NORTH DAKOTA AGING & DISABILITY ROADMAP

AGING PREPARATION

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: PLANNING FOR YOU FUTURE

- Do you have a disability that affects your daily life?
- Are you concerned about how your disability may change as you get older?
- Do you have a plan for your future housing, health care, and support needs?

If **yes** to all three questions, go to Step 2.
If **no** to any question, start talking with a care coordinator, social worker, or trusted support person about planning for the future.

STEP 2: UNDERSTAND YOUR CURRENT SERVICES

- Do you receive services thorugh a Medicaid Waiver program, such as the Intellectual and Developmental Disabilities (IDD/DD) Waiver or the Aged and Disabled Waiver?
- Do you understand how your services may change as you get older?
- Do you know if you may qualify for additional services in the future?

If **yes** to all three questions, go to Step 3.
If **no** to any question, contact your case manager, local Human Service Zone, or ADRL for more information, then go to Step 3.

STEP 3: THINK ABOUT STAYING INDEPENDENT

- Do you want to stay in your home as you age?
- Do you know that transportation services are available in your area?
- Do you need assistive technology or home modifications?
- Do you have legal documents such as a power of attorney or advance directive?
- Do you have support from family, friends, or community organizations?

If **yes** to all questions, go to Step 4.
If **no** to any question, explore resources and supports that can help you plan for the future, then go to Step 4.

STEP 4: GET SERVICES & PLAN AHEAD

If you are planning for future changes in your needs, services and supports can help you stay independent and prepared. ***Next Steps:***

- Review your plans for housing, health care, transportation, and support services.
- Talk with your case manager or service coordinator about future needs.
- Learn about services that can help you remain independent.
- Review legal and financial plans regularly.
- Stay connected to family, friends, and community supports.
- Review and update your plan each year.

RESOURCES

- Aging and Disability Resource Link (ADRL): https://ndcarechoice.hhs.nd.gov/
- ND Assistive: www.ndassistive.org
- North Dakota Protection & Advocacy: www.ndpanda.org | 701-328-2950 | email panda@nd.gov
- Centers for Independent Living (CILs): www.hhs.nd.gov/individuals-disabilities/centers-independent-living
- Local Human Service Zone: www.hhs.nd.gov/service-locations/human-service/zones
- Home and Community-Based Services (HCBS): Contact your local Human Service Zone or ADRL to learn about available services and supports www.hhs.nd.gov/human-services/hcbs
- Social Security Administration (SSA): 1-800-772-1213 | www.ssa.gov