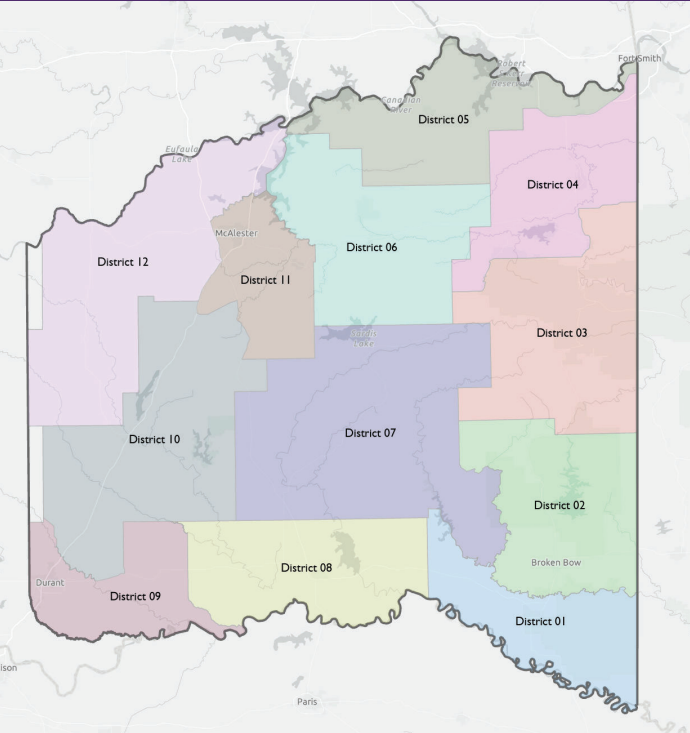


# CHOCTAW NATION OF OKLAHOMA

◆ DISTRICT MAP ◆



## MISSION STATEMENT

To improve self-care and independence among our tribal elders, who deserve optimal health and wellness, through coordination of elder services.



## Choctaw Nation

Health Services

# HEALTHY AGING

## PROMOTING INDEPENDENCE



### CONTACT US

1803 CHUKKA HINA

DURANT, OK 74701

580.916.9140

HEALTHYAGING@CNHSA.COM

FAITH ◆ FAMILY ◆ CULTURE



## WELLNESS

Through our Wellness Program, we will offer exercise programs and nutrition and wellness education to maintain or improve in the following areas:

- Muscular Strength
- Range of motion/Mobility
- Balance
- Endurance/Stamina
- Nutrition
- Overall Wellness

Biannual fitness and biometric screenings will focus on specific needs and support independence for tribal elders.

## NAVIGATION

A Healthy Aging Navigator can:

- Provide assessment and referral to community services.
- Serve as a liaison with your PCP and other resources and programs serving the elderly.
- Arrange services necessary to keep our elders as independent as possible.
- Provide support to understand health care needs as they arise.
- Collaborate with elders, families and health care providers to implement a plan of care to meet the individual's needs.
- Evaluate the plan of care and modify as necessary.
- Healthy aging targets age 55 and older elders in the Choctaw Nation of Oklahoma.

For our elders, navigating the health care system can be frustrating and, at times, nearly impossible.

We hope to improve the coordination of services for our tribal elders in the Choctaw Nation of Oklahoma through this Elder Care initiative.

