

Senior Services in Alaska



ALASKA
LONG TERM CARE
OMBUDSMAN



Alaskan  **Seniors**
Living Longer **Growing Stronger**
from the Alaska Commission on Aging

Agenda

- **Alaska's Growing Senior Population and Impact**
 - *AARP Advocacy Director Marge Stoneking*
- **Older Americans Act, State Plan for Senior Services, ADRC's**
 - *Alaska Commission on Aging Executive Director Marty Lange*
- **Senior Care Providers, Grant Services and the Continuum of Care**
 - *AGENet President Marianne Mills*
- **AK Long-Term Care Facilities, Office of Long-term Care**
 - *Alaska Long-Term Care Ombudsman Stephanie Wheeler*
- **Q&A**



Mission: To empower people to be able to choose how they live as they age.

Alaska's Growing Senior Population

- Fastest growing senior population in the country per capita for 10+ years
- Alaska 65+ grew by 63% between 2012-2022*
- Nationally the senior population average growth in the same period was 35%



*Administration for Community Living's Profile of Older Americans
<https://acl.gov/aging-and-disability-in-america/data-and-research/profile-older-americans>

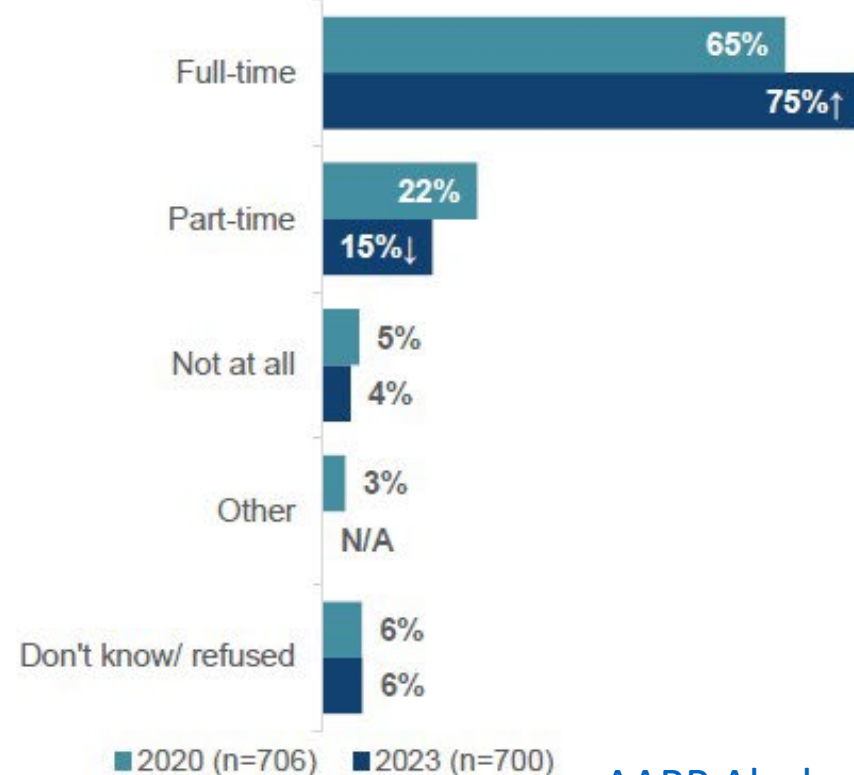


RET16. Do you plan on living in Alaska during your retirement years full-time, part-time, or not at all?

RETIREMENT

Three-quarters (75%) of Alaska adults age 45+ plan on living in Alaska full-time during retirement, up significantly from 2020.

