

APPENDIX 1.

Online Resources Related to Long-Term Care

Alzheimers North Carolina

<http://www.alznc.org/index.php/alzheimers-conferences-workshops>
Alzheimers North Carolina offers caregiver workshops throughout the state.

AMDA: The Society for Post-Acute and Long-Term Care Medicine

<http://www.amda.com/>
AMDA is a professional organization for physicians, nurse practitioners, and physician assistants that provides education, advocacy, information, and professional development to promote the delivery of high-quality post-acute and long-term care medicine.

Area Agencies on Aging (AAA)

<http://www.ncdhhs.gov/aging/aaa.htm>
Area Agencies on Aging facilitate and support programs in a defined geographic region.

Benefits Check Up

<https://www.benefitscheckup.org>
The Benefits Check Up Web site can help individuals identify resources specific to their region, income, and health care needs.

Community Alternatives Program for Disabled Adults (CAP/DA)

<http://www.ncdhhs.gov/dma/services/capda.htm>
The Community Alternatives Program for Disabled Adults (CAP/DA) is a special Medicaid program under the Community Care Section of the North Carolina Division of Medical Assistance.

Doctors Making Housecalls

<http://www.doctorsmakinghousecalls.com/>
Doctors Making Housecalls is a private medical group that has pioneered the innovative practice model formally known as home-based primary care.

Duke Family Support Program

www.dukefamilysupport.org
The Duke Family Support Program provides support and resources for North Carolina families and professionals caring for someone with a memory disorder.

Duke University Center for the Study of Aging and Human Development: Geriatric Education Center

<http://geriatriceducation.duke.edu/>
Duke's Geriatric Education Center provides a Dementia Roundtable series that offers continuing education credits for community-based professionals.

Duke University School of Nursing Comprehensive Geriatric Education Program

<http://cgne.nursing.duke.edu/>
Duke's Grand Challenge in Dementia Institute helps participants acquire basic information about dementia and implement practice improvements in dementia care in their local communities.

Go4Life

<http://go4life.nia.nih.gov/>
Go4Life—an exercise and physical activity campaign from the National Institute on Aging of the National Institutes of Health—is designed to help older adults fit exercise and physical activity into their daily life.

Independence at Home

<http://innovation.cms.gov/initiatives/independence-at-home>
Through this Centers for Medicare & Medicaid Services (CMS) demonstration project, the CMS Innovation Center will work with medical practices to test the effectiveness of delivering comprehensive primary care services at home and see if doing so improves care for Medicare beneficiaries with multiple chronic conditions.

Medical Orders for Scope of Treatment (MOST)

<http://www.ncdhhs.gov/dhsr/ems/pdf/ncmostform.pdf>
The Medical Order for Scope of Treatment (MOST) form is a medical directive that instructs health care providers about the desired application of medical treatments in both emergency and nonemergency situations.

North Carolina Adult Day Care Programs, by County

http://www.ncdhhs.gov/aging/services/adult_day_care.pdf
This Web site of the North Carolina Division of Aging and Adult Services lists the adult day care programs available in each county.

North Carolina Home Delivered Meals, by County

http://www.ncdhhs.gov/aging/services/home_deliveredmeals.pdf
This Web site of the North Carolina Division of Aging and Adult Services lists the programs in each county that provide home delivered meals.

North Carolina's Family Caregiver Support Program

<http://www.ncdhhs.gov/aging/fchome.htm>
This program offers information to caregivers about available services; assistance in gaining access to these services; individual counseling, organization of support groups, and training to assist caregivers; respite care; and supplemental services.

Nursing Facilities Licensed by the State of North Carolina

http://www.ncdhhs.gov/dhsr/data/nhlist_a.pdf
This Web site of the North Carolina Division of Health Service Regulation lists the state's licensed nursing facilities.

Nursing Home Compare

www.medicare.gov/nursinghomecompare
This Medicare.gov Web site allows consumers to compare nursing homes not only in North Carolina but across the United States. Nursing homes are ranked through a star system that is based on objective criteria, including facilities' health inspections, nursing staffing levels, and quality measures based on the population of residents in the nursing home.

Nursing Home Quality Measures

<http://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/NHQIQualityMeasures.html>
This Web site of the Centers for Medicare & Medicaid Services lists current nursing home quality measures.

Personal Care Services

<http://www.ncdhhs.gov/dma/pas/pas.html>
This Web site of the North Carolina Division of Medical Assistance provides information about the Personal Care Services program, a Medicaid State benefit that provides personal care services to individuals who meet the program's eligibility criteria.

Program of All-Inclusive Care for the Elderly (PACE)

<http://www.medicare.gov/your-medicare-costs/help-paying-costs/pace/pace.html> <http://www.npaonline.org/>
PACE is an innovative, capitated health care program that can allow individuals who qualify for nursing home care to remain in their communities instead.

Quality Improvement and Performance Improvement

<http://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/QAPI/Downloads/QAPIAtAGlance.pdf>
This Web site of the Centers for Medicare & Medicaid Services can help nursing homes to implement quality assurance and performance improvement.

Raising Expectations: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers

<http://www.longtermscorecard.org/>
Published by AARP, the Commonwealth Fund, and the SCAN Foundation, this Web site provides information on each state's performance regarding long-term services and supports.

Senior's Health Insurance Information Program (SHIIP)

<http://www.ncdoi.com/SHIIP/>
SHIIP counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D (prescriptions), and long-term care insurance.

Silver Sneakers

<http://www.silversneakers.com/>
Silver Sneakers is an insurance benefit offered to members of many Medicare plans across the United States.

Stopping Elderly Accidents, Deaths & Injuries (STEADI)

<http://www.cdc.gov/homeandrecreationalafety/Falls/steadi/>
STEADI provides a tool kit for health care providers to use with older adult patients who are at risk of falling or have fallen.

University of North Carolina at Chapel Hill: Carolina Geriatric Education Center

<http://www.med.unc.edu/aging/cgec/courses/Continuing%20Medical%20Education>
The Carolina Geriatric Education Center offers continuing education courses on dementia sponsored by various North Carolina Area Health Education Centers.

US Department of Veterans Affairs (VA) Guide to Long-Term Care

<http://www.va.gov/geriatrics/guide/longtermcare/>
This Web site guides veterans and professionals through both VA-sponsored and other major long-term care options, including both residential options and home- and community based services.

US Department of Veterans Affairs (VA) Caregiver Support

<http://www.caregiver.va.gov/>
This Web site provides caregivers with information about support coordinators, in-home services, respite care, and caregiving resources.