

# SENIOR SNAPSHOT 2025



Alaska  
Commission  
On Aging

Aging With Dignity And Independence



## **ALASKA COMMISSION ON AGING (ACOA) SENIOR SNAPSHOT: OLDER ALASKANS IN 2025**

Every year, the Alaska Commission on Aging (ACoA) provides a snapshot in time of the health and well-being of Alaskans ages 60 and older (60+). 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+.

Below are highlights from the 2025 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

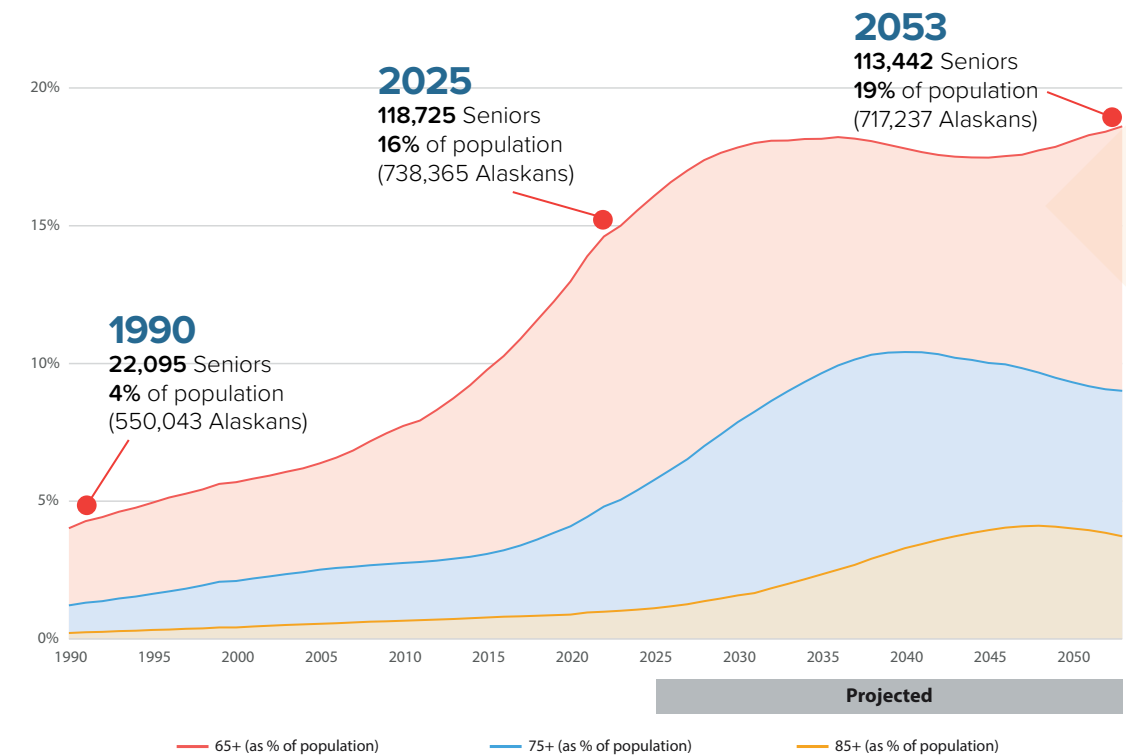
The number of Alaska’s seniors has grown tremendously since 2010 ([Figure 1](#)).

### Some highlights:

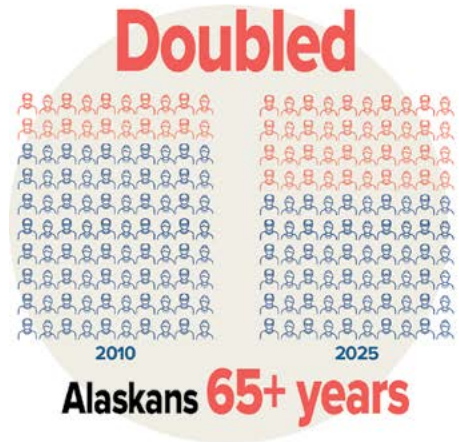
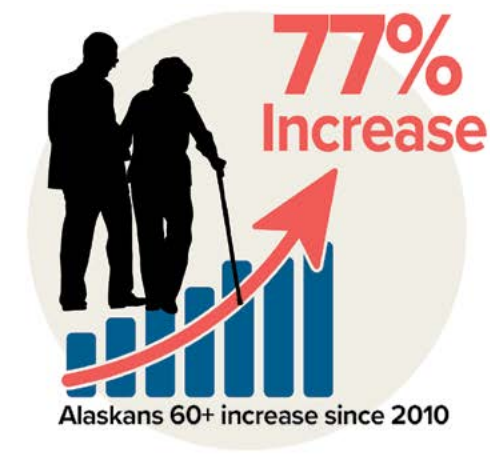
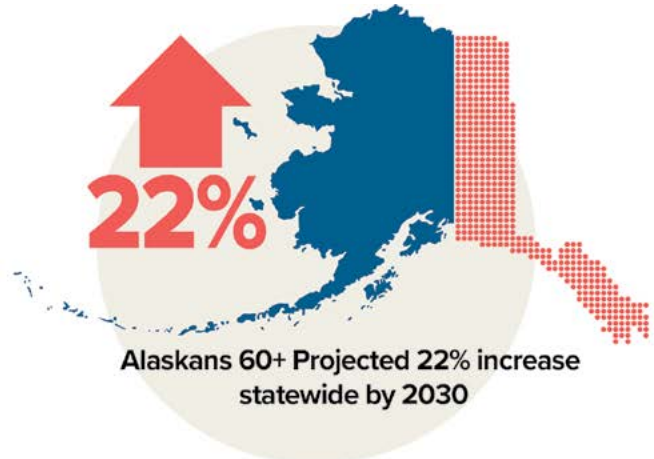
- **Percentage of Total Population:** In 2025, Alaska had 162,175 seniors ages 60+, representing 21.9% of the state’s population (738,737). This is up from 14.5% in 2010.
- **60+ Population Increase:** Alaska’s 60+ population increased by 78%, from 90,876 in 2010 to 162,175 in 2025.
- **Growth in Ages 65+:** Alaska’s 65+ population more than doubled between 2010 and 2025, from 54,938 to 118,296.
- **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 1 in 3 will experience Alzheimer’s and Related Dementias.
- **Regional Growth Across Alaska:** Senior population size increased in all regions but the Aleutians, with the highest concentration in Southeast Alaska, where more than 1 in 4 residents are ages 60 or older.

The line graph in Figure 1 represents Alaska’s seniors by age group (65 and over, 75 and older, and 85 and older). Individual lines show each group as a percentage of Alaska’s total population for the years 1990-2053. These percentages are based on estimated population totals for 1990–2024, and on projected population totals for 2025–2053. As noted on the figure, in 1990, the total estimated number of seniors was 22,095, making up 4% of Alaska’s population (550,043). In 2025, Alaska was estimated to have 118,725 seniors, making up 16% of the population (738,365). By 2053, Alaska is projected to have 133,442 seniors, making up 19% of the state’s population (717, 237).

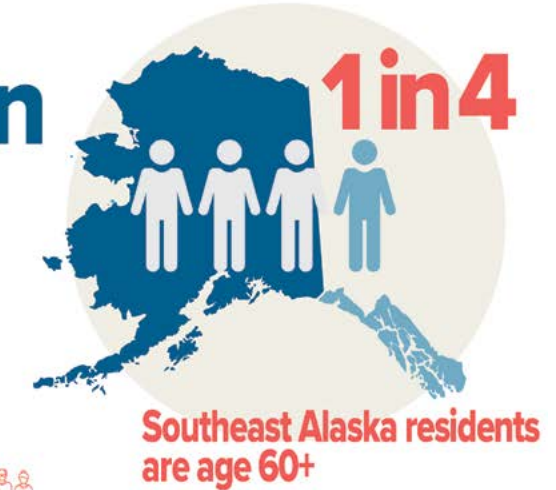
Figure 1. Alaska’s Older Population by Age Group, 1990–2053 Estimated/Projected<sup>(1)[1]</sup>



1 Sandberg, E., Alaska Department of Labor and Workforce Development, Research and Analysis Section. (March 2025). Seniors a growing slice of Alaska, p. 15. [Alaska Economic Trends Magazine](https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf). <https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf>.



**Population Growth**



## Seniors by Age 2010–2025

Table 1. Alaska's Senior Population Size, by Age Group, for Select Calendar Years (CY) 2010–2025<sup>(2)[1]</sup>

Age Group	CY25 Age Group (% of Seniors 60+)	Senior #s CY25	Senior #s CY24	Senior #s CY23	Senior #s CY22	Senior #s CY10	% Change 2010–2025
Ages 60–64	27.05%	43,879	45,614	46,342	47,363	35,938	22.1%
Ages 65–74	46.94%	76,126	75,373	73,291	72,170	35,350	115.4%
Ages 75–84	21.04%	34,136	32,071	29,667	28,101	14,877	129.4%
Ages 85+	4.95%	8,034	7,848	7,532	7,305	4,711	70.5%

Alaska's senior population by age groups (60–64, 65–74, 75–84, and 85+) are represented as a percentage of total seniors for CY2025, as well as by actual numbers for CY2010–2025, with percent change of population between 2010–2025 noted.

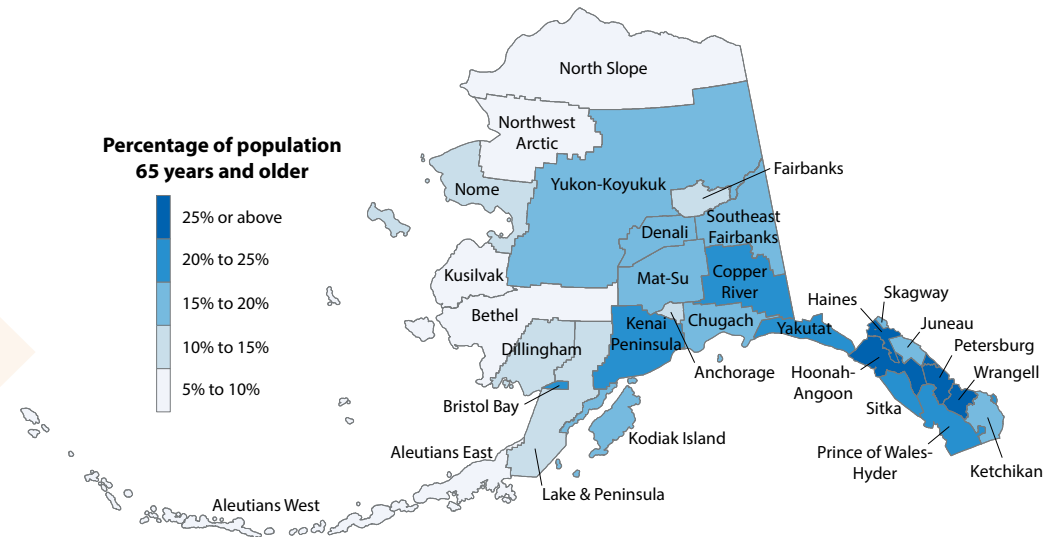
**Note:** Numbers represent a point in time in that CY. (For instance, CY10 numbers are as of April, and CY24 and CY25 numbers are as of July.)

<sup>2</sup> Alaska Department of Labor and Workforce Development, Research and Analysis Section. (January 2026).

## Regional highlights

While the highest increases in Alaska’s senior population were in Southcentral, Anchorage and Interior regions, all have experienced notable growth since 2010 (Table 2). As of 2024, Southeast Alaska had the most seniors in Alaska proportionally (Figure 2).

Figure 2. Alaska Map: Percentage of Alaska Seniors (65+), by Region<sup>(3)</sup>[2]



Alaska is divided into regions and color-coded by the percentage of residents age 65 and older.

- 5%–10%: Bethel, Kusilvak, Northwest Arctic, North Slope, Aleutians East, Aleutians West
- 10%–15%: Nome, Dillingham, Fairbanks
- 15%–20%: Yukon-Koyukuk, Southeast Fairbanks, Denali, Mat-Su, Chugach, Skagway, Juneau, Ketchikan
- 20%–25%: Copper River, Kenai Peninsula, Yakutat, Bristol Bay, Prince of Wales-Hyder, Sitka, Hoonah-Angoon, Haines, Petersburg, Wrangell

3 Sandberg, E., Alaska Department of Labor and Workforce Development, Research and Analysis Section. (March 2025). [Seniors a growing slice of Alaska](https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf), p. 5. Alaska Economic Trends Magazine. <https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf>.

## Population (60+) by Region

Table 2. Alaska’s Senior Population (Age 60+) by Region & Census Area for Select Calendar Years (CY) 2010–2025<sup>(4)</sup>[2]

Region (Statewide Region Number/Name)	Census Area	CY25	CY24	CY23	CY10	% Change 2010-2025
I. Bethel Area	Bethel, Kusilvak Census Area	3,707	3,666	3,543	2,266	64%
II. Interior	Fairbanks NSB, Yukon- Koyukuk, Denali, SE Fairbanks	22,064	21,888	21,245	13,177	67%
III. North Slope	North Slope Borough	1,301	1,277	1,317	856	52%
IV. Anchorage	Municipality of Anchorage	61,115	60,763	59,149	35,079	74%
V. Southcentral	Kenai Peninsula, Mat-Su, Copper River, Chugach	47,023	46,335	45,110	22,762	107%
VI. Northwest	Nome, Northwest Arctic	2,469	2,474	2,447	1,681	47%
VII. Southwest	Bristol Bay, Dillingham, Kodiak, Lake & Peninsula	4,090	4,044	4,006	2,444	67%
VIII. Aleutians	Aleutians East, Aleutians West	1,131	1,247	1,192	847	34%

4 Alaska Department of Labor and Workforce Development. (2025). Population estimates as of July 1.

Region (Statewide Region Number/Name)	Census Area	CY25	CY24	CY23	CY10	% Change 2010-2025
IX. Southeast	Haines, Juneau, Ketchikan, Prince of Wales, Sitka, Skagway, Hoonah-Angoon, Wrangell, Petersburg, Yakutat	19,275	19,212	18,852	11,764	64%
I–IX: All Regions	All	162,175	160,906	156,861	90,876	78%

**Note:** Regions are those used by the Alaska Department of Health.

## ISSUES IMPACTING THE LIVES OF ALASKAN SENIORS

### Poverty

An estimated 8.4% percent of seniors in Alaska ages 65 and over live below poverty levels.<sup>(5)</sup>

### Homelessness<sup>(6)</sup>

In 2025, 2,707 seniors ages 55+ reported being homeless, an increase of about 1.5% over 2024 (2,667). Of these:

- **About 65% (1,748) reported having a disabling condition;** of these, more than 7 out of 10 people (1,288) also reported one or more behavioral health issues.
- **Seniors made up just over 18% of Alaska’s homeless population,** an increase from 17% in 2024.
- **45.4% reported they were American Indian, Alaska Native, or Indigenous.**
- Anchorage reported 1,597 homeless seniors.
- About 25% (678) reported chronic homelessness.
- About 14.5% (392) were veterans.

