

# SENIOR SNAPSHOT 2024



Alaska  
Commission  
On Aging

Aging With Dignity And Independence





# Alaska Commission on Aging (ACoA)

## Senior Snapshot: Older Alaskans in 2024

Every year, the Alaska Commission on Aging (ACoA) provides a snapshot in time of the health and well-being of Alaskans 60 and older. The Senior Snapshot incorporates the latest data available. Due to the limits of our data sources, some senior statistics are tracked for ages 60+ and others are tracked for ages 65+.

The following is highlights from the 2024 Senior Snapshot as well as the data sources used to complete this report. Thank you to the people and organizations who provided data for this Snapshot.

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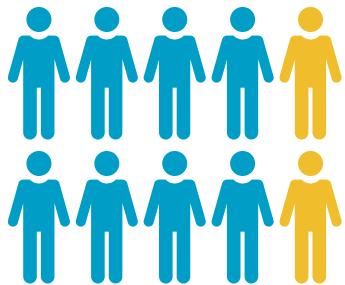
# POPULATION GROWTH



**The number of Alaska's seniors has grown tremendously since 2010.**

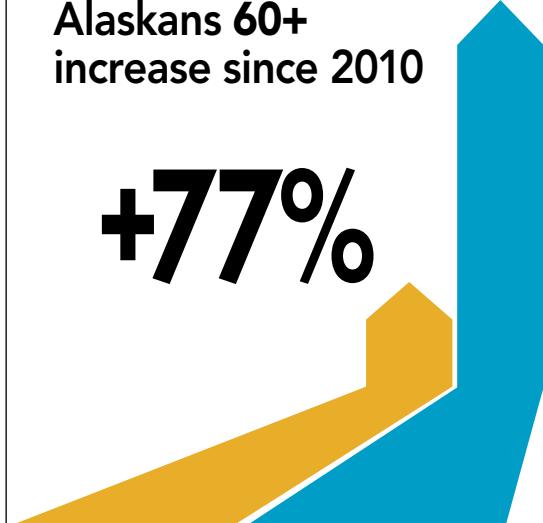
- **Percentage of Total Population:** In 2024, Alaska had 160,906 seniors ages 60+, representing 21.7% of the State's population (741,147). This is up from 14.5% in 2010.
- **60+ Population Increase:** Alaska's 60+ population increased by 77% from 90,876 in 2010 to 160,906 in 2024.
- **Growth in Ages 65+:** Alaska's 65+ population more than doubled between 2010 and 2024, from 54,938 to 107,444.
- **85+ Population Projections:** By 2050, it is expected that Alaska's 85+ population will nearly quadruple, to more than 29,000, representing a 270% increase over 2024. About one in three will experience Alzheimer's and Related Dementias.
- **Regional Growth Across Alaska:** Senior population size increased in all regions, with Southeast Alaska having the highest concentration, where more than one in four residents are ages 60 or older.

Alaskans 60+  
22% of the  
Population



Alaskans 60+  
increase since 2010

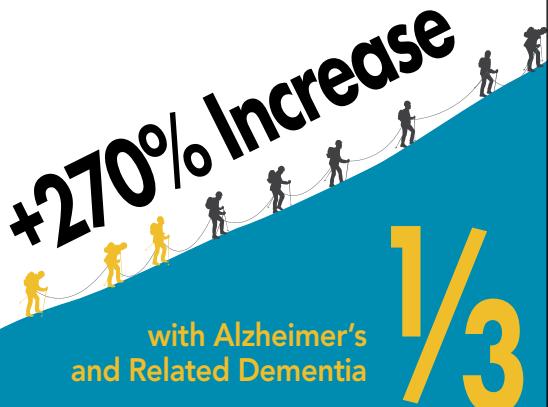
+77%



Alaska's 65+  
Population more  
than doubled  
between  
2010-2024



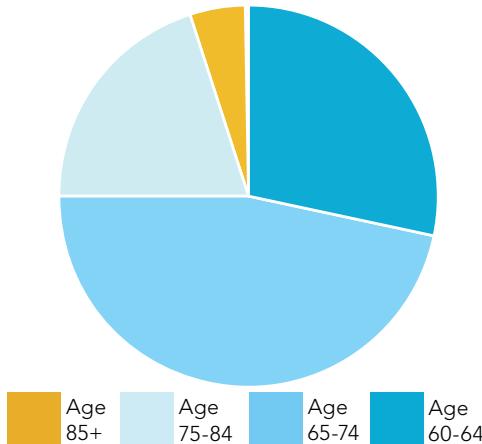
85+ Population  
(2024-2050)



