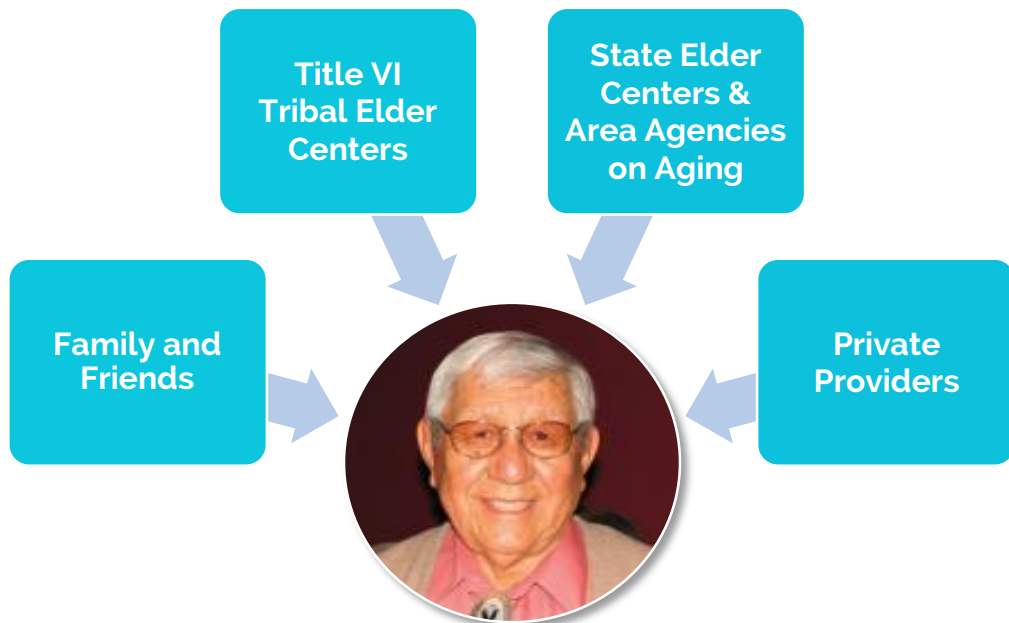


What *is* Home and Community-Based Support Services?

It is a broad array of services that enable seniors to remain in their homes for as long as possible.



Where can I get support services?

Home and Community-Based Support Services can help with...

In Home Services

- Personal Care
- Chores
- Homemaker Assistance

Case Management

- Information and Assistance

Nutrition

- Congregate meals
- Home delivered meals

Transportation

- Basic medical needs
- Physical Therapy
- Dialysis

Resources to help...

local
resources

If you need to learn more about Elder care and resources available in your area, visit **ElderCare.gov** or call **1-800-677-1116**.

benefits

To see if you qualify for a wide range of different benefits from government and non-government sources, visit **BenefitsCheckUp.org**.

long term
care

If you need to learn more about long term care, use the **LongTermCare.gov** pathfinder tool.

To learn more about aging and how it impacts American Indians and Alaska Natives, visit www.NICOA.org

SOURCES

<http://www.pbs.org/wgbh/caringforyourparents/handbook/homecare/whatis.html>
<https://www.nia.nih.gov/health/publication/theres-no-place-home-growing-old>

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