*Please note the following limits of this data: All data was self-reported by clients in the Alaska Homeless Management Information System (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.*

<sup>5</sup> U.S. Census Bureau. (2025). 2024 American Community Survey 1-Year Estimates Subject Tables. [S0103 Population 65 Years and Over in the United States](https://data.census.gov/tables/ACSST1Y2024.S0103?t=Older+Population&g=040XX00US02). <https://data.census.gov/tables/ACSST1Y2024.S0103?t=Older+Population&g=040XX00US02>

<sup>6</sup> Anchorage Coalition to End Homelessness and Alaska Coalition of Housing and Homelessness. (January 2026). [Alaska Homeless Management Information System \(AKHMIS\)](https://www.aceh.org/demographics). <https://www.aceh.org/demographics>.



### Senior Incarceration<sup>(7)</sup>

Of the approximately 4,500 individuals incarcerated in the State of Alaska as of November 2025, 5.2% are age 65 or older, representing an estimated 235 senior inmates. Alaska’s correctional facilities were not designed to meet the needs of older adults or individuals living with dementia.

The incarcerated senior population has grown substantially over time. Between 2003 and 2023, the share of incarcerated individuals age 50 and older more than doubled, increasing from 10.8% to 21.4% of the total prison population.

Cognitive impairment is an increasing concern as the incarcerated population ages. The Alaska Department of Corrections has identified 22 confirmed cases of dementia among incarcerated individuals, along with an additional 13 suspected cases, highlighting the growing intersection of aging, cognitive decline, and incarceration.

### Senior Suicide Awareness<sup>(8)</sup>

During 2020–2024, there were 145 suicide deaths among senior Alaskans (ages 65+):

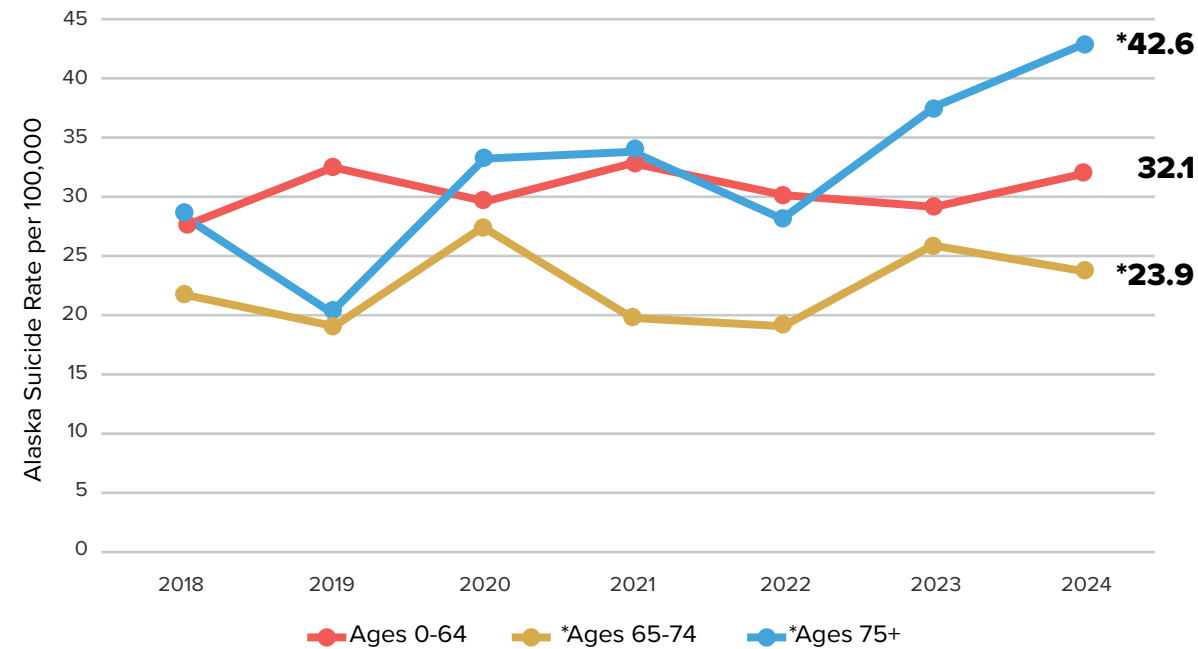
- 83 ages 65–74
- 62 ages 75+
- 13 females and 132 males

Senior suicide rates were highest among white seniors and those living in Interior and Southwest regions. The mechanism for 80% of senior suicide deaths was firearms.

<sup>7</sup> Alaska Department of Corrections. (November 2025).

<sup>8</sup> Alaska Division of Public Health, Health Analytics and Vital Records Section. (January 2026).

Figure 3. Alaska Resident Suicide Rates by Age Group & Year (2018-2024)<sup>[3]</sup>



2024 Data are provisional and subject to change. \*Rates for ages 65-74 and ages 75+ are all based on fewer than 20 events per year. Rates based on fewer than 20 events per year are statistically unreliable and should be used with caution. Rates based on fewer than six events are not reported.

Figure 3 shows that suicide rates among older Alaskans varied from 2018 to 2024, with the sharpest rise among adults age 75 and older. In 2018, the rate was 21.9 per 100,000 for adults age 65–74 and 28.6 for adults age 75 and older. Rates fluctuated through 2022, then increased in 2023 and 2024. By 2024, the rate for adults age 65–74 was 23.9 per 100,000, while the rate for adults age 75 and older rose to 42.6, the highest point shown. Because both age groups are based on fewer than 20 deaths per year, annual rates should be interpreted cautiously.

## Senior Financial Safety

Table 3. 2024 Alaska Top Fraud Types by Victim Numbers & Reported Losses<sup>(9)[3]</sup>

Fraud Types	Victims (60+)	Reported Losses
Tech Support Scams	55	\$3,036,319
Government Impersonation	54	\$748,439
Extortion	52	\$39,629
Phishing / Spoofing	38	\$7,563
Personal Data Breach	36	\$109,873

**Note:** IC3 data reflects reported incidents only; elder fraud is widely underreported.

According to the FBI Internet Crime Complaint Center (IC3), for Alaska residents ages 60+ (2024):

- Alaska led the nation, with 914.7 IC3 complaints per 100,000 residents.
- 466 victims reported fraud to the IC3.
- \$8.17 million in financial losses were reported.
- Cryptocurrency was the leading method used to transfer losses.

9 FBI Internet Crime Complaint Center (IC3). (Accessed January 2026). *Alaska Elder Fraud Report 2024*. <https://www.ic3.gov/annualreport/Reports/2024EFState/#?s=2>

## VETERAN POPULATION IN ALASKA

In Federal Fiscal Year 2025 (FFY25), Alaska’s senior veteran population (ages 65+) was 24,151, or 35% of the state’s total veteran community. This was a modest (14 individuals) decrease from FFY24; however, overall, the number represents an increase of about 6% (1,376 individuals) since FFY20.

**Table 4. Alaska’s Senior Veterans (Ages 65+), by Number and as a Percent of Total Alaska Veterans, by Federal Fiscal Years (FFY) 2020–2025<sup>(10)[4]</sup>**

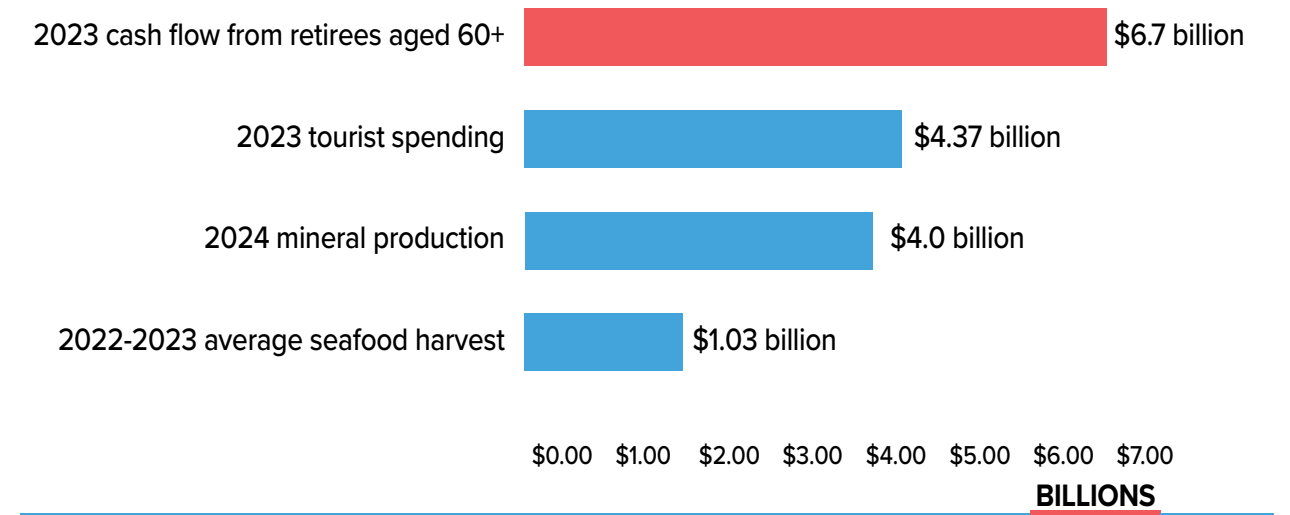
Veteran Population	FFY25	FFY24	FFY23	FFY22	FFY21	FFY20
Number of Alaskan Veterans Ages 65+	24,151	24,165	22,775	22,569	22,675	22,775
Percent of Alaskan Veterans Ages 65+	35%	34%	31.9%	32.3%	32.1%	31.9%

**Note:** Data given is by Federal Fiscal Year (FFY); for instance, FFY 2025 runs October 1, 2024 to September 30, 2025.

<sup>10</sup> National Center for Veterans Analysis and Statistics. (March 2025). *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)

## ECONOMIC CONTRIBUTION OF OLDER ALASKANS

**Figure 4. Economic Contribution of Older Alaskans, Compared to Key Sectors, CY 2022–2024<sup>(11)[4]</sup>**



A 2004 ISER report found that retirees aged 60+ contributed roughly \$146 billion to the state economy. Using an updated methodology, ISER estimated that number grew to roughly \$6.7 billion in 2023.

Figure 4 compares the 2023 economic contribution of Alaskans age 60 and older with several major Alaska industries. Older Alaskans generated \$6.7 billion in annual cash flow, exceeding 2023 tourism spending at \$4.37 billion, 2024 mineral production at \$4.0 billion, and the 2022–2023 average seafood harvest at \$1.83 billion. This comparison highlights the major and growing role older adults play in Alaska’s economy.

Older Alaskans play a major and growing role in Alaska’s economy. In Calendar Year (CY) 2025, the University of Alaska Anchorage’s Institute of Economic and Social Research (ISER) estimated CY 2023 cash flow from retirees ages 60+ at

<sup>11</sup> Perry, Spencer. (December 2025). *The Economic Contribution of Older Alaskans*. UAA ISER, p. 3.

approximately \$6.7 billion, exceeding other key sectors such as tourism spending (\$4.4 billion in 2023), mineral production (\$4 billion in 2024), and the average annual seafood harvest (\$1.8 billion in 2022–2023).<sup>(12)</sup>

This reflects substantial growth since a [2006 ISER report](#), which estimated that retirees ages 60+ contributed approximately \$1.5 billion to Alaska’s economy based on 2004 data.<sup>(13)</sup> Together, these findings underscore the increasing economic importance of Alaska’s older population as retirement income continues to circulate through local and regional economies.

12 UAA ISER. (December 2025).  
 13 Goldsmith, S., and Angvik, J. (September 2006). *\$1.5 Billion a Year and Growing: Economic Contribution of Older Alaskans*. Understanding Alaska. UAA ISER. [https://iseralaska.org/static/legacy\\_publication\\_links/researchsumm/UA7.pdf](https://iseralaska.org/static/legacy_publication_links/researchsumm/UA7.pdf)



## MATURE ALASKANS SEEKING SKILLS TRAINING (MASST)<sup>(14)</sup>

In State Fiscal Year (SFY) 2025, Alaska’s Mature Alaskans Seeking Skills Training (MASST) program, also known as the Senior Community Service Employment Program (SCSEP), authorized under Title V of the Older Americans Act, helped 115 unemployed, low-income Alaskans ages 55+ gain education, training, and credentials across rural and urban communities. Prioritizing veterans, individuals with disabilities, reentry populations, and those facing barriers such as low literacy, limited English proficiency, or homelessness, MASST exceeded federal performance targets for post-exit employment and median earnings. Participants achieved higher starting wages, stronger job retention, and improved continuity, which is time with the same employer from Quarter 2 (Q2) to Quarter 4(Q4). The program also enhanced data quality and seat utilization while sustaining statewide reach. Given the size of Alaska’s aging population and its persistent workforce gaps, especially in health and elder services, MASST remains one of the most cost-effective and equitable workforce investments.

