

# Benefits of In-Home & Community Living

-  Choose who you live with
-  Make independent life choices
-  Choose your services
-  Choose who provides care, including family members, friends or other individuals
-  Have privacy in your home
-  Access the community
-  Choose when family and friends visit
-  Stay connected to your cultural/spiritual community
-  Set your schedule
-  Come and go as you please
-  Choose to work and/or volunteer in the community
-  Choose your medical provider
-  Have pets in your home
-  Remain in familiar surroundings
-  Enjoy public events

## Notes:

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## About Us

The Aging and Disability Resource Link (ADRL), administered by the ND DHS Aging Services Division, connects people to services at home and in their communities to help them maintain or improve their quality of life.



**ND ADRL** AGING & DISABILITY RESOURCE LINK

## Contact Us

**1.855.462.5465**

Email: [carechoice@nd.gov](mailto:carechoice@nd.gov)  
<https://carechoice.nd.assistguide.net>

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## Know Your Care Choices

*Informed Choice Referrals for Medicaid Members*

Referred for Nursing Facility Level of Care

# Know Your Care Options. Choose What's Right For You.

## Nursing Home Care

Skilled nursing services are provided 24 hours a day. Room and board is paid by Medicaid.

### Nursing homes provide:

- Room and board
- Monitoring of medications
- Help with bathing, dressing, transferring (personal cares)
- 24-hour emergency care
- Supervision
- Social and recreational activities
- Skilled therapies such as physical therapy, occupational therapy, speech therapy
- Coordination of medical care and transportation to appointments

### Check with the hospital discharge team or nursing home of your choice.

List of nursing home facilities in North Dakota:  
<https://bit.ly/3rsngaR>

## PACE Senior Care Services

The Program of All-inclusive Care for the Elderly (PACE) provides person-centered and coordinated care for older adults with significant support needs living in the community.

Services include preventive and primary healthcare, and short-term and long-term care services. For most people, the program allows them to continue living at home while receiving services.

### Who qualifies?

- People at least 55 years old,
- Who need personal care services similar to residents of skilled nursing facilities,
- Live within a PACE service area, and
- Are able to live safely at home at the time of enrollment

### For more information contact the ADRL centralized intake:

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**[www.nd.gov/dhs/services/medicalserv/medicaid/pace.html](http://www.nd.gov/dhs/services/medicalserv/medicaid/pace.html)**

## In-Home and Community Services (HCBS)

Home and Community-Based Services for individuals who would like to stay in the community or move back into the community from a nursing facility. Support can be provided up to 24 hours a day. In-home and community services may include and are not limited to:

- Help with bathing, dressing, etc. (Personal Care)
- Housecleaning, laundry, or meal preparation (Homemaker Services)
- Opportunities for family caregivers to take a break and time for themselves (Respite Care)
- Care provided in your home by family members (Family Home Care)
- Home-delivered meals
- Training by a nurse on care tasks
- Medical related care provided by a trained caregiver
- Non-medical transportation

HCBS can be coordinated with other community services such as home health, skilled therapies, assistive equipment for your home, and help moving back to the community from a nursing home.

### Services provided at home are person-centered and based on:

- Individual needs
- Choice of services
- Choice of who provides care
- Maintaining as much independence as possible

### Who qualifies?

- People who meet functional and financial criteria

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