Plans to Live in Alaska in Retirement

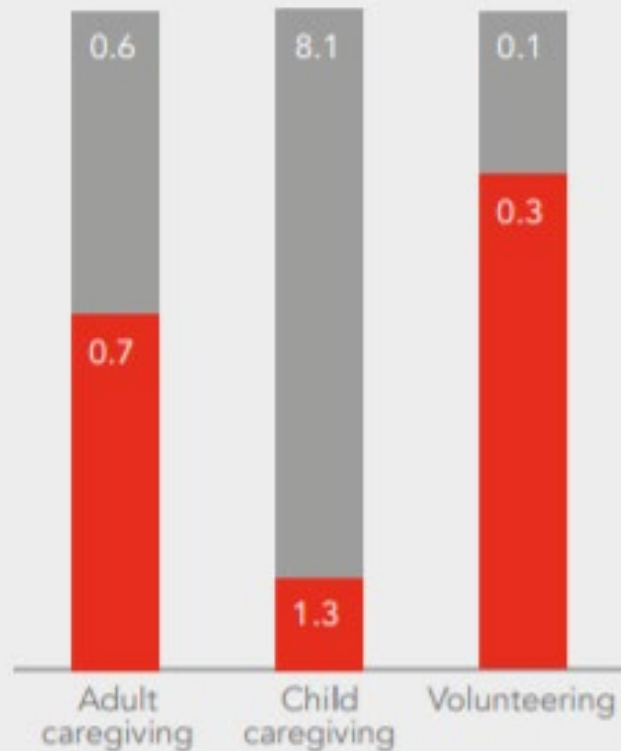


Impact of the 50+ Population

The 50-plus population provides \$2 billion in unpaid contributions

Value of unpaid activities, 2018
(\$ billion)
(Values may not sum due to rounding)

■ Under-50 ■ 50-plus



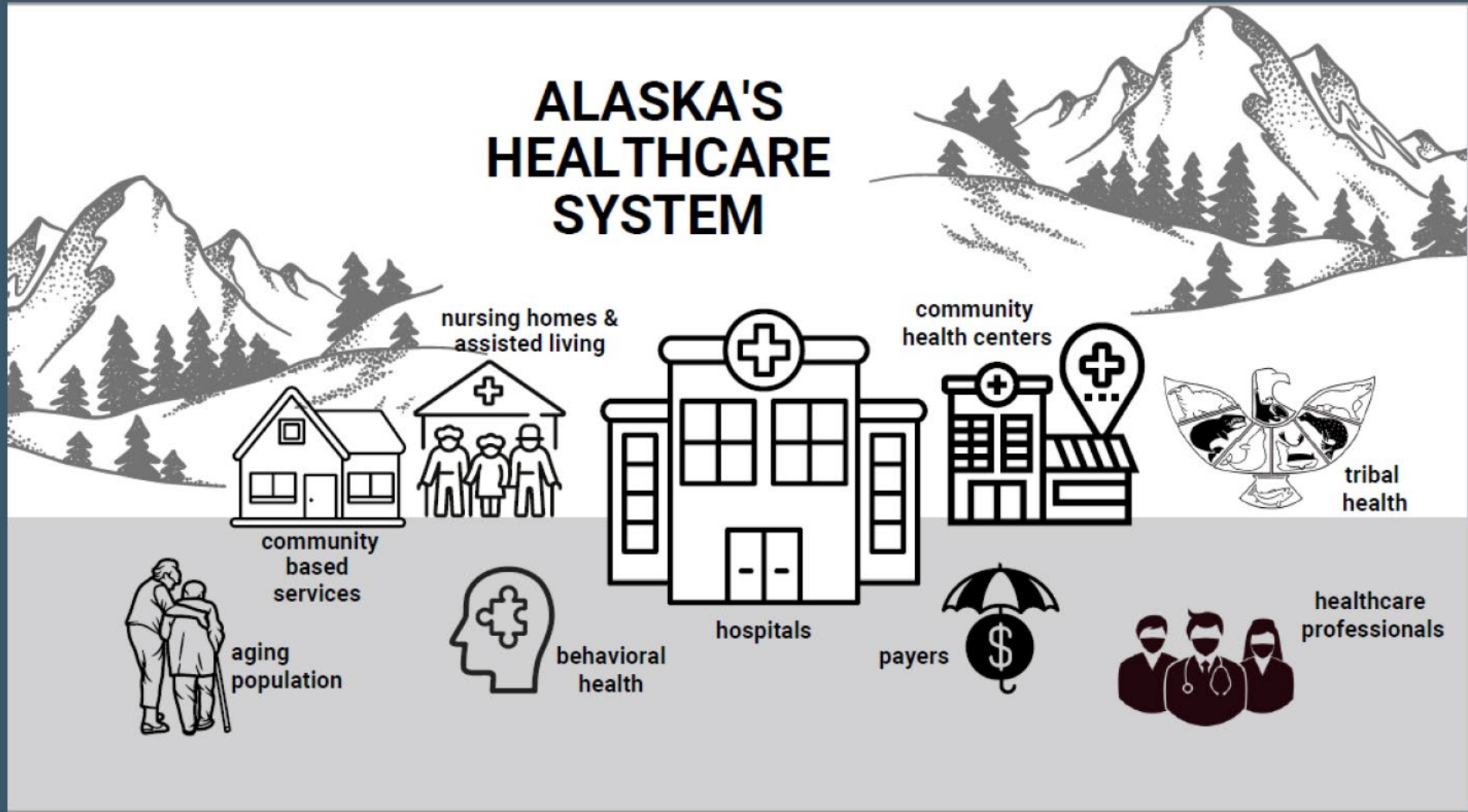
50-plus households accounted for 52 cents of every dollar spent in Alaska in 2018—this will grow to 58 cents (58%) by 2050



