



ALASKAN SENIOR RESOURCE GUIDE 2016

Resources for Healthcare Needs

Information and Services

State of Alaska Medicare Information Office

Phone: (800) 478-6065 (Toll-free)

Website: <http://dhss.alaska.gov/dsds/Pages/medicare/default.aspx>

Provides personalized counseling, education and outreach to Medicare beneficiaries and their families, to assist Alaskans to better understand and utilize their Medicare benefits. The office also provides education for Medicare beneficiaries and others on how to spot and report potential Medicare errors, fraud, waste and abuse.

State of Alaska Nursing Facility Waiver Unit

Phone: (800) 478-9996 (Toll-free)

Website: <http://dhss.alaska.gov/dsds/Pages/nfloc/nfloc.aspx>

Waiver programs offer a choice between home and community-based services and institutional care for people who meet income guidelines and a nursing facility level of care. Once eligible for the waiver, examples of possible senior services include meals, transportation, chore, residential living, care coordination, environmental modifications, and other services.

Assistive Technology of Alaska (ATLA)

Phone: (800) 723-2852 (Toll-free)

Website: <http://www.atlaak.org/>

The Assistive Technology of Alaska (ATLA) is a statewide assistive technology resource center. Assistive technology includes adaptive and rehabilitative devices that can be used by people with disabilities to perform tasks that they were unable to perform and includes the process how to select, locate, and use these devices. ATLA provides demonstrations, information, and loans devices to help Alaskans make informed decisions and select the assistive technology that best meets their needs.

Alzheimer's Resource of Alaska (ARA)

Phone: (800) 478-1080 (Toll-free)

Website: <http://www.alzalaska.org/>

Alzheimer's Resource of Alaska provides programs and services to seniors and caregivers throughout Alaska, specializing in education and programs for those impacted by Alzheimer's disease and related dementia. Services include care coordination, education, respite, chore, support groups, and consultations. In addition, ARA distributes mini-grants for individuals diagnosed with Alzheimer's disease and related dementias to purchase services and essential items that will directly improve the person's quality of life and increase independent functioning. Eligible services may include medical, dental, vision, hearing, and other services in addition to items such as supplies, therapeutic devices, adaptive equipment, and accessibility improvements not available from any other funding source. The mini grant program is funded by a grant from the Alaska Mental Health Trust Authority.



Dental Health

Dental Lifeline Network

Phone: (877) 977-3802 (Toll-free)

Website: <http://dentallifeline.org/alaska/>

Dental Lifeline Network (DLN) is a national charitable organization with the mission to improve the oral health of people with disabilities or who are elderly or medically fragile and have no access to dental health care. DLN accomplishes its mission by developing and coordinating collaborative relationships that provide essential resources for direct-service programs, especially charitable care.

Hearing

Alaska Relay

Phone: (800) 676-3777 (Toll-free)

Website: <http://www.alaskarelay.com/contact.html>

Alaska Relay assists individuals with hearing impairments. A free TTY machine is available for persons who meet income eligibility guidelines.

Vision

Alaska Center for Blind and Visually Impaired (ACBVI)

Phone: (800) 770-7517 (Toll-free)

Website: <https://www.alaskabvi.org/Pages/default.aspx>

The Alaska Center for the Blind and Visually Impaired provides the “Visually Impaired Senior Alaskans” program. This free program offers peer support group meetings for individuals age 55 years and older living in Anchorage and the Mat-Su Valley with vision impairment. ACBVI also conducts assessments to improve the safety and livability of homes for people with vision loss.

Statewide Tax Exemptions, Fee Waivers, and Discounts

Senior Property Tax Exemption,

Phone (Anchorage Office): (907) 269-4501

Website:

<https://www.commerce.alaska.gov/web/dcra/LocalGovernmentOnline/TaxationAssessment/PropertyTaxExemptionsinAlaska.aspx>

Under AS 29.45.030(e), Alaska law exempts real property owned and occupied as a permanent home by an Alaskan resident age 65 and older (or by a disabled veteran) from a portion of local property tax. Currently, this exemption applies to the first \$150,000 of assessed value for the primary residence of a senior citizen, age 65 years and older, or a disabled veteran with a service connected disability of 50% or more. This exemption must be applied for by a deadline enacted at the local level. (A municipality may waive timely filing for good cause.) All municipalities are required to grant this exemption.



