



"Partners in Lifelong Independence & Healthy Aging"

Overview of American Indian Older Adults Associated to Long-Term Services and Support in Indian County September 22, 2015

Our landscape through data:

- There are 566 federally-recognized tribes across the United States
- New Mexico has 22 federally-recognized tribes; 19 Pueblos, 2 Apache Nations and Navajo Nation
- New Mexico has approximately 14,300 American Indian elders residing in the state
- More than 1/3 of the State's population is non-English speaking; most common languages are Spanish, Diné (Navajo) and Pueblo dialects.
- Over half of the American Indian elder population primarily reside in six states; NM is ranked 4th
- By 2030, New Mexico will be the 4th largest state with a high 65+ population; there will be more 65+ persons than 18 year olds
- Along with general trends for America's older adult population, the American Indian/Alaska Native older adult population is living longer
- Hence, as America's population ages, a high proportion of individuals will likely need and use Long-Term Services and Supports.

New Mexico Aging and Long-Term Services Department

The **Aging and Long-Term Services Department (ALTSD)** is New Mexico's single state agency for the administration of programs and services designed to meet the needs of older adults and adults with disabilities. The Department has developed a coordinated system of services for older adults and adults with disabilities and manages a comprehensive home and community-based services system throughout New Mexico. The Department's array of services includes training & education, legal services, long-term care ombudsmen, an aging & disability resource center, health insurance & benefits counseling, prescription drug assistance, senior employment, volunteer programs, health promotion, nutrition, caregiver support, statewide capital projects, and adult abuse prevention, education & protection.

The focus of the Department's efforts is to support older adults and adults with disabilities to live on their own terms in their own communities with the highest possible quality of life. Many of the Department's programs and services ensure the rights of older adults and adults with disabilities and prevent their abuse, neglect and exploitation; others empower them to stay active, engaged and healthy. The Department serves as the primary advocate for New Mexico's older adults, adults with disabilities, their families and caregivers. The Department's services facilitate easy access to health and social services for older adults, adults with disabilities, and their families. Department staff empowers these consumers to make informed decisions about their care options (<http://www.nmaging.state.nm.us/Reports.aspx>).

Indian Area Agency on Aging

The **Indian Area Agency on Aging (IAAA)** is under state authority, through the ALTSD, to work in partnership with state agencies to develop a comprehensive and coordinated service system of senior centers and adult day care services provided by **New Mexico's 19 Pueblos and 2 Apache Nations**. The IAAA administers a "non-federally recognized" planning and service area, known as Planning and Service Area 6 (PSA 6), which is comprised of 21 of the 22 tribal geographic service areas (see page 3). The IAAA's general operational functions include contract management and monitoring the awards of state general funds, program monitoring, technical assistance, advocacy and training.

Indian AAA Contractors/Providers

In Fiscal Year (FY) 2015, IAAA Contractors/Providers provided programs and services to approximately 5,650 American Indian older adults (55+) and adult with disabilities through 21 tribal senior centers and three tribal adult day care centers (ADCs). Service categories include Access Services, In-home and Community-based Services, Caregiver Support, Health Promotion and Disease Prevention and Nutrition Services. More specifically, in FY 2015, the top six of 31 selected units of services provided include Congregate Meals, Home-Delivered Meals, Transportation, Recreation, Information and Assistance and Adult Day Care services.

Long-Term Services and Supports

In relation to long-term care services and supports, it is vitally important to keep at the forefront of discussions three unique cost-efficient types of services within the long-term care spectrum of services. They are person-centered services provided by **Adult Day Care Centers (ADC)**, **Home and Community-based Services (HCBS)** and **Caregivers Training and Supportive Services**. It is the value-added, in four respects, that assert the importance to highlight the merits of economic, social and cultural-relevance. These services play a part to: (1) delay the onset of a potential care transition from home to facility-based care as long as possible, (2) postpone potential economic hardship faced by a care recipients' family at higher-cost facilities, (3) maintain a care recipient's quality of services in a culturally and linguistically-appropriate manner, and (4) preserve the essence of one's quality of life by continuing to engage in one's culture and traditions while remaining in his/her own home and tribal community.

