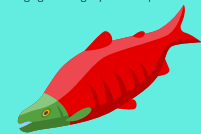




# HEALTHY AGING CHECKLIST



Follow us on Facebook: The Alaska Commission on Aging



## Essentials

- Get a physical at least once a year & stay active focusing on: aerobics, muscle strength, balance
- Eat your traditional foods & healthy local options: berries, mushrooms, fish, eggs, fiddleheads
- Call **Assistive Technology of Alaska** for free support with hearing & vision devices: **907- 563-2599**
- Are you 55+ and seeking employment? Call **MASST: 907-465-4872**
- Volunteer! Mentor youth at school or become a Senior Companion (55+), earn a tax-free stipend & more benefits at **eldermentor.org, 907-717-7932**
- Need dental support? If 65+ or permanently disabled or need medically necessary dental care: call 877-977-3802, **dentallifeline.org/alaska/**

**Alzheimer's Resource of Alaska:**  
**Free memory screenings & support available**  
**Call: 800-478-1080**

## Brain Health



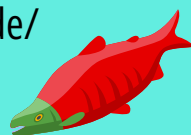
### Alzheimer's Cognitive Assessment

A healthcare guide to detecting cognitive impairment  
[alz.org/media/Documents/cognitive-assessment-toolkit.pdf](http://alz.org/media/Documents/cognitive-assessment-toolkit.pdf)



### Alzheimer's Caregiver Resource Guide

To share with caregivers of people with ADRD  
[alzalaska.org/caregiver-resource-guide/](http://alzalaska.org/caregiver-resource-guide/)



**Alaska Legal Services Corporation's Community Justice Worker Project trains volunteers online for free in several areas of law including Will Writing. Visit: [alsc-law.org/cjw/](http://alsc-law.org/cjw/)**



### Alzheimer's Resource of Alaska Mini Grants

\$2500 for caregivers and people with ADRD, can be used widely, eligible once a year  
[alzalaska.org/minigrants/](http://alzalaska.org/minigrants/)

## News

### Directory for Older Alaskans

Visit [seniorvoicealaska.com](http://seniorvoicealaska.com) and click on "Directory" at the top of the page

*The Senior Voice is a statewide senior newspaper delivered to every zip code in Alaska. Call 907-276-1059*



**Are you turning 65 and seeking support with Medicare? Call the Medicare Information Office at 907-269-3680 and leave a message with your info.**





# Financial & Legal

*What happens when you pass away?*



**Write your Will**  
[alaskalawhelp.org/classroom/preparing-your-own-will](http://alaskalawhelp.org/classroom/preparing-your-own-will)

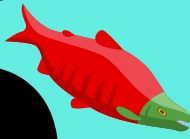
**Did you know there is technology available to promote healthy aging with ease? Are you are caregiver looking for solutions? Check out Health TIE Senior tech options by contacting Jacqueline: 907-227-9421 or [hello@healthtie.org](mailto:hello@healthtie.org)**

*What happens if you are incapacitated?*

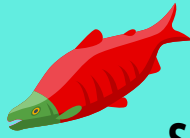


**Create your Advance Health Care Directive**  
[alaskalawhelp.org/resource/alaska-advance-health-care-directive](http://alaskalawhelp.org/resource/alaska-advance-health-care-directive)

**Are you a Veteran? Call the Alaska Warrior Partnership to get connected to support: 907-312-7229**



**ANTHC Advance Care Planning Resources**  
[anthc.org/palliative-care/resources/](http://anthc.org/palliative-care/resources/)



**Senior Benefits - Are you 65+?**

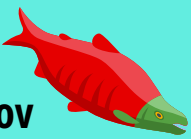


**Call the Virtual Relay Center 800-478-7778 to see if you qualify for payments!**  
[health.alaska.gov/dpa/Pages/seniorbenefits/default.aspx](http://health.alaska.gov/dpa/Pages/seniorbenefits/default.aspx)

• The **Alaska Long Term Care Ombudsman Office** advocates for residents in assisted living and skilled nursing facilities. **Need to file a complaint? Want to volunteer? Call: 907-334-4480**, email [akoltco@alaska.gov](mailto:akoltco@alaska.gov) or visit [akoltco.org](http://akoltco.org)

**The Alzheimer's Association free 24/7 Helpline is 800-272-3900**, offering support for people living with dementia, caregivers, families & the public.

• **Have you experienced discrimination** in violation of Alaska Human Rights Law? Submit a complaint to **Alaska State Commission for Human Rights at 907-274-4692** or online at [humanrights.alaska.gov](http://humanrights.alaska.gov)



**Call ADRC for all your senior & disability related needs: 855-565-2017**

• **Do you need to report elder abuse?** Call 907-269-3666 and ask for **Adult Protective Services**. Learn more at: <https://health.alaska.gov/dsds/Pages/aps/default.aspx>



\*Do you have feedback on this Healthy Aging Checklist? Email [yasmin.radbod@alaska.gov](mailto:yasmin.radbod@alaska.gov) or call 907-230-0871