

DRAFT

North Star Council on Aging

Senior Needs Assessment



Stakeholder Review Session, June 26, 2019

Engage Plan Implement



Agenda

- Project Scope + Methods
- Key Findings
- Demographics
- What Seniors are Saying
- Supply & Gaps + Discussion
 - Services
 - Housing
- Future Needs + Discussion
- Next Steps

Project Scope

January – May 2019

- Identify senior needs in the Fairbanks North Star Borough
 - Focus on senior services, including assisted living

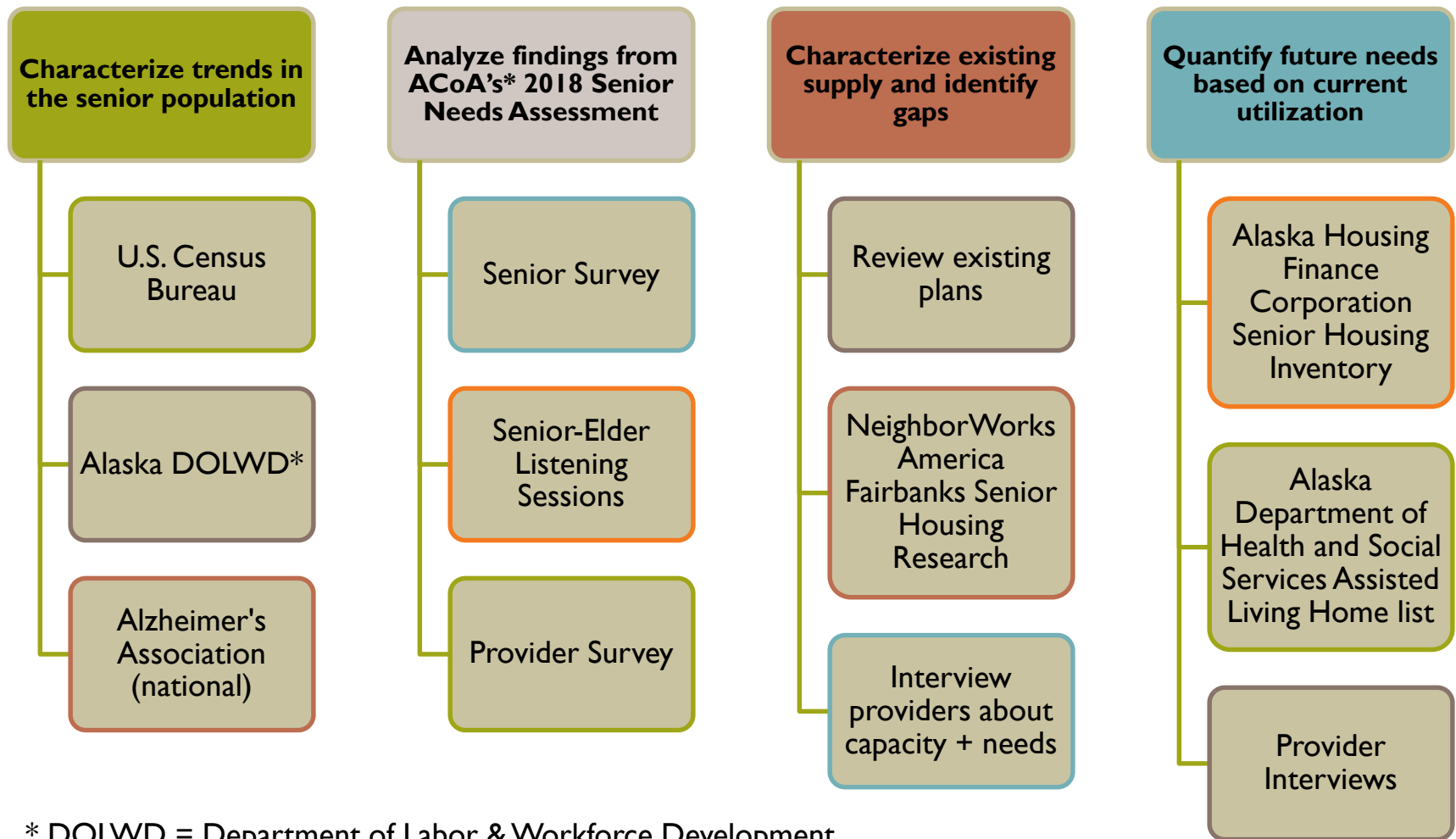
June 2019
(today's meeting)

- Share key findings with stakeholders and senior service providers and incorporate feedback

July 2019

- Draft report to be used for planning purposes, advocacy and grant writing

Methodology + Sources



* DOLWD = Department of Labor & Workforce Development

* Alaska Commission on Aging on Aging

26 Interviews

Access Alaska

Alaska Housing Finance Corporation

Alaska Legal Services

Alzheimer's Resource of Alaska

Caring Bridges Assisted Living

Choice Center, LLC

Coordination Centre Fairbanks

Denali Center/Fairbanks Memorial Hospital

Fairbanks Native Association Elders
Program

Fairbanks Neighborhood Housing Services

Fairbanks North Star Borough
Transportation Department

Fairbanks Resource Agency Senior Services

Fairbanks Senior Center (NSCOA)

Foundation Health Services/Fairbanks
Memorial Hospital Hospice

Frontier Seniors

Holiday Heights

Housing + Homelessness Coalition

Interior ADRC

Lifespan Home Modifications

Love Inc.

Moore Street Senior Apartments

North Pole Senior Center

North Star Council on Aging

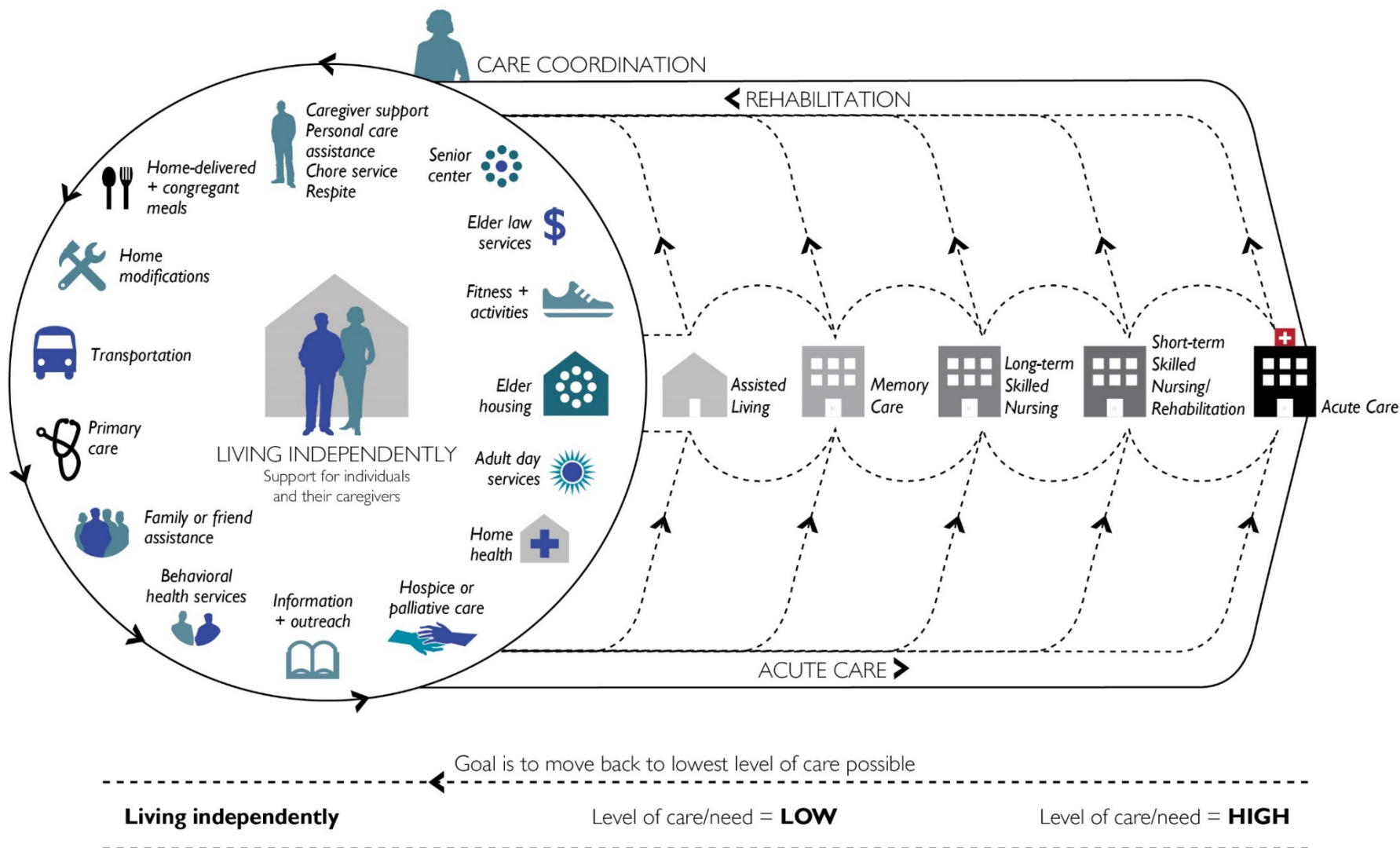
Raven Landing

TLC

Tanana Chiefs Conference Home Care

Long Term Services & Supports

Continuum of Care for Seniors



Key Findings

- FNSB has the entire continuum of care, but within the borough there are gaps
- Greatest needs:
 - Quality, affordable senior housing
 - Long waitlists for subsidized, income-restricted senior housing
 - ~148 units by 2025
 - Coordinated transportation plan for seniors
 - Care coordination
 - Assisted living for people with challenging behaviors, many related to dementia
 - ~129 beds by 2025
 - Funding for “preventative” services. While some services (like personal care + home modifications) are available, not all seniors have the availability to pay out of pocket.
 - Workforce development for care providers
 - Primary care doctors who accept Medicare
 - Home modifications
 - Legal resources + advocacy services



