NORTH DAKOTA AGING & DISABILITY ROADMAP

RURAL SERVICES

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STEP 1: FIND OUT IF RURAL SERVICES MAY BE AVAILABLE

- Do you live in a rural area of North Dakota?
- Are you 65 or older, or do you have a disability?

If **yes** to both questions, go to Step 2.
If **no** to either question, this roadmap may not be the best fit for your situation.

STEP 2: IDENTIFY THE HELP YOU NEED

- Do you need help staying in your home?
- Do you need transportation?
- Do you need assistive technology or equipment?
- Do you need caregiver support or respite services?
- Do you need help finding or keeping a job?

If **yes** to any question, go to Step 3. Services may be available to help.
If **no** to all questions, go to Step 4 for planning tips and resources.

STEP 3: LEARN ABOUT AVAILABLE SERVICES

Depending on your needs, services may include:

- In-home supports
- Transportation services
- Assistive technology and equipment
- Caregiver supports
- Employment services

After reviewing these services, go to Step 4.

STEP 4: GET SERVICES & PLAN AHEAD

If you answered **yes** to any questions that match your needs, services may be available to help you live independently and stay connected in your community. ***Next Steps:***

- Contact the Aging and Disability Resource Link (ADRL) to learn about available services.
- Ask about programs in your community.
- Ask whether you may qualify for Medicaid Waiver services or other long-term supports.
- Apply for services that match your needs.
- Review your supports regularly, things can change.
- Think about future housing, care, and support needs.
- Stay connected to community resources and activities.

RESOURCES

- Aging and Disability Resource Link (ADRL): https://ndcarechoice.hhs.nd.gov/
- Local Human Service Zone Office: Contact your local office to learn about services available in your county.
- ND Assistive: www.ndassistive.org
- North Dakota Association for the Disabled (NDAD): www.ndad.org