



National Resource Center
on Native American Aging
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The Native Aging in Place Project: Building Sustainable LTSS Capacity in Tribal Communities



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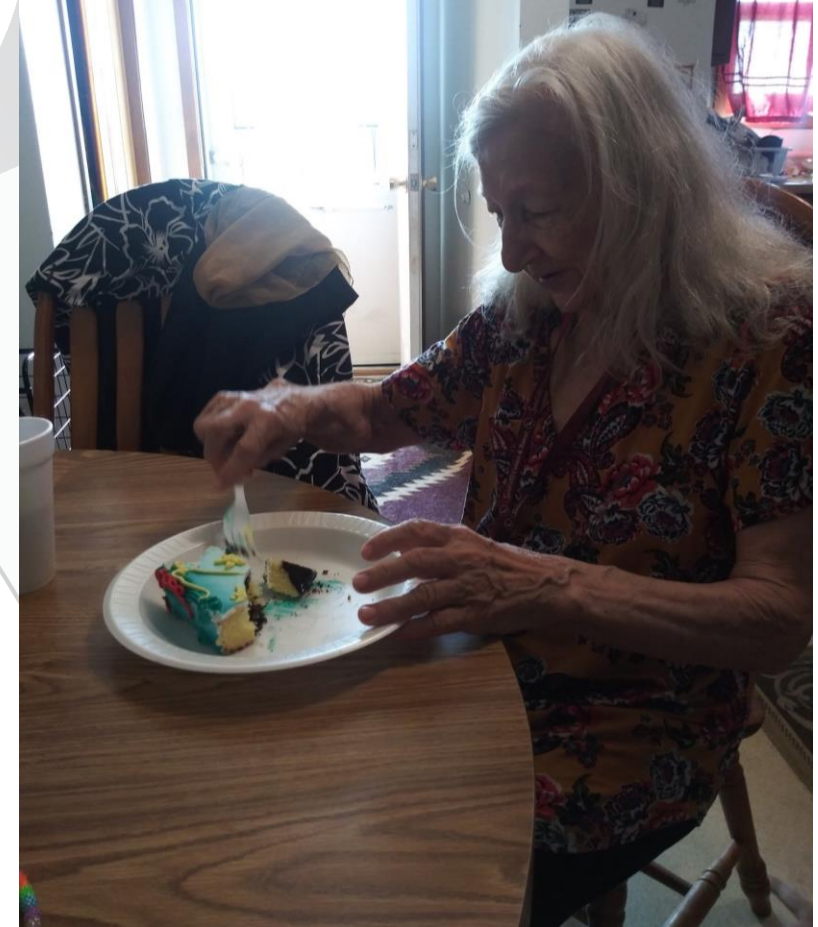
Accelerate and strengthen the capacity to develop, deliver and evaluate home and community based long term services and supports for the elders of Spirit Lake Nation.

Collaboration between Spirit Lake Nation, UND College of Nursing & Professional Disciplines, and the UND National Resource Center on Native American Aging.

Funded by the Margaret A. Cargill Philanthropies in 2016.

Tribal Participatory Action Research (TPAR) Model

- ❖ “Community conversations” over 6 years helped to frame the discussion & identify needs around LTSS and NAPP.
- ❖ Involvement and engagement of community members as stakeholders through every phase of planning, implementation, and evaluation.
- ❖ Tribal Advisory Committee.





Native Elder Caregiver Curriculum (NECC)

- ❖ Developed with advice and guidance from Native elders, for the purpose of creating a teaching/training tool specific to the needs of elders living in rural Tribal communities.
- ❖ The original topic outline was generated collaboratively through a focus group with elders of the Spirit Lake Dakota Nation - based on their own learning needs as family caregivers and/or experiences as elders needing caregiving assistance to “age in place”.
- ❖ The NECC is available to download the NRCNAA website.



The NRCNAA and Spirit Lake Tribe worked to build collaborative relationships to expand and coordinate community services.