50-plus share of every dollar spent, for select categories
(%) ■ 2018 ■ 2050



ALASKA'S HEALTHCARE SYSTEM





Mission:

To ensure the dignity and independence of all older Alaskans, and to assist them to live useful and meaningful lives through planning, advocacy, education, and interagency cooperation.

What we do:

- Advocate
- Advise
- Provide Recommendations



Seven Public Members:

Four designated seats:

DOH, DCCED,

Pioneer Homes Advisory Board
& Senior Services Provider

Three staff positions:

Executive Director

Program Coordinator

Rural Outreach Coordinator



The Alaska
State Plan for Senior Services
FFY 2024 – FFY 2027

June 26, 2023



State of Alaska | Department of Health | Alaska Commission on Aging

The Alaska State Plan for Senior Services

Older Americans Act (OAA) funding –
\$5m annually





What does it pay for?

Meals-On-Wheels

Congregate Meals

Transportation

ADRC

Adult Day

Caregiver support

Senior Centers

Health Promotion

Emergency Preparedness



2014 - 2023

OAA Federal Funding: +24%

Inflation: +29%

Alaska 60+ population: +36%



The Senior Snapshot

- Current data and statistics concerning Alaskan Seniors and Elders
- Delivered next week to your mailbox or in person.



Contact information

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AgeNet members include:

AARP Alaska	Kenai Senior Center
Access Alaska	Mat-Su Council on Aging
Alaska Mental Health Trust Authority	Mat-Su Health Foundation
Alaska Training Cooperative	Native Village of Unalakleet
Alzheimer's Resource of Alaska	Ninilchik Senior Center
Anchorage Senior Activity Center	North Star Council on Aging
Catholic Community Service	Palmer Senior Citizens Center
Community Connections	Pat Branson
Cordova Community Medical	Rendezvous Senior Day Services
Denise Daniello	Senior Citizens of Kodiak
Fairbanks Resource Agency	Seward Senior Center
Foundation Health Partners	Soldotna Area Senior Citizens
Frontier Community Services	Southeast Alaska Independent Living
Gordon Glaser	Southeast Regional Eldercare Coalition
Homer Senior Center	Statewide Independent Living Council
Independent Living Center	Tanana Chiefs Conference
Jim McCall	Wasilla Area Seniors, Inc.

AgeNet is the statewide leadership association of Alaska senior service providers and has been an advocate for Alaskans 60 and older for more than 25 years.

The goal of AgeNet is working to assure the appropriate network of senior services is available in every Alaskan community for all seniors so they might live independently with honor and dignity.

Home and Community-Based Care

Saves Money



An estimated 1/3 of the people who are age 85 and older suffer from dementia.

How should the State of Alaska care for those who are unable to care for themselves?

