

**American Indian and Alaska Native  
Long Term Care Conference**  
*Circles of Care: Providing Choices to Elders and Families*

May 4 – 6, 2010  
Phoenix - Scottsdale, Arizona

**Session Descriptions**

**LTC Conference General Sessions**

General Session I: Supporting Families in Keeping Elders in the Community: The Family at the Center of LTC  
Family caregivers are not only the backbone of the long-term care system; they are the heart and soul. This session will describe services for caregivers and home based services for elders.

General Session II: Tribal Long-Term Care Association and the Indian Health Care Improvement Act  
The numbers and types of Tribal long-term care programs and services are increasing. With the passage of the Indian Health Care Improvement Act, they may increase at a faster rate. The time may be right to form a Tribal Long-Term Care Association. Please join this discussion about the possibility of forming a Tribal Long-Term Care Association.

General Session III: Facility Based Long-Term Care Services: Elder Focused Services  
Culturally relevant services that meet the needs of Tribal elders and those with disabilities are vital no matter where the services are provided. This session will focus on building culturally appropriate facility-based services that are responsive to the needs of Tribal elders and disabled.

General Session IV: Coordination and Collaboration in LTC Services  
This session will describe how Tribes have worked together with other service providers to successfully implement various long-term care programs. Discussion will include how to open communication and build mutually beneficial partnerships, including joint-planning and maintaining a good working relationship.

**Workshop Session A**

Elder Case Management

The Southeast Alaska Regional Health Consortium (SEARHC) is a non-profit, Native-administered health consortium serving health care needs of Tlingit, Haida, Tsimpshian, and other Native and rural residents of southeast Alaska in 18 communities. In 2007, SEARHC received an Elder Care Initiatives grant to study the needs of elders in eight communities. Results from the ECI grant were used to plan additional services for elders. In 2009, SEARHC received an IHS Public Health Nurse grant to provide case management services specifically to elders. An overview of the planning process and a description of the Public Health Nurse Elder Case Management program will be provided in this workshop.

Blackfeet Eagle Shield Center

This workshop is to help Title VI programs utilize other programs, agencies and resources to meet the needs of their elders. Many times we have to seek funding elsewhere to expand services. The Eagle Shield Center has been able to innovatively bring together several programs that provide services to our elders to help them maintain their independent lifestyles and improve/maintain their health, nutrition and social activities.



### Chronic Disease Management through Home Tele-Health Monitoring

Tele-Health promises to transform the way healthcare is practiced and delivered. Nowhere is this more apparent than in Alaska, where Tele-Health has bridged the gap between providers in remote villages and specialists who can provide expanded care to rural patients. Chronic Care Patients are being provided with Home Tele-Health Monitoring equipment along with 24/7/365 call center services, which are helping to reduce patient and caregiver burden by reducing routine clinic visits as well as reducing emergency room visits and hospitalizations. The Alaska Federal Health Care Partnership (AFHCP) Home Tele-Health Monitoring (HTM) Program Manager (PM) will present actual data on how well HTM patients are doing, how well communities of patients are doing and initial assessments into the actual cost benefits being achieved.

### From Senior Center to "LTC Central"

Title VI has been the mainstay of Tribal Elders Programs for over 25 years. Although the funds have not expanded with the population, new programs can help better meet the needs of Tribal elders. Expanding Information and Assistance programs to include application for services, Health Education programs and Adult Day Services are just a few of the new ideas which can help Title VI programs meet the needs of the most frail elders and assist them with their long-term living.

## **Workshop Session B**

### Cherokee Nation Home Health

Cherokee Nation Home Health Services, Inc., (CNHHS) a full-service home healthcare agency, began operations in 1983 as a department of the Cherokee Nation Tribal health system. It was the Balanced Budget Amendment of 1997 that led tribal leaders to move the CNHHS to a free-standing agency. Services provided through the various departments of CNHHS include physical, occupational and speech therapies as well as skilled nursing, and personal care. Besides offering direct healthcare, the agency also provides case management, social work and chaplain services, in addition to homemaker/chore and respite care.

### National Resource Center on Native American Aging- North Dakota

The National Resource Center on Native American Aging at the University of North Dakota (NRCNAA) works with Tribes, Alaska Native villages and Hawaiian homelands throughout the US. This presentation is geared towards the beginning Title VI Director looking to start using the NRCNAA's services, or the seasoned director, using our online resources. This presentation introduces workers to the online version of the data collection methods used in the needs assessment, as well as using and understanding your data once it is returned to you.

