Program Services
Division of Long Term Services and Supports
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CALL
Dakota at Home
toll free:
1-833-663-9673

Email
dakotaathome@
state.sd.us

Dakotaathome.org
When you call Dakota at Home…

Trained Resource Specialists will provide answers to your questions. Dakota at Home, South Dakota’s Aging and Disability Resource Center (ADRC) provides unbiased information, referral, and assistance to help individuals regardless of age, disability, or income identify and access public and private long-term services and supports available in South Dakota communities.

We also offer education and knowledge to plan for tomorrow on how to meet your long term care needs at home and in the community where you live.

Options Planning helps individuals, caregivers and family members identify the long term services and supports they need to remain living at home for as long as possible. When people are able to make informed decisions, they are likely to be more satisfied with their quality of life.
Long Term Services and Supports

The Department of Human Services Division of Long Term Services and Supports (LTSS) offers programs and services you need to remain living at home longer and prevent or delay premature or inappropriate institutionalization in a nursing facility.

LTSS provides or purchases services for individuals 60 years of age and older and individuals age 18 and older who have a disability. An assessment of the individual’s strengths and needs is completed to help determine the type and kind of assistance a person wants and needs to remain living at home or in their community.
LTSS Eligibility

Program Service Eligibility

To be eligible for most services through Long Term Services and Supports (LTSS), an individual must meet the following criteria:

• A South Dakota resident and either a U.S. citizen or a legal alien;
• At least 18 years of age with a disability or 60 years of age and older with a chronic health condition;
• In need of long term home and community-based services and supports in order to remain living at home or in a community setting; or
• Is blind, has a permanent physical disability that severely restricts mobility, or has a chronic health condition that severely restricts mobility; and
• Is not eligible for other programs that provide the same or like services.

Financial Eligibility

A household’s resources for some services may not exceed $40,000 for a single individual and $45,000 for a married couple. Countable income is the final income amount after out-of-pocket medical deductions and extraordinary financial adjustments are deducted.

Individuals applying for program services may be asked to complete a resource and income form to determine financial eligibility and whether the individual will share towards the monthly cost of their services.
Homemaker Services

Homemaker services make it possible for individuals to live in their own home or to return to their home by providing assistance in completing household tasks they are unable to manage without assistance. Homemaker services are available to an individual who needs assistance with one or more of the following routine household tasks:

- Light housekeeping (dusting, cleaning, vacuuming)
- Light meal preparation
- Grocery shopping
- Laundry

Personal Care Services

Personal care is provided to an individual who is not able to complete personal care tasks independently and needs the help of another person to perform one or more of the following activities of daily living:

- Bathing
- Dressing
- Personal hygiene
- Eating
- Toileting
Nursing Services

Nursing services are available to an individual living at home who has physical or chronic health problems and needs one or more of the following nursing tasks provided by a Licensed Nurse:

- Monitoring, setting up and dispensing medications
- Giving injection(s)
- Providing foot and nail care
- Drawing blood
- Wound care
- Catheter care
- Nutritional assessment
- Physical health assessment
- Monitoring and screening of health status
- Consulting with physician and pharmacist
- Health education
Medical Supplies and Equipment

Medical supplies and medical equipment are provided to an individual who has a need based on a disability or diagnosed medical condition to continue to live safely and independently at home.

Medical supplies may include the following: disposable incontinence, diabetic and wound care supplies, e.g., disposable pads/briefs, bed pads, urostomy, colostomy, ostomy supplies, diabetic test strips, syringes, and bandages.

Medical equipment may include: rental of a hospital bed, wheelchair, or a medication administration device, e.g., CompuMed and MedReady.

Emergency Response System

An Emergency Response System (ERS) is an electronic device which, when triggered, initiates a call for help. The purpose of the emergency response system is to provide a 24 hour safeguard for an individual at significant risk for falls. ERS devices come with pendants for remote access to call previously programmed numbers in an emergency.