**Table 5. 2025 MASST Performance for State Fiscal Year (SFY) 2025<sup>[5]</sup>**

Core Measures	Target	Actual	Actual vs Target (percentage points or \$)	% of Target
Employment Rate (Q2): Percent independently employed 2nd quarter after program exit	32.30%	45.00%	+12.7	139%
Employment Rate (Q4): Percent independently employed 4th quarter after program exit	23.50%	33.30%	+9.8	142%

14 Alaska Department of Labor and Workforce Development, Division of Vocational Rehabilitation. (January 2026).



Core Measures	Target	Actual	Actual vs Target (percentage points or \$)	% of Target
Median Earnings: Gross, measured in Q2	\$3,338	\$6,822	+\$3,484	204%
Barriers to Employment (Service Mix): Percent served with one or more barriers	3.10%	3.49%	+0.39	113%

## SENIOR ECONOMIC INDICATORS<sup>(15)</sup>

Table 6. Economic Status Indicators of Alaska's Seniors (Ages 60+) Snapshot by Year, for 2020–2025<sup>[6]</sup>

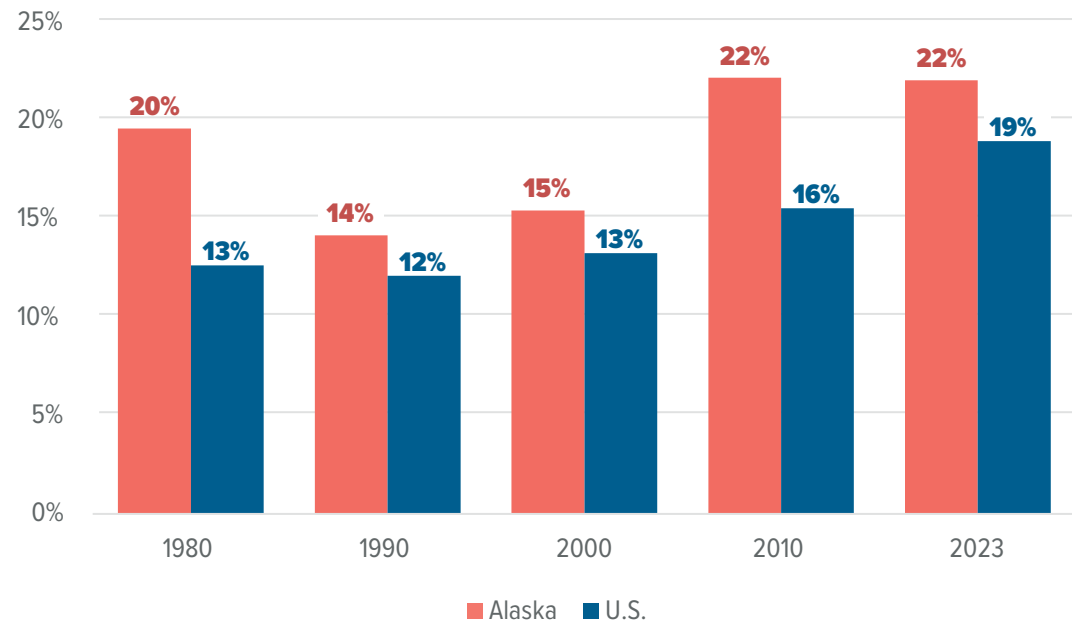
Alaska Economic Status Indicators	CY25	CY24	CY23	CY22	CY20
Estimated Average Monthly Social Security Benefits	\$1,960	\$1,877	\$1,797	\$1,593	\$1,463
Number of Seniors Receiving Public Employee Retirement System (PERS) Payments	20,318	20,243	19,999	19,814	18,949
Average Monthly PERS Payment	\$2,397	\$2,334	\$2,292	\$2,133	\$1,966
Number of seniors receiving Teachers Retirement System (TRS) Payments	6,419	6,423	6,364	6,374	6,228
Average Monthly TRS Payment	\$3,459	\$3,407	\$3,372	\$3,176	\$3,051

**Note:** Figures on PERS/TRS benefits include retirees age 60+ who currently live in Alaska. Social Security benefits are from snapshot data for December of each year.

<sup>15</sup> Sources: Social Security Administration. (December 2025). [Monthly Statistical Snapshot, December 2025](https://www.ssa.gov/policy/docs/quickfacts/stat_snapshot/). [https://www.ssa.gov/policy/docs/quickfacts/stat\\_snapshot/](https://www.ssa.gov/policy/docs/quickfacts/stat_snapshot/); Alaska Department of Administration, Division of Retirement & Benefits. (January 2026).

## SENIORS IN THE WORKFORCE

Figure 5. Percent of Seniors in the Labor Force, Alaska vs. U.S., Calendar Years (CY) 1980–2023<sup>(16)[5]</sup>



This bar graph shows Alaska with a higher percentage of working seniors than the U.S. average for all years shown: 1980, 1990, 2000, 2010 and 2023.

Figure 5 compares the percentage of seniors in the labor force in Alaska and the United States from 1980 to 2023. Alaska remained above the national average in every year shown, with 20% versus 13% in 1980, 14% versus 12% in 1990, 15% versus 13% in 2000, 22% versus 16% in 2010, and 22% versus 19% in 2023. The gap was largest in 2010 and narrowed slightly by 2023, though Alaska continued to lead the national rate.

16 Alaska Department of Labor and Workforce Development. (March 2025). [Alaska Economic Trends Magazine, p. 8.](https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf) <https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf>.

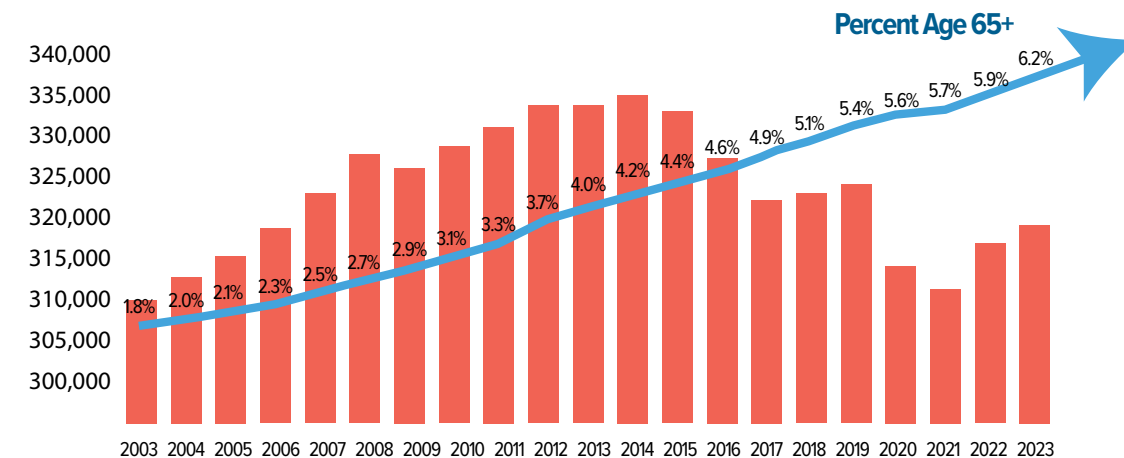
Table 7. Alaska Resident Workers Ages 65+ by Quarters Worked, Calendar Years (CY) 2022–2024<sup>(17)[7]</sup>

Senior (65+) Resident Worker Type	CY24	CY23	CY22
Worked All 4 Quarters	13,967	13,301	12,256
Worked Any Quarter	20,708	19,687	18,727

**Note:** Table reflects Alaska resident wage and salary workers covered by the state Unemployment Insurance (UI) program, including both full-time and part-time employment, which cannot be separately identified. This does not include self-employed individuals, unpaid family workers, federal civilian employees, active-duty military personnel, volunteers, or informal work.

As seen in Figure 6, the share of Alaska’s workforce ages 65+ has continued to increase, even as the numbers of seniors in the workforce have moderated.

Figure 6. Alaska’s Resident Workforce by Year, and Seniors (65+) as a Share of Workforce, Calendar Years (CY) 2003–2023<sup>(18)[6]</sup>



17 Alaska Department of Labor and Workforce Development, Research and Analysis Section. (November 2025).

18 Alaska Department of Labor and Workforce Development, Research and Analysis Section.



Figure 6 shows that older Alaskans make up an increasing share of the state’s resident workforce over time. From 2003 to 2023, the percentage of workers age 65 and older rose from 1.8% to 6.2%. During the same period, the number of senior workers more than tripled, increasing from 5,701 to 19,697. While Alaska’s total resident workforce fluctuated and remained relatively stable overall, the share represented by older workers continued to rise steadily, reflecting the growing role of seniors in the labor force.

## AMERICORPS SENIORS — ALASKA

The Rural Alaska Community Action Program (RurAL CAP) administers two statewide AmeriCorps Seniors Program service tracks: The Elder Mentor Program (nationally known as the Foster Grandparent Program) and the Senior Companion Program. Both programs aim to fill critical needs in the state by leveraging senior volunteers to serve their communities. The Elder Mentor Program serves youth across the state with special or exceptional needs by providing one-on-one support in tutoring, mentoring, or building cultural connection from a local senior volunteer. The Senior Companion program supports homebound or isolated seniors through a peer-to-peer system. Senior Companion volunteers are assigned clients that have had needs identified in at least one of three areas: companionship, transportation, and respite services. Volunteers serve a minimum of five hours a week and commit to at least one year of service.

RurAL CAP’s AmeriCorps Seniors Program prioritizes serving low-income seniors (55+) statewide with an aim that older Alaskans will maintain quality of life in a safe environment and in their communities of choice. Based on volunteer feedback in SFY25, 100% of 48 volunteers reported that being a volunteer in the program increased their quality of life and ability to age safely in place. Of the 24 senior companion clients that completed the Independent Living Survey the same year, 20 (83.3%) reported feeling less lonely, and 21 (87.5%) reported that the Senior Companion volunteer met their expectations. RurAL CAP’s AmeriCorps Seniors Program is supported by AmeriCorps Seniors and Older Americans Act Title III funding. Volunteers receive a tax-free stipend, transportation support, meal

reimbursements, and annual trainings covering topics both about their volunteer service and healthy aging.

**Table 8. RurAL CAP AmeriCorps Seniors Program Volunteer Participation, State Fiscal Year (SFY) 2023–2025<sup>(19)[8]</sup>**

Program Volunteer Types	SFY25	SFY24	SFY23
Elder Mentors (# participating)	89	70	55
Senior Companions (# participating)	18	2	N/A
Total Volunteer Service Hours	28,740	19,166	16,078
Number of Sites Served	49	36	31

**Note:** RurAL CAP began receiving Senior Companion funding in July 2024.



19 RurAL CAP AmeriCorps Seniors. (January 2026).



## 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 in 2025 were \$125, \$175, or \$250 each month, depending on income.

Overall, between 2021 and 2025, the program showed a decrease of 381 beneficiaries.

**Table 9. Number of Alaskans Ages 65+ Receiving Senior Benefits, by Region, 2021–2025<sup>(20)[9]</sup>**

Region	Communities in Region	2025	2024	2023	2022	2021
I. Bethel Area	Bethel, Kusilvak Census Area	649	654	565	549	675
II. Interior	Fairbanks NSB, Yukon-Koyukuk, Denali, SE Fairbanks	1,277	1,319	1,193	1,199	1,377
III. North Slope	North Slope Borough	11	18	17	18	25
IV. Anchorage	Municipality of Anchorage	4,132	4,264	3,923	3,836	4,365
V. Southcentral	Kenai Peninsula, Mat-Su, Copper River, Chugach	3,248	3,265	2,862	2,501	3,071
VI. Northwest	Nome, Northwest Arctic	260	293	259	261	338
VII Southwest	Bristol Bay, Dillingham, Kodiak, Lake & Peninsula	297	344	294	288	322
VIII. Aleutians	Aleutians East, Aleutians West	42	44	29	27	35

20 Department of Health, Division of Public Assistance. (October 2025).

Region	Communities in Region	2025	2024	2023	2022	2021
IX. Southeast	Haines, Juneau, Ketchikan, Prince of Wales, Sitka, Skagway-Hoonah-Angoon, Wrangell-Petersburg, Yakutat	1,187	1,281	1,121	1,103	1,276
Statewide Total	All	11,103	11,482	10,263	9,782	11,484

## 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 limit 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% of the Federal Poverty Level (FPL).

**Table 10. Alaska Seniors (ages 65+) on SNAP, APA, LIHEAP: Number of Recipients and Average Monthly Benefit by State Fiscal Year (SFY) 2022–2025** <sup>(21)[10]</sup>

Assistance Program	SFY25	SFY24	SFY23	SFY22
SNAP (Number of Alaska Seniors)	8,976	8,670	8,218	7,962
SNAP (Average Monthly Benefit)	\$316	\$343	\$315	\$301
APA (Number of Alaska Seniors)	6,853	7,298	7,122	7,584
APA (Average Monthly Benefit)	\$316	\$308	\$302	\$301
LIHEAP (Number of Alaska Households with a Senior Recipient)	1,566	2,361	1,793	1,598

21 Alaska Department of Health, Division of Public Assistance. (2025).

## SENIOR LEGAL HELP AND DISCRIMINATION (AGEISM)

Senior clients (ages 60+) accounted for 30 percent of all Alaska Legal Services Corporation cases in State Fiscal Year (SFY) 2025, totaling 1,567 cases and impacting 2,665 Alaskans across 155 communities statewide. Among senior cases, 55 percent involved Alaska Native/American Indian clients, 60 percent involved female clients, and 44 percent involved individuals with one or more disabilities. Veterans represented 12 percent of senior cases, and 17 percent involved households with children.