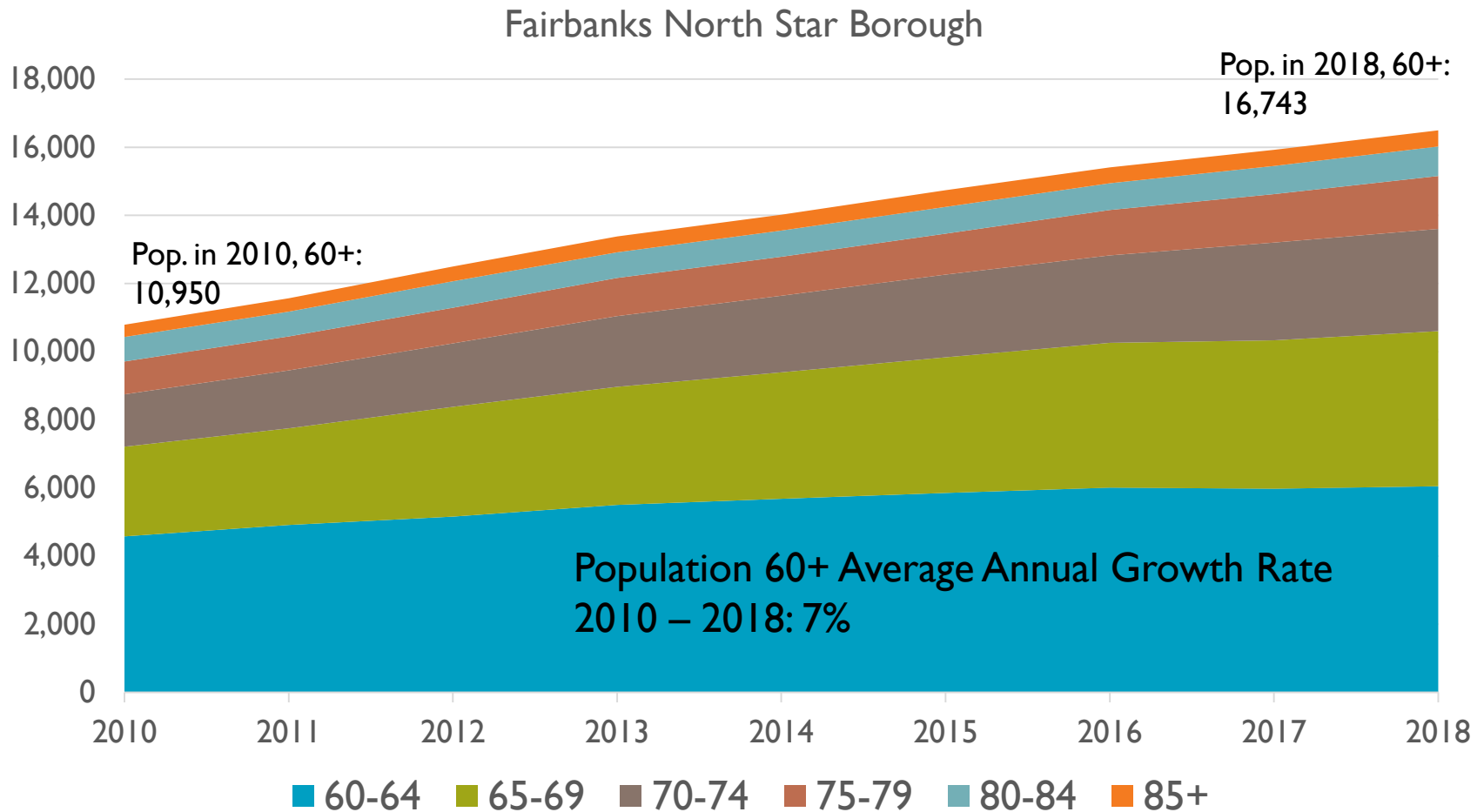
Fairbanks North Star Borough

DEMOGRAPHICS

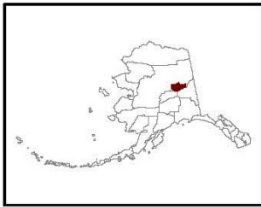
Fairbanks North Star Borough Senior Population

Item	2018	% of Total Population	2030	% of Total Population
Population 60+	16,793	17%	20,667	21%
Population 65+	10,648	11%	16,691	17%
Population 80+	1,337	1%	3,381	3%

Senior Population Growth Last 8 Years



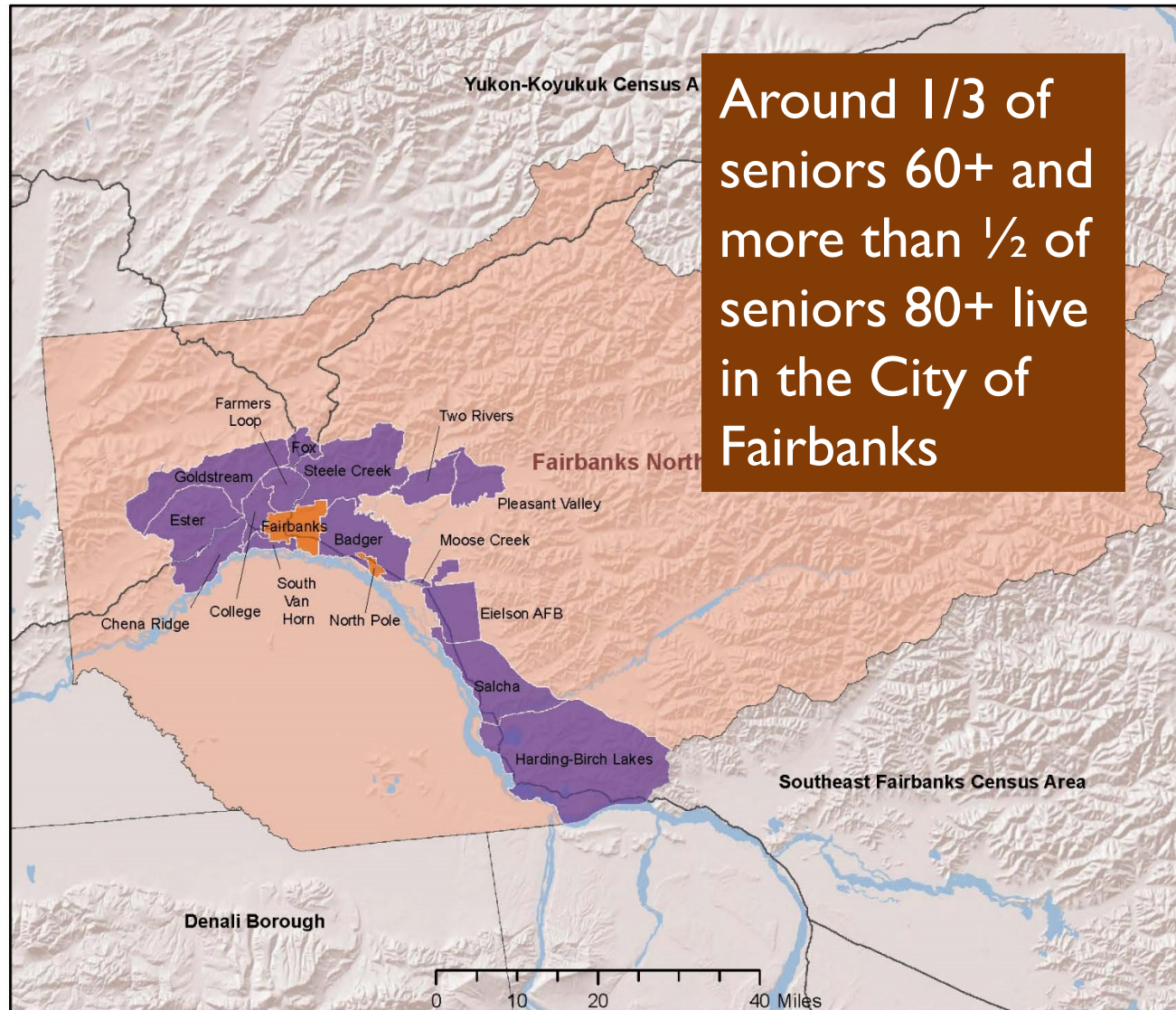
Where do seniors live?



Prepared by:
Alaska Department of Labor
& Workforce Development

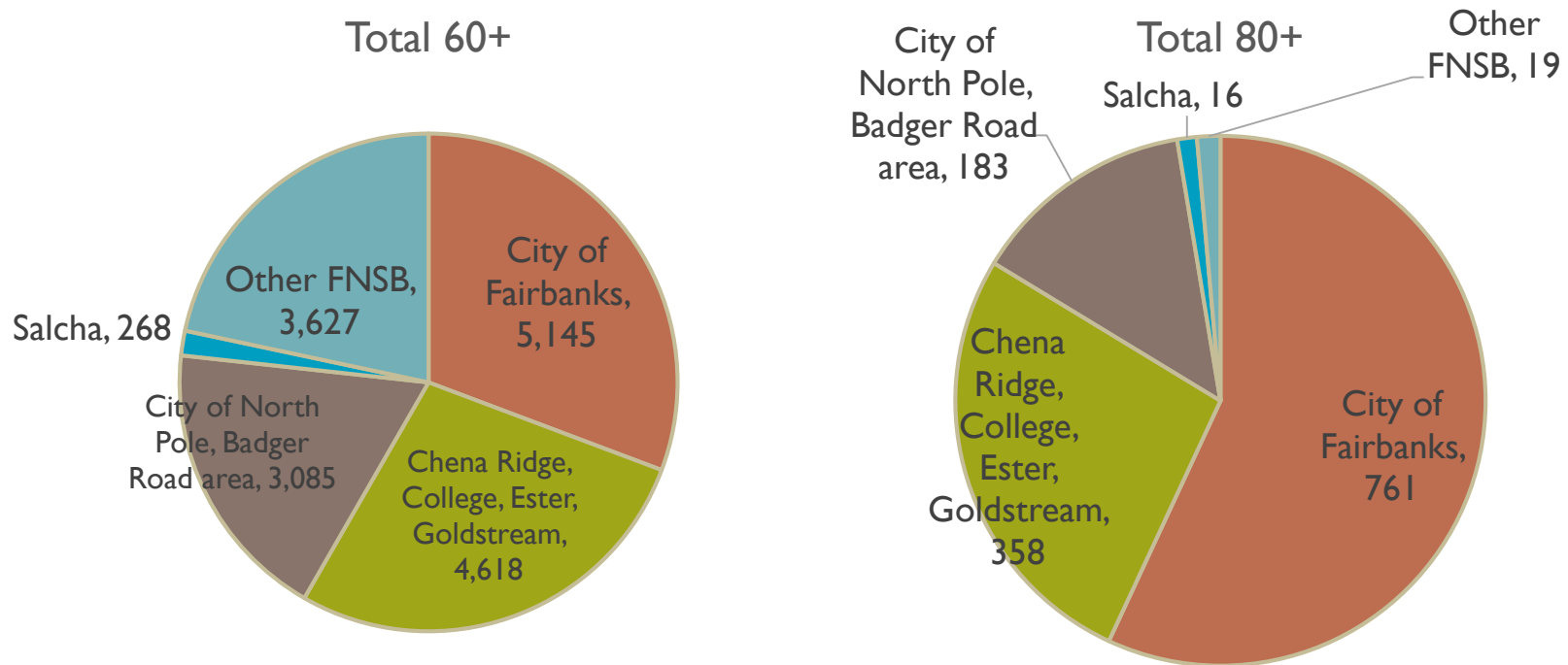
September 2011

Source: US Census
2010 TIGERline



Around 1/3 of seniors 60+ and more than 1/2 of seniors 80+ live in the City of Fairbanks