State of Alaska Division of Motor Vehicles

Toll-Free: (855) 269-5551

Phone: (907) 269-5551

Website: <http://doa.alaska.gov/dmv%5Creg%5Csenior.htm>

Alaska residents who are 65 years of age or older may be exempt from paying fees and taxes when registering a vehicle. For more information and to apply for the fee waiver, please contact your local Department of Motor Vehicle office.

State of Alaska Fish & Game License

Phone: (907) 465-6085

Website: <http://www.adfg.alaska.gov/index.cfm?adfg=huntlicense.proxy>

Alaska residents who are 60 years of age or older and meet the Department of Fish and Game's residency definition are eligible for a senior identification card in order to hunt, sport fish, or trap at no charge. Persons aged 60 years or older are not required to purchase a king salmon stamp to fish for king salmon or an Alaska state conservation stamp to hunt waterfowl.

State of Alaska Department of Transportation and Public Facilities

Phone: (800) 642-0066 (Toll-free)

Website: <http://www.dot.state.ak.us/amhs/fares.shtml>

Discounted fares are available for persons age 65 and older on all sailings within Alaska. Senior rates are automatically calculated with booking on-line.

America the Beautiful Senior Pass

Phone: (907) 271-5960

Website: http://store.usgs.gov/pass/senior_pass_application.pdf

The Senior Pass is a lifetime pass available to United States citizens or permanent residents, 62 years of age and older. The Pass can be used to visit over 2,000 federal recreation sites across the nation, including National Parks, National Wildlife Refuges, and many National Forest lands. The pass may be obtained either in person at a federal recreation site or by mail.

Local Senior Sales Tax Exemptions

Below is a partial listing of communities with senior sales tax exemptions. Please contact your local municipalities for current details on senior sales tax exemptions.

Bethel

Phone: (907) 543-2097

Website: <http://www.codepublishing.com/AK/Bethel/>

Senior citizens in Bethel may purchase food for themselves, their spouses, and any un-emancipated minor children, provided the spouse and children live in the same household as the senior. Rent, telephone, electricity, water and sewer utility services for the senior's primary residence and permanent place of abode may also be purchased tax-free by a senior citizen.



Craig

Phone: (907) 826-3275

Website: http://www.craigak.com/craigak_011.htm

Craig provides an exemption for elderly residents of Alaska who are 60 years or older. As a general rule, spouses under the age of 60 are “not eligible for the exemption and cannot purchase anything without the presence of the exempt spouse.” Senior citizen exemption cards expire every three years.

City and Borough of Juneau

Phone: (907) 586-5265

Website: http://www.juneau.org/financeftp/ST_hottopics.php

Juneau residents age 65 and older are exempt from paying sales tax on certain items/services in the City and Borough of Juneau. For eligible applicants the City and Borough of Juneau offers a once-a-year refund of sales taxes paid at the time of purchase on non-essential items. To be eligible, a senior must have resided in Juneau for at least 30 days, possess a valid sales tax exemption card, and meet the annual income requirements.

Ketchikan Gateway Borough

Phone: (907) 228-6609

Website: <http://www.kgbak.us/DocumentCenter/View/3789>

Any person 65 years of age or older who is eligible to receive a Permanent Fund Dividend, or would be if they applied, and who has been a bona fide resident of the Ketchikan Gateway Borough for not less than 180 days, may be eligible for a senior sales tax exemption card.

Petersburg

Phone: (907) 772-4425

Website: www.petersburgak.gov

Any qualifying senior citizen who has obtained a Borough issued exemption card may be exempt from paying sales tax. In order to be eligible for this exemption, the senior must be 65 years or older and has their permanent place of residence within the Petersburg Borough.

City and Borough of Sitka

Phone: (907) 747-1840

Website: <http://cityofsitka.com/government/departments/finance/index.html>

An Alaskan resident age 65 years or older may apply for a senior citizen sales tax exemption certificate which entitles the person, person’s spouse, or the person’s qualified domestic partner to be exempt from sales tax for the purchase of goods, services, or rentals. This exemption does not apply for purchases of alcoholic beverages, cigarettes, or other tobacco products.