An emergency response system may be needed when an individual lives alone and has a history of falls or impaired physical mobility (with or without the use of an assistive device). ERS can be used with a land line or a cell phone.
Assistive Devices

An assistive device is a tool, device or equipment that enables an individual to perform routine tasks. The use of assistive devices can enhance an individual’s self-sufficiency, mobility and ability to complete activities of daily living. The use of an assistive device may help avoid injury by providing a safer and a more secure home environment.

An individual needs an assistive device to complete one or more of the following activities of daily living:

- Walking/Mobility
- Bathing
- Eating
- Dressing
- Transferring
- Toileting

Assistive devices that may be provided include but are not limited to the following:

- Bathroom and household items for accessibility and safety purposes, i.e. grab bar, toilet riser, shower chair, bath bench.
- Items to improve mobility which may include batteries for wheelchairs/scooters, lift chair, etc. (excludes hearing aid batteries).
- Repairs needed for existing assistive devices.

Services not provided under assistive devices include:

- Cost of installation
- Delivery fees
Nutritional Supplements

Nutritional supplements may be provided to an individual who lives at home and whose physician has determined the person is nutritionally deficient or malnourished; or needs a nutritional supplement to manage a skin condition or promote wound healing.

Adult Nutrition Program

The Adult Nutrition Program is offered through either a nonprofit organization or a tribal agency. Meals are served within a congregate dining setting or are delivered to an individual who is unable to leave their home.

**Adult Nutrition Programs offer:**
- Hot, nutritious meals meeting one-third of an individual’s dietary needs.
- Delicious meals offering a variety of food for a suggested donation.
- A social opportunity to meet others.

Contact an Adult Nutrition Program in your community.
Adult Nutrition Program Contacts:

**Aberdeen**: Area IV Senior Citizens Planning Council; 605.229.4741

**Agency Village**: Sisseton-Wapheton Dakota Nation; 605.698.9023

**Brookings**: Inter-lakes Community Action; 605.692.6391

**Eagle Butte**: Cheyenne River Elderly Nutrition Services; 605.964.8056

**Flandreau**: Flandreau Santee; 605.997.2924

**Fort Thompson**: Crow Creek; 605.245.2140

**Fort Yates, ND**: Standing Rock Sioux Tribe; 701.854.3846

**Huron**: Huron Area Senior Center; 605.352.6091

**Wagner**: ROCS Dakota Senior Meals; 605.384.3883

**Lower Brule**: Lower Brule; 605.473.5685

**Madison**: Inter-Lakes Community Action; 605.256.6518

**Martin**: Bennett County Senior Center; 605.685.6642

**Marty**: Yankton Sioux Tribe; 605.384.3804

**Miller**: Wheels and Meals; 605.853.2869

**Mitchell**: City of Mitchell; 605.995.8441

**Pine Ridge**: Pine Ridge Oglala Sioux Tribe; 605.867.5913

**Rapid City**: Meals on Wheels Western South Dakota; 605.394.6002

**Rosebud**: Rosebud Sioux Tribe; 605.747.2960

**Sioux Falls**: Active Generations; 605.336.6722

**Spearfish**: Spearfish Nutrition Site; 605.642.1277

**Sturgis**: Call Rapid City; 605.394.6002

**Yankton**: The Center; 605.665.1055
Caregiver Program

The South Dakota Caregiver Program provides services, supports and training to family members and friends who assist an individual with activities of daily living.

A caregiver is a family member or friend who is an informal, unpaid care provider to an individual who meets program eligibility. Eligible care recipients include individuals 60 years and older or adults 18 years and older with a chronic health condition, a physical disability, Alzheimer’s disease, or a related condition.

Services available through the caregiver program include:

- Information and assistance
- Case management
- Training and counseling for the caregiver
- Homemaker services
- Nursing services
- Respite care
- Supplemental services

A caregiver assessment is completed to identify the caregiver’s need for services, supports and community resources.
Respite Care

Respite care offers the primary caregiver temporary relief from providing continuous support and care to an older adult or an adult with a disability.

Respite care may include:
- Providing companionship
- Involvement in the person’s activities of daily living
- Meal preparation
- Light housekeeping
- Completing personal hygiene tasks

Respite care does not include skilled nursing services or the administration of medications.

