

FOR IMMEDIATE RELEASE  
December 26, 2008

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## **Family members home for the holidays can get help locating services for elderly loved ones**

BISMARCK, N.D. - Every holiday season many people travel back to North Dakota or to rural areas to visit loved ones. North Dakota Department of Human Services officials say that family gatherings provide a good opportunity to visit with aging parents and other older relatives about their changing abilities and needs, and to do some planning for future care needs.

“If people notice that a loved one needs help with house cleaning or chores, meal preparation, personal care, transportation, or other needs, this is a great time to talk about needs and to research home and community-based service options,” said Tess Frohlich, Home and Community-Base Services Administrator.

Frohlich said the agency funds in-home care services that help several thousand people annually who are frail, elderly, or physically disabled, to remain in their homes. Individuals and family members can research available services on the department’s Aging and Disability Resource-LINK at [www.carechoice.nd.gov](http://www.carechoice.nd.gov) or by contacting an information and referral specialist during the week at 1-800-451-8693 or [carechoice@nd.gov](mailto:carechoice@nd.gov).

People can apply for state and federally-funded in-home care services for people with long-term needs at their county social service office. The North Dakota Department of Human Services funds long-term care services ranging from in-home to facility-based care for qualifying individuals. In-home supportive services also include home delivered meals, senior center meals, health maintenance and outreach services for seniors, and family caregiver support services.

Aging Services Division Director Linda Wright said information and referral requests are growing as the population ages. “About 2.6 percent of North Dakota’s population is age 85 and older, and this group is most likely to need care and support services that are long-term,” she said.

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