Unalaska

Phone: (907) 581-1251

Website: <http://cityofsitka.com/government/departments/finance/index.html>

Residents aged 65 before March 31st of each year may be entitled to receive an annual sales tax refund in the amount of \$200. An application for a senior citizen refund must be filed with the Clerk’s Office between January 1 and March 31 of each year.



Tuition Waivers

The University of Alaska offers tuition waivers for Alaskan seniors who are age 65 years and older, depending on space availability. UAF and UAA offer lifelong learning programs for older adults.

*University of Alaska
Anchorage*
Phone: (907) 786-1800
Website:
<http://www.uaa.alaska.edu/>
Seniors may register during the late registration period. To register, complete a registration form and provide proof of age. Waiver applies only to tuition and does not cover associated course fees.

*University of Alaska
Fairbanks*
Phone: (907) 474-5898
Website: <http://www.uaf.edu/>
A senior must meet age and residency requirements to qualify. Seniors requesting a waiver must apply by Sept. 1 for fall semester; January 1 for spring semester; and May 1 for summer semester. Registration is the first day of instruction.

*University of Alaska
Southeast*
Phone: (877) 465-4827
Website:
<http://www.uaa.alaska.edu/>
Alaskans age 65+ are eligible for a tuition waiver on a space available basis. Seniors must apply by Sept. 1 for fall semester; January 1 for spring semester; and May 1 for summer semester.

*Opportunities for Lifelong
Education (OLE!),
University of Alaska
Anchorage*
Website:
<http://greenandgold.uaa.alaska.edu/blog/29754/lifelong-learning-uaa/>
OLE!, a nonprofit organization located at the UAA campus, offers courses on a wide variety of topics, from academic disciplines to community interest, for Anchorage adults. Annual fee is \$150.

*Osher Lifelong Learning
Institute, University of
Alaska Fairbanks*
Phone: (907) 474-6607
Website:
<https://www.uaf.edu/olli/>
This program provides learning opportunities for residents who are age 50 years and older including courses, lectures, educational travel, and special interest groups. Annual fee is \$35. Fees are \$15 per course.

Resources for Senior Services

AARP Alaska

Phone: 866-227-2270 (Toll free)

Website: <http://states.aarp.org/about-aarp-alaska/>

AARP provides information and resources, advocacy, consumer, and legal help, and a wide range of member benefits such as pharmacy discounts and insurance programs. Also see www.benefitscheckup.org/ published by the National Council on Aging with assistance from AARP and other agencies.



Aging and Disability Resource Centers (ADRCs)

Phone: (877) 625-2372 (Toll free)

Website: <http://dhss.alaska.gov/dsds/pages/adrc>

Alaska's ADRCs connect seniors, people with disabilities, and caregivers with long-term services and supports of their choice. The ADRC network serves Alaskans statewide, regardless of age or income level, through regional sites.

Alaska Commission on Aging

Phone: (907) 465-3250

Website: <http://www.alaskaaging.org>

The Commission on Aging is a Governor-appointed board under the Department of Health and Social Services that plans services for Alaskans age 60 years and older, educates Alaskans about senior issues, and advocates for programs and services to address the needs of Alaska's older citizens. The Commission is also a statutory advisor to the Alaska Mental Health Trust Authority regarding the needs of older Alaskans with Alzheimer's disease and related dementias. Please see the *Alaska State Plan for Senior Services, FY2016-2019* for further information about senior programs in Alaska (http://dhss.alaska.gov/acoa/Documents/ACoA_StatePlan_FY16-FY19.pdf).

Older Persons Action Group (OPAG)

Phone: (907) 279-1059

Website: <http://www.seniorvoicealaska.com/page/older-persons-action-group/609.html>

OPAG provides information about programs and services available to seniors in Alaska. OPAG publishes the monthly *Senior Voice* newsletter and the *Directory for Older Alaskans*, a guide to senior services available statewide.

