

AARP Family Caregiver Resource Guide

A Guide for Caring for
Older Adults In Alaska





Caregiving may be one of the most important, and challenging, roles you'll ever take on. No matter where you are in your caregiving journey — starting to plan; taking care of a family member in your home, in a facility, or from a distance; or managing end-of-life caregiving responsibilities — having resources at your fingertips will make the process easier.

AARP developed this family caregiver guide with you, the caregiver, in mind and as a starting point to help you find the services and support you might need throughout your journey.

GENERAL RESOURCES

Supporting Family Caregivers in Your State

AARP has a website dedicated to providing you with information about how we're advocating for caregivers in your state.

aarp.org/StateCaregiving

Aging and Disability Resource Centers (ADRC)

The ADRC network serves Alaskans, regardless of age or income level, through regional sites. ADRC specialists walk callers and visitors through long-term supports that fit their circumstances.

855-565-2017 toll-free

dhss.alaska.gov/dsds/Pages/adrc/default.aspx

ADRC Regional Locations:

Anchorage Area — Municipality of Anchorage

Trained and certified specialists at the ADRC help older residents, people with disabilities and caregivers understand and access the resources available to them.

907-343-7770 | muni.org/adrc

Mat-Su Valley — LINKS

Mat-Su family members and individuals with a special need — as well as seniors — can receive information and support in a culturally sensitive environment.

907-373-3632 | linksprc.org

Fairbanks, Interior, North Slope — Fairbanks Senior Center

ADRC North provides information and services to seniors, people with

disabilities and caregivers living in and around the Denali Borough, Fairbanks North Star Borough, Southeast Fairbanks Area, Yukon-Koyukuk Region and North Slope Borough.
907-452-2551 | adrcnorth.org



Kenai Peninsula, Kodiak, Valdez-Cordova — Independent Living Center (ILC)

The independent living center provides information and resources to older residents, people living with disabilities and their family members.

907-262-6333 | peninsulailc.org

Southeast Alaska — Southeast Alaska Independent Living (SAIL)

The independent living organization provides information and services to older residents, people living with disabilities and their family members in Southeast Alaska.

800-478-7245 | sailinc.org

Western Alaska, Dillingham to Kotzebue — Bristol Bay Native Association (BBNA)

Bristol Bay Native Association (BBNA) provides social, economic, cultural and educational opportunities and initiatives to benefit the tribes and the native people of Bristol Bay.

907-842-5257

contact@bbna.com

bbna.com

Adult Protective Services (APS)

APS investigates and provides information about allegations of abuse, neglect or exploitation of vulnerable adults.

800-478-9996 | 907-269-3666

dhss.alaska.gov/dsds/Pages/aps/default.aspx

Assistive Technology of Alaska (ATLA)

ATLA offers free and fee-based services to help people explore, obtain and utilize the assistive technology they need to increase their independence.

907-563-2599 | atlaak.org

Twitter: [@atlaak](https://twitter.com/atlaak)

Facebook: [@atlaak](https://www.facebook.com/atlaak)

HEALTH RESOURCES

Medicare Information Office (MIO) and State Health Insurance Assistance Program (SHIP)

The MIO and SHIP educate and counsel Medicare beneficiaries and their families to help them better understand and use their benefits.

800-478-6065 | 907-269-3680

**hss.medicare@alaska.gov
medicare.alaska.gov**

Medicare-Approved Health Care Providers

dhss.alaska.gov/dsds/Documents/Medicare/MedicareApprovedProvidersFlyer.pdf

Senior and Disabilities Services (SDS)

SDS serves people with disabilities, seniors and vulnerable adults by connecting them with services and supports.

800-478-9996 | 907-269-3666

dhss.alaska.gov/dsds/Pages/default.aspx

HOME- AND COMMUNITY-BASED RESOURCES

Health Facilities Licensing and Certification

This team inspects health facilities across the state to determine whether they meet state and federal standards.

888-387-9387 toll-free

907-334-2483

dhss.alaska.gov/dhcs/Pages/hflc/default.aspx

Office of the Long-Term Care Ombudsman (OLTCO)

OLTCO Identifies, investigates and resolves complaints made by – or on behalf of – long-term care residents. The program also offers information and assistance in obtaining needed services, and coordinates efforts with service providers.

800-730-6393 | 907-334-4480

akoltco.org

Personal Care Services (PCS) Program

PCS serves Alaskan seniors and people with disabilities who need assistance with activities of daily living.

800-478-9996 | 907-269-3666

dhss.alaska.gov/dsds/Pages/pca/default.aspx

Residential Licensing

State agencies responsible for licensing and investigating assisted living homes in Alaska.

907-334-2492

dhss.alaska.gov/dhcs/Pages/cl/all/default.aspx

SDS Home and Community Based Waiver Programs

SDS offers waiver programs for people with physical or intellectual disabilities who qualify for care from a nursing facility or an intermediate care facility so that they can receive care in the home or community instead of in an institution.

800-478-4996 | 907-269-3666

dhss.alaska.gov/dsds/Pages/HCBWprogram.aspx

FINANCIAL RESOURCES

AARP Foundation's Benefits QuickLINK

Find public benefits that can help you pay for food, medicine, health care, utilities and more by using AARP Foundation's Benefits QuickLINK tools.

aarp.org/quicklink

Adult Public Assistance Program (APA)

APA is a state government program that offers cash assistance to aged, blind and disabled Alaskans in order to help them remain independent. It also offers assistance to Supplemental Security Income (SSI) recipients and others who have income and resources within APA income and resource limits. Recipients are also eligible for Medicaid benefits.

907-465-3347

dhss.alaska.gov/dpa/Pages/apa/default.aspx

Senior Benefits Program

A state program that offers monthly cash benefits to low- to moderate-income older adults depending on income.