Alaska Legal Services had 87 Miller Trust cases in FY25, 77 of which were for senior clients.

**Table 11. Alaska Legal Services State Fiscal Year (SFY) 2025 Senior Cases by Category** <sup>(22)[11]</sup>

Legal Issue Category	Number of Seniors Served
Income Maintenance	599
Wills, Estates, Advance Directives, Powers of Attorney	430
Health	213
Housing	167
Family	67
Consumer	44
Native Law	24
Miscellaneous	23

The Alaska State Commission for Human Rights enforces the Civil Rights clause in Article 1, Section 3 of the Alaska Constitution through the Alaska Human Rights Act (AS 18.80 and subsequent sections), prohibiting discrimination against individuals based on a protested

22 Alaska Legal Services Corporation. (January 2026).

characteristic within the areas of employment, place of public accommodation, the sale or rental of real property, credit and financing practices, and practices by the state and local governments. Age is a protected characteristic for some of these areas under Alaska law. Although the federal Age Discrimination in Employment Act of 1967 (29 USC 621 and subsequent sections) limits age discrimination to 40 years of age and older, Alaska law is not so limited.

**Table 12. Alaska Age Discrimination Complaints (Ages 55+) by Type and Number, Calendar Year 2025**<sup>(23)[12]</sup>

Complaint Categories	Number of Complainants
Employment	21
Public Accommodations	3
Housing	1
Government Practices	1

23 Alaska State Commission for Human Rights. (January 2026).

## GRANDPARENTS AND RELATIVES RAISING CHILDREN

About 1 in 8 children in Alaska are being raised in households headed by grandparents and other extended family (see Table 13).

Nationally, American Indian and Alaska Native grandparents are the most likely to be responsible for their grandchildren, with 39.2 percent of coresident grandparents responsible for their grandchildren.<sup>(24)</sup>

About 90% of those kin families are totally separate from the state foster care system, meaning that they don't get stipends, social workers, Medicaid benefits, or other supports that come with state foster care.

**Table 13. Grandfamilies in Alaska, Calendar Years (CY) 2021 and 2025**<sup>(25)[13]</sup>

Kinship Family Indicator	CY25	CY21
Children living in homes where a relative is head of household	22,785	19,379
Children being raised by kin with no parent present	7,000	9,000
Grandparents responsible for their grandchildren	15,306	7,854
Ratio: Children raised by kin outside the system vs. in foster care	8 to 1	11 to 1

24 U.S. Census Bureau. (February 26, 2024). Report: [Grandparents and Their Coresident Grandchildren: 2021](https://www.census.gov/library/publications/2024/demo/p20-588.html). <https://www.census.gov/library/publications/2024/demo/p20-588.html>

25 Sources: Grandfacts Alaska. (2021, updated 2025). [State Fact Sheets for Grandfamilies, Alaska](https://www.grandfamilies.org/Portals/0/State%20Fact%20Sheets/Alaska%20GrandFacts%20State%20Fact%20Sheet%202021%20Update.pdf). <https://www.grandfamilies.org/Portals/0/State%20Fact%20Sheets/Alaska%20GrandFacts%20State%20Fact%20Sheet%202021%20Update.pdf>; Grandfamilies and Kinship Support Network. (January 2026). [Kinship/Grandfamilies Data](https://www.gksnetwork.org/kinship-data/). <https://www.gksnetwork.org/kinship-data/>; Alaska Department of Family and Community Services (DFCS). (2025). Foster Care Reimbursement and (Difficulty of Care) Augmented Rates; DFCS. (Undated). SFY25 Daily Foster Care Reimbursement Rate.

## SENIOR HOUSING AVAILABILITY AND NEED

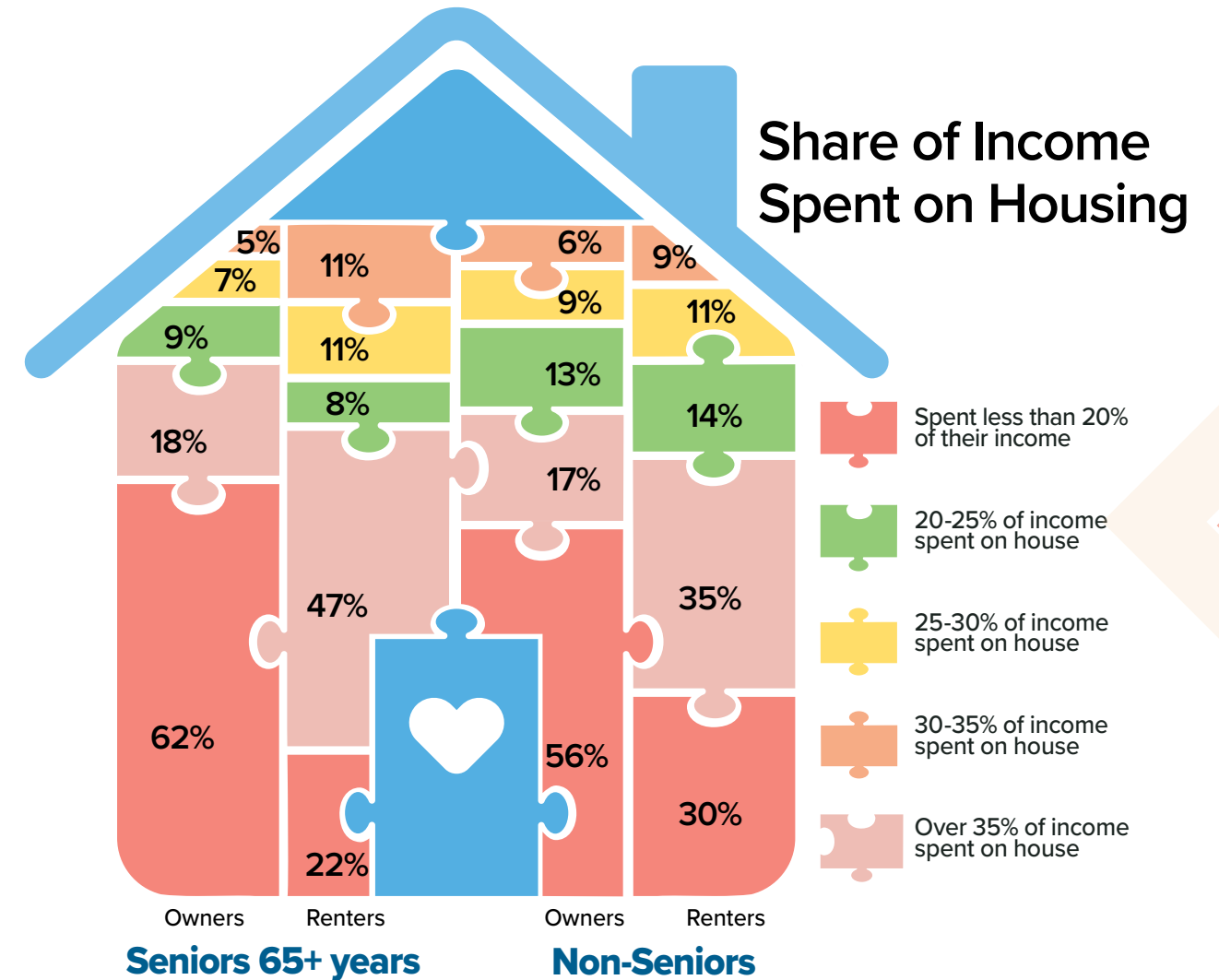
As the charts below show, while the numbers of units available each year for Alaska Housing Finance Corporation (AHFC) Senior/Disabled Housing has remained the same over the past four years, the need has been growing. By contrast, the number of senior housing units funded for development has gone down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

**Table 14. Senior (62+)/Disabled and Statewide Housing Availability and Waitlist by Housing Category and Year (2022–2025)<sup>[14]</sup>**

AHFC Statewide Housing Category	CY25	CY24	CY23	CY22
Senior/Disabled Housing: Total Units, HUD properties only	690	610	610	610
Senior/Disabled Waitlist: # Waiting for AHFC Senior/Disabled Housing	1,476	1,923	1,911	1,271
Total AHFC Waitlist: Families of All Ages Waiting for Housing Vouchers (November)	6,623	3,118	6,060 (November)	4,050 (November)

**Note:** “Senior” includes Alaskans ages 62+. Unless otherwise noted, all information is as of December of the CY.

**Figure 7. Alaska Senior Housing Costs, Calendar Year (CY) 2023<sup>(26)[7]</sup>**



26 Alaska Department of Labor and Workforce Development, Research and Analysis Section. (March 2025). Alaska Economic Trends Magazine. [Seniors a growing slice of Alaska](https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf). <https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf>.

Figure 7 compares housing cost burden across senior and non-senior homeowners and renters in Alaska in 2023. Senior renters experienced the greatest burden, with 47% spending more than 35% of their income on housing, compared with 35% of non-senior renters. Among homeowners, 18% of seniors and 17% of non-seniors spent more than 35% of income on housing. Most senior homeowners (62%) spent less than 20% of their income on housing, the highest share among all groups shown. These differences highlight the particular financial strain faced by older Alaskans who rent.

**Table 15. Number of AHFC Senior Housing Units Funded for Development by SFY, for Select Years 2020–2025**<sup>(27)</sup><sup>[15]</sup>

State Fund Year	SFY25	SFY24	SFY23	SFY22	SFY20
AHFC Senior Housing Units Funded for Development	6	46	40	40	73

<sup>27</sup> AHFC. (January 2026).

## ACCESSIBILITY AND SAFETY: HOME MODIFICATIONS

In 2025, management of the Mental Health Home Modification and Upgrades to Retain Housing FY23 (Home Modifications) grant was officially transferred to DOH’s Division of Senior and Disabilities Services (SDS). The new program manager was scheduled to begin grant oversight February 2, 2026, with the first Request for Proposals (RFP) under SDS expected to be released in fall. Historically, the grant was administered by the Department of Health’s Division of Financial Management Services.

Grantees “coordinate their efforts with the Alaska Housing Finance Corporation (AHFC) weatherization program and similar Tribal and municipal programs.”<sup>(28)</sup>

Home Modifications grant funding differs from most other SDS grant programs. Structured as a capital grant, it does not operate on a standard State Fiscal Year (SFY) cycle; instead, it remains active over multiple fiscal years beyond the grant year. Each grantee receives approximately \$500,000. Awards typically span three to five years, with final project timelines influenced by factors such as state budget appropriations and community-identified needs.

The program supports three active grantees:

1. RurAL CAP (with AHFC), serving Alaska’s Northern and Southeast Economic Regions
2. Alaska Community Development Corporation (with AHFC), serving the Anchorage, Fairbanks, Mat-Su and Kenai Borough, Interior, and Gulf Coast Economic Regions
3. NeighborWorks Alaska’s Home Modification and Accessibility Grant Program (HMA), serving the Municipality of Anchorage

To better understand one year’s impact of the funding, we asked the grantees for information on projects and expenditures for Calendar Year (CY) 2025, seen in Table 16.

<sup>28</sup> State of Alaska Office of Management and Budget. (May 9, 2022). MH: Home Modification and Upgrades to Retain Housing. Reference No: 33671.

**Table 16. Alaska Home Modification Projects for Calendar Year (CY) 2025, by Grantee (All Ages)**<sup>(29)[16]</sup>

Grantee	# Households Served	Award Amount
AHFC (All)	37	\$557,169
NeighborWorks HMA	13	\$224,279
Total (CY25)	50	\$781,448

AHFC provided a multi-year breakdown of projects and awards in the number of households served by region, CY21-25 (Table 17).

**Table 17. Mental Health Home Modifications: AHFC Grantee Households Served (All Ages), by Grantee, Service Area, and Amount, November 1, 2021–October 31, 2025**<sup>(30)[17]</sup>

AHFC Grantee	Service Area	# Households Served	Award Amount
RurAL CAP	Northern and Southeast Economic Regions	6	\$297,536
Alaska Community Development Corporation	Anchorage, Fairbanks, Mat-Su and Kenai Boroughs, Interior and Gulf Coast Economic Regions	75	\$1,750,990
Total (2021–2025)	All Service Areas	102	\$2,048,526

**Note:** Alaska Housing Finance Corporation (AHFC) houses the data and distributes funds to these two subgrantees.

NeighborWorks Alaska’s Home Modification and Assistance (HMA) Grant Program helps ensure Anchorage residents can continue to live safely and independently through accessibility modifications rather than relocation. Projects are awarded between \$2,500 and \$20,000, including assessment, construction, and administrative costs. The program serves Municipality of Anchorage residents who reside in single-family residences and who are Trust beneficiaries and individuals with special needs. In CY25, the most common projects completed through the HMA program were bathroom modifications (including roll-in showers with fold-down shower seats, grab bars, ADA toilets, and clear-swing door hinges), stairlifts, and exterior ramps and landings.

The following provides more information on NeighborWorks Alaska’s HMA grant program activities, by measure, for CY2025:<sup>(31)</sup>

- Seniors served: 10
- Average age of clients: 67
- Average cost per project: \$17,252

**Note:** For clarity, expenditures and costs are rounded to the nearest dollar.

<sup>29</sup> Alaska Housing Finance Corporation. (February 2026).

<sup>30</sup> Alaska Housing Finance Corporation. (January 2026).

<sup>31</sup> NeighborWorks Alaska. (January 2026).