United Way Alaska 2-1-1

Phone: 211 or (800) 478-2221 (Toll Free)

Website: <http://www.alaska211.org>

A statewide one-stop resource for help connecting Alaskans with a wide variety of vital resources in the community including emergency food and shelter, disability services, counseling, senior services, healthcare, child care, drug and alcohol programs, legal assistance, transportation needs, educational opportunities, and more.

Resources for Home and Community-Based Senior Services

Division of Senior and Disabilities Services

Senior Grant-Funded Services: "Nutrition, Transportation and Support Services (NTS)"

Phone: (907) 465-4876

Website: <http://dhss.alaska.gov/dsds/Pages/nts/nts.aspx>

Nutrition, Transportation, and Supports senior grant funded services provides funding for essential services to older Alaskans (age 60 years and older) for senior meals (congregate and home-delivered meals), transportation, information, health education, and other assistance to help seniors maintain their health, safety, mobility, and independence. See the website for a listing of community programs.



Senior Grant-Funded Services: “Home and Community Based Senior Grants”

Phone: (907) 465-5810

Website: <http://dhss.alaska.gov/dsds/Pages/hcb/hcb.aspx>

Home and community based senior grants provide funding to nonprofit agencies to serve vulnerable seniors age 60 years and older, individuals with Alzheimer’s disease and related dementias of any age, and support for natural caregivers to assist seniors to maintain as much independence as possible at home and to improve their quality of life. Please see the website for a listing of programs and senior service providers.

Medicaid Programs

Adults Living Independently Waiver

Phone: (907) 269-3666 (Anchorage) / (800) 478-9996 (Toll-free)

Website: <http://dhss.alaska.gov/dsds/Pages/nfloc/nfloc.aspx>

The Alaskans Living Independently waiver serves income eligible adults who are 21 years and older and meet nursing facility level of care to receive an array of services they need to live in their home or community based on an assessment of medical and functional need conducted by a care coordinator.

Personal Care Assistance (PCA)

Phone: (907) 269-3666 (Anchorage) / (800) 478-9996 (Toll-free)

Website: <http://dhss.alaska.gov/dsds/Pages/pca/default.aspx>

Personal Care Assistance (PCA) services provide support to Medicaid-eligible individuals who need help with activities of daily living (bathing, eating, dressing, and other activities) as well as instrumental activities of daily living (shopping, laundry, meal preparation, and light housework). Consumers in some communities may choose to receive services through an agency that oversees, manages, and supervises their care (Agency-Based Personal Care Assistance). These services are provided through private and non-profit agencies with administration by the Division of Senior and Disabilities Services, PCA Unit. In addition, consumers may manage their own care by selecting, hiring, firing, scheduling, and supervising their own personal care assistant (Consumer-Directed Personal Care Assistance) provided that this person passes a criminal history background check.

Resources for Vocational Training and Financial Assistance

Mature Alaskans Seeking Skills Training (MASST)

Phone: (907) 465-4872

Website: <http://labor.alaska.gov/masst/home.htm>

Mature Alaskans Seeking Skills Training (MASST) program, within the Department of Labor and federally known as the Senior Community Service Employment Program (SCSEP), provides vocational training and part-time paid work experience opportunities for low income individuals age 55 years and older who have low employment prospects. The program helps Alaska retain the valuable resources of older workers, while enabling older workers to maintain an independent lifestyle and make meaningful contributions to their communities.



Senior Benefits Program

Phone: (866) 352-8539 (Toll-free)

Website: <http://dhss.alaska.gov/dpa/Pages/seniorbenefits/default.aspx>

The Senior Benefits Program provides a three-tiered monthly cash payment to income-eligible Alaskans age 65 and older. Payment amounts vary by income level and are tied to the Alaska Federal Poverty Guidelines. The program is administered by the Division of Public Assistance.

Adult Public Assistance

Phone: (907) 465-3347

Website: <http://dhss.alaska.gov/dpa/Pages/apa/default.aspx>

Adult Public Assistance, administered by the Division of Public Assistance, provides financial assistance to income-eligible seniors age 65 and older, blind, and disabled Alaskans to help them remain independent. The program is intended to supplement the federal Supplemental Security Income (SSI) program.

