Dakota's efforts to help older adults with age-related needs and adults with disabilities maintain their independence have been a success. Thanks to ongoing training, learning opportunities, and access to respite care, family caregivers and professionals continue to gain more insight, improve their caregiving skills, and transform lives.

## 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.
- We offer an online enrollment portal and a documentation and claims submission system that makes it easier for QSPs to meet the federal and state requirements of providing paid supports.