## SENIOR TRANSPORTATION

Human Services Transportation in Alaska is primarily supported through a combination of federal and state funding sources that help ensure older adults and individuals with disabilities can access essential services and remain connected to their communities. The Federal Transit Administration Section 5310 Program provides grants to state, local governments, and nonprofit organizations to support transportation services that are planned, designed, and operated to meet the special needs of seniors and individuals with disabilities. In Alaska, these funds are used for operating assistance and vehicle purchases. In addition, the Alaska Mental Health Trust Authority (the Trust) annually funds the Coordinated and Non-Coordinated Transportation Program to support transportation services benefiting Trust beneficiaries, including individuals with mental illness, developmental disabilities, Alzheimer’s disease and related dementias, traumatic brain injury, and substance use disorders.

**Table 18. Senior & Disabled Transportation Grantees, State Fiscal Year (SFY) 2025<sup>(32)[18]</sup>**

Agency / Organization	Project Type	Award Amount
Municipality of Anchorage Public Transportation	Purchase of Service	\$250,000
Sitka Tribe of Alaska	Purchase of Service, Vehicle replacement	\$135,894
Catholic Community Service (Angoon)	Vehicle replacement	\$108,716
Independent Living Center (Main Office, Homer)	Purchase of Service	\$75,000
Independent Living Center (Seward)	Purchase of Service	\$30,000
Independent Living Center (Soldotna)	Purchase of Service	\$95,000

32 Alaska Department of Transportation. (2025). [Alaska Community Transit SFY2025 Human Service Grant Recommendations](https://dot.alaska.gov/stwdplng/transit/pub/2025RecommendationsHS.pdf). <https://dot.alaska.gov/stwdplng/transit/pub/2025RecommendationsHS.pdf>

Agency / Organization	Project Type	Award Amount
Mat-Su Senior Services	Operating assistance and vehicle expansion	\$253,634
Southeast Alaska Independent Living, Inc. (Ketchikan)	Vehicle replacement	\$80,882
Southeast Alaska Independent Living, Inc. (Main Office, Juneau)	Vehicle replacement	\$81,460
Southeast Alaska Independent Living, Inc. (Sitka)	Vehicle expansion	\$112,310
Catholic Community Service (Ketchikan)	Vehicle replacement	\$108,716
Haines Borough	Purchase of Service	\$100,029
City of Aleknagik	Operating assistance and vehicle replacement	\$97,740
Valdez Senior Center, Inc.	Operating assistance	\$53,159
Valley Transit	Operating assistance and vehicle replacement	\$112,000
Denali Family Services	Vehicle expansion	\$42,272
Total Awarded	All	\$1,736,812

## SENIOR HEALTH: ALZHEIMER'S DISEASE & RELATED DEMENTIAS (ADRD)

According to best available estimates, throughout the United States, an estimated 7.2 million seniors (ages 65+) were living with dementia from Alzheimer's Disease in Calendar Year (CY) 2025, up from 4.5 million in CY 2000 (Table 19). Over the same time, the estimated number of Alaska seniors living with dementia from Alzheimer's Disease more than tripled, from 3,400 to more than 10,400. Today, an estimated 8.8% of Alaska seniors (ages 65+) have Alzheimer's Disease. This does not include other dementias.

**Table 19. Estimated Number of Seniors (65+) with Alzheimer's for Select Calendar Years (CY) 2000–2025**<sup>(33)[19]</sup>

Seniors (People 65+) with Alzheimer's Disease	CY25	CY20	CY10	CY00
Alaska Seniors	10,410*	8,400	5,000	3,400
U.S. Seniors	7.2 million	6.1 million	4.7 million	4.5 million

\*Based on the Alzheimer's Association's 8.8 percent estimated prevalence rate and Alaska population data. The Alzheimer's Association did not update its state estimates for 2025.

Alzheimer's disease and related dementias (ADRD) include Alzheimer's disease, vascular dementia, Lewy body dementia, frontotemporal degeneration, and many other related dementias.

33 Sources: 2025: Alzheimer's Association. (2025). [Alzheimer's Disease Facts and Figures](#): p. 30, Figure 3. Number and Ages of People 65 or Older with Alzheimer's Dementia, 2025; p. 39, Figure 7. Projected Number of People Age 65 and Older (Total and by Age) in the U.S. Population with Alzheimer's Dementia, 2020 to 2060; Table 4. Estimated Prevalence (Number and Percentage) of Alzheimer's Dementia (AD) in the 50 U.S. States and District of Columbia Among Adults Age 65 Years and Older in 2020, p. 26. <https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>.

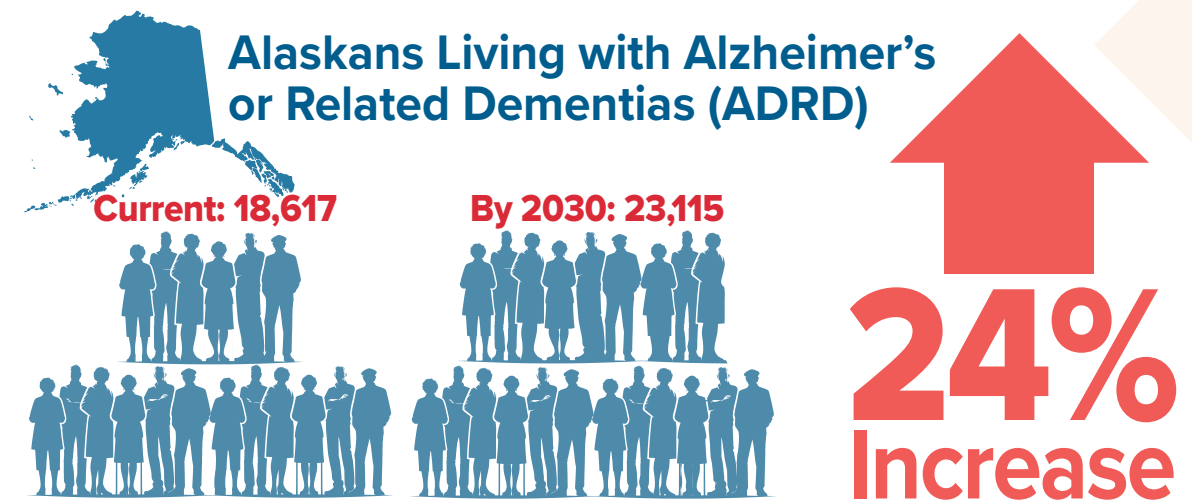
Hebert, L. E., Scherr, P. A., Bienias, J. L., Bennett, D. A., & Evans, D. A. (2003). [Alzheimer disease in the US population: prevalence estimates using the 2000 census](#). Archives of neurology, 60(8), 1119–1122. <https://doi.org/10.1001/archneur.60.8.1119>.

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. <https://doi.org/10.1212/WNL.0b013e31828726f5>.

Projecting how many Alaskans will be affected by Alzheimer's and ADRD is challenging and subject to limitations. However, available projections show comparable numbers that will continue to increase. For example, our 2020-2023 State Plan for Senior Services projected 23,900 Alaskans living with ADRD by 2030, including 14,340 with Alzheimer's; our last state plan projected close to 14,000 living with Alzheimer's by 2030<sup>(34)</sup>, <sup>(35)</sup>. This year, ARA projected 23,115 Alaskans living with ADRD by 2030, and close to 27,000 by 2035 (Table 20). That number may yet underestimate the number of Alaskans who will be living with ADRD.

**Figure 8. Alaskans Living with ADRD**<sup>(36)[8]</sup>

This simple graphic represents the current number of Alaskans living with ADRD (18,617) and by 2030 (23,115), with pictographs using one person to represent each 1,000 people.



34 Alaska Department of Health and Social Services. (June 24, 2019). The Alaska State Plan for Senior Services FFY 2002–FFY 2023, Figure 48, page A-60.

35 Alaska Department of Health, ACoA. (June 26, 2023). The Alaska State Plan for Senior Services FFY 2024-FFY 2027, Figure 5, page 8; Figure 49, page A-105.

36 Alzheimer's Resource Alaska. (February 2026). Alaska ADRD Projections.

**Table 20. Projected numbers of Alaskans living with ADRD, CY 2025-2035<sup>(37)[20]</sup>**

Alaskans Living with ADRD	CY35	CY30	CY25
Alaskans (numbers, projected)	26,995	23,115	18,617

**Notes:** Based on Alaska Department of Labor and Workforce Development population projections (Middle Scenario). Estimates reflect updated population and prevalence inputs and will continue to be refined as new data becomes available. Method: National age-specific Alzheimer’s disease prevalence estimates were applied to the projected 65+ population by age band (65–74, 75–84, 85+), then converted to total ADRD using the conservative 60% Alzheimer’s disease share assumption. Limitations: Estimates apply nationally recognized age-specific Alzheimer’s disease prevalence estimates to Alaska population forecasts and assume rates remain stable over time. The model does not adjust for race or ethnicity and likely underestimates ADRD burden among Alaska Native populations, who experience a disproportionately higher burden than reflected in national averages.

## Alzheimer’s Resource of Alaska (ARA) Data

Alzheimer’s Resource of Alaska (ARA) has been serving Alaskans since 1984 with a mission to support Alaskans affected by Alzheimer’s Disease and related dementias (ADRD) and other disabilities to ensure quality of life.

Among the 1,824 people served in State Fiscal Year (SFY) 2025, ARA awarded 289 Dementia Mini Grants to 227 unique Alaska Mental Health Trust Authority beneficiaries, distributing a total of \$355,722 to support Alaskans living with ADRD. Mini Grant funds were most frequently used for respite support, supplies (incontinence, personal care, bedding, etc.), adaptive equipment, and accessibility-related needs, reflecting a strong demand for services and modifications that can help individuals remain safe, independent, and supported at home.

37 Papakristo, K. (February 2026). Alaska ADRD Growth Projection. Alzheimer’s Resource Alaska.

**Table 21. ARA Statewide Reach by Service Delivery Measures and Clients Served, State Fiscal Year (SFY) 2025<sup>(38)[21]</sup>**

Service Delivery Engagement Measures	SFY25
Total Number of Service Engagements	16,708
Total Hours of Service Delivered	12,181
Average Number of Services Used per Client	9.2
Care Coordination Share of Services (%)	39%
Education & Outreach Share of Services (%)	61%
Unique Individuals Served (Total Number)	1,824
Alaska Communities Served (Total Number)	73
Partners & Health Care Providers Engaged (Total Number)	673

**Table 22. Unpaid Care: Caregiving Alaskans with Alzheimer’s or Other Dementias (ADRD) 2024<sup>(39)[22]</sup>**

Alaskans Providing Care	2024 Alaska Number of Caregivers*	Unpaid Care in Hours*	Total Value of Unpaid Care in Dollars
Caregivers of People with Alzheimer’s or Other Dementias	25,000	39 million	\$887 million

**Note:** This number is always a year behind the current report year. \*Numbers not updated for 2025.

38 Alzheimer’s Resource of Alaska. (January 2026).

39 Alzheimer’s Association. (2025). [2025 Alzheimer’s Disease Facts and Figures, pg. 53](https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf). <https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>

## SENIOR BEHAVIORAL RISK FACTORS

Some health issues remain an ongoing concern year after year, as reported by Alaska’s seniors in the annual [Alaska Behavioral Risk Factor Surveillance System \(BRFSS\)](#) survey.<sup>(40)</sup>

**Table 23. Alaska Seniors (65+): Behavioral Risk Factors, Reported by Alaska’s Seniors 65+, as Percent of Senior Population, by Calendar Year (2019–2024)**<sup>[23]</sup>

Behavioral Risk Factors of Alaska Seniors Ages 65+	CY24	CY23	CY22	CY21	CY20	CY19
Heavy Drinking	7.0%	6.0%	7.1%	7.0%	7.9%	8.6%
Daily Smoking	13.3%	9.5%	9.6%	9.3%	7.4%	7.7%
Binge Drinking	8.9%	6.9%	6.8%	6.8%	8.0%	6.3%
Frequent Mental Distress	10.7%	7.1%	8.5%	7.5%	6.1%	7.5%
Seniors Living with Obesity	32.9%	32.4%	27.8%	32.4%	32.3%	30.0%

**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. “Obesity” is defined as individuals with a body mass index (BMI) of 30.0 or greater. Data are self-reported.

40 Alaska Department of Health, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion. (2025). [Alaska Behavioral Risk Factor Surveillance System data, 2016-2024](#). <https://alaska-dph.shinyapps.io/BRFSS/>

## Alaska Fresh Start: Seniors

As also reported by BRFSS, Alaskan adults ages 65+ have higher rates of diagnosed diabetes and high blood pressure than adults ages 18–34, 35–49 and 50–64.

**Table 24. Rates of Chronic Diseases Among Alaska’s Seniors (Ages 65+), SFY 2021–2024**<sup>(41)[24]</sup>

Chronic Diseases	SFY24	SFY23	SFY22	SFY21
Prediabetes	21.9%	*	17.9%	*
Diagnosed Diabetes	18.5%	18.1%	19.6%	15.9%
High Blood Pressure	59.3%	56.6%	55.0%	58.4%
High Cholesterol	*	54.1%	*	49.1%

**Notes:** Data are self-reported. Years with \* are reported every other year.

Alaska’s Section of Chronic Disease Prevention and Health Promotion created the Fresh Start campaign to educate adults about healthy changes to prevent and manage chronic diseases, including diabetes and high blood pressure. [Fresh Start](#) connects Alaskans to programs for better health.

Since the campaign launched in December 2022, 995 adults over the age of 65 have joined a program to prevent diabetes, manage diabetes, or manage high blood pressure. Almost half (45%) of participants 65 and older in an online program to manage high blood pressure had a controlled blood pressure in their most recent reading. (Controlled blood pressure is defined using the American Heart Association’s criteria of systolic blood pressure that is less than 130 mmHg and diastolic blood pressure that is less than 80 mmHg.)

41 Alaska Department of Health, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion. (2025). Alaska Behavioral Risk Factor Surveillance System Data, 2021-2024.