### CMS TTAG Listening Session

The Tribal Technical Advisory Group (TTAG) is composed of elected Tribal leaders, or an appointed representative from their area, who are nominated from the 12 areas of the Indian Health Service (IHS) delivery System. The TTAG serves as an advisory committee to the Centers for Medicare & Medicaid Services (CMS) on important health care matters associated with the Medicare, Medicaid, and State Children Health Insurance Programs. There is a Principal Member and an Alternate from each of the 12 IHS service areas. These areas are: Alaska, Aberdeen, Albuquerque, Bemidji, Billings, California, Nashville, Navajo, Oklahoma, Phoenix, Portland, and Tucson. Talk to representatives of the CMS TTAG Long Term Care Sub-Committee about the different program possibilities and challenges for tribes in developing long term care services

### Fort Defiance Home-Based Care program

The Fort Defiance Home-Based Care program is a well established, innovative program to support the frail elderly and those facing life-limiting diagnoses with compassionate and comprehensive interdisciplinary care at home, enabling quality of life and dignity at the end of life. The panel discussion will introduce the ideas and approach that underlie this very successful program. The breakout session will more fully explore the structure and processes that make this program successful.



## **Workshop Session C**

### Laguna Rainbow Nursing Home

The Laguna Rainbow Corporation was chartered in 1979 by the Laguna Pueblo Tribal Council for the purpose of providing comprehensive services to the elderly population of Laguna Pueblo. Funding through the state Indian Area Agency on Aging and Title VI supports the Meals-on-Wheels program for congregate and homebound meals and the transportation to medical appointments. These programs are managed by the nursing facility, which receives payment for the nursing home clients through Medicaid. It is important to the Laguna Rainbow Board of Directors, as well as to the Executive Director of the Corporation, that the Laguna Tribal cultures are preserved. Tribal culture is incorporated into services and activities offered to the elderly population in the nursing facility. One of the results of this effort has been a high participation rate among the elderly and their families within the Laguna Pueblo and surrounding areas in combined activities, which are largely culture-specific and of interest to the community being served.

### Tohono O'odham Nursing Care Authority

The Tohono O'odham Nursing Care Authority (TONCA) is the governing board for the Archie Hendricks, Sr. Skilled Nursing Facility (AHSSNF) and TOH. These two programs serve tribal members of the Tohono O'odham Nation. The focus of service delivery is elders. TONCA provides post hospital care, short-term rehabilitation, wound care, long-term care, dementia care, pre-hospice and hospice care. Eligibility is based on healthcare need and the ability of the program to provide the type and level of care required. TONCA programs serve the members of the Tohono O'odham Nation. Tribal members receive services regardless of their ability to pay.

### Little Bear Creek: From Assisted Living to Housing with Services

In 1990, the Lummi Indian Nation began a journey to develop an Assisted Living Facility on Tribal Land. The process was a long one: planning, locating, developing the blueprints, finding funding, construction, and opening—and it failed. What were the lessons learned? How can you prevent similar problems? Good ideas will be shared, mistakes will be disclosed, and a good time will be had by all!

### Adult Day Care

Over the last few years, Native Health in Phoenix has worked on planning and implementing an Urban Indian Adult Day Program. This presentation will describe fundraising, building renovation and licensing challenges, development of policies and procedures, and the effect of changes in State Medicaid programs on long term care service development.

### Zuni Elder Day Health Program

The Zuni Senior Citizen's Center has operated a social model elder day health program, serving the most at risk and frail ambulatory elders in the Pueblo. This long standing and successful program has become a key piece to a network of home and community-based services for frail elders. Its success has been the result of strong partnerships, creative use of resources, and the determination to keep Zuni elders safe and at home with their families whenever possible. Karen Leekity, Senior Center Director, will present a brief overview of the program and its development on the panel discussion and discuss more fully how it works and what it takes to keep the program operating in the breakout session.

