

TRIBAL AGING SERVICES AND SUPPORTS

This work is supported by funding from the North Dakota State Council on Developmental Disabilities and by the National Association of Councils on Developmental Disabilities with assistance from the North Dakota Center for Persons with Disabilities at Minot State University.
Dated 2026

STEP 1: FIND OUT IF TRIBAL SERVICES MAY BE AVAILABLE

- Are you a tribal member?
- Are you age 65 or older, or do you have a disability?
- Do you live on or near a tribal reservation in North Dakota?

If **yes** to all questions, go to Step 2.

If **no** to any question, this roadmap may not be the best fit for your situation. Contact ADRL, your local Human Service Zone, or explore the ND Rural Services Roadmap for other supports.

STEP 2: IDENTIFY THE TYPE OF HELP YOU NEED

- Do you need services for aging or caregiving support?
- Do you need disability services?
- Do you need health care or wellness services?
- Do you need help living independently in your home or community?
- Do you need advocacy, support, or employment services?

If **yes** to any question, go to Step 3.

If **no** to all questions, go to Step 4.

STEP 3: LEARN ABOUT AVAILABLE SERVICES

Services may include:

- Meals, transportation, and caregiver support
- Disability and vocational rehabilitation services
- Medical, dental, behavioral health, and pharmacy services
- Support for living independently in your community
- Advocacy, peer support, and independent living services
- Employment and job support services
- Community Health Representatives (CHRs) provide home visits, wellness checks, health education, and connections to services.

After reviewing available services, go to Step 4.

STEP 4: GET SERVICES & PLAN AHEAD

If you answered **yes** to the questions that apply to you, tribal programs and services may be available to support your health, independence, and quality of life. **Next Steps:**

- Contact the tribal program that best matches your needs.
- Ask about available services and eligibility requirements.
- Apply for services that may help you meet your goals.
- Review your services regularly and update them as your needs change.
- Think about future care, housing, and support needs.
- Stay connected to community programs and activities.

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RESOURCES

General Information & Referrals

- Aging and Disability Resource Link (ADRL): <https://ndcarechoice.hhs.nd.gov/>
- Tribal Nation Human Services Directory: www.hhs.nd.gov/service-locations/tribal-nation-human-services-directory

Tribal Aging & Elder Services

- Spirit Lake Nation Senior Services: 701-766-1211 or 701-766-1296
 - Meals, resource referrals, home visiting, and community activities for Elders.
- Turtle Mountain Band Nutrition & Support Services: 701-477-6609
- Standing Rock Sioux Tribe Nutrition for the Elderly: 701-854-8500
- Standing Rock Elderly Protection Program: 701-854-3752
 - Advocacy, home visits, home safety checks, and support for Elders affected by abuse, neglect, or financial exploitation.
- MHA Aging Services: 701-627-4913
 - Meals, transportation, home visits, chore services, health promotion, and resource referrals for adults age 55 and older.

Employment Services

- North Dakota American Indian Vocational Rehabilitation (AIVR): www.hhs.nd.gov/vr-partners
- Spirit Lake Vocational Rehabilitation Project: 701-766-4221
 - Employment services and supports for Native Americans with disabilities.

Health, Independence & Advocacy

- Indian Health Service (IHS): www.ihs.gov
- Dakota Center for Independent Living (DCIL): www.dakotacil.org
- North Dakota Protection & Advocacy (P&A): 701-328-2950 | www.ndpanda.org