## SENIOR HEALTH: DISABILITIES

**Table 25. Disabilities Among Alaska Seniors by Age Group & Type, 2023**<sup>(42)[25]</sup>

Disability Type	All (Ages 65+)	Ages 65–74	Ages 75+
Any Disability	35%	28%	50%
Hearing Difficulty	18%	14%	27%
Vision Difficulty	7%	5%	11%
Cognitive Difficulty	8%	5%	14%
Ambulatory Difficulty	20%	15%	30%
Self-Care Difficulty	7%	4%	13%
Independent Living Difficulty	12%	8%	20%

The table shows the 2023 breakdown of the percent of Alaska seniors with disabilities by type of disability (any, hearing, vision, cognitive, ambulatory, self-care, independent living), by age group impacted (Ages 65+, Ages 65–74, and Ages 75+). According to the table, 35% of all seniors (ages 65+) have a disability, including 28% of those ages 65–74 and half of those ages 75+. By type of disability, among all seniors, the breakdown is as following: 35%, any; 18%, hearing; 7%, vision, 8% cognitive, 20% ambulatory, 7% self-care, and 12% independent living. For age groups 65–74 and 75+, the top three specific disability types experienced, in addition to “any,” were ambulatory (15% for 65–74, 30% for 75+), hearing (14%, 27%) and independent living difficulties (8%, 20%).

42 U.S. Census, from Alaska Department of Labor and Workforce Development, Research and Analysis Section. (March 2025). [Trends Report, Rates and types of disabilities among senior citizens, 2023](https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf). <https://live.laborstats.alaska.gov/sites/default/files/trends/mar25art1.pdf>.

## SENIOR FALLS<sup>(43)</sup>

Falls lead to more emergency department (ED) visits and hospitalizations than any other injury in Alaska. Since half of falls are among people ages 60 years and older, this means falls are a priority for senior safety. From December 29, 2024, to January 15, 2026, there were 16,834 ED visits for falls in Alaska. More than 42% of those were seniors ages 65+, the largest affected age group. 1 of every 2 falls that led to an ED visit was from a person 60 years old or older. From 2020 to 2024, February was the month with the highest number of ED visits related to falls.

In 2024, Alaska residents had 19,491 inpatient and outpatient visits due to falls. Facility charges alone from these visits totaled over \$276 million, with the median visit costing about \$4,800. Medicare was the primary payer for about half of those costs (\$136 million) and Medicaid was listed as the primary payer for 20% of those costs (\$55 million). Almost all Alaskans (96%) who went to the ED because of a fall in 2024 went home afterward. Alaskans who were hospitalized due to falls were more likely to need care after leaving the hospital, with nearly half (45%) needing home health services or care at another inpatient location such as a skilled nursing facility or inpatient rehabilitation.

In April 2025, the State of Alaska received a grant from the National Council on Aging to set up a coalition to help prevent falls. The 18-month grant supports bringing together partners, such as state agencies, Tribal and community organizations, businesses, health centers, and interested individuals, to reduce falls and their impacts among Alaskans. The coalition first met in September 2025 and has since held presentations and discussions on a wide range of topics, including home modifications, funding, falls data, and falls education materials. Anyone interested in participating can reach out to [Daniel Schramm](mailto:daniel.schramm@alaska.gov) (daniel.schramm@alaska.gov) or [DOH Injury Prevention](mailto:injuryprevention.info@alaska.gov) (doh.injuryprevention.info@alaska.gov) for more information.

43 Alaska Department of Health, Division of Public Health, Injury Prevention and Surveillance Unit. (January 2026).

## SENIOR HEALTH: MORTALITY RATES

Mortality rates among Alaska seniors (ages 65+) are higher than national averages for 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 8th leading cause of death in Alaska.**<sup>(44)</sup> 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.<sup>(45)</sup>

**Table 26. Number of Alaska Senior Deaths (Ages 65+) by Cause per Calendar Year (CY) 2022–2025**<sup>(46)[26]</sup>

Cause of Death	CY25	CY24	CY23	CY22
Suicides	26	35	33	24
Fatal Falls (Accidental)	59	57	59	56
Other Accidental Deaths	72	96	101	73
Alcohol-Induced Deaths	50	37	53	51
Drug-Induced Deaths	18	32	24	17*
Cancer	683	841	746	760
Heart Diseases	574	584	647	693

44 Sources: Health Analytics & Vital Records, Alaska Department of Health, Division of Public Health. (January 2026). Alaska Death Dashboard; CDC. (August 20, 2025). Stats of the States: Alaska.

45 Sources: Alzheimer’s Association. (2026). [America’s Health Rankings: Summary of Alaska](https://www.alz.org/getmedia/76e51bb6-c003-4d84-8019-e0779d8c4e8d/alzheimers-facts-and-figures.pdf). <https://www.alz.org/getmedia/76e51bb6-c003-4d84-8019-e0779d8c4e8d/alzheimers-facts-and-figures.pdf>; Alzheimer’s Association. (2025). 2024 Alzheimer’s Disease Facts and Figures.

46 Health Analytics & Vital Records, Alaska Department of Health, Division of Public Health. (December 2025). Alaska Death Dashboard.

Cause of Death	CY25	CY24	CY23	CY22
Stroke	181	197	158	172
Influenza & Pneumonia	48	51	39	42
Chronic Lower Respiratory Diseases	157	189	207	177
Alzheimer’s Disease	104	132	142	175
Diabetes Mellitus	90	120	86	123
Chronic Liver Disease	38	44	51	34
Parkinson’s Disease	54	41	59	61
COVID-19	17	48	43	202

**Notes:** Crude rates are per 100,000 U.S. population, Age 65+. 2025 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

**Table 27 Senior Assisted Living Home Visits, Complaints, & Cases, by State Fiscal Year (SFY) 2022–2025** <sup>(47)[27]</sup>

Long-Term Care Ombudsman	SFY25	SFY24	SFY23	SFY22
Unannounced Visits to Senior Assisted Living Homes	811	853	827	620
Complaints Investigated*	327	496	355	307
Opened Cases	260	260	248	218
Active Volunteer Ombudsmen	17	25	20	25

\*In 2025, 91% of cases were resolved to the satisfaction of the resident, resident representative, or complainant.

**Table 28. Adult Protective Services (APS) Reports Referred or Investigated by State Fiscal Year (SFY) 2021–2025** <sup>(48)[28]</sup>

Adult Protective Services	SFY25	SFY24	SFY23	SFY22	SFY21
Reports of Harm*	7,894	8,127	8,255	7,530	6,423
Referrals to APS Investigators for Resources**	1,669	1,215	1,557	1,826	1,561
Reports investigated by APS***	1,261	1,176	1,761	1,997	1,905

\*The number of reports routed to the APS screening queue from Central Intake.

\*\*Information and Referral (I&R) cases. \*\*\*The number of reports of harm turned into APS investigations.

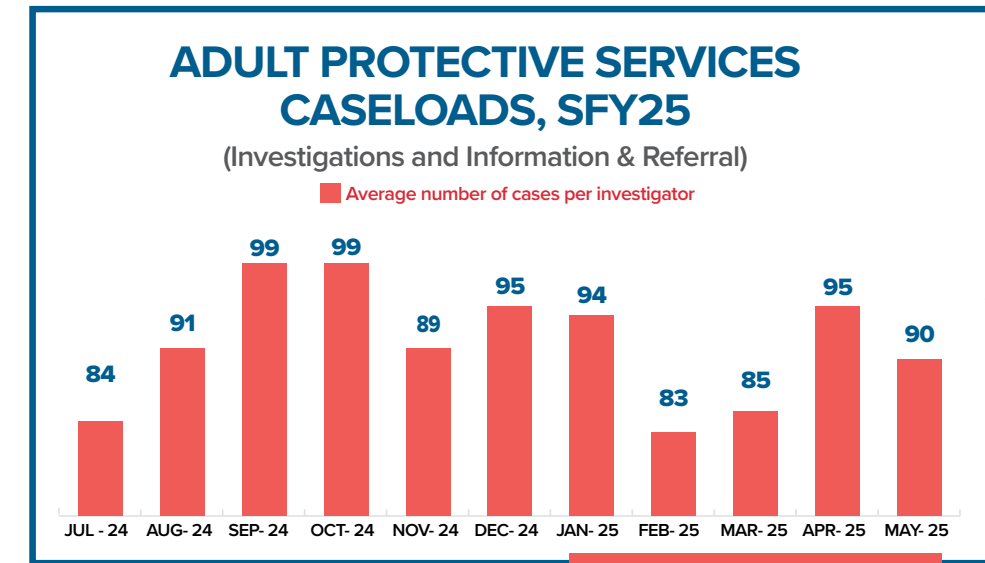
47 Alaska Office of Long-Term Care Ombudsman. (December 2025).

48 Adult Protective Services (APS), Division of Senior and Disabilities Services. (January 2026).

The top three allegations among APS investigations of adults ages 60+ in Alaska in State Fiscal Year (SFY) 2025<sup>(49)</sup>:

1. Self-neglect
2. Neglect
3. Exploitation — Financial

**Figure 9. Average monthly caseload per APS investigator in State Fiscal Year (SFY) 2025** <sup>[9]</sup>



**Note:** Caseloads include ongoing investigations from previous month(s).

Figure 9 shows that average monthly caseloads for Alaska Adult Protective Services investigators remained consistently high during State Fiscal Year 2025. Monthly averages ranged from 83 to 99 cases per investigator, with the highest levels occurring in September and October 2024 at 99 cases. Caseloads declined to 83 in February 2025 before rising again to 95 in April and ending at 90 in May 2025. The relatively narrow range across the year indicates a sustained and heavy workload for APS investigators.

49 Adult Protective Services, Division of Senior and Disabilities Services, Research & Analysis Unit. (January 2026).

## MEDICARE IN ALASKA

The number of Alaskans enrolled in Medicare has steadily increased over the past five years.

**Table 29. Alaskans Enrolled in Medicare by Calendar Year (CY) 2021–2025<sup>(50)</sup>[29]**

Medicare Enrollment (Number of Alaskans)	CY25*	CY24	CY23	CY22	CY21
Alaskans Enrolled in Medicare (All Eligibility Categories):	121,595	120,168	116,709	113,383	109,754

**Notes:** Counts represent the total number of Alaskans enrolled in Medicare (all eligibility categories) at a point in time, not cumulative annual totals. \*Figures for 2020–2024 reflect December enrollment for each calendar year, except 2025, which reflects September enrollment, the most recent data available at the time of publication. Totals include beneficiaries eligible due to age (65+), disability, and End-Stage Renal Disease (ESRD), and include both Original Medicare and Medicare Advantage enrollment. CMS publishes enrollment counts, not a true measure of all individuals who are eligible but not enrolled.

**Table 30. 2025 Alaska Medicare Beneficiaries by Type, as of September<sup>(51)</sup>[30]**

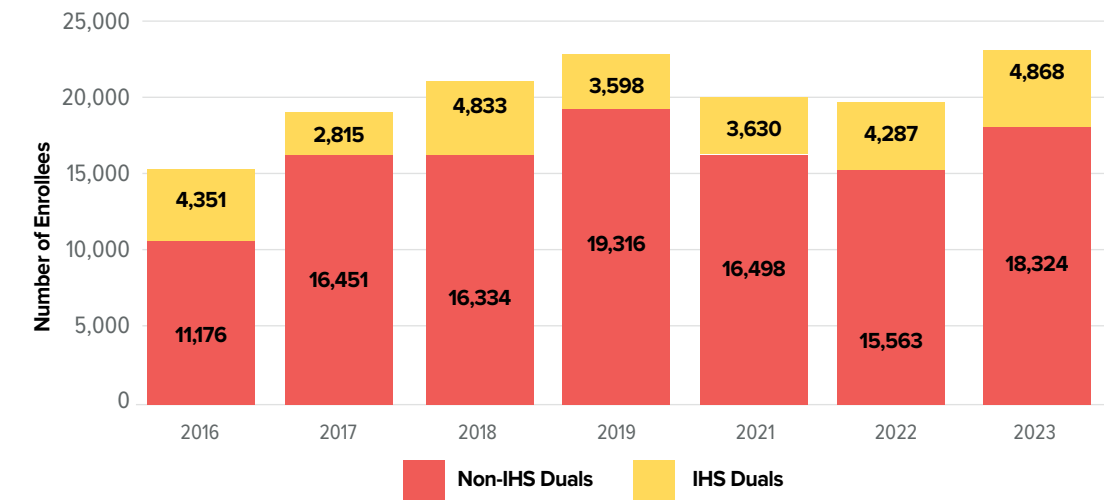
Beneficiary Type	Count	Percent of Medicare Beneficiaries
Aged (ages 65+)	111,413	91.6%
Disability, Under 65	10,182	8.4%
With End-Stage Renal Disease (ESRD), any age	697	0.6%
Original Medicare (FFS)	118,149	97.0%
Medicare Advantage	3,446	3.0%

50 Centers for Medicare & Medicaid Services (CMS). (2025). [CMS Medicare Monthly Enrollment Dataset, State-level Enrollment Data \(Alaska\)](#), December 2020–December 2024 and September 2025. data.cms.gov.

51 Centers for Medicare & Medicaid Services (CMS). (September 2025). [CMS Medicare Monthly Enrollment Dataset, State-level Enrollment Data \(Alaska\)](#). data.cms.gov.

**Notes:** Percentages are calculated using total Medicare enrollment in Alaska as of September 2025 (121,595). “Aged” and “Disability” categories reflect eligibility pathway, not plan type. ESRD beneficiaries are included within both the aged and disability categories but are shown separately due to distinct care needs. Original Medicare and Medicare Advantage categories reflect plan enrollment, not eligibility type. Original Medicare (fee-for-service) refers to the traditional Medicare program administered directly by the federal government (Parts A and B), while Medicare Advantage plans are private health plans approved by Medicare that provide Part A and Part B coverage and may include additional benefits.