Increases in all regions



Percentage by Age Group



## Seniors by Age 2010-2024

Population by Age Group	Percentage of Senior Population	Seniors in CY2024	Seniors in CY2023	Seniors in CY2022	Seniors in CY2021	Seniors in CY2010	Senior Population Change 2010-2024
Ages 60-64	<b>28.34%</b>	45,614	46,342	47,363	47,473	35,938	<b>27%</b>
Ages 65-74	<b>46.84%</b>	75,373	73,291	72,170	69,663	35,350	<b>113%</b>
Ages 75-84	<b>19.93%</b>	32,071	29,667	28,101	25,536	14,877	<b>116%</b>
Ages 85+	<b>4.87%</b>	7,848	7,532	7,305	7,065	4,711	<b>67%</b>

Table 1. Alaska's Senior Population by Age Group, for Select Calendar Years (CY) 2010-2024. Source: [Alaska Department of Labor, Workforce and Development, Research and Analysis](#). Note: 2010 numbers are as of April, and 2024 numbers are as of July. Regional highlights: While the highest increases were in Southcentral, Anchorage and Interior regions, all have experienced notable growth



## Population (60+) by Region

Population Age 60+ By Region	Census Areas	CY 2024	CY 2023	CY 2022	CY 2010	% Change 2010-2024
Statewide Region	All	<b>160,906</b>	156,832	154,939	90,876	77%
Bethel Area	Bethel, Kusilvak Census Area	<b>3,666</b>	3,543	3,406	2,266	62%
Interior	Fairbanks NSB, Yukon- Koyukuk, Denali, SE Fairbanks	<b>21,888</b>	21,245	21,334	13,177	66%
North Slope	North Slope Borough	<b>1,277</b>	1,288	1,317	856	49%
Anchorage	Municipality of Anchorage	<b>60,763</b>	59,149	58,590	35,079	73%
Southcentral	Kenai Peninsula, Mat-Su, Copper River, Chugach	<b>46,335</b>	45,110	43,980	22,762	104%
Northwest	Nome, Northwest Arctic	<b>2,474</b>	2,447	2,383	1,681	47%
Southwest	Bristol Bay, Dillingham, Kodiak, Lake & Peninsula	<b>4,044</b>	4,006	3,948	2,444	65%
Aleutians	Aleutians East, Aleutians West	<b>1,247</b>	1,192	1,271	847	47%
Southeast	Haines, Juneau, Ketchikan, Prince of Wales, Sitka, Skagway, Hoonah-Angoon, Wrangell, Petersburg, Yakutat	<b>19,212</b>	18,852	18,710	11,764	63%

Table 2. Alaska's Senior Population (60+) by Region for Select Calendar Years (CY) 2010-2024. Source: Alaska Department of Labor and Workforce Development's population estimates (as of July 1). Regions are those used by the Alaska Department of Health



# ISSUES IMPACTING THE LIVES OF ALASKAN SENIORS

## Poverty

- An estimated 7.2% percent of seniors in Alaska ages 65 and over live below poverty levels.<sup>[1]</sup>

## Homelessness<sup>[2]</sup>

In 2024, 2,667 Alaskan seniors ages 55+ reported being homeless. Of these:

- About 67% reported having a disabling condition; of these, half also reported one or more behavioral health issues.
- Seniors made up 17% of Alaska's homeless population.
- 43% reported they were American Indian, Alaska Native, or Indigenous.
- 64% were men.
- 14% (375) were Veterans.

*Please note the following limits of this data: All data was self-reported by clients in AKHMIS; no documentation is required to verify a client's response. Age groups in this report are recorded as 55-64 and 65+. **This report only includes information for participating homeless services organizations.** Domestic violence providers do not currently participate in AKHMIS.*

[1] Source: U.S. Census Bureau, Population Estimates; Population 65 Years and Over, 2023 American Community Survey, 1-year estimates.  
<https://data.census.gov/table/ACSST1Y2023.S0103?t=Older%20Population&q=040XX00US02>.

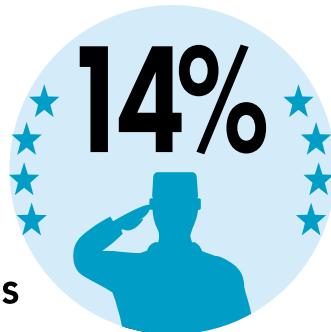
[2] Source: Alaska Homeless Management Information System (AKHMIS), February 2025, Data Range 1/1/2024 – 12/31/2024.  
<https://www.aceh.org/demographics>.