By definition, an Adult Day Care is the provision of supervised, protective care to dependent adults in a congregate setting in which social services, recreational activities, meals, personal care, rehabilitative therapies and/or nursing care are provided (NMALTSO Service Standards, p5). For IAAA, the ADCs are located at the Pueblos of Isleta, Santa Clara and Zuni, all who have an operator's temporary or annual license issued by the New Mexico Department of Health. According to the 2015 Adult Day Services in New Mexico survey conducted for the ALTSO, "Adult day services have long been viewed as an essential part of the network of aging services for several reasons". They include (1) the service is important to seniors who need support and/or supervision during the day and remain active in their community, (2) the program is a cost-efficient option for care, and (3) adult day care enhances the physical, social and psychological well-being of the participants.

Home and community-based services (HCBS) are offered through tribal senior centers. Such units of services are identified as Homemaker/Housekeeping, Chore, Personal Care, Respite, Home Visiting and Telephoning. These services provide opportunities for tribal elders who are in need of help with basic self-care tasks and/or assistance with skills to live independently, as determined by functional assessments of their Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL), to remain living in their own home surrounded by family and relatives.

According to the New Mexico State Plan for Family Caregivers, family caregivers provide 80 percent of all long-term care. On average, New Mexico's family caregivers provide 18.4 hours of care per week. The total economic value of this care is estimated to be \$3.1 billion annually (http://www.nmaging.state.nm.us/uploads/FileLinks/93d89f60b10b4732be44e6c31f403060/New_Mexico_State_Plan_for_Family_Caregivers_final.pdf). To address American Indian caregiver training needs in New Mexico, together, the Alzheimer's Association – New Mexico Chapter, the National Indian Council on Aging (NICOA), ALTSO's Office of Alzheimer's and Dementia Care and IAAA, designed a four-phased caregiver training initiative. It integrates an evidence-based caregiver training curriculum with NICOA's "The Savvy Caregiver in Indian Country" supplement. In FY 2016, this implementation will be launched in several NM tribal communities and will be an inaugural event, as it will be the first of its kind in the United States among tribal communities.

RECOMMENDATION:

- Continue to elevate the recognition of high-quality, person-centered care provided by Adult Day Care, Home and Community-based Services and Caregiver Training and Supportive Services by weaving these service types into the active long-term care services and supports discussion environment as viable **early intervention services** in the full spectrum of health care.

Presented by: Lora M. Church, MPA, MS, Director of IAAA, ALTSO
625 Silver Ave., Suite 414, Albuquerque, NM 87102 - Tele. (505) 383-3904, Lora.Church@state.nm.us

NEW MEXICO PLANNING AND SERVICE AREAS (PSAs)

New Mexico is unique in its establishment of planning and services areas. Planning and Service Areas 1 through 5 are designated under federal law. Planning and Service Area 6 is designated under state authority.

PSA 1: Bernalillo County

PSA 2: Cibola, Colfax, Los Alamos, McKinley, Mora, Rio Arriba, Sandoval, San Miguel, San Juan, Santa Fe, Taos, Torrance and Valencia Counties

PSA 3: De Baca, Chaves, Curry, Guadalupe, Eddy, Harding, Lea, Lincoln, Quay, Roosevelt and Union Counties

PSA 4: Catron, Dona Ana, Grant, Hidalgo, Luna, Otero, Sierra and Socorro Counties

PSA 5: the New Mexico portion of the Navajo Nation, which includes areas within Bernalillo, Cibola, McKinley, Sandoval, San Juan and Socorro Counties. PSA 5 is an interstate planning and service area established under a tri-state agreement with the states of Arizona and Utah.

PSA 6: New Mexico's 19 Pueblos and 2 Apache Tribes.

NEW MEXICO AREA AGENCIES ON AGING

The following organizations are the designated area agencies:

PSA 1: City of Albuquerque/Bernalillo County AAA (operated by the City of ABQ under a joint powers agreement with Bernalillo County)

PSA 2: Non-Metro AAA (operated under the umbrella of the North Central New Mexico Economic Development District)

PSA 3: Non-Metro AAA (operated under the umbrella of the North Central New Mexico Economic Development District)

PSA 4: Non-Metro AAA (operated under the umbrella of the North Central New Mexico Economic Development District)

PSA 5: Navajo AAA (operated by the Navajo Nation)

PSA 6: Indian AAA (operated by the Office of Indian Elder Affairs under the umbrella of the NM Aging & Long-Term Services Department)