Heating Assistance Program

Phone: 800-470-3058 (Toll Free)

Website: <http://dhss.alaska.gov/dpa/Pages/hap/default.aspx>

Heating assistance is provided to income-eligible Alaskans through a combination of state and federal funds administered by the Division of Public Assistance to help defray a portion of their winter heating costs.

Alaska Food Stamp Program

Phone: (907) 465-3347

Website: <http://dhss.alaska.gov/dpa/Pages/fstamps/default.aspx>

The Alaska Food Stamp Program (also known as the “Supplemental Nutrition Assistance Program”), funded by the federal government and administered by the Division of Public Assistance, provides food benefits for low-income households. Eligible households use the Food Stamp benefits to buy food products from authorized stores statewide using an Alaska Quest card. The monthly amount a household receives is based on the household size, income, assets, and location. Senior Benefits and the Alaska Permanent Fund Dividend count as income for determining eligibility.

General Relief Assistance Program

Phone: (907) 269-3677

Website: <http://dhss.alaska.gov/dsds/Pages/aps/apsrelief.aspx>

General Relief Assistance provides for the most basic needs of Alaskans without personal resources to meet an emergent need and are ineligible for assistance from other programs. The program provides a temporary funding source for assisted living home placement and is administered by the Division of Senior and Disabilities Services.

The Division of Public Assistance also administers a General Relief program to meet basic needs (housing, food, utilities and clothing) of Alaskans in emergency situations who meet financial qualifications and is limited to \$120 per person or \$500 per household. Limited funds for a dignified burial of a deceased needy person may also be provided (<http://dhss.alaska.gov/dpa/Pages/gra/default.aspx>).



Resources for Meals and Food

Food Bank of Alaska

Phone: 907-272-3663

Website: <http://www.foodbankofalaska.org/>

Food Bank of Alaska provides food to 300 partner food pantries and meal programs all around Alaska but not directly to individuals and families. The Food Bank of Alaska partners with four local Food Bank Distribution Organizations that collect and distribute surplus food from the food industry and donated food from the community in their service areas. These partners include Fairbanks Community Food Bank, Southeast Alaska Food Bank, Kodiak Island Food Bank, and the Kenai Peninsula Food Bank.

Nutrition, Transportation and Support Services, Senior Grant-Funded Services

Division of Senior and Disabilities Services

Phone: 907-465-4876

Website: <http://dhss.alaska.gov/dsds/Pages/nts/nts.aspx>

Senior congregate meals and home-delivered meals are provided to seniors, age 60 years and older, in communities statewide through senior centers, adult day programs, and other senior provider nonprofit organizations. Funding for these services comes through the Nutrition, Transportation, and Support Services grant program administered by the Division of Senior and Disabilities Services or from the U.S. Administration on Community Living to tribal providers serving Native elders. Please see the website for a listing of senior providers offering these services.

Resource for Senior Housing and Accessibility Programs

Alaska Housing Finance Corporation Senior Housing Office

Phone: 1-800-478-2432 (Toll Free)

Website: <https://www.ahfc.us/senior-support/>

Alaska Housing Finance Corporation (AHFC) is focused on ensuring Alaska's seniors have access to affordable and accessible homes and supportive services. AHFC partners with housing authorities statewide to provide local assistance with affordable housing, energy conservation, weatherization, and housing rehabilitation. AHFC's Senior Housing Office maintains a current inventory of all senior housing available in Alaska for independent and assisted living, and operates senior/disabled public housing facilities. The Senior Housing Development Fund, administered by AHFC's Senior Housing Office, is used in combination with loan and other resources to expand rental housing units for Alaska seniors and funds accessibility residential modifications to improve aging in place for Alaskans age 55 years and older.

Resources for Senior Legal Assistance and Elder Protection Services

Alaska Legal Services

Toll-Free: 1-800-478-9431

Website: <http://www.alsc-law.org/elder-advocacy/>

Alaska Legal Services Corporation provides free legal services to eligible clients determined by income eligibility and case eligibility. Alaskans over the age of 60 are usually provided assistance without regard to income, although a priority is placed on providing assistance to seniors in social or economic need.