# ALASKA HOMELESS

## Seniors 55+



## Veteran Population in Alaska

In FY 2024, Alaska's senior veteran population (ages 65+) rose to 24,165, representing 34% of the state's total veteran community, an increase of 1,390 individuals, up about 6% from FY 2020.

Veteran Population	FY 2024	FY 2023	FY 2022	FY 2021	FY 2020
Number of Alaskan Veterans Ages 65+	24,165	22,775	22,569	22,675	22,775
Percent of Alaskan Veterans Ages 65+	34%	31.9%	32.3%	32.1%	31.9%

Table 3. Alaska's Senior Veterans (Ages 65+) Population by Numbers and as a Percent of the State's Veteran Community by Fiscal Year (FY) 2020-2024<sup>[3]</sup>

## Senior Community Service Employment Program (SCSEP)

In FY 2024, the Workforce Innovation and Opportunity Act (WIOA) partner SCSEP, under the Older Americans Act Title V, was delivered in Alaska as the Mature Alaskans Seeking Skills Training (MASST) program. As MASST, the program continues to stress the importance of education, training, credentials, and skills development. It serves unemployed, low-income people 55 years of age or older.

MASST provides planning, advocacy, education, and interagency cooperation—supporting the dignity and independence of older Alaskans by helping them to lead meaningful lives.

[3] Source: National Center for Veterans Analysis and Statistics (Table 6L: VETPOP2023 Living Veterans by State, Age Group, Gender, 2023-2053) [https://www.va.gov/vetdata/Veteran\\_Population.asp](https://www.va.gov/vetdata/Veteran_Population.asp). Note: Data given is by federal fiscal year; for instance, FY 2024 runs October 1, 2023 to September 30, 2024.



MASST prioritizes service to veterans, people with disabilities, those recently released from incarceration, Alaskans with low literacy skills or limited English language proficiency, residents of rural areas, and those who are homeless or at risk of homelessness. In FY 2024, MASST served 114 participants in both rural and urban areas with one or more of these employment barriers.

As the chart of SCSEP/MASST Performance shows, in FY 2024, MASST exceeded performance measures in two areas: the percent served with one or more barriers to employment, and in median earnings.

Performance Measures	Negotiated (Targets/Goals)*	Actual	Percent Progress Toward Negotiated Results
Employment Rate (Q2) – Percent independently employed 2nd quarter after program exit	45.10%	<b>35.10%</b>	77.83%
Employment Rate (Q4) – Percent independently employed 4th quarter after program exit	33.40%	<b>27.50%</b>	82.34%
Median Earnings (Gross, measured in Q2, as above)	\$3,433	<b>\$7,778</b>	226.57%
Barriers to Employment (Percent served with one or more barriers)	3.1%	<b>3.58%</b>	115.48%

Table 4. 2024 SCSEP/MASST Performance: Negotiated Versus Actual, by Select Performance Measures <sup>[4]</sup>

Notes: \*The 2016 Older Americans Act made several important changes to the SCSEP performance system. During the transition to new measures and methods, some measures were treated as targets rather than goals when evaluating performance. Grantees have since been informed that all measures from FY 23 forward will be treated as goals and included in the final evaluation.

[4] Source: Department of Labor and Workforce Development, Division of Vocational Rehabilitation, January 2025.

## Senior Economic Indicators

Alaska Economic Status Indicators	2024	2023	2022	2021	2020
Estimated Average Monthly Social Security Benefits	\$1,877	\$1,797	\$1,593	\$1,563	\$1,463
Number of Seniors Receiving Public Employee Retirement System (PERS) Payments	20,243	19,999	19,814	19,454	18,949
Average Monthly PERS Payment	\$2,334	\$2,292	\$2,133	\$2,022	\$1,966
Number of seniors receiving Teachers Retirement System (TRS) Payments	6,423	6,364	6,374	6,393	6,228
Average Monthly TRS Payment	\$3,407	\$3,372	\$3,176	\$3,065	\$3,051

Table 5. Economic Status Indicators of Alaska's Seniors (Ages 60+) by Year, 2020-2024<sup>[5]</sup>

[5] Sources: Fact Sheet Social Security, [https://www.ssa.gov/policy/docs/quickfacts/stat\\_snapshot/](https://www.ssa.gov/policy/docs/quickfacts/stat_snapshot/) Note: Alaska Dept. of Administration, Division of Retirement & Benefits. Note: Figures on PERS/TRS benefits include retirees age 60+ who currently live in Alaska.



## Alaska Seniors Receiving Senior Benefits by Region

The State of Alaska's Senior Benefits Program pays cash benefits to Alaskan seniors who are ages 65 or older and have low to moderate income. Cash payments are \$76, \$175, or \$250 each month, depending on income.