Eligibility for respite care is based on a caregiver assessment. The frequency of respite care requested by the primary caregiver and care receiver are a mutually agreed upon arrangement with a respite care provider. Respite hours can be used overnight, on weekends, for errands and vacation and other times when respite care allows the primary caregiver with time away from caregiving.

The primary caregiver has the responsibility to identify and select a respite care provider. A respite care provider may be a neighbor, family member, or friend who has agreed to provide care to the care receiver. However, a respite care provider cannot live with or be considered the care receiver’s primary caregiver. A respite care provider can also be an agency that provides respite care.
Adult Protective Services

Adult Protective Services provide assistance to older individuals living in the community who are at risk of abuse, neglect, financial exploitation, or self-neglect.

Physical and Emotional Abuse
Abuse is physical harm, bodily injury or attempt to cause physical harm or injury, or the infliction of fear of imminent physical or bodily injury on an elder or an adult with a disability. Emotional abuse includes a caretaker’s willful, malicious and repeated infliction of sexually obscene acts without consent; unreasonable confinement; damage or destruction of property; or verbal harassment or threats.

Neglect
Neglect is harm to the health or welfare of an elder or an adult with a disability, without reasonable medical justification, caused by a caretaker, within the means available for the elder or an adult with a disability, including the failure to provide adequate food, clothing, shelter, or medical care.

Exploitation
Exploitation is the wrongful taking or exercising of control over property of an elder or an adult with a disability with intent to defraud the elder or adult with a disability.

Reporting Abuse, Neglect and Exploitation
Please contact a local law enforcement agency, local state’s attorney or a Long Term Services and Supports office located near you. Refer to the list of Long Term Services and Supports (LTSS) offices beginning on page 25 of this booklet.
Legal Services

Long Term Services and Supports contracts with two legal service programs, East River Legal Services and Dakota Plains Legal Services, to provide eligible individuals with legal assistance, counseling and advice.

Eligibility
- An individual 60 years of age and older
- Legal issues must be recognized as a priority

The types of assistance include the following:
- Appeals
- Advance Directive/Wills
- Advocacy at administrative hearings
- Age discrimination
- Consumer issues
- Determining rights to public benefits
- Guardianship
- Insurance explanations
- Landlord disputes and evictions
- Litigations
- Negotiations

Legal service programs cannot accept fee generating cases and do not handle criminal cases.

**East River Legal Services**
35 N. Main Ave #200
Sioux Falls, SD 57104
605.336.9230
1.800.952.3015

**Dakota Plains Legal Services**
PO Box 727
Mission, SD 57555
605.856.4444
1.800.658.2297
Transportation

Individuals 60 years of age and older may ride transit systems for a suggested donation.

Long Term Services and Supports does not directly provide transportation services, but instead awards state and federal funds to local transit systems.

Transportation services are provided through and by non-profit organizations or local government agencies.

Transportation is provided in buses or vans (some equipped with wheelchair lifts).

Services provided include transportation to and from:

- Medical providers and facilities
- Shopping and banking
- Senior center activities
- Senior meal sites
- Adult day services
- Other essential errands
## Transportation Locations