**Figure 10. Trends in Dual-Eligibility for Medicare & Medicaid (2016–2023)<sup>(52)</sup>[10]**



**Note:** Based on data from the U.S. Census Bureau’s American Community Survey.

Figure 10 illustrates trends in dual eligibility for Medicare and Medicaid in Alaska from 2016 through 2023. The stacked bar chart shows the total number of Alaskans enrolled in both Medicare and Medicaid (“duals”), separated into Indian Health Service (IHS) duals and non-IHS duals. Over this period, the total number of dual enrollees increased overall, driven primarily by growth among non-IHS duals, which rose from 11,776 in 2016 to 18,324 in 2023. IHS dual enrollment remained smaller and relatively stable, increasing from 4,351 to 4,848.

52 Perry, Spencer. (December 2025). The Economic Contribution of Older Alaskans, Slide 9. University of Alaska Anchorage, Institute of Economic and Social Research.

Across the period shown, total dual enrollment increased from approximately 15,500 individuals in 2016 to more than 23,000 in 2023. Non-IHS duals consistently represent the majority of dually eligible beneficiaries, rising from about 11,176 in 2016 to 18,324 in 2023.

IHS dual enrollment shows more variability over time, decreasing between 2016 and 2017, increasing through 2018, and fluctuating again in subsequent years before rising to approximately 4,868 individuals in 2023.

Overall, the figure demonstrates a long-term growth in dual eligibility in Alaska, driven primarily by increases in non-IHS dual enrollment, with a recent rebound in IHS dual enrollment by 2023.

## Envoy Integrated Health Solutions

**Medicare Accountable Care Organizations (ACOs)** are provider networks that coordinate care to improve health outcomes and reduce unnecessary costs. Nationally, ACOs saved Medicare \$2.4 billion in 2024, while improving management of chronic conditions and preventive screening rates. ACOs are teams of doctors, clinics, and hospitals that work closely together to make sure beneficiaries receive the best value-based care. The goal is to help people stay healthier, avoid unnecessary hospital visits, and make Medicare dollars go further.

In Alaska, these efforts are reflected in the state’s first locally based ACO, Envoy Integrated Health. Envoy is an Alaska-based clinically integrated network and ACO, supporting independent practices in delivering high-quality, high-value care through shared infrastructure and enhanced coordination among partner organizations. During its first performance year in 2024, Envoy’s ACO served 6,259 Medicare beneficiaries; it expanded to more than 8,600 beneficiaries by the end of 2025. Performance results showed strong outcomes in hypertension and diabetes management, along with high rates of breast and colorectal cancer screenings. Envoy also achieved more than 10.4 percent savings compared to expected Medicare costs. As a participant in the Medicare Shared Savings Program, a portion of these savings is reinvested to further strengthen care coordination and quality for Medicare beneficiaries across Alaska.



## 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, legal assistance, and information and referrals.

**Table 31. Alaska Senior Grant Services: Funding, People Served, & Average Monthly Cost Per Person, by State Fiscal Year (SFY) 2023–2025<sup>(53)</sup>[31]**

Measure	SFY25	SFY24	SFY23
State and Federal Funding	\$13,185,319	\$9,746,557	\$18,368,485
Number of Seniors (Ages 60+) Served	20,425	13,040	19,971
Average Monthly Cost per Person	\$645.55	\$747	\$686

**Note:** SFY23 included the last year of available American Rescue Plan Act (ARPA) funds. SFY24 did not include Alzheimer’s Disease & Related Dementias Education & Support, Medicare Counseling & Outreach, and Centers for Independent Living due to reporting limitations. SFY25 does not include number of seniors served through Centers for Independent Living due to reporting limitations.

53 Alaska Department of Health, Senior and Disabilities Services. (January 2026).



## AGING AND DISABILITY RESOURCE CENTERS<sup>(54)</sup>

The Aging and Disability Resource Centers (ADRC) program serves as an unbiased resource for information and assistance related to long term services and supports to older people, people with disabilities, and to their caregivers and families. Core functions include information and referral, short-term assistance, options counseling, streamlined benefits screening, as well as outreach and training. The ADRC program serves as the entry point into Senior and Disabilities Services (SDS) Medicaid Waiver programs; individuals seeking Medicaid-funded support through SDS must complete a Person-Centered Intake (PCI) through an ADRC. The ADRC network serves Alaskans statewide, regardless of age or income level.

In SFY25, ADRCs served 6,747 individuals; of those, 3,687 were ages 60+. ADRCs recorded 13,527 contacts in total. Consumer issues highlighted by ADRCs include Public Assistance and Social Security application delays, and housing shortages. There were 1,112 Person Centered Intakes (PCIs) completed by ADRCs for Alaskans 60+ in SFY25.

Six ADRCs provide statewide coverage across the following service areas:

1. Anchorage (7 staff covering)
2. Kenai Peninsula, Kodiak Island, and Valdez–Cordova (3 staff covering)
3. Southeast Alaska (6 staff covering)
4. Matanuska-Susitna (Mat-Su) Borough (7 Staff covering)
5. Fairbanks North Star, Southeast Fairbanks, Yukon-Koyukuk, Denali, and the North Slope (6 Staff covering)
6. Western Alaska, including the Aleutian Islands, Lake and Peninsula, Bristol Bay, Dillingham, Bethel, Kusilvak, Nome, and the Northwest Arctic (1 Staff covering)

Staff provide information and referrals, short-term assistance, PCIs, and options counseling related to Medicaid waiver programs.

<sup>54</sup> Alaska Department of Health, Senior and Disabilities Services. (January 2026).

## OLDER AMERICANS ACT TITLE III: NON-MEDICAID SENIOR SERVICES<sup>(55)</sup>

The Older Americans Act (OAA) Title III programs are a cornerstone of Alaska’s aging services system, delivering essential services through local senior centers across the state, including more than 30 senior services grantees statewide. Funded primarily with federal dollars and supported by a required state match and local matching, Title III programs provide nutrition, transportation, and information and referral services that help older Alaskans remain healthy, independent, and connected to their communities. These services reduce food insecurity, combat social isolation, and support access to medical care, particularly in rural communities where options are limited. By supporting aging in place and delaying or preventing costly institutional care, Title III investments generate long-term savings for Medicaid and other state-funded long-term care systems as Alaska’s older population continues to grow. The Alaska Legislature approved a state match increase to support this funding in State Fiscal Year (SFY) 2025.

**Table 32. Title III State Performance Report Measure Totals by Federal Fiscal Year (FFY) 2022–2025** <sup>[32]</sup>

Title III Alaska Performance Measure Totals	FFY25	FFY24	FFY23	FFY22
Supplemental pandemic funding annual totals (\$)	0	\$2,079,235	\$2,428,878	\$3,001,021
Alaska Senior Population (% of total population, by CY)	21.9%	21.7%	21.29%	20.02%
Estimated Clients Served	32,402	34,696	45,000	49,918

<sup>55</sup> Alaska Department of Health, Division of Senior and Disabilities Services. (January 2026). Alaska State Performance Report (SPR).

Title III Alaska Performance Measure Totals	FFY25	FFY24	FFY23	FFY22
Unduplicated Total Clients	9,620	9,734	10,401	10,379
Services Delivered	956,528	1,004,357	1,001,953	1,021,588
Funds Expended (\$)	\$21,415,652	\$23,697,937	\$25,392,544	\$28,554,775
Meals Provided	593,181	669,519	686,954	710,773
Trips Provided	167,050	150,148	167,193	136,808
Information & Assistance	59,325	41,161	26,726	29,920

**Notes:** Totals include Caregivers of Older Adults and Older Relative Caregivers programs. “Services Delivered” represents the total number of units of service reported across all Title III service categories for each year and does not reflect unduplicated individuals. “Funds Expended” includes federal Title III funds plus required state and local matching funds. Years are Federal Fiscal Year (FFY), unless otherwise noted.

Title III programs operate within three-year federal grant cycles, and funding and service levels may reflect multi-year planning, carryforward, and reporting timing. Year-to-year changes in funding levels and service volume may reflect multiple factors, including shifts in demand, service delivery capacity, reporting practices, and the availability of time-limited federal resources. In particular, higher expenditure levels 2022–2024 coincide with the period in which supplemental pandemic funding, including one-time American Rescue Plan Act (ARPA) funds, were available to support aging services; those supplemental funds have since expired.

The table summarizes the Title III State Performance Report Measure Totals for Alaska from FFY 2022 to FFY 2025, highlighting key metrics such as the senior population percentage, clients served, services delivered, funds expended, meals and trips provided, and information & assistance. The data reflects changes over the years, showing variations in service delivery and funding.

**Table 33. FFY25 Title III Alaska Client Demographics<sup>(56)[33]</sup>**

2025 Title III Alaska Client Types	Totals
% Minority Clients	33.41%
% Rural Clients	65.13%
% Clients Below Poverty	40.64%

The table shows that, of 8,902 total clients, 33.41% are Minority clients, 65.13% are Rural clients, and 40.64% are Clients Below the Poverty Line.

56 Alaska Department of Health, Division of Senior and Disabilities Services Grants Unit. (January 2026).

## OLDER AMERICANS ACT TITLE VI: TRIBAL NON-MEDICAID SENIOR SERVICES

Alaska is home to 229 federally recognized Tribes, each representing a sovereign Tribal government having a government-to-government relationship with the United States. Through Title VI of the Older Americans Act, more than 100 Alaska Native tribes and Tribal organizations receive federal funding to deliver necessary aging services directly to their elders. There are 47 Title VI Programs in the state, several of which coordinate services throughout their entire regions as part of their respective Tribal Health Organizations or regional consortia. Title VI funding is especially critical in Alaska, where many elders live in rural and remote communities with limited infrastructure and few alternative service providers. These funds support core services such as elder nutrition programs, home-delivered and congregate meals, transportation to medical appointments and community activities, caregiver support, and social connection, all of which are foundational to health, independence, and aging in place. Title VI programs are an essential source of reliable meals and transportation, while also ensuring services are delivered in culturally relevant ways that honor language, tradition, and community values. In a state where distance, cost, and workforce shortages create persistent barriers to care, Title VI programs play a vital role in sustaining the health, dignity, and well-being of tribal elders and the communities they anchor.

**Table 34. Title VI Alaska Program Totals Overview, FFY21–FFY23**<sup>(57)</sup> [34]

Program/Service & Funding Type	FFY23	FFY22	FFY21
Home-Delivered Meals: Meals provided (#)	274,996	338,606	417,457
Home-Delivered Meals: Unduplicated people served (#)	4,736	4,911	5,427

57 U.S. Department of Health and Human Services, Administration for Community Living. (January 2026).

Program/Service & Funding Type	FFY23	FFY22	FFY21
Congregate Meals: Meals provided (#)	273,138	120,702	85,772
Congregate Meals: Unduplicated people served (#)	6,309	3,813	1,947
All Meals provided (Total #)	548,134	459,308	503,239
Part C funds (Caregiver Support)	\$1.8 million	\$1.4 million	\$1.4 million
Part A funds (Nutrition)	\$5.1 million	\$4.5 million	\$4.5 million

**Note:** FFY24 data is not available at time of publication, and the FFY25 Title VI grant period ends 3/31/26.

### Trends for Alaska

To understand how Title VI programs are meeting the evolving health and social needs of Tribal elders, Alaska Title VI Directors participate in the National Resource Center on Native American Aging’s (NRCNAA’s) “Identifying Our Needs: A Survey of Elders.” This self-reported needs assessment, conducted every three years, helps Tribal communities document elders’ own perspectives on health status, functional abilities, access to services, nutrition, social support, and other key domains that shape aging well, in place. By fulfilling a core requirement for Title VI grant applications and by providing grantees with Tribe-specific and comparative aggregate data, the NRCNAA process strengthens local planning, supports evidence-based decision-making, and generates trend data over time that can reveal shifts in chronic conditions, service needs, and other priority areas.

Cycle 8 data collection (from April 1, 2020, to March 31, 2023) included the following Trends For Alaska, for Alaska Native Elders 55 and older (sample size was 1,638).<sup>(58)</sup>

**Alaska Native Elders Ages 55+ Health Status:**

- Excellent to Good (65.5%)
- Fair to Poor (34.5%)

**Top 3 chronic health conditions:**

1. High Blood Pressure (52.9%)
2. Arthritis (47.1%)
3. Cataracts (23%)

**Top 3 “Now Using” Services:**

1. Pharmacy (38.2%)
2. Home-Delivered Meals (30.6%)
3. Senior Center Programs (20%)

**Top 3 “Would Use” Services** (If they felt they could no longer meet their own needs, they would use):

1. Home Delivered Meals (70.2%)
2. Pharmacy (46.2%)
3. Transportation (45.3%)

**Number of times socialized in the past month:**

- 2 times or less per month (39.1%)

**Diagnosis of disability (27.1%)**

**Experienced one or more falls in the past year (51.7%)**

**Take care of grandchildren (28.3%)**

<sup>58</sup> National Resource Center on Native American Aging. (January 2026).



## ALASKA ADULT DAY CARE<sup>(59)</sup>

Adult day services play a critical role in Alaska’s long-term care continuum by supporting aging in place for older adults, particularly those living with Alzheimer’s Disease and related dementias (ADRD), while providing essential respite for family caregivers. By offering structured, supervised care during the day, including social engagement, therapeutic activities, meals, and health monitoring, these programs allow caregivers to remain employed, attend to their own health needs, and reduce burnout. Adult day services are among the most cost-effective community-based supports, helping delay or prevent more expensive institutional care while stabilizing caregiving households and strengthening home- and community-based services.