Empower the Spirit Lake Tribe to create a sustainable model of community-based services (including LTSS workforce development and caregiver support) that is allowing Spirit Lake elders to “**age in place**”.



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1. Tribally-owned Qualified Service Provider Agency to provide personal care to elders in their homes, and
2. Leverage partnerships to ensure direct care workforce development and caregiver support.



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Spirit Lake Okiciyapi QSP Agency

- ❖ **Qualified Service Provider:** in-home provider for **Homemaker** and **Personal Care** services
- ❖ Okiciyapi is Dakota meaning “helping one another” – elder’s input on the name.
- ❖ Okiciyapi is the first tribal QSP agency in North Dakota.
- ❖ Delivered under ND State Medicaid Waiver for Home & Community-Based Services and the Medicaid Personal Care Services Option.





MAKING A DIFFERENCE

- Stakeholders had very strong support, respect, appreciation for the tribal QSP agency.
- Interdisciplinary meetings created better care coordination among providers.
- Elders have been able to return home after being in a nursing home because Spirit Lake Okiciyapi services were available.
- Tribal members reaching out to request QSP services for themselves or their family members, in the past, many would decline QSP services because they were concerned about allowing county social workers into their homes or they feared being sent to a nursing home.

COMMUNICATION & COLLABORATION

PARTNERSHIPS contributed to increased services for Spirit Lake elders and elders in surrounding communities:

❖ Created **awareness** and **understanding** & ways to **share information**:

- Stakeholder Advisory Group
 - Area service providers contact Spirit Lake Okiciyapi if they know of someone needing personal care services.
- Regular meetings with Interdisciplinary Service Providers & Home & Community-Based Case Managers
 - Elders previously not eligible for services have been **reassessed and are now receiving services**.
- Community Informational Meetings
 - Allowed elders and family members opportunity to ask questions about services provided and were also used to **recruit workforce**.

BUILDING TRUST

Reliable Community OUTREACH service is critical to developing relationships and building trust with service providers & community members!

- ❖ **Relationships** – not simply knowing who does what, when, how, and why (important) but also the **quality of the relationship and the nurturing.**
- ❖ **Going the extra mile** – following up on other things they see that need to be done for the elder, beyond the QSP scope.
- ❖ **Linking LTSS** – Hospital Discharge Planning, CHRs, Public Health, Tribal Clinic Nurses & Doctors, Veterans Administration, etc.

SOMETHING CONCRETE

A statement made at Stakeholder Meeting “**building something that produces jobs, it is concrete.**”

Reinforces understanding of economic need (high poverty and unemployment).

Helping people to “**age in place**” is the overarching goal, but the economic implications – **jobs, income, security** – are essential too.

Workforce Development – a marathon, not a race

Agency workforce pipeline –

- ❖ Independent QSPs can serve the agency as a temporary or on-call staff. Can also be pathway to full-time agency employment.
- ❖ Respite for Independent QSPs – Help with burnout and peer support.
- ❖ NAPP has provided training (NECC) to agency QSPs and independent QSPs.

CHALLENGES

(Mis)Communication between federal, state and local systems

- ❖ Tribal Sovereignty - state office unsure how to proceed with assisting because no tribe “had ever asked before”
- ❖ Eligibility, Case Management, Cost-share

Different processes for veterans.

- ❖ Medicaid, Medicare, Veterans Administration

Continual development of understanding and awareness among tribal members and Tribal Leadership.

Building a business – NOT a program.

Workforce, workforce, workforce!

PHASE II

1. Provide technical assistance for ND tribes by assisting them with establishing and developing sustainable systems of long-term services and supports in their communities for Native elders.
2. Create a network of support that will assist with recruitment and retention of paid (individual QSPs) and unpaid (family members) elder caregivers in North Dakota tribal communities by providing professional development and educational opportunities.
3. Provide technical assistance to Tribal Veteran's offices and Tribal Elder Veteran's to access supplemental resources, benefits, and services available through local, state, and federal LTSS networks.

NATIVE AGING IN PLACE PROJECT TEAM



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