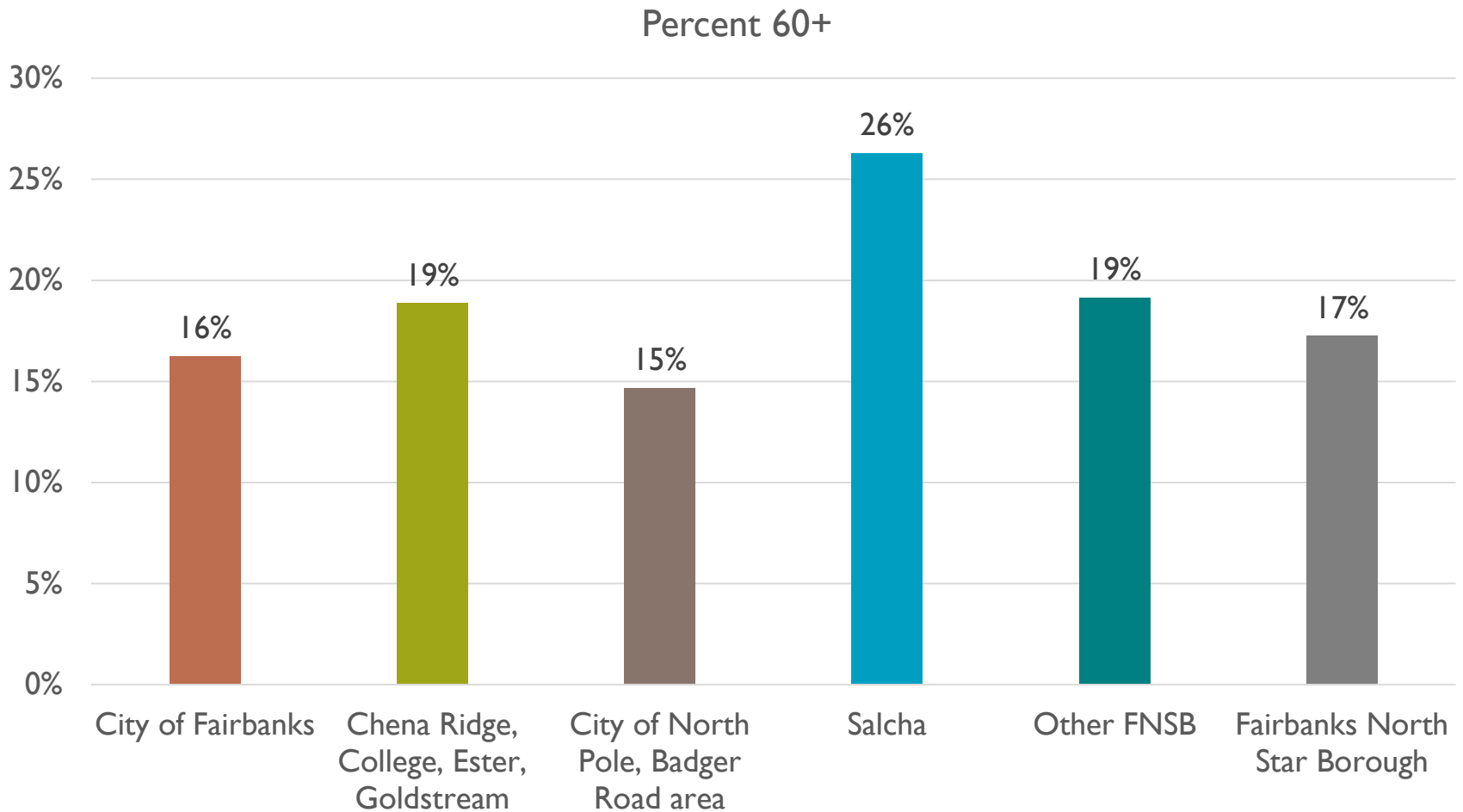
Where do seniors live?



Other FNSB includes Farmers Loop, Fox, Steele Creek, Two Rivers, Pleasant Valley, Harding Birch Lakes and Eielson

Source: 2018 Alaska Department of Labor and Workforce Development Population Estimates. Age breakdown is only available for census areas and cities greater than 1,000 people

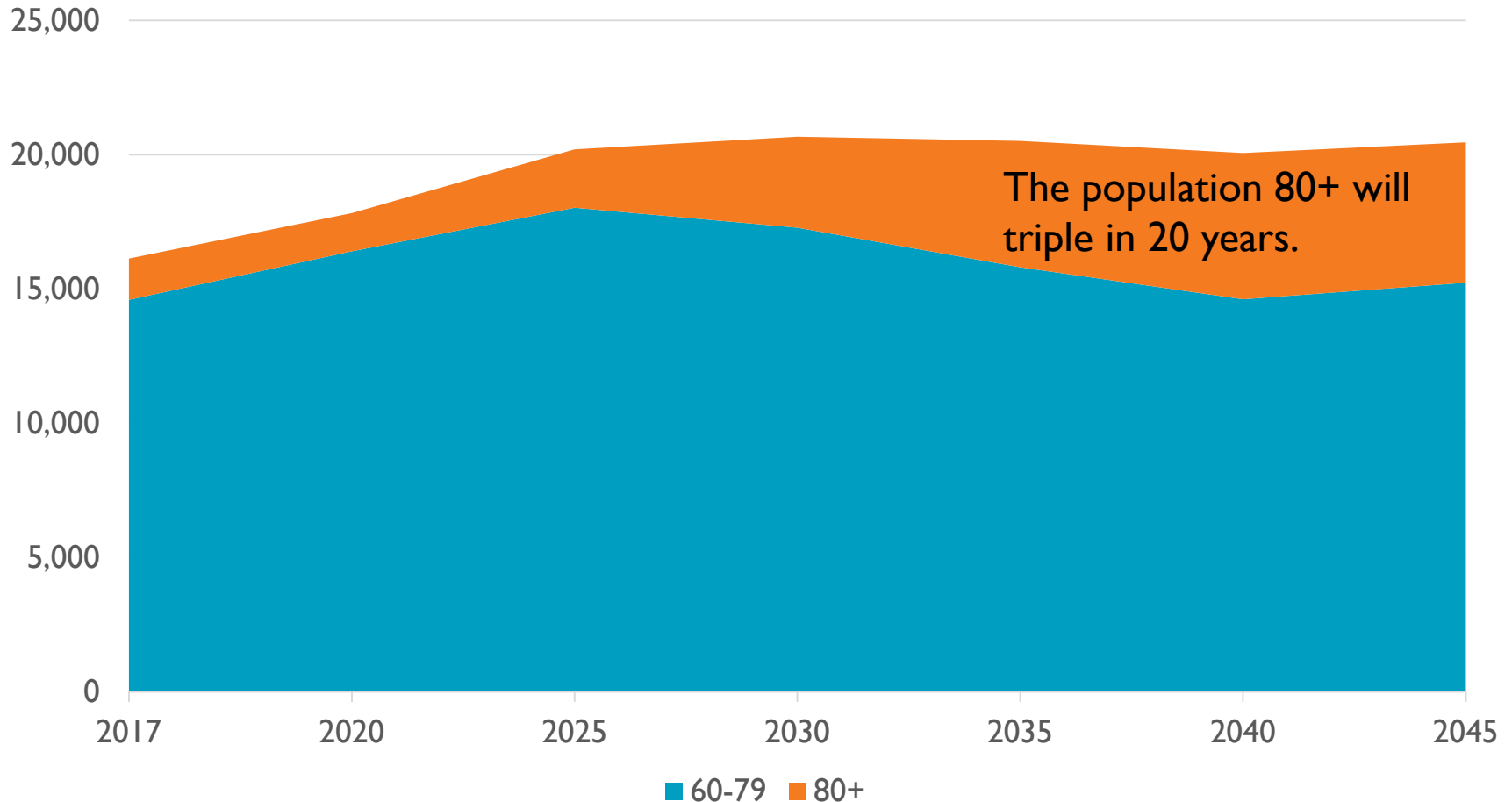
Percent of Total Population Age 60+



Other FNSB includes Farmers Loop, Fox, Steele Creek, Two Rivers, Pleasant Valley, Harding Birch Lakes and Eielson

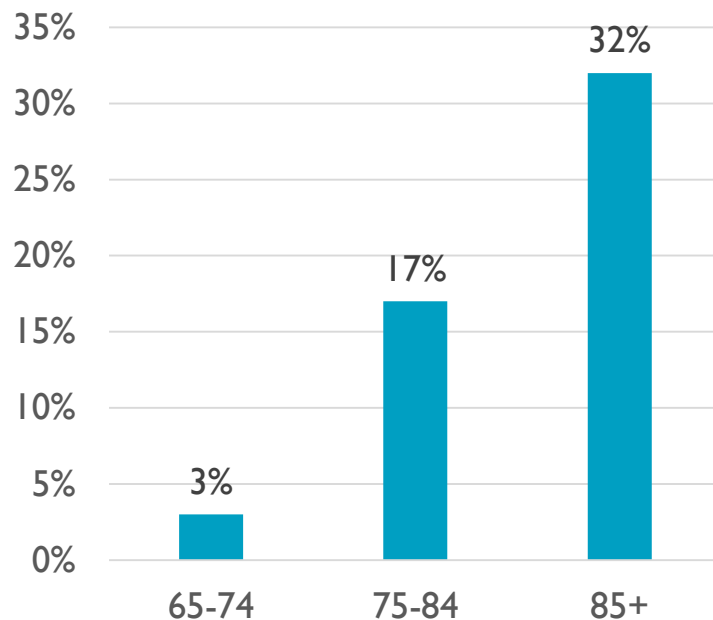
Population 60+ Peaks in 2025

Population 80+, requiring the most supports, will grow through 2040.

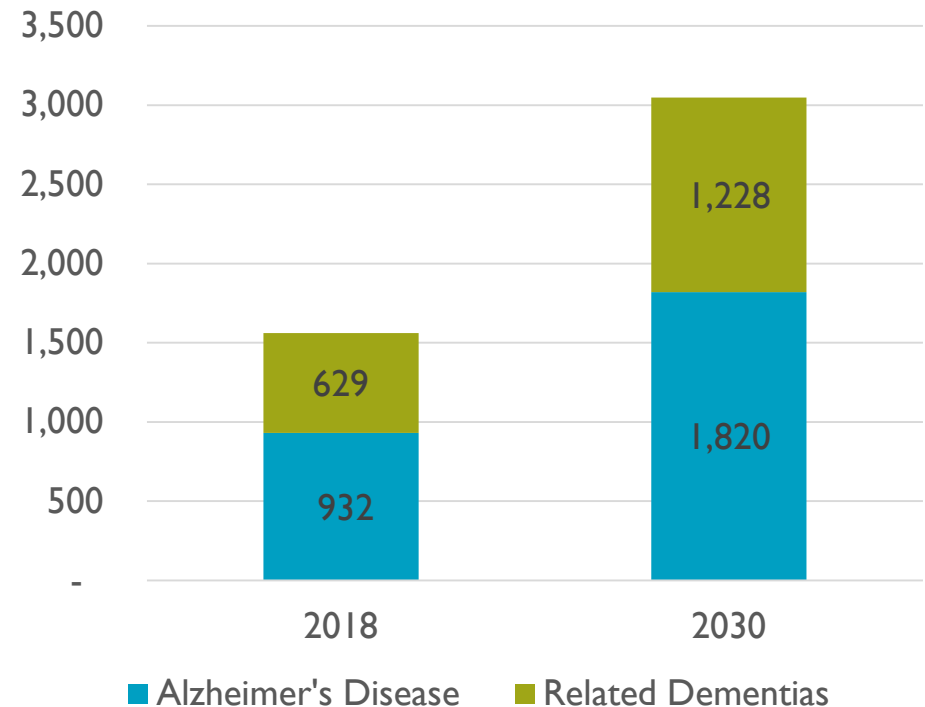


People experiencing ADRD

Alzheimer's Prevalence by Age Group



Estimated Number of Seniors 65+ in the Fairbanks North Star Borough with ADRD



57% of Fairbanks Pioneer Home residents have a diagnosis of ADRD (July 2018)