## **Workshop Session D**

### Providing New Mexico LTC Services CoLTS to Navajo Elders

In New Mexico the state Human Services Department and the Aging and Long-Term Services jointly sponsor the CoLTS program. This session will educate participants about the Evercare CoLTS program, including the implementation phases, program goals and objectives, target population served, service coordination, and collaboration with tribal programs including the Navajo Area Agency on Aging and the NM Area Agency on Aging, Senior Centers, CHR's and PHN's, Indian Health Service clinic staff: clinicians, benefits coordinators, business office staff, and administrators.

### NIHB, CMS TTAG LTC Report (Overview of Tribal LTC Services)

American Indian and Alaska Natives (AI/AN) have longstanding concerns over the issues facing the growing population of those community members who have or are reaching the age of 55 or older. Combined with an expected shortened life expectancy and multiple chronic health care conditions, as compared with the US-general population, AI/AN community members need stronger coordinated efforts to improve their overall life conditions. This presentation outlines specific activities and current initiatives that the National Indian Health Board (NIHB) has been actively working to enhance in Long-Term Care programs for American Indian and Alaska Natives. NIHB together with the US DHHS-Centers of Medicare & Medicaid Services (CMS) are working to accomplish this goal.

### Housing and Services Partnership in Southeast Alaska

The SEARHC Alicia Roberts Medical Center, the Southeast Senior Services, and the Tlingit and Haida Regional Housing Authority are working in collaboration to bring services and programs to the elders in Klawock, Prince of Wales Island in Alaska. Using the senior center as the hub for activities, seniors are offered a unique variety of health promotion activities to keep them active and engaged in their community.

### Improving Access to VA Healthcare for Native Americans in Rural Areas

A collaborative partnership between the Mississippi Band of Choctaw Indians and the G.V. (Sonny) Montgomery VA Medical Center in Jackson, Mississippi, was established in October 2009 from a grant issued by Office of Rural Health (ORH) to identify Native American Veterans who would benefit from VA services and offer these services to these Veterans who may not be enrolled in VAMC and Veterans and reside in rural areas that lack access to VA primary care clinics. This practice-based expansion of Home-Based Primary Care (HBPC) to support rural Native American Veterans and their caregivers utilizing the Starburst Model as a catalyst for change in a rural Native American setting was introduced to Jackson VAMC and Mississippi Band of Choctaw Indian Tribal leadership.

## **Workshop Session E**

### Creating a Tribal Technical Support Center in Wisconsin

This session by the Great Lakes Inter-Tribal Council (GLITC) Tribal Technical Assistance Center (TTAC) will focus on coordination and collaboration in Long Term Care services. The goal of this session is to share how Wisconsin has modified their long term care systems through State/Tribal consultation, Tribal organizational advocacy, and collaboration to create sustainable programs and respond to the unique needs of Tribal communities.

### What is Community Based Care: How does it work in Indian Country?

This workshop will give a basic overview of how HCBS works in the Pacific Northwest. The Northwest Regional Council is the Area Agency on Aging for four rural counties with six Indian Tribes or Nations. Through long collaboration and mutual respect, over 500 natives are served in their homes with services provided by both Native and mainstream providers. The workshop will provide an overview of HCBS waiver services and how they can vary state by state. Access and eligibility issues and barriers will be discussed and solutions proposed. Finally, using the Washington State model, establishing tribal entities (clinics, elders programs, housing and construction programs, etc.) as contractors will give participants food for thought about possibilities in their own areas.

### State-Tribal Partnerships in Minnesota

The State of Minnesota is recognized for actively working with Tribes to improve access to long term care services for Indian Elders. The relationship between the State and the White Earth Nation is highlighted as a promising practice on the CMS website. More recently the Leech Lake Band of Ojibwe has been working with the state to expand their services to Tribal Elders eligible for Medicaid services. This session will review the State of Minnesota's commitment to involve tribal health representatives in all major policy decisions and highlight the work with Leech Lake.

Expanding Comprehensive Home Care to Indian Country

The missions of both VA and IHS include providing health care for American Indian and Alaska Native (AI/AN) veterans. The growth of the AI/AN elderly population and prevalence of chronic disease among AI/AN contributes to a medically complex population with increasing disability and long term care needs. To better serve rural AI/AN veterans, VA and IHS entered into a partnership to extend HBPC using IHS and tribal clinics and hospitals involving 14 Tribes. This innovative partnership will diffuse geriatric competencies and care coordination models into settings that are medically underserved and serve as a template upon which to build future partnerships among VA, other federal agencies and non-VA partners.