Overall, the program shows an increase of 278 beneficiaries between 2010 and 2024, mostly driven by growth in the Southcentral Region, up 314 from 2010.

Region	2024	2023	2022	2021	2020	Communities by Regions
Interior	<b>1,319</b>	1,193	1,199	1,377	1,358	Fairbanks NSB, Yukon- Koyukuk, Denali, SE Fairbanks
North Slope	<b>18</b>	17	18	25	26	North Slope Borough
Anchorage	<b>4,264</b>	3,923	3,836	4,365	4,281	Municipality of Anchorage
Southcentral	<b>3,265</b>	2,862	2,501	3,071	2,951	Kenai Peninsula, Mat-Su, Copper River, Chugach
Northwest	<b>293</b>	259	261	338	334	Nome, Northwest Arctic
Southwest	<b>344</b>	294	288	322	324	Bristol Bay, Dillingham, Kodiak, Lake & Peninsula
Aleutians	<b>44</b>	29	27	35	40	Aleutians East, Aleutians West
Southeast	<b>1,181</b>	1,121	1,103	1,276	1,201	Haines, Juneau, Ketchikan, Prince of Wales, Sitka, Skagway-Hoonah-Angoon, Wrangell-Petersburg, Yakutat
Statewide Total	<b>11,482</b>	10,263	12,669	11,484	11,204	All

Table 6. Number of Alaskans (65+) Receiving Senior Benefits, by Region and Fiscal Year<sup>[6]</sup>

[6] Source: Department of Health, Division of Public Assistance, 2024.

## Food Stamps and Other Senior Assistance Programs

The **Supplemental Nutrition Assistance Program (SNAP)**, previously referred to as the Food Stamp Program, provides food benefits to low-income households. Eligible applicants must pass income and assets tests. The gross monthly income test is based on 130% of the current Alaska poverty standard.

The **Adult Public Assistance (APA) program** is a supplement to benefits from the U.S. Social Security Administration's Supplemental Security Income (SSI) program. This means recipients must either be age 65 or over, or they must be certified as disabled by the Social Security Administration (with severe long-term disabilities that impose mental or physical limitations on their day-to-day functioning).

The federally funded **Low Income Heating and Energy Assistance Program (LIHEAP)** provides heating assistance to households below 151% Federal Poverty Level (FPL).

Assistance Programs	FY 2024	FY 2023	FY 2022	FY 2021
Number of Alaska Seniors on SNAP	<b>8,670</b>	8,218	7,962	7,125
Average Monthly Benefit (\$) for Alaska Seniors on SNAP	<b>\$343</b>	\$315	\$301	\$256
Number of Alaska Seniors on Adult Public Assistance (APA)	<b>7,298</b>	7,122	7,584	9,166
Average Monthly Benefit (\$) for Alaska Seniors on APA	<b>\$308</b>	\$302	\$301	\$236
Number of Alaska Households with a Senior Member receiving LIHEAP	<b>2,361</b>	1,793	1,598	2,116

Table 7. Alaska Seniors (ages 65+) on SNAP, APA, LIHEAP: Number of Recipients and Average Monthly Benefit, by Fiscal Year (2020-2024)<sup>[7]</sup>

[7] Source: Alaska Department of Health Division of Public Assistance.



## Senior Housing Availability and Need

As the charts below show, while the numbers of units available each year for Alaska Housing Finance Corporation (AHFC) Senior/Disabled Housing has remained the same over the past four years, the need has been growing. By contrast, the number of senior housing units funded for development has gone down considerably.

Assistance Programs	FY 2024	FY 2023	FY 2022	FY 2021
Total Units of Senior/Disabled Housing	610	610	610	610
Senior/Disabled Waitlist: # waiting for AHFC Senior/Disabled Housing	1,923	1,911	1,271	1,239 (November)
Total AHFC Waitlist: Families of all ages waiting for housing vouchers	3,118	6,060 (November)	4,050 (November)	5,390 (November)

Table 8. Alaska Seniors 62+: Statewide Housing Availability and Waitlist by Fiscal Year (FY) 2021-2024<sup>[8]</sup>

Housing Development	FY 2024	FY 2023	FY 2022	FY 2021	FY 2020
AHFC Senior Housing Units Funded for Development	46	40	40	96	73

Table 9. AHFC Senior Housing Units Funded for Development by Fiscal Year (FY), 2020-2024<sup>[9]</sup>

[8] Source: Information from the Alaska Housing Finance Corporation (AHFC), January 2025. Note: In this data, the Seniors includes Alaskans ages 62+. Unless otherwise noted, all information is as of December of the FY.