Adult Protective Services

Phone: 907-269-3666 / 800-478-9996 (Toll Free)

Website: <http://dhss.alaska.gov/dsds/Pages/aps/default.aspx>

Adult Protective Services, within the Division of Senior and Disabilities Services, responds to reports of harm to vulnerable adults, age 18 years and older, with a physical or cognitive impairment or condition that prevents them from protecting themselves or seeking help from someone else. Alaska law requires that protective services not interfere with elderly persons or disabled adults who are capable to care for themselves. Allegations may involve abuse, neglect, self-neglect, or exploitation. Mandated reporters are encouraged to use the “Report of Harm for the Protection of Vulnerable Adults” form to report incidents to Adult Protective Services within 24 hours of the reporter becoming aware of possible harm. Should the form be inaccessible or unusable for any reason, mandated reporters are instructed to not delay reporting and may call Adult Protective Services at 1-800-478-9996 (in-state only) or 907-269-3666. **Persons who make reports in good faith are immune from liability and protected by law from retaliation.**

Office of the Long-Term Care Ombudsman

Phone: 800-730-6393 (Toll Free)

Website: <http://akoltco.org/>

The Office of the Long-Term Care Ombudsman (OLTCO) investigates reports concerning the well-being and rights of seniors, age 60 years+, who live in assisted living homes or skilled nursing facilities. The OLTCO is also authorized to provide assistance to seniors having difficulty with issues impacting their residential circumstances such as unfair billing practices by utilities, unlawful evictions, neglectful guardians, or poor public housing management. The OLTCO trains and certifies volunteer ombudsmen to assist with making regular and frequent visits to facilities.

Office of Elder Fraud and Assistance

Phone: (907) 334-5989

Website: <http://doa.alaska.gov/opa/oeffa/>

The Office of Elder Fraud and Assistance (OEFA), located in the Office of Public Advocacy (within the Department of Administration), investigates complaints and files civil actions involving fraud committed against Alaska residents age 60 and older. “Fraud” includes robbery, extortion, coercion, theft, and exploitation for personal profit or advantage. The OEFA also provides information, referrals, and assistance to older Alaskans who are victims of fraud and co-sponsors consumer education efforts to help seniors protect themselves from identity theft, Medicare/Medicaid fraud, and other forms of exploitation.

Useful State of Alaska Websites for Seniors

Division of Senior and Disabilities Services

Anchorage: Toll-Free: 800-478-9996

Juneau: Toll-Free: 866-465-3165

Fairbanks: Toll-Free: 800-770-1672

Website: <http://dhss.alaska.gov/dsds/Pages/default.aspx>

The Division of Senior and Disabilities Services promotes health, well-being and safety for seniors, individuals with disabilities, and other vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity.



Alaska Office of Veterans Affairs

Phone: (907) 334-0874 / (888) 248-3682 (Toll Free)

Website: <http://veterans.alaska.gov/>

The Alaska Office of Veterans Affairs, under the Department of Military and Veterans Affairs, serves as the primary advocate for Alaska's Veterans by offering assistance to determine eligibility, connecting veterans with appropriate services, completing paperwork, and providing general resource direction on veteran benefit issues. All primary services are provided free of charge and range from helping Veterans file claims for education, medical or other benefits to assisting them in obtaining earned military awards. Veterans Service Officers are located throughout the state and are trained to help veterans find the benefits they are entitled to and assist them in claiming those benefits.

Alaska Pioneer Homes

Phone: 907-465-4416

Website: <http://dhss.alaska.gov/daph/Pages/default.aspx>

The Alaska Pioneer Homes provide progressive licensed assisted living home care for Alaskan seniors age 65 and older who have lived in the state for at least one year. The six homes are located in Anchorage, Fairbanks, Juneau, Ketchikan, and Sitka in addition to the Alaska Veterans' Pioneer Home in Palmer. The Pioneer Homes specialize in the care of older persons with Alzheimer's disease and related dementia. The Pioneer Homes are registered "Eden Alternative" Homes which is a universally recognized approach to elder care to create a true home environment and eliminate loneliness, helplessness, and boredom.