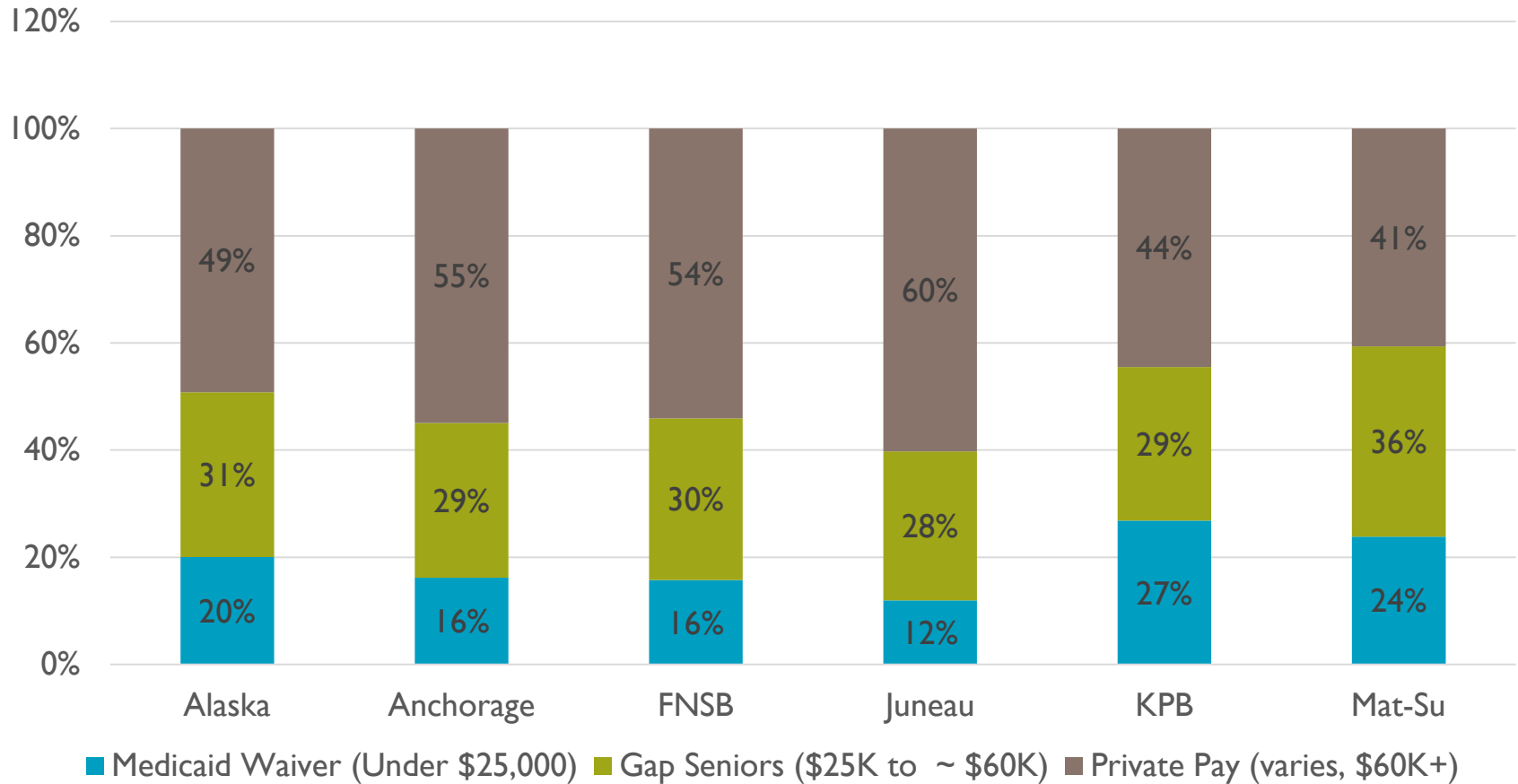
Source: 2018 Alaska Department of Labor and Workforce Development Population Estimates; Alzheimer's Disease Facts and Figures 2018, Alzheimer's Association; Agnew::Beck analysis; 4 percent of people with Alzheimer's disease are under age 65 so there are an additional 65 people with early onset ADRD.

Seniors with Economic Needs

Indicator (for seniors 60+)	Fairbanks North Star Borough			Alaska		
	2017	2014	2011	2017	2014	2011
Living at or below the poverty line	4%	5.6%	4.2%	6.0%	5.9%	5.3%
Rental housing costs are more than 30% of income (unaffordable)	41.9%	38.7%	33.9%	43.5%	48.1%	46.6%
Owner costs are more than 30% of income	20.6%	25.7%	21.2%	20.6%	23.0%	24.5%

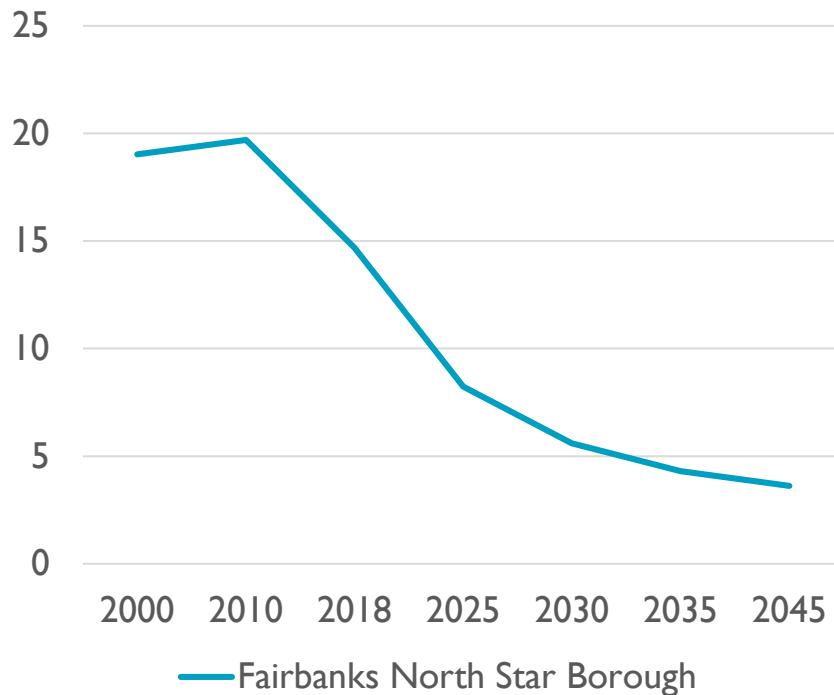
Gap Seniors

Household Income of Population 65+



Availability of Caregivers

Ratio of Caregivers 40 to 65 to Older Seniors 80+ in the FNSB



Geography	Potential Caregivers Per Senior 80+, 2018	Potential Caregivers Per Senior 80+, 2030
Fairbanks North Star Borough	14.7	5.6
Alaska	15.9	7
United States	8.6	4

Insurance Coverage, Age 65+

Coverage Type	Alaska	Fairbanks North Star Borough
No Coverage	2%	0%
Medicare Only	21%	17%
Medicaid	10%	6%
Private insurance	41%	49%
VA/TriCare Military Only	0%	1%
Medicare	68%	67%



Alaska Commission on Aging Fairbanks North Star Borough Outreach:
Senior-Elder Listening Sessions and Senior Survey

WHAT SENIORS ARE SAYING

Listening Session Key Findings

28 participants

Top Assets

The senior centers

Parks and recreation senior activities

Osher Life Long Learning Institute

Intercultural activities and community events

Fairbanks Resource Agency senior program

Top Challenges

Limited transportation services

High cost of living

Isolation due to weather (especially in winter)

Sharing of information among social service organizations

Being able to live independently – inaccessibility is a problem

Inadequate and insufficient senior housing across the continuum of care

Senior Survey

- 87 online survey results
- Paper survey results forthcoming
- Topics
 - Respondent demographics
 - Top concerns
 - Caregiving
 - Financial security
 - Housing
 - Transportation
 - Community activities
 - Health (medical + personal care)
 - Elder abuse
 - Utilization of senior services

Senior Survey - Key Findings

Question 9

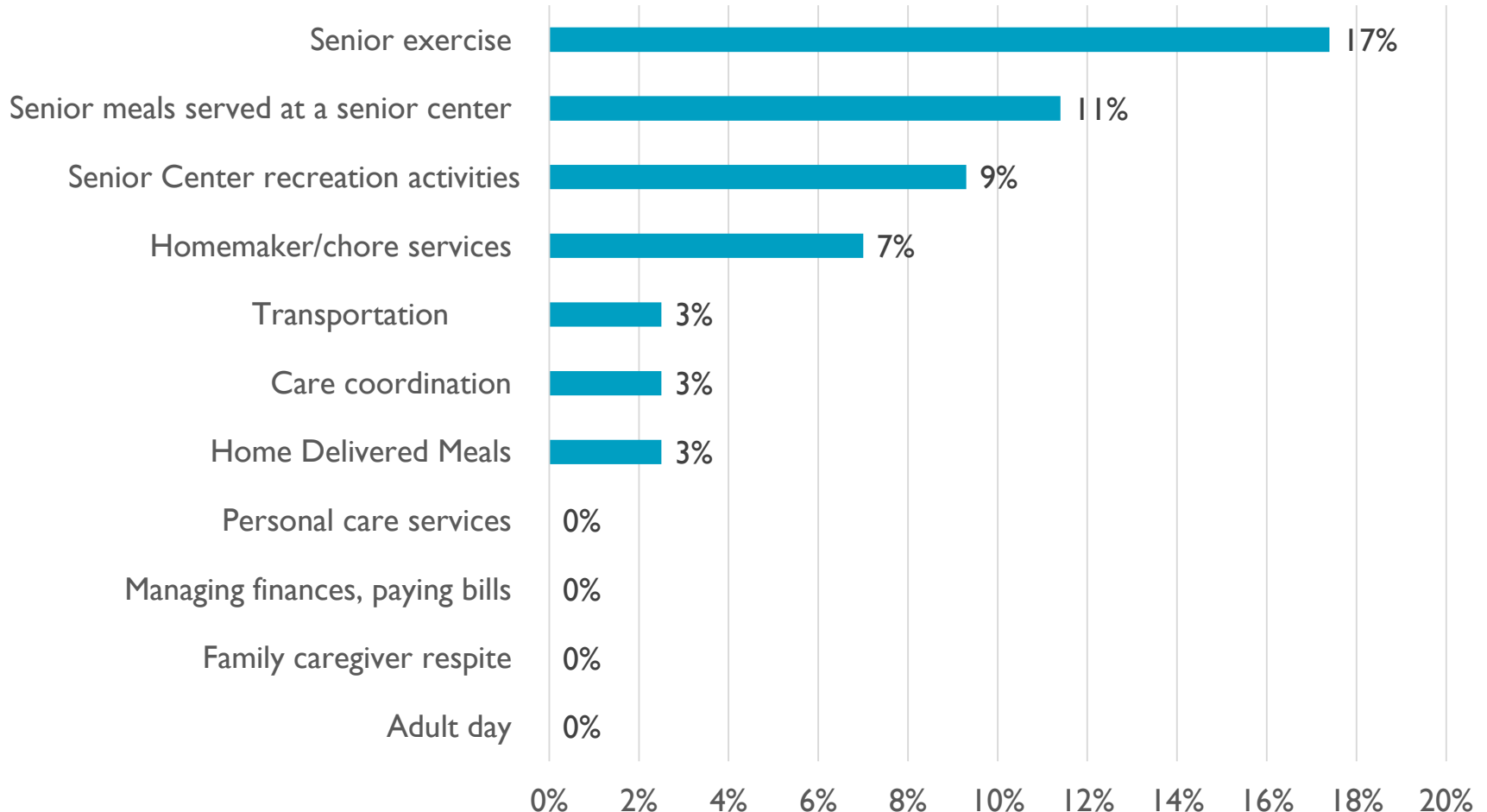
Top Concerns For Seniors in Respondents' Community

1. Access to health care
2. Financial security
3. Maintaining physical health
4. Affordable and accessible housing
5. Ability of in-home long term support services