<table>
<thead>
<tr>
<th>Title III-B Elderly Transit Systems</th>
<th>Phone #</th>
</tr>
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<tbody>
<tr>
<td>Miller - Wheels and Meals Corporation</td>
<td>605.853.2869</td>
</tr>
<tr>
<td>Mobridge Senior Center</td>
<td>605.845.2620</td>
</tr>
<tr>
<td>Tyndall - Bon Homme County Volunteer Network</td>
<td>605.589.4606</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Public DOT &amp; Elderly Transit Systems</th>
<th>Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aberdeen Ride Line</td>
<td>605.626.3333</td>
</tr>
<tr>
<td>Brandon City Transit</td>
<td>605.582.3553</td>
</tr>
<tr>
<td>Brookings Area Transit Authority</td>
<td>605.692.2222</td>
</tr>
<tr>
<td>Dell Rapids Transit</td>
<td>605.940.4155</td>
</tr>
<tr>
<td>Groton Community Transit</td>
<td>605.397.8661</td>
</tr>
<tr>
<td>Hartford Area Transit</td>
<td>605.906.1483</td>
</tr>
<tr>
<td>Huron - People's Transit</td>
<td>605.353.0100</td>
</tr>
<tr>
<td>Inter-Lakes Community Action</td>
<td>605.256.6518</td>
</tr>
<tr>
<td>Wagner - Rural Office of Community Services</td>
<td>605.384.3883</td>
</tr>
<tr>
<td>Lemmon - Arrow Public Transit</td>
<td>605.374.3189</td>
</tr>
<tr>
<td>Madison - East Dakota Transit</td>
<td>605.256.5810</td>
</tr>
<tr>
<td>Mitchell - Palace Transit</td>
<td>605.995.8440</td>
</tr>
<tr>
<td>Pierre - River Cities Transit</td>
<td>605.945.2360</td>
</tr>
<tr>
<td>Redfield - Spink County Public Transit</td>
<td>605.472.1552</td>
</tr>
<tr>
<td>Sisseton - Community Transit</td>
<td>605.698.7511</td>
</tr>
<tr>
<td>Spearfish - Prairie Hills Transit</td>
<td>605.642.6668</td>
</tr>
<tr>
<td>Vermillion Public Transit</td>
<td>605.624.7433</td>
</tr>
<tr>
<td>Watertown Area Transit</td>
<td>605.882.5287</td>
</tr>
<tr>
<td>Yankton Transit</td>
<td>605.665.4610</td>
</tr>
</tbody>
</table>
Adult Day Services

Adult day services help an individual to remain living at home for as long as possible through structured activities, care and supervision for part of a day outside of the home. This service enables the primary caregiver to work or pursue other daytime activities.

Adult day services offer activities during the day and a nutritious meal at lunch. Limited nursing services such as health screening, blood pressure checks, medication management and a general assessment of an individual’s needs may also be provided.

Adult day locations

Adult day services can be located within a senior center, an assisted living, a nursing facility or as a separate program.

Contact a Long Term Services and Supports office for a list of adult day service programs located in your area.
HOPE Waiver, Home and Community-Based Services (HCBS)

Home and Community-Based Options and Person Centered Excellence (HOPE) Waiver services are intended to reduce unnecessary nursing facility placement by assisting an individual to remain living at home or in their community as long as they remain safe and choose to continue to live at home. A wide range of services are available with the goal of meeting an individual’s needs.

To be eligible for services through the HOPE waiver an individual must meet the following criteria:

- Be age 65 and older or age 18 and older with a qualifying disability
- Meet financial eligibility
- Meet nursing facility level of care
- Have an ongoing need for at least one waiver service each month.

Individuals who meet the above waiver eligibility criteria may receive the following services:

- Homemaker services (page 6)
- Personal care services (page 6)
- Nursing services (page 7)
- Medical supplies (page 8)
- Medical equipment – includes assistive devices (page 8)
- Emergency response system (page 9)
- Nutritional supplements (page 10)
- Meals (page 10)
- Respite care (page 13)
- Adult day services (page 18)
- Assisted living (page 22)
HOPE Waiver, Home and Community-Based Services (HCBS)

The following services are only available to individuals through the HOPE HCBS Waiver:

**Adult Companion Services:**
Assistance, supervision or socialization provided to an individual who lives at home or in an assisted living.

**Specialized Medical Equipment/Assistive Technology:**
Assistive technology consists of devices, controls, sensors or appliances that are aided by technology to remotely monitor an individual’s activities of daily living. This service includes the installation and monitoring, purchasing, leasing or otherwise providing these devices, controls, sensors or appliances to be used to increase, maintain, or improve functional capabilities of consumers specified in the plan of care, that enable consumers to increase their ability to perform activities of daily living and assist the consumer to remain living safely at home.

