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.

- Title VI Tribal Elder Centers
- State Elder Centers & Area Agencies on Aging
- Family and Friends
- Private Providers

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

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

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

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