Senior Survey –Services Used

Question 47

Percent of respondents using services



Senior Survey – Housing

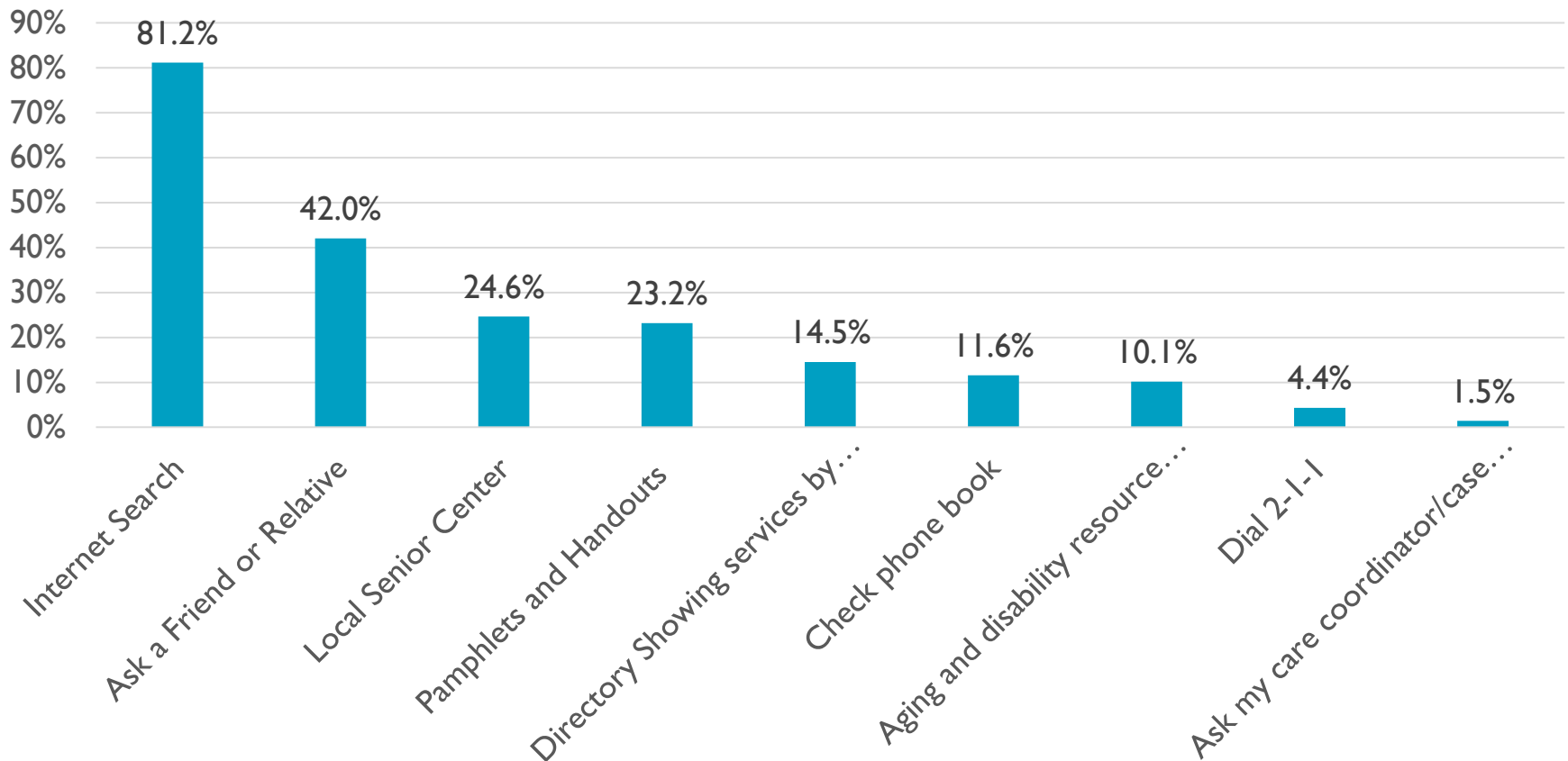
Questions 22, 23, 26, 27 & 31

- 86% live in a house or condo that they or a family member owns.
- 15% of respondents live with their adult children
- 41% say their homes need some form of modification
- **84% plan to stay in Alaska**
- 66% expect to be living in the same home five years from now
- 15% would like to live in a smaller space in 5 years

Senior Survey – Accessing LTSS Information

Question 34

How respondents access LTSS Information



Senior Survey – Help with Activities of Daily Living

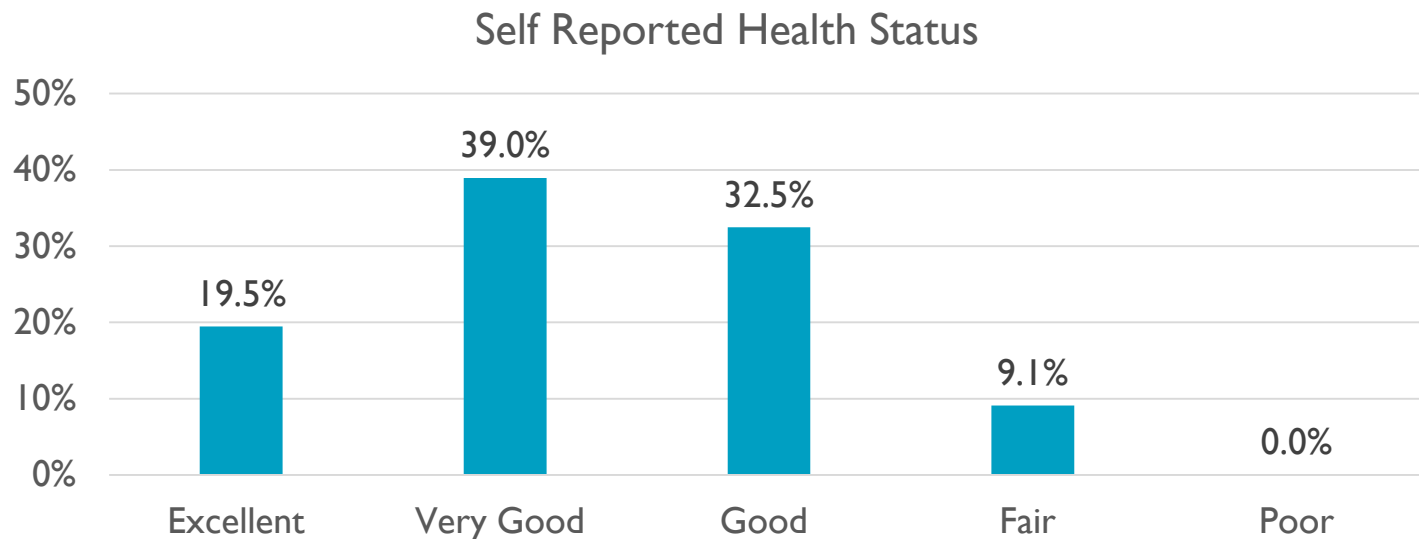
Questions 43, 44 & 45

- Top ADL/IADLs Needs
 - General home maintenance (26% cannot do this)
 - Household chores
 - Shopping
- Over 95% of respondents indicate that they can manage finances, take care of personal tasks, prepare meals, manage medications and get to appointments on their own.
- 25% say they can get help only some of the time or never (3%)
- Top ways of obtaining help
 - Family (57%), self-pay (28%) and friends/neighbors (27%)

Senior Survey – Health Status

Questions 35, 37, 48

- 58% report very good or excellent health
- 28% have fallen at least once in the last six months
- 28% have, or know someone who has, experienced elder abuse or exploitation



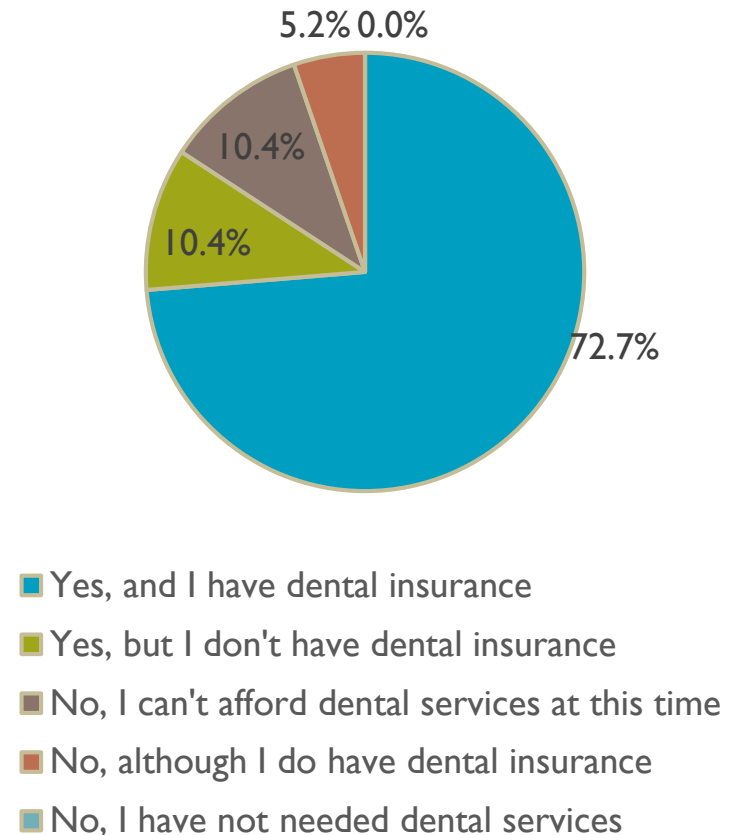
Senior Survey – Access to Health Care

Questions 38, 39 & 41

Top barriers to accessing primary/basic health care

1. Providers do not accept Medicare
2. Shortage of specialists, gerontologists
3. Cost is too high and unable to pay
4. Doctor is not taking new senior patients

Dental visits within the last year



Senior Survey – Respondent Concerns

Question 46

Top concerns regarding staying independent

1. Declining health
2. Limited income to afford necessities
3. Affordable health care
4. Declining mental abilities
5. Safe, reliable, caregiver and services

Senior Survey – Most Important Services

Question 11

What are the most important services and programs for seniors in your community?