**Environmental Accessibility Adaptations:**
Physical adaptations to the private residence of an individual, or the individual’s family that are necessary to ensure the health, welfare, and safety of the person or that enable the person to function with greater independence in the home.
HOPE Waiver, Home and Community-Based Services (HCBS)

Environmental Accessibility Adaptations may include the installation of ramps and grab-bars, widening of doorways, modification of bathroom facilities, or the installation of specialized electric or plumbing systems which are necessary to accommodate the medical equipment and supplies that are necessary to meet the person's needs.

Chore Services
Services that are needed to maintain an individual's home in a healthy and safe environment. Chore services may include lawn mowing, snow and ice removal from sidewalks and driveways, or other services which the home owner is required to complete by city or county ordinance.
Assisted Living

An assisted living center is a residential alternative promoting independence for an individual who has minimal needs by providing a combination of supportive services and assistance with activities of daily living: eating, dressing, bathing and personal hygiene. Assisted living services include 24 hour staffing, three meals a day, housekeeping, laundry services and supervision to self-administer medications.

Nursing Facility

Nursing facilities provide 24-hour long term care to an individual who is no longer able to care for themselves due to chronic health conditions, illness, or disability.

Services are provided by trained professionals and may be necessary for short term rehabilitation or long term care. These services include but are not limited to: intravenous medication administration, wound care and physical and occupational therapy.

Long term care may be provided temporarily during recovery from a disabling injury or illness or may be provided for people who lose their ability to function independently.
Ombudsman Program

Long Term Care Ombudsman advocate for the rights of residents living in nursing facilities and assisted living centers.

A Long Term Care Ombudsman serves as an advocate for residents and seeks to resolve complaints on their behalf. The program provides educational activities to increase community awareness of resident rights, rights training and education to staff. All reports and inquiries to the Ombudsman Program are confidential.

The Long Term Care Ombudsman Program services are funded by the Administration for Community Living and are provided at no cost to the resident, nursing facility or assisted living center.

Call a Long Term Care Ombudsman located near you:

Aberdeen: 1.866.239.8855 Ext. 213
Lake Andes 1.877.656.0023 Ext. 204
Rapid City: 1.800.644.2914 Ext. 302
Sioux Falls: 1.866.801.5421 Ext. 416
Watertown: 1.866.239.6787 Ext. 205
Yankton: 1.800.455.5241 Ext. 209
Pierre 1.866-854-4565 Ext. 5387
SHIINE

Senior Health Information and Insurance Education (SHIINE) is a federally funded program that provides free, confidential, and unbiased information to Medicare beneficiaries in South Dakota. SHIINE is carried out by trained volunteers who provide education to individuals across the state on Medicare and how to protect their benefits and avoid fraud.

For more information, contact a regional SHIINE office listed below. You can also visit www.shiine.net for assistance.

**Western South Dakota**
2200 North Maple Street
Suite 104
Rapid City, SD 57701
1.877.286.9072
westernoffice@SHIINE.net

**Central South Dakota**
2520 East Franklin Street
Pierre, SD 57501
1.877.331.4834
centraloffice@SHIINE.net

**Eastern South Dakota**
2500 West 46th Street
Suite 101
Sioux Falls, SD 57105
1.800.536.8197
easternoffice@SHIINE.net
Long Term Services and Supports (LTSS) Offices

Aberdeen Long Term Services and Supports
3401 10th Avenue S.E.
Aberdeen, SD 57401
Telephone: 605.626.3160 (Select 0 and request LTSS)
Fax: 605.626.2610

Belle Fourche Long Term Services and Supports
609 5th Avenue
Belle Fourche, SD 57717
Telephone: 605.892.2731 Ext. 216
Fax: 605.892.3616

Brookings Long Term Services and Supports
1310 Main Avenue South, Suite 101
Brookings, SD 57006
Telephone: 605.688.4399
Fax: 605.688.6880

Custer Long Term Services and Supports
1164 Mt. Rushmore Road #3
Custer, SD 57730
Telephone: 605.673.4347 Ext. 211
Fax: 605.673.2070

Deadwood Long Term Services and Supports
20 Cliff Street
Deadwood, SD 57732
Telephone: 605.578.2404 Ext. 1
Fax: 605.578.1280