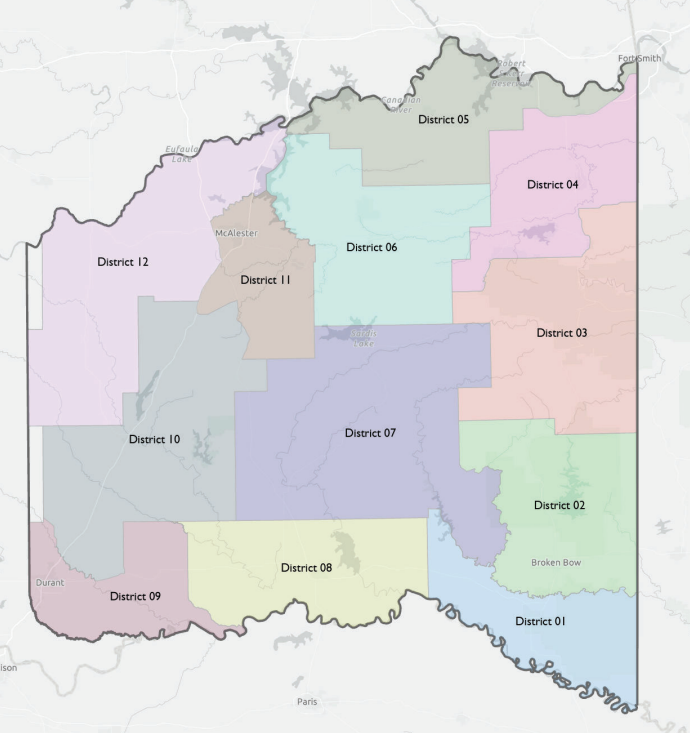
## NURSING

Our primary focus is to provide the following:

- Health/wellness assessments and screenings
- Health/promotion/diseases prevention
- Annual wellness checks
- Immunizations
- Environmental safety/fall prevention
- Mobility and cognition screening
- Behavioral health screenings
- Oral/dental screenings
- Hearing screenings
- Elder mistreatments screening
- Referral services
- Monitor medication regimens
- Elder advocacy

Caregiver Support Services are available through this program. This enables caregivers to increase their awareness and access the best services to improve their quality of life.





### MISSION STATEMENT

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## Choctaw Nation

Health Services

# FAMILY CAREGIVERS PROGRAM



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FAITH ◆ FAMILY ◆ CULTURE

## CAREGIVER SUPPORT SERVICE

- Information to caregivers about available services
- Assistance to caregivers in gaining access to services
- Individual counseling, organization of support groups, and caregiver training
- Supplemental services, on a limited basis, to complement the care provided by caregivers
- Respite care to enable caregivers of frail elders to be temporarily relieved from their caregiving responsibilities

## WHO'S WHO?

- **Caregiver** - the person providing primary or full-time care for a family member or another person living in their home
- **Care recipient** - the person receiving primary or full-time care
- **Respite care provider** - the person chosen by the caregiver who is paid by a voucher through the Family Caregiver Support Program

## RESPIRE

Respite care is care provided to a frail elder so the caregiver may have a break. Respite care can be provided in the elder's home, or it can be provided at the respite person's home.

"Frail" means the elder is functionally impaired because they are unable to perform at least two activities of daily living due to a cognitive or other mental impairment or requires substantial supervision because the elder behaves in a manner that poses a serious health or safety hazard to the individual or another individual.

**Requirements:** An adult family member or another individual who is an unpaid, informal provider of in-home and community care to an older individual or an individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction.

This grant is only available for a regular, unpaid caregiver to hire a respite caregiver.

## COORDINATION OF SERVICES

The program will enable caregivers to increase their awareness and access the best services that will improve their quality of life. Therefore, the program will coordinate activities with tribal, local, and community agencies.

## ELIGIBILITY

The program's priority is to provide services and information to older caregivers with the most significant social and economic needs. Older caregivers provide care and support to persons with developmental disabilities.

The Caregivers Program was funded for the boundaries of Choctaw Nation of Oklahoma but is available to make referrals to other agencies for calls received.

## RESOURCES

Funding resources are made available through the Department of Health and Human Services, Administration on Aging, for Grant to Indian Tribal Organizations for the Native American Caregiver Support Program.

Long-Distance caregivers looking for services and agencies to assist their loved ones, relatives, or friends who live in another town or state, call the Eldercare Locator: 1-800-677-1116.

## RESPIRE APPLICATION

Email the name of the caregiver, care recipient, phone number, and address to [healthyaging@cnhsa.com](mailto:healthyaging@cnhsa.com). This will begin the respite application process. Additional paperwork will be mailed and will need to be filled out and sent back.

Note: This does not guarantee qualification for the program. All caregivers need to speak with a representative to ensure they qualify.