1. Health Care Services
2. Affordable and accessible housing
3. Services for seniors with dementia
4. Elder Protection
5. Assisted Living Facilities
6. Transportation

Alaska Commission on Aging Senior Provider Survey Key Findings

28 respondents who provide services to seniors in the FNSB

Providers are serving more seniors than five years ago, expect this to continue

Top concerns: decreased government funding + recruitment and retention of quality staff

Most important issues for older adults

- In-home services
- Assisted living or long-term care facility
- Dementia care
- Financial need

Most important services missing/insufficient in the continuum

- Independent senior housing
- Transportation
- Family caregiver supports
- Home modifications
- Behavioral health/mental health services
- Chore/homemaker services



SERVICES SUPPLY + GAPS

Home and Community Based Services Supply

Service	Geography Served
Information + Outreach	Borough-wide
Legal Services for Elders	Borough-wide
Care Coordination	Borough-wide
Home Modification	Borough-wide
Caregiver support, PCA, Chore Service + Respite	Some PCA providers serve all areas of borough; Some just FAI, NP, Ester
Home Health	26 mile radius of Fairbanks Memorial Hospital
Hospice or Palliative Care	26 mile radius of Fairbanks Memorial Hospital
Senior Center	Fairbanks, North Pole, Salcha
Fitness + Activities	Fairbanks, North Pole, Salcha
Home-Delivered + Congregant Meals	Congregant meals are served at the Fairbanks Senior Center and Fairbanks Native Association. Meals on Wheels delivers to homes in Fairbanks + North Pole and one day/week to Ester, Chena Hot Springs and Delta Junction. Salcha residents pick up meals at the North Pole Senior Center.
Transportation	Fixed routes: City of Fairbanks, North Pole, Airport, Farmers Loop Rd; Van Trans: 1/4 of bus stop; NSCoA; FNA: Fai+NP; NSCoA: Fai; Delta Senior Center: I RT to Fai
Adult Day	Fairbanks

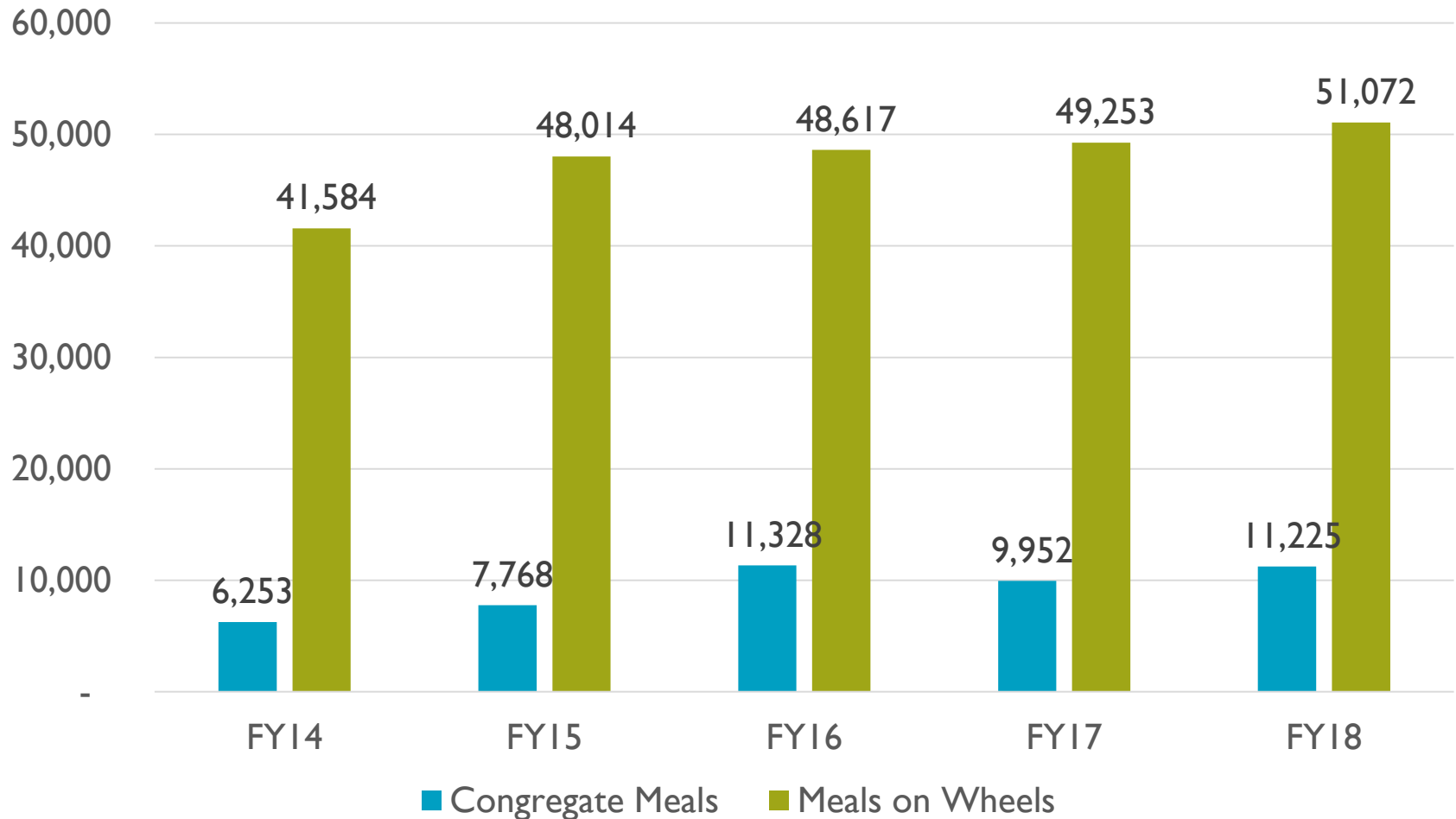
In-home Services Capacity + Needs

Category	Current Service	Ability to Expand Services	Needs
Care Coordination	10 providers for seniors	None. At capacity.	More care coordinators.They are the gateway to Medicaid waiver services.
Chore, Home Visitor + Volunteer	Approx. 5 providers		Concern about aging volunteer population
PCA, Chore + Respite	Approx. 3 providers	Capacity to expand	Funding for additional hours, workforce development
Home Health	2 providers	TCC has interest in expanding in villages	
Home Modification	3 providers (Love Inc, Helping Hands, Interior Weatherization as listed)	Capacity to expand	Contractors who are aware of seniors' needs
Hospice	1 provider;ADC: ~32	Yes, through use of on-call nurses	Outreach to connect with people earlier

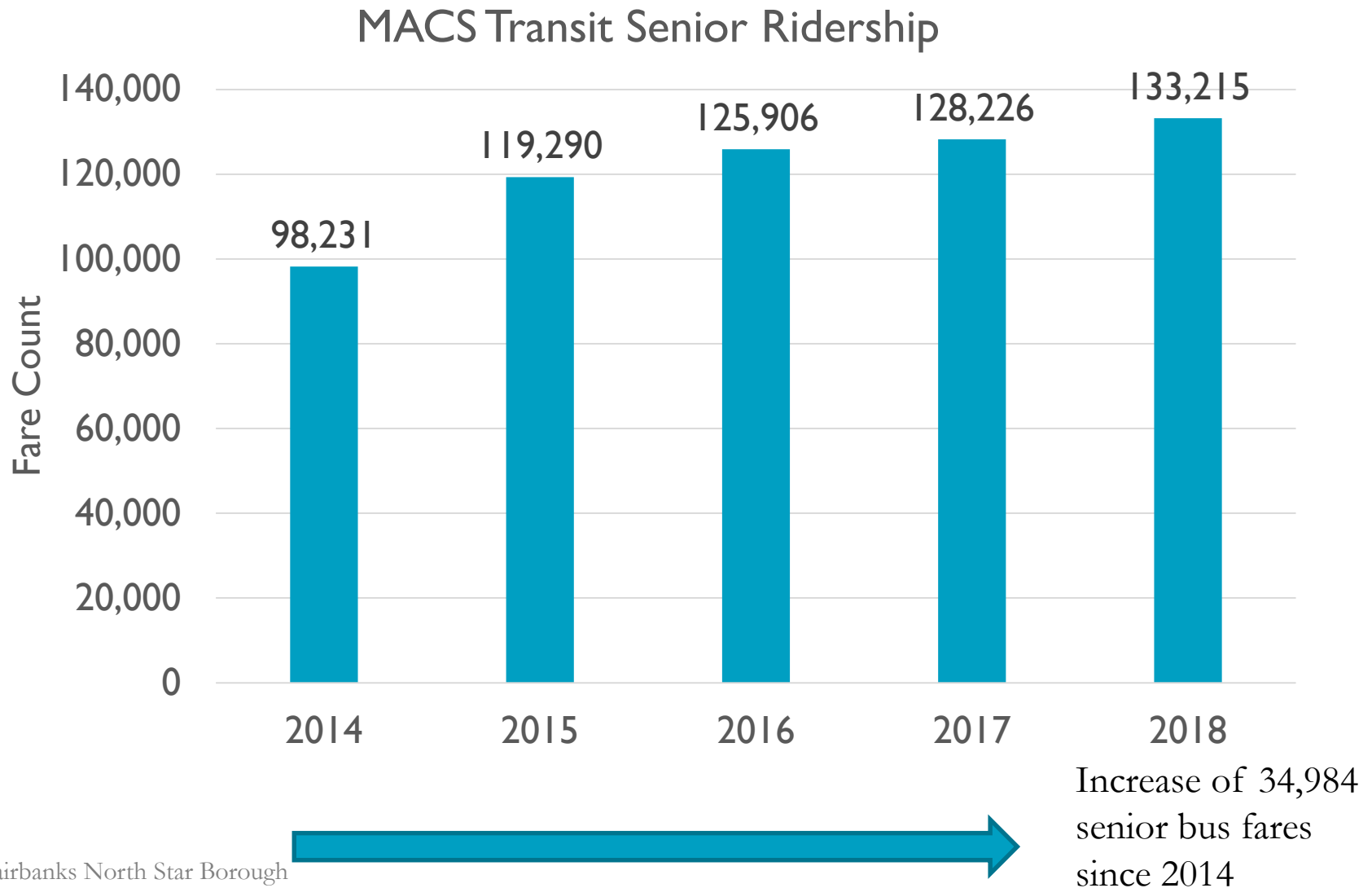
Community-based Services Capacity + Needs

Category	Current Service	Ability to Expand Services	Needs
Adult Day	1 provider;ADC: 8;Total clients: 19	Current capacity for 5-6 more seniors	Additional funding will be needed to expand beyond 25 clients
Activities + Recreation	3 senior centers, 3 pools, 2 libraries, Parks + Rec Senior Program	Mostly limited by funding	Stable funding
Information + Referral	Multiple providers:Access Alaska; 211;ADRC; Love Inc.;	ADRC limited by space, Love Inc. limited by volunteer capacity	Continued coordination between provider agency; State websites for Medicaid + Care Coord. Need updates
Meals	2 congregant meal locations (FNA+FSC); 1 home delivered meal provider; food boxes delivery, food bank; social meals at Santa's Senior Center	Yes, with facility expansion	Larger kitchen for meals beyond an additional 30
Transportation	5 providers; FSNB MACS and Van Trans, NSCoA, FNA, Love Inc., Aging at Home Fairbanks	Not with current resources.	Afternoon transport, better coordination between transport providers, accessible taxis, need to better use Van Trans
Legal	3 providers	Not with current resources	Hard to keep up with demand.

Meals Provided by NSCoA



Senior Bus Fares on MACS Fixed Route



Transportation

- ~133,000 MACS senior trips per year (182/day)
- ~1,000 Van Trans trips per year (incl. disabilities + seniors)
- ~2,000 NSCoA trips per year
- Large number of requests for afternoon transportation. More transportation between North Pole and Fairbanks needed.
- Need accessible taxis – two exist, but aren't being used
- It would be good to have some sort of coordination between all of the agencies that provide transportation services so that efforts are not duplicated
 - Coordinating scheduling, insurance, etc. between govt, non profit and private agencies. Some agencies require drug testing for drivers, or other qualifications. Would need to have some consistency.
 - Call one specific number who schedules the trip with whoever is available/whoever serves that area.