Hot Springs Long Term Services and Supports
2500 Minnekahta Avenue, Bldg. 1
Hot Springs, SD 57747
Telephone: 605.745.5100 (Select 0 and request LTSS)
Fax: 605.745.6562
Long Term Services and Supports (LTSS) Offices

Huron Long Term Services and Supports
110 3rd Street S.W., Suite 200
Huron, SD 57350
Telephone: 605.353.7100 (Select 0 and request LTSS)
Fax: 605.353.7103

Madison Long Term Services and Supports
223 South Van EPS, Suite 201
Madison, SD 57042
Telephone: 605.256.5055 Ext. 1
Fax: 605.256.5043

Mitchell Long Term Services and Supports
116 E. 11th Street
Mitchell, SD 57301
Telephone: 605.995.8279
Fax: 605.995.8929

Mobridge Long Term Services and Supports
920 6th Street West
Mobridge, SD 57601
Telephone: 605.845.2922 (Select 0 and request LTSS)
Fax: 605.845.7126

Pierre Long Term Services and Supports
912 East Sioux Avenue
Pierre, SD 57501
Telephone: 605.773.3848
Fax: 605.773.5390

Rapid City Long Term Services and Supports
510 N. Cambell
Rapid City, SD 57701
Telephone: 605.394.2525 (Select 4 and then 0 for LTSS)
Fax: 605.394.1899
Long Term Services and Supports (LTSS) Offices

Redfield Long Term Services and Supports
210 East 7th Avenue
Spink County Courthouse, Suite 3
Redfield, SD 57469
Telephone: 605.472.2230  Ext. 212
Fax: 605.427.4298

Sioux Falls Long Term Services and Supports
811 E. 10th Street, Dept. 4
Sioux Falls, SD 57103
Telephone: 605.367.5444  Ext. 4
Fax: 605.367.4866

Sisseton Long Term Services and Supports
10 East Hickory Street, Suite 2
Sisseton, SD 57262
Telephone: 605.698.7673  Ext. 204
Fax: 605.698.7842

Spearfish Long Term Services and Supports
1300 North Avenue
Spearfish, SD 57783
Telephone: 605.642.6981
Fax: 605.642.6907

Sturgis Long Term Services and Supports
2200 West Main
Sturgis, SD 57785
Telephone: 605.347.2588  Ext. 201
Fax: 605.347.3767

Vermillion Long Term Services and Supports
114 Market Street, Suite 102
Vermillion, SD 57069
Telephone: 605.677.6800 (Select 0 and request LTSS)
Fax: 605.677.6808
Long Term Services and Supports (LTSS) Offices

Watertown Long Term Services and Supports
2001 9th Avenue S.W., Suite 300
Watertown, SD 57201
Telephone: 605.882.5000 (Select 0 and request LTSS)
Fax: 605.882.5045

Winner Long Term Services and Supports
649 West 2nd Street
Winner, SD 57580
Telephone: 605.842.8419
Fax: 605.842.2574

Yankton Long Term Services and Supports
3113 N. Spruce Street, Suite 200
Yankton, SD 57078
Telephone: 605.668.3030 (Select 0 and request LTSS)
Fax: 605.668.3014
For additional information on programs and services available through the Division of Long Term Services and Supports

State Office Address:
3800 East Hwy 34
c/o 500 Governors Drive
Pierre, SD 57501

Phone: 605.773.3656 or
Toll-Free: 1.866.854.5465
Fax: 605.773.4085

Email: LTSS@state.sd.us
Website: https://dhs.sd.gov/

The Department of Human Services does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of actual or perceived race, color, religion, national origin, sex, age, gender identity, sexual orientation or disability in admission or access to, or treatment or employment in its programs, activities, or services. For more information about this policy or to file a Discrimination Complaint you may contact: Discrimination Coordinator, Director of DHS Division of Legal Services, 3800 E. Hwy 34, c/o 500 E Capitol Ave, Pierre, SD 57501, 605.773.5990.

Español (Spanish) - ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.305.9673 (TTY: 711).

Deutsch (German) - ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1.800.305.9673 (TTY: 711).

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