[9] Source: Alaska Housing Finance Corporation (AHFC), December 2024.

## Senior Health: Alzheimer's Disease & Related Dementias

Throughout the United States, 6.9 million seniors (ages 65+) were living with dementia from Alzheimer's Disease in 2024, up from 4.5 million in 2000.

In Alaska, over the same time, the number with dementia from Alzheimer's Disease is estimated to have nearly tripled. Today, an estimated 8.8% of Alaska seniors (65+) have Alzheimer's Disease. This does not include other dementias.

Alzheimer's Disease	2024	2020	2010	2000
Alaskan Seniors with Alzheimer's Disease	10,145	8,400	5,000	3,400
U.S. Seniors with Alzheimer's Disease	6.9 million	6.1 million	4.7 million	4.5 million

Table 10. Estimated Number of Seniors (65+) with Alzheimer's by Calendar Year, 2000-2024<sup>[10]</sup>

Unpaid Care in Alaska	2023 # of Caregivers	Hours of Unpaid Care	Value of Unpaid Care
Caregivers of People with Alzheimer's or Other Dementias	25,000	39 million	\$796 million

Table 11. Caregiving Alaskans with Alzheimer's, by the Numbers (2023)<sup>[11]</sup>

[10] Sources: Alzheimer's Association: [2024 Alzheimer's Disease Facts and Figures](#). Figure 5: Projected Number of People Age 65 and Older (Total and by Age) in the U.S. Population with Alzheimer's Dementia, 2020 to 2060, p. 32; Table 4: Estimated Prevalence (Number and Percentage) of Alzheimer's Dementia (AD) in the 50 U.S. States and District of Columbia Adults Age 65 Years and Older in 2020, p. 26.

Hebert, L. E., Scherr, P. A., Bienias, J. L., Bennett, D. A., & Evans, D. A. (2003). [Alzheimer disease in the US population: prevalence estimates using the 2000 census](#). Archives of neurology, 60(8), 1119–1122.

Hebert, L. E., Weuve, J., Scherr, P. A., & Evans, D. A. (2013). [Alzheimer disease in the United States \(2010-2050\)](#) estimated using the 2010 census. Neurology, 80(19), 1778–1783.

[11] Source: Alzheimer's Association: [2024 Alzheimer's Disease Facts and Figures](#), pg. 47. Note: This number is always a year behind the current report year.



## Senior Behavioral Health

Behavioral health issues remain an ongoing concern year after year, as reported by Alaska's seniors in the annual Alaska Behavioral Risk Factor Surveillance System (BRFSS).

Behavioral Health Alaska Seniors Age 65+	2023	2022	2021	2020	2019	2018
Heavy Drinkers	6.0%	7.1%	7.0%	7.9%	8.6%	5.1%
Daily Smokers	9.5%	9.6%	9.3%	7.4%	7.7%	8.4%
Binge Drinkers	6.9%	6.8%	6.8%	8.0%	6.3%	6.3%
Frequent Mental Distress	7.1%	8.5%	7.5%	6.1%	7.5%	8.9%
Obese Seniors	32.4%	27.8%	32.4%	32.3%	30.0%	27.9%

Table 12. Alaska Seniors (65+): Behavioral Health Issues, by Percentage and Calendar Year<sup>[12]</sup>

Notes: “Heavy drinking” is defined as adult men having more than two drinks per day and adult women having more than one drink per day. “Smokers” are defined as current smokers. “Frequent mental distress” is defined as mental health not good for 2+ weeks in the past 30 days. “Obese” individuals are defined as those with a body mass index (BMI) of 30.0 or greater. Data is self-reported.

[12] Source: Alaska Department of Health, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion [Alaska Behavioral Risk Factor Surveillance System data, 2016-2024](#).

## Senior Health: Mortality Rates

Mortality rates among Alaska seniors (ages 65+) are higher than national averages for: senior suicide, chronic liver disease and cirrhosis, fatal falls, and alcohol-induced deaths. These figures suggest that behavioral health programs targeted to seniors with depression, other mental illness, and substance abuse problems could have a positive impact on the quality of life for older Alaskans.

**Alzheimer's Disease is the 8<sup>th</sup> leading cause of death in Alaska.** More than 5 million Americans are living with Alzheimer's. With projected growth in the 85+ population in Alaska, Alzheimer's Disease and Related Dementias should be a priority for the state in future decades.