Fairbanks Native Association

- ~300 seniors
- Congregant meals 5 days/week (prepared by FSC)
- Transportation
- Home visiting
- Information and referrals
- Elder abuse awareness and prevention services
- Women's support group, caregiver classes

Hospice + Home Health serves ~26 mile radius

Transportation: FNSB Fixed route and door to door scheduled service available in Fairbanks and North Pole

Santa's Senior Center

- ~50 seniors
- Lunch 3 days/week
- Occasional festive meals, dinners, weekly potlucks
- Pick-up location for Salcha Meals-on-Wheels delivery
- Pick-up location for food boxes
- Information
- Exercise + activities

Fairbanks Senior Center

- ~950 seniors
- Congregant meals 5 days/week
- Meals on Wheels delivery to Fairbanks, Chena Hot Springs, Delta Junction, North Pole
- ADRC
- Transportation
- Home modifications
- Senior Companions
- Exercise + activities

Salcha Senior Center

- Exercise + activities

Care Coordination

10 providers; all are full

People must have a care coordinator to get access to Medicaid waiver services

ADRC has seen 200 people since opening in October 2018 who want to prescreen (person-centered intake) for Medicaid waiver, 10 have got a care coordinator, # have received a waiver # have gotten in assisted living

Barriers + Opportunities

- Must be certified by State of Alaska
- Required to have three months operating reserves
- Must be “conflict-free”
- 1-year training program
- Trust Training Cooperative
- Eielson, F45 Beddown



HOUSING + FACILITY-BASED SUPPLY + GAPS

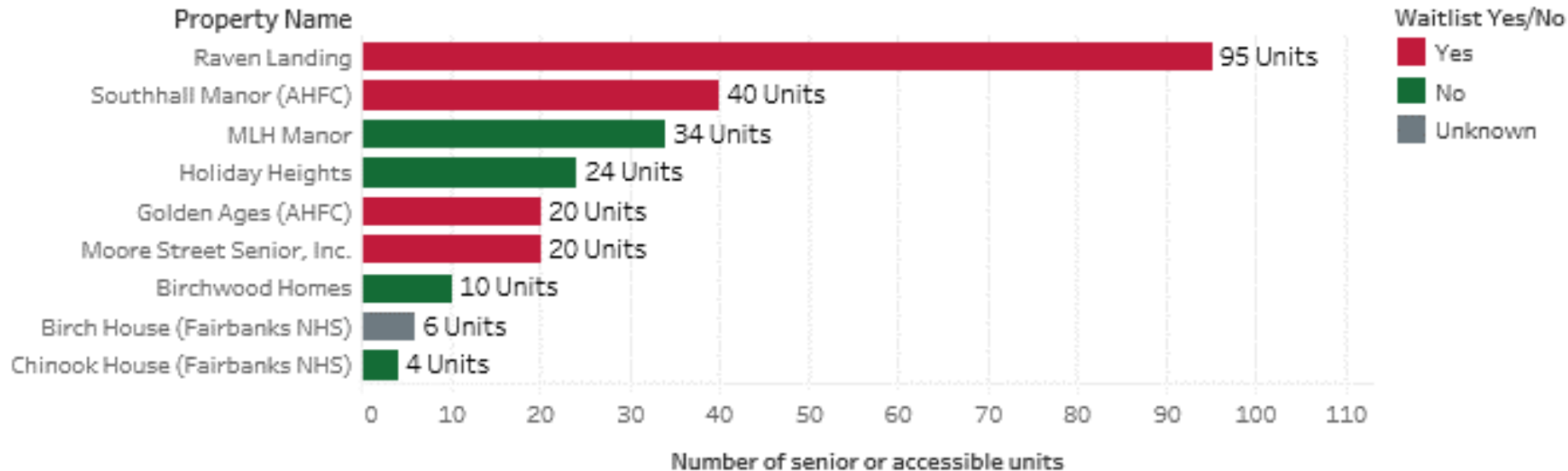
Supply

Category	Facilities	Beds/Units	FAI	NP	Notes
Senior Housing	10	349	325	24	Subsidized senior housing is full with waitlists of ~1 – 2 years;
Assisted Living	14	206	177	29	Includes new home opening in August 2019; most are full
Memory Care Assisted Living	2	32	32	0	100% occupied (Pioneer Home + Denali Center); duplicated in SNF and ALH totals
Skilled Nursing Facility	1	90	90	0	ADC 70-75; 90 bed facility with a waitlist; Unable to use all beds due to acuity on dementia unit. 16/20 are full. 31 person active waitlist About 1/3 of residents are under 65. Number of younger clients seems to be growing.

Senior Housing



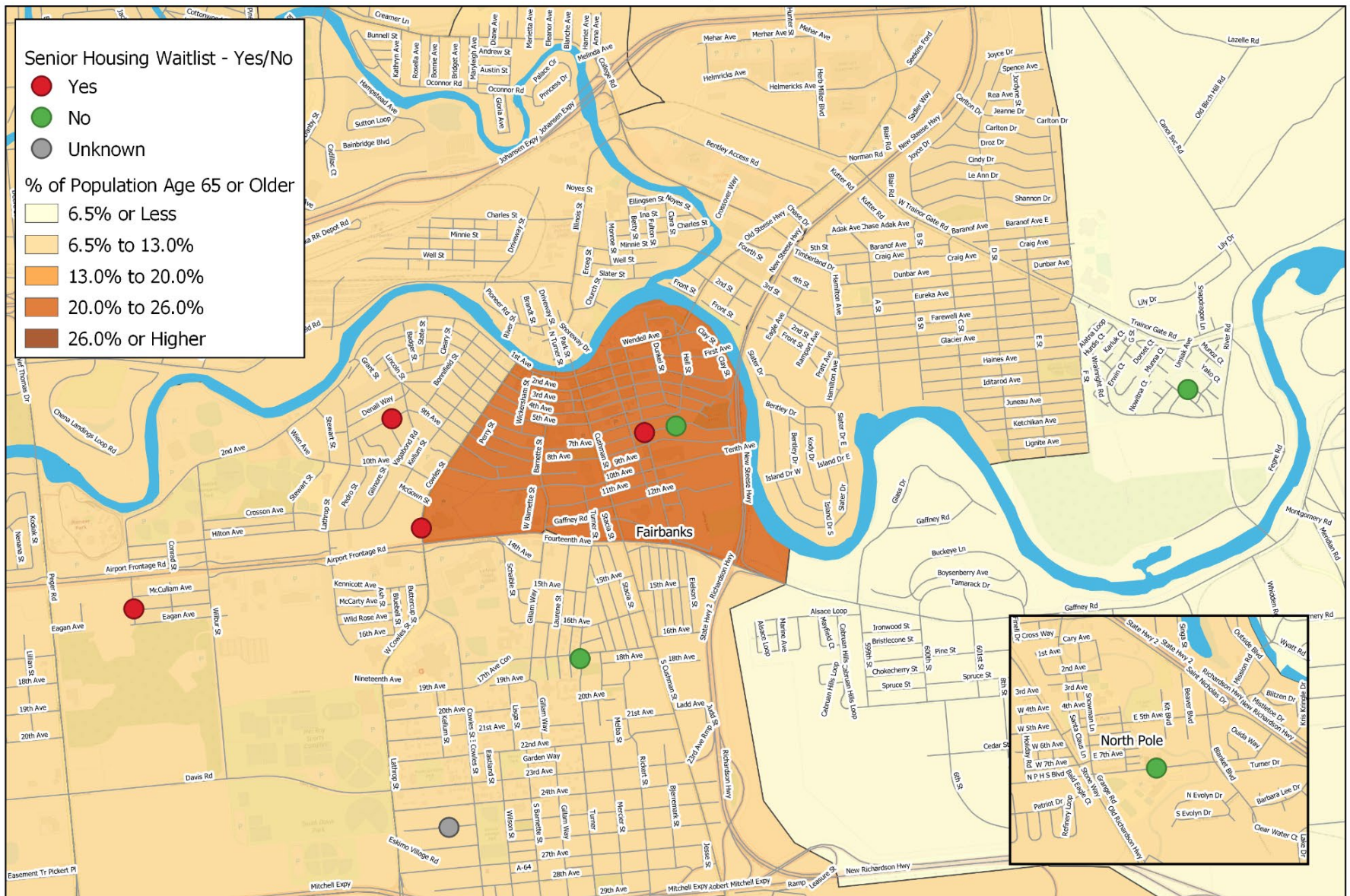
Independent Senior Housing in the Fairbanks North Star Borough



- 4 out of 9 senior housing providers currently have a waitlist, and these four locations account for 69.1% of the accessible senior housing units surveyed - 175 out of 253 units total
- The two largest rental providers currently have no units available to seniors, and have waitlists that are months to years long

Source: NFHS Survey of Fairbanks Area Independent Senior Housing Locations, May 2019; Lindsay Augustine, Senior Manager, Business Intelligence Services; Does not include Golden Towers, which is 96 units for both seniors and people with disabilities.

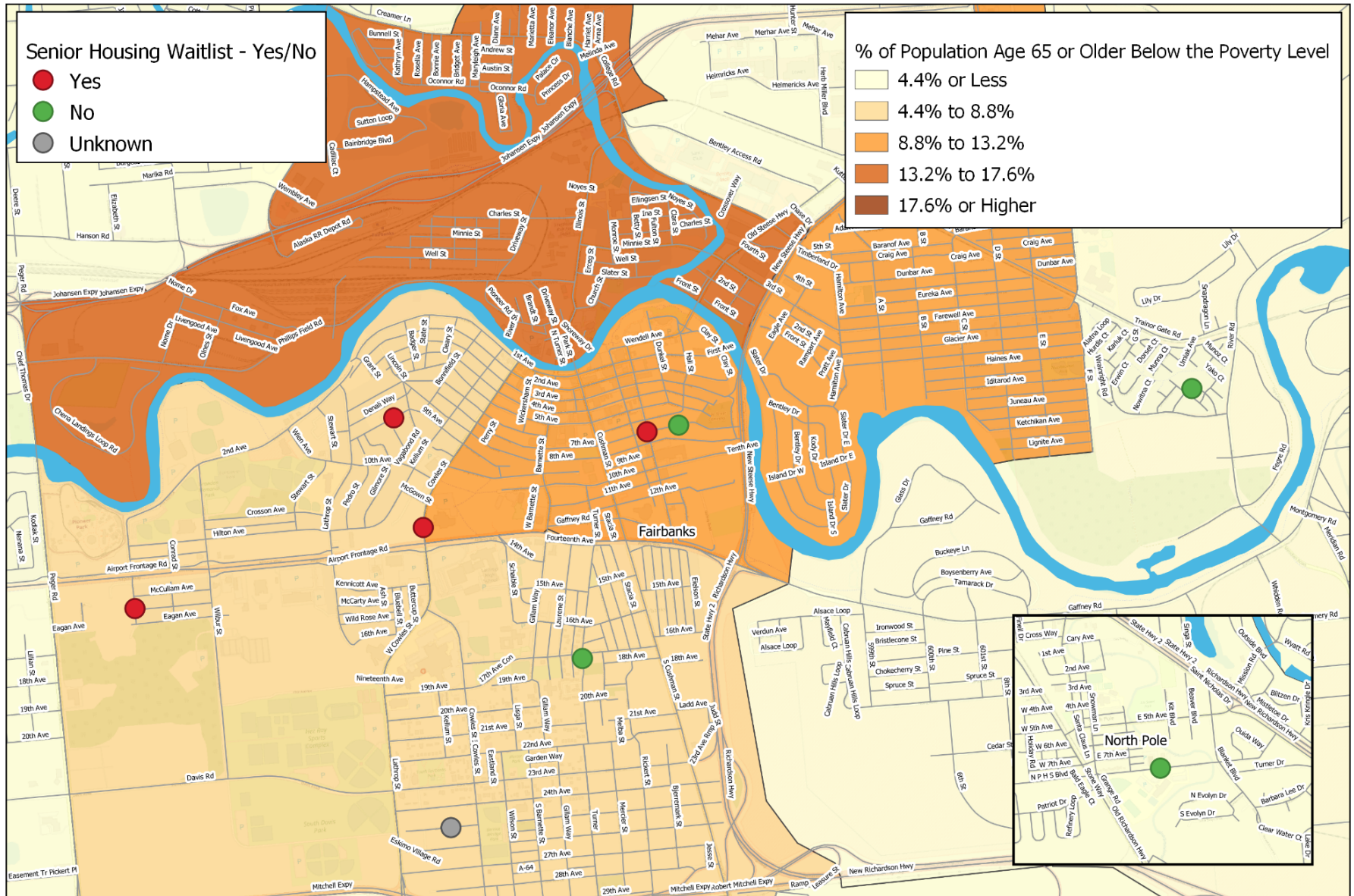
Estimated Percent of the Population 65 Years or Older



