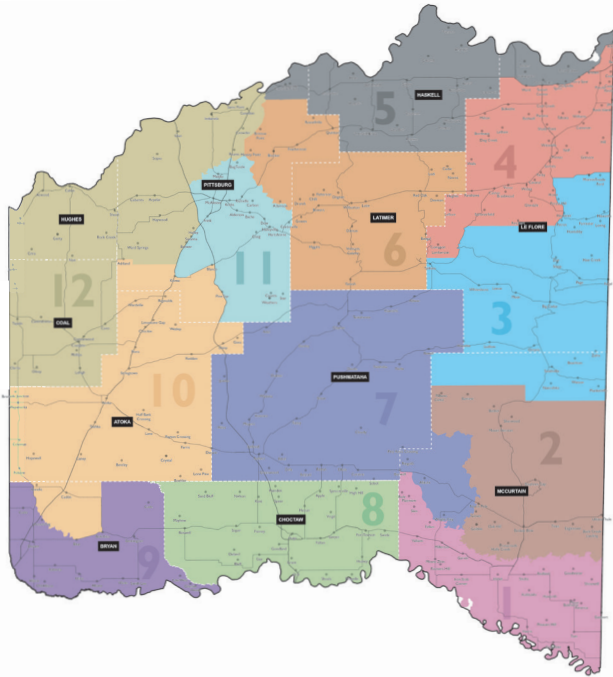


THE CHOCTAW NATION OF OKLAHOMA ◆ DISTRICT MAP ◆



MISSION STATEMENT:

To improve self-care and independence among our tribal elders, who deserve optimal health and wellness, through coordination of elder services.



CNHS Healthy Aging

580-924-7141 EXT 83849

HEALTHYAGING@CNHSA.COM

CHOCTAW NATION OF OKLAHOMA

1803 CHUKKA HINA
DURANT, OK 74701

FAITH ◆ FAMILY ◆ CULTURE

HEALTHY AGING

PROMOTING INDEPENDENCE



CHOCTAWNATION.COM



Choctaw Nation

Health Services

WELLNESS

Through our Wellness Program, we will offer exercise programs and nutrition and wellness education to maintain or improve in the following areas:

- Muscular Strength
- Range of motion/mobility
- Balance
- Endurance/Stamina
- Nutrition
- Overall Wellness

Biannual fitness and biometric screenings will focus on the specific needs and support independence for tribal elders.

For our elders, navigating the health care system can be frustrating and, at times, nearly impossible.

We hope to improve the coordination of services for our tribal elders in the Choctaw Nation of Oklahoma through this Elder Care initiative.

NAVIGATION

A Healthy Aging Navigator can:

- Provide assessment and referral to community services
- Serve as a liaison with your PCP and other resources and programs serving the elderly
- Arrange services necessary to keep our elders as independent as possible
- Provide support to understand health care needs as they arise
- Collaborate with elders, families and health care providers to implement a plan of care to meet the individual's needs
- Evaluate the plan of care and modify as necessary
- Healthy aging targets age 55 and older elders in the Choctaw Nation of Oklahoma

NURSING

Our primary focus is to provide the following:

- Health/wellness assessments and screenings
- Health/promotion/diseases prevention
- Annual wellness checks
- Immunizations
- Environmental safety/fall prevention
- Mobility and cognition screening
- Behavioral health screenings
- Oral/dental screenings
- Hearing screenings
- Elder mistreatments screening
- Referral services
- Monitor medication regimens
- Elder advocacy

Caregiver Support Services are available through this program. This enables caregivers to increase their awareness and access the best services to improve their quality of life.