Cause of Death	2024	2023	2022	2021
Suicides	29	33	24	25
Fatal Falls (Accidental)	50	59	56	54
Other Accidental Deaths	83	101	73	66
Alcohol-Induced Deaths	29	53	51	63
Drug-Induced Deaths	27	24	17*	15*
Cancer	795	746	760	806
Heart Diseases	535	647	693	679
Stroke	183	158	172	206
Influenza & Pneumonia	46	39	42	31

Table 13. Number of Alaska Senior Deaths (Ages 65+) by Cause and Year (2021-2024)<sup>[13]</sup>

[13] Source: [Alaska Death Dashboard](#) by Health Analytics & Vital Records, Alaska Division of Public Health, 2024.



Cause of Death	2024	2023	2022	2021
Chronic Lower Respiratory Diseases	<b>172</b>	207	177	187
Alzheimer's Disease	<b>119</b>	142	175	131
Diabetes Mellitus	<b>111</b>	86	123	122
Chronic Liver Disease	<b>41</b>	51	34	38
Parkinson's Disease	<b>38</b>	59	61	43
COVID-19	<b>47</b>	43	202	466

Table 13. Number of Alaska Senior Deaths (Ages 65+) by Cause and Year (2021-2024) <sup>[13]</sup>

Notes: Crude rates are per 100,000 U.S. population, Ages 65+. 2024 data is based on preliminary data available at the time of publication and is subject to change. \*Rates based on fewer than 20 occurrences are statistically unreliable and should be used with caution.

## Senior Safety

Long-Term Care Ombudsman	FY 2024	FY 2023	FY 2022	FY 2021
Unannounced Visits to Senior Assisted Living Homes	853	827	620	269
Complaints Investigated*	496	355	307	292
Opened Cases	260	248	218	215
Active Volunteer Ombudsmen	25	20	25	21

Table 14. Senior Assisted Living Home Visits, Complaints, & Cases, by Fiscal Year (FY), 2021-2024<sup>[14]</sup>

\*In 2024, 80% of cases were resolved to the satisfaction of the resident, resident representative or complainant.

Adult Protective Services	FY 2024	FY 2023	FY 2022	FY 2021	FY 2020
Reports of Harm	8,127	8,255	7,530	6,423	6,735
Referred to APS Investigators	3,100	1,557	1,826	1,561	1,428
Screened In for Investigation	1,998	1,761	1,997	1,905	1,968

Table 15. Adult Protective Services (APS) Reports Referred or Investigated by Fiscal Year (2021-2024)<sup>[15]</sup>

Intakes age 60+. Adult Protective Services (APS) APS responds to reports of harm within 10 days.

[14] Source: Alaska Office of Long-Term Care Ombudsman, January 2025.

[15] Source: Adult Protective Services, Division of Senior and Disabilities Services, January 2025.

## Eligible Medicare Beneficiaries

The number of Alaskans eligible for Medicare has steadily increased for each of the past five years.

Eligible Beneficiaries	2024	2023	2022	2021	2020
Alaskans Eligible for Medicare	119,328	110,140	106,905	103,646	102,361

*Table 16. Alaskans Eligible for Medicare by Year (2020-2024)*<sup>[16]</sup>

*Note: The number represents the total eligible at the end of each calendar year.*

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[16] Source: Center for Medicare & Medicaid Services, [Monthly Enrollment by State](#) (2020-2024).

## Home and Community-Based Grant Services for Seniors

Home and community-based grant services provide low-cost evidence-based services that allow seniors (ages 60+) to remain independent longer and delay need for nursing home care. Grant-funded services include meals, transportation, homemaker services, chore services, legal assistance, health promotion and disease prevention, adult day services, respite, family caregiver support, case management, and information and referrals.

Grant Services	FY 2024*	FY 2023
State and Federal Funding	\$9,746,557	\$18,368,485
Number of Seniors (Ages 60+) Served	13,040	19,971
Average Monthly Cost per Person	\$747	\$686

Table 17. Alaska Senior Grant Services: Funding, People Served, and Monthly Cost Per Person, by Fiscal Year (FY) 2023-2024<sup>[17]</sup>

*\*Prior fiscal years are not included due to a change in how the data was collected and reported. Prior Senior Snapshots can be used to access previous data.*

*Note: the following FY 2024 grant data was not yet available at time of publication: Alzheimer's Disease & Related Dementias Education & Support, Medicare Counseling & Outreach, and Centers for Independent Living.*

[17] Source: Senior and Disabilities Services Grants Unit, 2024.



## Assisted Living and Long-Term Care: Alaska Pioneer Homes

The State of Alaska owns and operates six licensed assisted living homes, including a state veterans' home. Together, these are known as the Alaska Pioneer Homes.