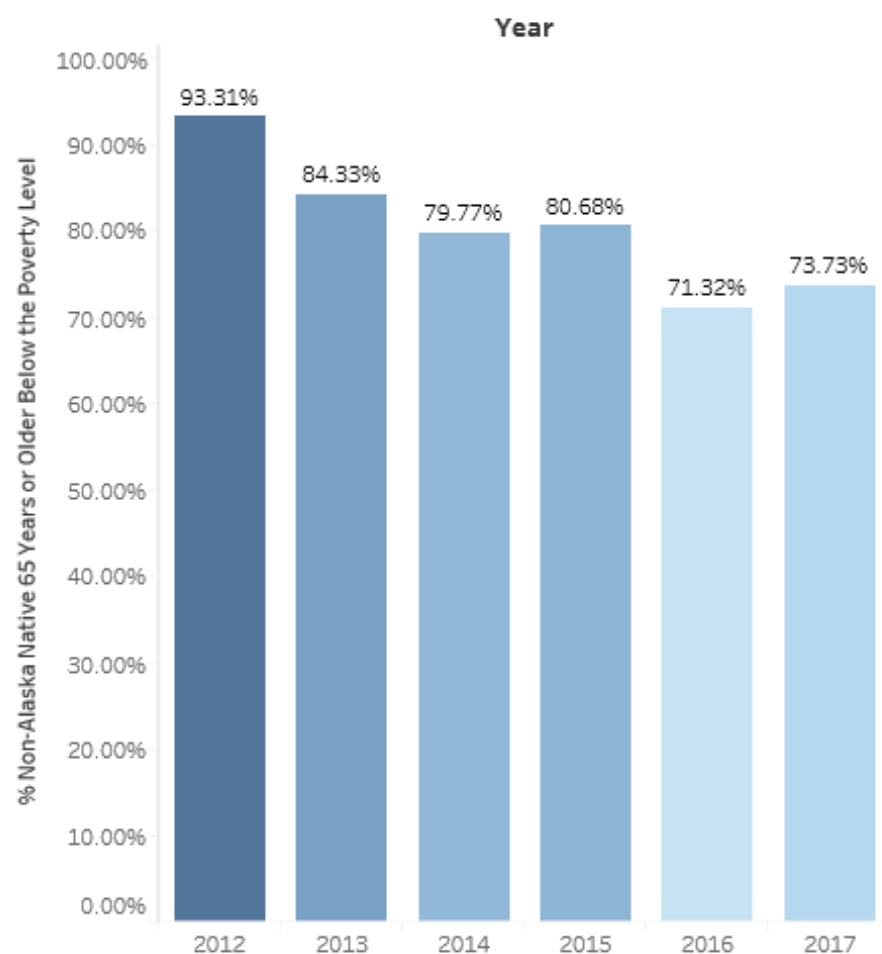
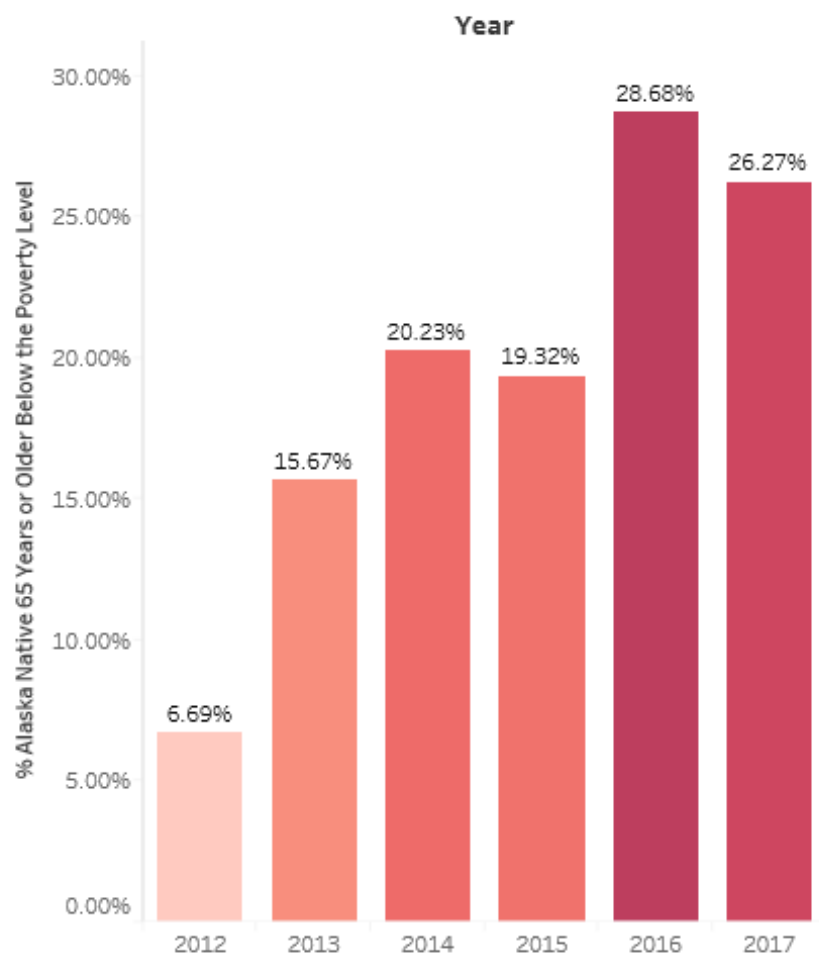
2013-2017 American Community Survey Estimates

Source: NFHS Survey of Fairbanks Area Independent Senior Housing Locations, May 2019; Lindsay Augustine, Senior Manager, Business Intelligence Services; Does not include Golden Towers, which is 96 units for both seniors and people with disabilities.

Estimated Percent of the Population 65 Years or Older Below the Poverty Level



Demographics of Persons Age 65 or Older Below the Poverty Level in the Fairbanks, AK Metropolitan Area



% Alaska Native 65 Years or Older Below the Poverty Level
6.69% 28.68%

% Non-Alaska Native 65 Years or Older Below the Poverty Level
71.32% 93.31%

Assisted Living

4 open Pioneer Home Beds; 53 people on FPH waitlist, almost all level 3, 73% ADRD (Jan 2019);

12 open beds in other homes

Growing demand-more are opening

General relief – waitlist of 200+ statewide to get access to this funding source while people are waiting for Medicaid waiver assessment

Lack of care coordinators to get Medicaid waiver assessment

Gap: shortage of dementia care for people with behavioral challenges, even hard to serve in Denali Center

Seniors Experiencing Homelessness

- In 2018, 79 seniors age 62+ experienced homelessness
- Resources: emergency shelter, rapid re-housing (available for assisted living) permanent supportive housing; Food Boxes
- Part of a bigger issue related to not enough subsidized senior housing

Discussion: Findings

- Home and community-based services are generally able to expand to meet demand, though limited by funding
- Senior independent housing in high demand; new housing construction faces financial and market feasibility limitations.
- Greatest Needs:
 - Quality affordable housing
 - Coordinated transportation, transportation outside of Fairbanks
 - Care coordination
 - Assisted living for people with challenging behaviors
 - While some services (like personal care + home modifications) are available, not all seniors have the availability to pay out of pocket. Medicaid continues to cut eligible hours and this threatens seniors independence.
 - Workforce development, aging volunteer population
 - Medicare accepting doctors
 - Mental health services for seniors.
 - Legal resources + advocacy

Questions for Discussion

What are the needs?

- Geography
- Demographics
- Services

How have the needs changed from four years ago?



FUTURE NEEDS PROJECTIONS

Services Projections

Service	Population served	Unit	2018	2025	2035	2045	Capacity Notes
Meals	60+	Meals per day[1]	239	288	293	292	Can only do 30 more meals per day with current kitchen capacity, have design for expansion
Transit	60+	RT senior ride per day	182	220	224	223	Unable to expand
Adult day	65+	Average daily census	8	11	13	11	Limited by budget, not by facility space, may need a waitlist
Hospice	65+	Average daily census	32	46	50	45	Can expand to meet projected demand

[1] Congregant and home delivered per day from kitchen (five days/week, includes frozen meals for weekend)

Source: Provider Interviews; Alaska Department of Labor Population Projections

Senior Independent Living Utilization

Geography	Seniors 65+	Units	Units Per 1000 Seniors 65+
Kenai Peninsula Borough	10,248	280	27
Fairbanks North Star Borough	10,698	349	33
Alaska	87,304	3,273	37
Municipality of Anchorage	32,892	1,265	38
Mat-Su Borough	12,645	583	46

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates; Alaska Housing Finance Corporation July 2018 Independent Senior Living Housing List

Projected Senior Independent Housing Need

Additional Units Needed (Total Needed – Existing Supply of 349 (2018))

Scenario	Units Per 1000 people 65+	New Units Needed in 2025	New Units Needed in 2035	New Units Needed in 2045
Low (KPB)	27	58	100	56
Mid (FNSB)	33	148	200	146
High (MOA)	38	224	283	221

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates, 2017 – 2045 Population Projections;
Alaska Housing Finance Corporation; Doesn't account for waitlist

Assisted Living Bed Utilization

Geography	Seniors 75+	Licensed Beds	Units Per 1000 Seniors 75+
United States			40
Kenai Peninsula Borough	3,424	166	48
Fairbanks North Star Borough	3,142	206	66
Alaska	28,004	2,063	74
Mat-Su Borough	3,949	307	78
Municipality of Anchorage	11,022	1,171	106

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates; DHSS Assisted Living List Oct. 2018; CDC, 2014

Projected Assisted Living Need

Additional Beds Needed (Total Needed – Existing Supply (198) in 2018)

Scenario	Beds Per 1000 people 75+	New Beds Needed in 2025	New Beds Needed in 2035	New Beds Needed in 2045
Low (KPB)	48	41	220	175
Mid (FNSB)	66	129	370	309
High (MSB)	78	191	477	404

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates, 2017 – 2045 Population Projections;
Alaska Department of Health and Social Services

Skilled Nursing Bed Utilization

Geography	Seniors 75 +	Beds	Units Per 1000 Seniors 75+
Mat-Su Borough	3,949	0	0
Municipality of Anchorage	11,022	248	23
Fairbanks North Star Borough	3,142	90	29
Kenai Peninsula Borough	3,424	128	37
United States			58

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates; Skilled Nursing Facility Websites; CDC, 2014

Potential Need for Skilled Nursing Beds

Community based services can absorb most of this demand

Additional Beds Needed (Total Needed – Existing Supply of 90)

Scenario	Beds Per 1000 people	New Beds Needed in 2025	New Beds Needed in 2035	New Beds Needed in 2045
Low (MOA)	23	25	108	87
Mid (FNSB)	29	56	162	135
High (KPB)	37	101	239	203

Note: Not all beds are occupied by seniors, currently, not all beds are able to be filled because of acuity in memory care neighborhood.

Discussion Questions

Looking forward, what do you feel will be the greatest need?

- Geography, demographics, services