



# COMMUNITY OF CARE

## Rural Cass County

**Community of Care's goal is to "enhance the quality of life for rural Cass County seniors in order to keep them in the homes and communities they love as long as safely possible"**

### NORTH DAKOTA RESIDENTS OVER 65

- 135,417 residents 65 and older live in North Dakota (source: US Census)
  - Of those residents, 17,524 are 85+ (source: US Census)
- **Projected 9.2% increase by 2035** (source: ND Plan on Aging)
- 3,322 residents 65+ in rural Cass County (source: US Census Quick Facts)
  - **Projected increase - 3,628 rural Cass residents 65+ in 2035**
- In 2025, the 65+ group represents 15% of rural Cass County population

### 2025 NURSING HOME COST STATISTICS

- **\$146,635 per year** - average cost of a nursing home in North Dakota (source: ND Dept. Human Services)
- **\$21,996** per year - Average Social Security Benefit in North Dakota (source: AARP)
- **\$123,439 per year** - average Cost of Private Pay or Medicaid Payment per nursing home resident (after Social Security and \$100/month personal care allowance for nursing home)

### 2024 SUMMARY OF COMMUNITY OF CARE SERVICES

- 6,835 Client Service contacts
- 688 individual clients served
- 10,721 miles driven & 480 hours of service providing transportation to medical appointments – 184 rides provided by 42 transportation volunteers
- 198 additional volunteers served as Board members, Health Cabinet, Medicare Part D drug plan enrollments, Bone Builder class leaders, fundraising committees, blood pressure screenings, health screening fair, newsletters, pen pal/journal project, fun with tech, etc.
- 367 clients served during Medicare Part open enrollment. Total savings was \$114,800 or an average of \$313/client



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### ALL SERVICES PROVIDED FREE-OF-CHARGE

#### ONE STOP SERVICE CENTER

- Care Coordination
- Assistance with paperwork (fuel, food, prescription, Medicaid applications, etc.)
- Medicare Part D drug plan enrollment
- Advance Care Plans
- Referrals & information
- Socialization

#### VOLUNTEER PROGRAM

- Transportation to medical appointments
- Minor Home Repair, Yard Work, Friendly Visits, etc.

#### FAITH COMMUNITY NURSE PROGRAM

- Preventative Care
- Health Counseling, Referrals & Education
- Exercise Programs
- Blood Pressure Screenings
- Advance Care Plans

#### HOMES IN RURAL ND

*The homes of many older adults living in rural North Dakota are:*

- Potentially difficult to sell. If they are able to sell their home, the proceeds will be depleted quickly in paying for an assisted living facility or nursing home
- A significant percentage of older adults in rural communities are renters with no home equity
- Residents who are unable to pay for their care become part of the Medicaid rolls