The Alaska Pioneer Homes are in Anchorage, Fairbanks, Juneau, Ketchikan, Palmer, and Sitka. Together, they are licensed for a total of 506 beds. To be eligible for the Alaska Pioneer Homes, one must: be 60 or older, be an Alaska resident for at least one year, complete an application, and qualify for the active wait list. To qualify, a senior must be willing and ready to move into a Pioneer Home within 30 days of an offer.

The homes offer five levels of service, starting from Level 1 for the most independent residents. Most residents receive services at Levels III or IV, which can include help with activities of daily living, nursing, behavior management, or medications. At Level IV, services are provided 24 hours a day. More than half (about 60%) of Alaska Pioneer Home residents have some form of dementia.

Pioneer Home	2024	2023	2022	2021	2020	2019	2018
Percent of Residents at Levels of Care III & IV	<b>66.4%</b>	65%	70%	68%	66.3%	48.3%	56.8%
Applicants on Active Wait List	<b>356</b>	243	248	186	238	201	242
Resident Average Age	<b>80</b>	82.2	83.5	84.8	84.7	86.3	86.3

Table 18. Pioneer Home Resident Ages, Percent at Levels III or IV Care, and Number Waiting, by Calendar Year (2018-2024)<sup>[18]</sup>

[18] Source: Alaska Pioneer Homes, January 2025.

# COST OF LONG-TERM CARE

Long-term care involves a variety of services designed to meet a person's health or personal care needs. These services help people live as independently and safely as possible when they can no longer perform everyday activities on their own. The cost of long-term care varies based on the amount and types of care provided.

Examples of long-term care provided in the community are personal care, adult day care, assisted living, transportation, and home delivered meals. Long-term care can also be provided in a nursing home, or skilled nursing facility, and this is much more expensive.

**In 2023, Alaska had the highest cost for skilled nursing facility care in the country; at \$1,099/day, it is almost four times the national average.** Alaska also had the second-highest median cost per year for assisted living, at nearly \$87,000 per year. The highest cost was Washington, D.C., at \$88,829, and the lowest was Missouri, at \$38,192.



## Alaska Long-Term Care: Daily and Annual Costs

Cost Type	Alaska 2023	Alaska 2022	U.S. 2023
<b>Nursing home</b> – private room, median <b>daily</b> rate	\$1,099/day	\$1,067/day	\$297/day
<b>Nursing home</b> – private room, median <b>yearly</b> rate, private pay	\$401,169/year	\$389,484/year	\$108,405/year
<b>Assisted Living Home</b> – median <b>daily</b> rate	\$238/day	\$231/day	\$148/day
<b>Assisted Living Home</b> – median <b>yearly</b> rate	\$86,951/year	\$84,419/year	\$54,000/year
<b>Home Health Care:</b> Home Health Aide – median <b>daily</b> rate	\$200/day	\$194/day	\$169/day
<b>Home Health Care:</b> Home Health Aide – median <b>yearly</b> rate	\$72,820/year	\$70,699/year	\$61,776/year

Table 19. Long-Term Care Costs, Alaska Versus U.S., Most Recent (2022-2023)<sup>[19]</sup>

Notes: Survey is released annually in March. Nursing home cost is based on a private room. 2024 Genworth data was not available at time of publication.

[19] Source: [Genworth Cost of Care Trends & Insights, 2024](#); Genworth Cost of Care Survey Across the United States, 2024.

## Medicaid Long-Term Care Services

Medicaid LTSS Supports	FY 2024	FY 2023	FY 2022	FY 2021	FY 2020
Alaskans Living Independently Waiver, Age 65+	<b>1,878</b>	1,766	1,699	1,575	1,598
Personal Care Services and Community First Choice, Age 60+	<b>1,898</b>	2,013	2,022	2,495	2,506

Table 20. Medicaid Long-Term Care Services & Supports by Fiscal Year (FY), 2020-2024<sup>[20]</sup>

*Note: To qualify for services under the Alaskans Living Independently Waiver, individuals must be age 65 years or older, income-eligible, and must meet nursing home level-of-care requirements.*

[20] Source: State of Alaska, Division of Senior and Disabilities Services, Harmony Database.



# About the Alaska Commission on Aging

## Who We Are

**Mission:** Ensure the dignity and independence of all older Alaskans and assist them to lead useful and meaningful lives through planning, advocacy, education, and interagency cooperation.

The Alaska Commission on Aging (ACoA) is an 11-member advisory board made up of members of the public, state agencies and others interested in our mission. The commission is supported by staff. Established in 1982 and authorized by [Alaska Statute 44.29.750](#), ACoA is tasked with evaluating federal and state programs that impact the lives of Alaskan seniors and their caregivers, including those who experience Alzheimer's Disease and Related Disorders (ADRD).