907-376-3903 | 800-478-7778

seniorbenefits.alaska.gov

LEGAL RESOURCES

Alaska Legal Services Corporation (ALSC)

ALSC is a nonprofit organization that offers free civil legal services to seniors, caregivers and low-income residents throughout Alaska.

888-478-2572 toll-free

alsc-law.org

ALSC's Legal Resource:

AlaskaLawHelp.org

Disability Law Center of Alaska

The Disability Law Center of Alaska is an independent nonprofit law firm that offers disability-related legal assistance to Alaska residents.

800-478-1234 | 907-565-1002

dlcak.org/intake

Office of Elder Fraud and Assistance

The Office of Elder Fraud and Assistance addresses financial exploitation of the state's older residents.

907-334-5954

Doa.alaska.gov/opa/oefa

WORKPLACE/EMPLOYER RESOURCES

Supporting Caregivers in the Workplace

AARP offers valuable resources to help employers create a caregiver-friendly workplace.

aarp.org/employercaregiving

TRANSPORTATION RESOURCES

Anchorage — Anchor Rides

Senior transportation is offered to people 60 years and

older, connecting them with nonemergency health care, adult day care, senior meal programs, pharmacies, and employment and volunteer opportunities.

907-343-6543 | AnchorRIDES.org

Mat-Su Valley — Mat-Su Senior Services

The organization provides comprehensive senior services such as transportation, meals, chores, respite services and adult day services.

907-745-5454

contact@matsuseniors.com

matsuseniors.com/our-services/transportation

HOUSING RESOURCES

Alaska Housing Finance Corporation

AHFC works to make sure Alaska's seniors have access to affordable and accessible homes and supportive services.

800-478-2432 | 907-338-6100

Senior/Disabled Housing Assistance: ahfc.us/publichousing/rental-programs/seniordisabled-housing

AHFC Senior Support:

ahfc.us/senior-support

SPECIFIC AUDIENCE RESOURCES

AARP Caregiving Guides

AARP offers free caregiving guides for specific audiences, including guides for military families and LGBT individuals. The guides, also offered in Spanish and Chinese, are designed to help develop and implement a caregiving plan.

aarp.org/preparetocare

Alaska Office of Veterans Affairs

The Alaska Office of Veterans Affairs serves as the primary advocate for Alaska's veterans and strives to help our veterans and their families improve their lives.

888-248-3682 toll-free

907-334-0874

veterans.alaska.gov

Identity Inc. and SAGE Alaska

Identity and SAGE Alaska represent the state's lesbian, gay, bisexual and transgender communities through advocacy, education and connectivity.

907-929-4528

info@identityinc.org

identityalaska.org/programs/sage-alaska/about-sage-alaska

CARE FOR CAREGIVERS

Community Connections

AARP Community Connections is a new website that offers steps to get or give help. You can organize online mutual aid groups to stay connected, share ideas and support those in need.

aarpcommunityconnections.org

Create the Good

Create the Good connects people with volunteer opportunities and project ideas to share your life experiences, skills and passions in your community.

createthegood.aarp.org

Alzheimer's Resource of Alaska (ARA)

ARA connects caregivers with information, caregiving classes, support groups, care coaching,

baseline memory screenings and mini-grant funding.

907-561-3313 | 800-478-1080

alzalaska.org

Alaska Department of Health and Social Services Senior and Disabilities Services — Caregiver Support

The program offers services for family caregivers through the state's Division of Senior and Disabilities Services.

Anchorage: **907-269-3666**

Anchorage: **800-478-9996**

dhss.alaska.gov/dsds/Pages/CaregiverSupport.aspx

AARP RESOURCES FOR FAMILY CAREGIVERS

AARP Family Caregiving Website

AARP's Family Caregiving website is your one-stop shop for tips and tools to help you care for a loved one. It has valuable information about handling medical issues, health records and advance directives, home safety, financial and legal issues, caregiver life balance and much more.

aarp.org/caregiving

(en español: aarp.org/cuidar)

AARP Family Caregiving Resource Line

Connect with a real person and learn how to access local resources via our toll-free family caregiving hotline.

877-333-5885 toll-free

(en español: 888-971-2013 toll-free)

AARP Family Caregivers Facebook Group

Join the AARP Family Caregivers Discussion Group on Facebook to connect, ask questions and share ideas with other family caregivers. Join here:

facebook.com/groups/aarpfamilycaregivers

Community Resource Finder

Community Resource Finder, a joint service from the Alzheimer's Association and AARP, is a database of dementia- and aging-related resources powered by Carelike. The online tool makes it easy to find local programs and services.

communityresourcefinder.org

I Heart Caregivers

Join the thousands of family caregivers who have shared their experiences through AARP's storytelling initiative, I Heart Caregivers. Your story will help AARP continue to fight for more support for family caregivers.

aarp.org/iheartcaregivers

AARP Online Caregiving Community

Join our community and connect with other caregivers like you.

aarp.org/caregivingcommunity

AARP HomeFit Guide

The AARP HomeFit Guide can help individuals and families make their current or future residence age-friendly. It can also help elected officials, policymakers and local leaders learn about and advocate for the types of housing features and designs that communities need so that their residents can live safely and comfortably and thrive.

aarp.org/homefit

National Resources for Family Caregivers

A listing of national agencies, groups and organizations that can connect family caregivers with direct services and supports.

aarp.org/resourcesforcaregivers

Please note that many of the resources referenced in this guide are not offered by AARP. Any information you provide to the host organizations will be governed by their privacy policies.



WE WANT TO HEAR FROM YOU!

If you have thoughts about how AARP can improve this resource guide, we invite you to go to **aarp.org/preparetocaresurvey** (en Espanol: aarp.org/encuestacuidador)



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