Compare the costs of care at home versus the costs in a facility:

Home and Community-Based (HCB) Grants at home with Family	HCB Care through the Alaskans Living Independently Waiver*	Care in a Nursing Home (Skilled Nursing Facility)
\$74 per month	\$3,778 per month	\$11,939 per month
\$893 per year per person	\$45,338 per year per person	\$143,263 per year per patient

Consider other advantages of Home and Community-Based Care in addition to the vast cost savings:

- The older adult can remain with dignity in his/her own home and community;
- Alaskan family caregivers are given support to continue providing unpaid care;
- Meals, rides, adult day, case management, respite, chore services safeguard elders from injury and deterioration which lead to premature costly institutionalization.

Alaska's Continuum of Care for Older Alaskans

Community-Based Services	Home-Based Services	Intensive Home and Community-Based Services	Services in a Residential Care Setting	Most Intensive Institutional Services
<ul style="list-style-type: none"> * Congregate Meals * Public Transportation * Information/Referral/Personal Advocacy * ADRD Education and Support * Health Promotion * Senior Employment * Independent Living Apartments * Legal Services * Senior Centers * Senior Volunteers 	<ul style="list-style-type: none"> * Home Delivered Meals * Assisted Transportation * Shopping Assistance * Home Repair * Senior Companion Volunteers *Homemaker/Chore 	<ul style="list-style-type: none"> * Adult Day Services * Counseling * Family Caregiver Support * In-Home Respite Care * Home Health Care * Hospice Care * Personal Care 	<ul style="list-style-type: none"> * Assisted Living Homes * Pioneers' Homes 	<ul style="list-style-type: none"> * Acute Care (aka Hospital) * Nursing Home Care (aka Skilled Nursing Facility) * Residential Hospice Care
			<p>Long Term Care Ombudsman: Advocacy for Residents of Long Term Care Facilities</p>	
<p>Care Coordination (Case Management): Personal Assessment/Plan of Care/Follow-Up</p>				
<p>Adult Protective Services: Investigation and Services to Abuse/Neglect Victims</p>				
<p>Aging and Disability Resource Centers</p>				

Senior & Disability Services Grant Programs

Community grants that serve older Alaskans include:

- **Nutrition, Transportation & Support:** (NTS) home delivered and congregate meals, transportation, information & referrals (I&R).
- **Adult Day:** 12 adult day programs keep seniors in safe, active and monitored day program
- **Senior In Home:** case management, chore & respite services
- **Family Caregiver Support:** support for unpaid family caregivers-respite, information & referral (I&R), Lifeline, counseling, group support, caregiver training
- **Health Promotion & Disease Prevention:** fall prevention, and health and safety in the home.
- **ADRD:** Alzheimer's disease and dementia education, counseling, support groups.
- **Medicare Counseling and Outreach:** coordination of Medicare outreach, counseling, and referral
- **Center for Independent Living Grants:** Skills training, individual advocacy, peer support, nursing and ALH transitions assistance. 47% of all CIL grant services are provided to individuals 60 and older.
- **Aging and Disability Resource Center (ADRC) and Developmental Disability Resource Connection (DDRC):** Provide the front door to SDS services with I&R, short term assistance and person-centered intakes. **For assistance, please call the statewide number 1-855-565-2017 toll-free.**

LONG TERM CARE OMBUDSMAN

Mission

- To provide resident centered advocacy designed to protect the rights, health, safety and welfare of Alaskans living in Long-Term Care facilities.

What is Long Term Care (LTC)?

- Quality of Care for individuals provided by a nursing home or an assisted living home

What is an Ombudsman?

- Swedish word meaning representative of the people
- An official appointed to investigate individuals' complaints against maladministration



MAP OF LTC FACILITIES



DUTIES OF THE LTC OMBUDSMAN

VISIT

EDUCATE

EMPOWER

RESOLVE

I & R

SYSTEMS

LONG TERM CARE OMBUDSMAN
Advocating for the rights of older Alaskans



MAKING A DIFFERENCE IN THE
LIVES OF SENIORS



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