ACoA's advisory board consists of:

- seven public members who are appointed by the Governor to serve four-year terms, including six seniors, ages 60 or older
- commissioners of the Department of Health (DOH) and the Department of Commerce, Community and Economic Development (DCCE) or their designees
- the Alaska Pioneer Homes Advisory Board Chair
- one senior services provider

ACoA also includes three staff members and participants from Mature Alaskans Seeking Skills Training (MASST), as needed.

Appointments are made to assure representation of low-income and minorities populations as well as of both rural and urban residents in communities statewide. The Commission's work is supported by two dedicated staff members and several MASST participants who assist with day-to-day operations and program implementation.

ACoA advocates for policies, programs, and services that promote health, independence and full participation for all Alaskan seniors. The Department of Health (DOH) is the federally designated State Unit, as required by the Older Americans Act; within DOH, ACoA shares the responsibilities of this designation with the Division of Senior and Disabilities Services (SDS).

ACoA represents senior beneficiaries and provides to the Alaska Mental Health Trust Authority, for its review and consideration, recommendations concerning the integrated comprehensive mental health program and the use of the money in the mental health trust settlement income account in a manner consistent with regulations adopted under [Alaska Statute 37.14.031](#).

## How We Do Our Work

The Alaska Commission on Aging meets regularly during the year to hear from state agencies, service providers, and Alaskans, and to discuss the needs of Alaska's rapidly growing senior population. Board members engage with the Governor, Alaska State Legislature and state agencies to educate and advise on the needs of these Alaskans and those who serve them. Our staff members work with board members and other stakeholders throughout the year to plan and coordinate efforts. This includes serving on statewide councils, task forces and coalitions, data collection and assessment, statewide coordination, and planning and program evaluation.



## Core Services

The Alaska Commission on Aging:

- Advocates for the needs and concerns of older Alaskans to the Governor, the Legislature, the Administration, Alaska's Congressional delegation, and the public
- Advises the Governor, the Legislature, the Administration, the Congressional delegation and the public on current and potential programs and services for older Alaskans and their caregivers
- Prepares a comprehensive four-year state plan for senior services in accordance with the Older Americans Act and implements the Plan in collaboration with agency partners to improve services for older Alaskans and reduce duplication of effort
- Provides recommendations to the Alaska Mental Health Trust Authority (AMHTA) for the integrated comprehensive mental health plan.
- Identifies issues, proposes projects, and submits budget recommendations that use funding from the AMHTA mental health trust settlement account for services provided to older Alaskans with dementias and other behavioral health conditions.
- Gathers, analyzes, and reports data about programs and services impacting the health, safety, and quality of life for older Alaskans
- Surveys Alaska seniors and analyzes their responses to identify priority issues, needs and concerns
- Reviews and provides comment on proposed regulations relating to programs and services affecting older Alaskans
- Promotes public awareness of aging issues and trends
- Provides information to the public and policy makers on senior issues including health, financial security, and housing

## Looking Forward

Alaska continues to be the state with the fastest-growing senior population. As Alaska's population ages, economic challenges and new technologies will shape our programs and services. The Commission supports evidence-based prevention strategies across the lifespan, and those specifically tailored for older adults to reduce preventable chronic diseases and disabilities, lower associated health care costs, and improve quality of life.

Investing in home and community-based services to provide for person-centered care for people with Alzheimer's disease in Alaska and their caregivers is vital. These services make it possible for older adults stay with their families and in their communities for as long as possible, rather than moving to a care facility.



# Commission Members

## **Robert Sivertsen – Chair**

Public/Restricted, Term through 12/27

## **Paula Pawlowski – Vice Chair**

Public/Restricted, Term through 12/27

## **Janet Engan**

Public/Restricted, Term through 12/28

## **Nona Safran**

Public, Term through 12/25

## **Darlene Supplee**

Senior Service Provider, Term through 12/25

## **Arthur Delaune**

Public/Restricted, Term through 12/28

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## **Vivian Stiver**

Public/Restricted, Term through 12/28

## **Kori Mateaki**

Public/Restricted, Term through 12/28

## **Robert Pawlowski**

Pioneers' Homes Advisory Board

## **Anthony Newman**

DOH Commissioner Designee

## **Sara Chambers**

DCCED Commissioner Designee

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Governor Mike Dunleavy

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*Prepared by the Alaska Commission on Aging. For more information, call 907-465-3250.*

Published February 2025