Turnagain Social Club, the largest adult day services provider in the state of Alaska, based in Anchorage, delivers structure programming for older adults with complex care needs through multiple service tracks aligned with participants’ cognitive abilities. Services include supervision, hands-on assistance with activities of daily living, meals, transportation, and on-site nursing oversight. By providing comprehensive daytime care, the program supports caregiver respite and contributes to improved daily stability for participants, reduces caregiver strain, and delays transition to higher levels of care. As part of Alaska’s broader home- and community-based care system, adult day services such as Turnagain Social Club also support safer hospital discharges, early identification of health concerns, and extended independence for older adults living at home. In 2025, the Turnagain Social Club’s program served primarily Medicaid beneficiaries (85%), with additional participation from veterans (10%) supported through the U.S. Department of Veterans Affairs (VA), and a smaller share of services (5%) funded through private pay and Alaska Mental Health Trust Authority Dementia Mini Grants.

<sup>59</sup> Sources: Turnagain Social Club. (January 2026); Alaska Department of Health, Division of Senior and Disabilities Services. (January 2026); Veterans Affairs. (January 2026).



Turnagain Social Club Metrics for Calendar Year 2025:

- Average daily attendance: 105 clients
- Total annual visits: 27,300
- Unduplicated client total: 336
- Clients with primary ADRD diagnosis: 105
- Average length of stay: 4 hours
- Average cost per 4-hour stay: \$118

During SFY25, 672 Medicaid Waiver recipients received adult day care, provided by 18 providers. Of those waiver recipients, 542 individuals were ages 60+. There were eight Veterans Affairs Certified Adult Day Providers in Alaska, and 58 VA recipients utilized Adult Day Services.

## ASSISTED LIVING HOMES IN ALASKA

As of December 31, 2025, there were 794 licensed Assisted Living Homes (ALHs) in Alaska, as noted in the following table.

**Table 35. Alaska ALH Overview by License Category (December 2025)** <sup>(60)[35]</sup>

Licensure Category	Number: Homes	Number: Licensed Beds	Primary Populations Served
Senior Services (SS)	221	2,103	Adults with age-related functional needs
Developmental Disabilities / Mental Health (DD/MH)	451	1,705	Adults with developmental disabilities and/or serious mental illness
Dual-Licensed (SS + DD/MH)	122	1,327	Mixed populations; seniors and DD/MH
<b>Total ALHs Statewide</b>	<b>794</b>	<b>5,135</b>	<b>All populations</b>

**Notes:** DD/MH: Adults, age 18 years or older, who have a mental or developmental disability. SS: Adults, age 18 and older, who have physical disability, are elderly or suffer from dementia but who are not diagnosed as chronically mentally ill. DU: Adults, age 18 and older, who have physical disability, are elderly or suffer from dementia and/or have a mental or developmental disability.

By comparison, there are 20 Skilled Nursing Facilities in Alaska with a total of 830 beds.

60 Alaska Residential Licensing. (January 2026).



## 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, from Level I, 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 Homes residents have some form of dementia. Alaska Pioneer Homes are continuing to increase dementia trainings for staff to ensure the best person-centered care possible is provided to residents.

The Fairbanks Pioneer Home has been experiencing an ongoing direct care staffing shortage, which has resulted in limiting the numbers of residents served there.

**Table 36. Alaska Pioneer Homes Resident Overview: Average Age, Percent at Levels III/IV Care, and Number on Wait List, by State Fiscal Year (SFY) 2019–2025<sup>(61)[36]</sup>**

Pioneer Home	SFY25	SFY24	SFY23	SFY22	SFY21	SFY20	SFY19
Percent of Residents at Levels of Care III & IV	68.6%	66.4%	65%	70%	68%	66.3%	48.3%
Applicants on Active Wait List	424	356	243	248	186	238	201
Resident Average Age	83	80	82.2	83.5	84.8	84.7	86.3



61 Alaska Pioneer Homes. (January 2026).



## ALASKA LONG-TERM SERVICES AND SUPPORTS (LTSS) PERFORMANCE

On AARP’s 2023 LTSS State Scorecard, Alaska ranks 48th nationally in Community Integration. This reflects challenges in housing, transportation, health system readiness, and care transitions that limit the ability of older adults and people with disabilities to remain in their homes and communities.

**Table 37. Alaska LTSS State Scorecard Performance, 2023**<sup>(62)[37]</sup>

LTSS Area	Alaska Rank	What This Means
Nursing Home Costs	51st (Worst in Nation)	Median annual nursing home private-pay cost, as a percentage of median household income for people ages 65+.
Long-Term Care Insurance (LTCI)	49th	Private LTCI policies in effect per 1,000 people ages 40+.
Successful Discharge to Community	51st	Percentage of people admitted to nursing homes who were successfully discharged to the community within 100 days.
Livability Index: Transportation	50th	Limited access to reliable and accessible transportation makes it harder for older adults and people with disabilities to reach health care, groceries, and community services.
Livability Index: Housing	39th	Alaska ranks below the national average in housing affordability and accessibility, limiting options for older adults to safely age in place.
Age-Friendly Health Systems	46th	Presence of age-friendly health sites as designated by the Institute for Healthcare Improvement per population age 65+

**Note:** The shaded cells represent indicators used for AARP’s Community Integration ranking. Nursing Home Cost and Long-Term Care Insurance were included in AARP’s Affordability and Access ranking.

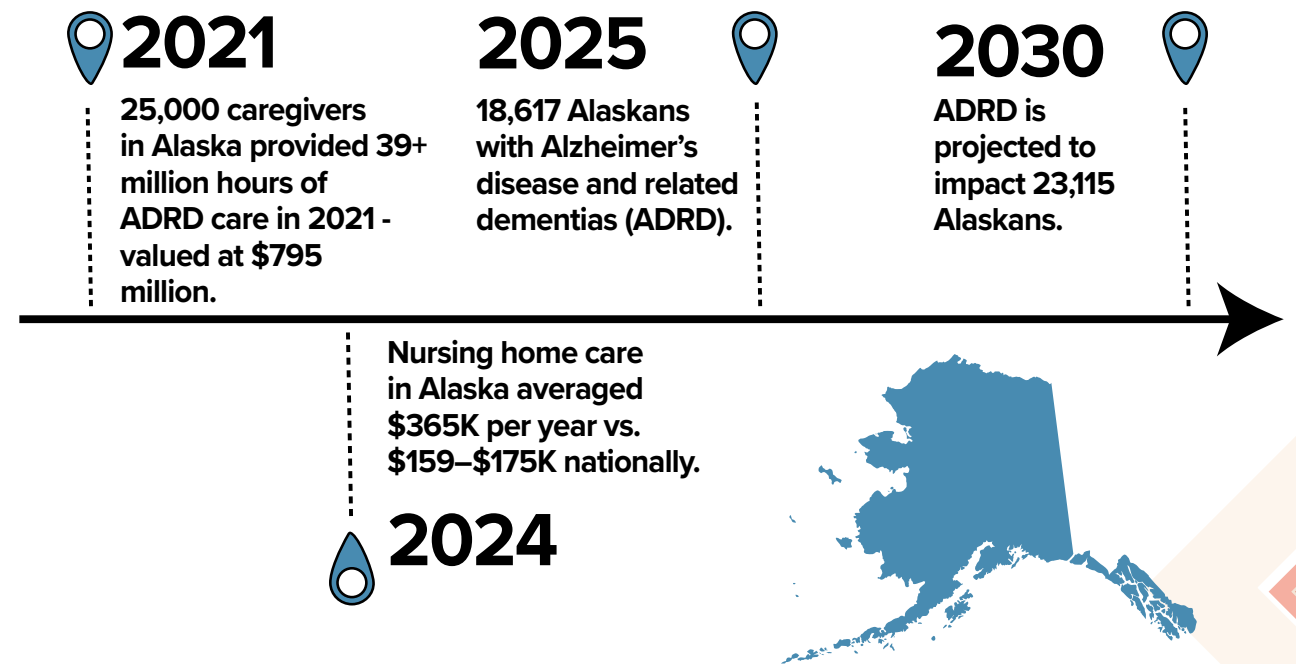
62 AARP. (2023). [AARP LTSS State Scorecard: Alaska](https://ltsschoices.aarp.org/scorecard-report/2023/states/alaska). <https://ltsschoices.aarp.org/scorecard-report/2023/states/alaska>.

## 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.

**Figure 11. Alaska’s Costly Care Needs Projected to Increase**<sup>(63)[11]</sup>



63 Alzheimer’s Resource Alaska. (February 2026).

Sources include Alzheimer’s Resource Alaska ADRD Projections, February 2026; Alzheimer’s Association Caregiver hours and economic value, 2021; Genworth Cost of Care Survey, 2024.

In 2024, Alaska continued to rank among the most expensive states for long-term care (Table 38). According to the Genworth Cost of Care Survey, the median annual cost for a nursing home in Alaska, whether a semi-private or private room, was \$364,453, the highest in the country by a wide margin. This was \$159,322–\$174,600 more than the nearest contender, Oregon (based on whether costs were for semi-private or private rooms). The median annual cost for an assisted living community in Alaska was \$122,376 (the second highest in the nation, behind Hawaii). The lowest median annual cost for assisted living was in Missouri, at \$61,800 per year.

Nationally, 2024 median annual costs were significantly lower across care types; for example, assisted living at \$70,800, nursing home semi-private room at \$111,325, and nursing home private room at \$127,750.

## Long-term Care: Daily and Annual Costs

**Table 38. Long-term Care Costs, Alaska Versus U.S., Most Recent (2022–2024)<sup>(64)[38]</sup>**

Cost Type	Alaska 2024	Alaska 2023	Alaska 2022	U.S. 2024	U.S. 2023
Nursing home, median <b>daily</b> rate (private room)	\$998	\$1,099	\$1,067	\$350	\$297
Nursing home, median <b>yearly</b> rate (private room, private pay)	\$364,453	\$401,169	\$389,484	\$127,750	\$108,405
Assisted Living Home, median <b>daily</b> rate	\$335	\$238	\$231	\$194	\$148
Assisted Living Home, median <b>yearly</b> rate	\$122,376	\$86,951	\$84,419	\$70,800	\$54,000
Home Health Aide, median <b>daily</b> rate	\$213	\$200	\$194	\$213	\$169
Home Health Aide, median <b>yearly</b> rate	\$77,792	\$72,820	\$70,699	\$77,792	\$61,776

**Notes:** Cost estimates are based on the Genworth Cost of Care Survey and reflect median reported rates from participating providers. Actual costs may vary by location and provider due to statistical variance and differences in services included. Genworth uses the term “assisted living community” to describe residential assisted living settings nationwide; in Alaska, these services are licensed as assisted living homes (ALHs). The terms are used interchangeably here for cost-comparison purposes. Year-to-year changes in reported medians may reflect survey participation and methodology rather than changes in underlying market prices.

(Source: Genworth CareScout. (2025). [Cost of Care Survey 2024](https://assets.carescout.com/55da049c1f/282102.pdf) (https://assets.carescout.com/55da049c1f/282102.pdf)).

64 Genworth/Carescout. (2025). [Cost of Care Survey 2024](https://assets.carescout.com/55da049c1f/282102.pdf). Median Cost Data Tables. https://assets.carescout.com/55da049c1f/282102.pdf.

## MEDICAID LONG-TERM CARE SERVICES

**Table 39. Medicaid Long-term Care Services & Supports by Fiscal Year (FY), 2021–2025<sup>(65)[39]</sup>**

Medicaid LTSS Supports	FY25	FY24	FY23	FY22	FY21
Alaskans Living Independently Waiver, Ages 65+	2,002	1,878	1,766	1,699	1,575
Personal Care Services and Community First Choice, Ages 60+	1,845	1,898	2,013	2,202	2,495
Nursing Facility Services (Medicaid State Plan), Ages 65+*	579	663	658	648	620
Adults with Physical and Developmental Disabilities, Ages 21+	187	177	170	156	136

\*Individuals with paid claims from MMIS for services rendered during the specified fiscal year. Medicaid Waiver data is provided from the Harmony database and includes active recipients.

**Notes:** To qualify for Alaskans Living Independently Waiver services, individuals must be ages 21+, income-eligible, and meet nursing home level-of-care requirements; we are reporting ages 65+. Adults with Physical and Developmental Disabilities Waiver includes adults with intellectual and developmental disabilities and physical disabilities receiving Nursing Facility-level HCBS supports.

65 Alaska Department of Health, Division of Senior and Disabilities Services, Research and Analysis Unit. (January 2026).

**Table 40. Individuals Diagnosed with Alzheimer’s Disease and Related Dementias (ADRD) on Medicaid Waivers, by Medicaid Waiver Type, State Fiscal Year (SFY) 2025<sup>(66)[40]</sup>**

Waiver Types	FY2025 ADRD Individuals*
Alaskans Living Independently	861
Adults with Physical and Developmental Disabilities	4
Intellectual and Developmental Disabilities	9
Individualized Support Waiver	2
Total	876

\*Individuals active on waiver from the Harmony Database and who have a dementia diagnosis.

66 Alaska Department of Health, Division of Senior and Disabilities Services, Research and Analysis Unit. (January 2026).

## ALASKA LONG TERM CARE FACILITY AWARDS 2025

In 2025, five Alaska Skilled Nursing Facilities (SNFs) demonstrated national leadership in quality improvement through the American Health Care Association / National Center for Assisted Living (AHCA/NCAL) National Quality Award Program. These awards recognize providers that have implemented a formal, systematic approach to performance improvement and resident-centered care.

**Table 41. AHCA/NCAL National Quality Awards to Alaska Skilled Nursing Facilities, 2025<sup>(67)</sup>[41]**

Award Level	Skilled Nursing Facility	City
Silver: Achievement in Quality	South Peninsula Hospital	Homer
Bronze: Commitment to Quality	Maple Springs of Palmer	Palmer
Bronze: Commitment to Quality	PeaceHealth Ketchikan Medical Center	Ketchikan
Bronze: Commitment to Quality	Providence Seward Mountain Haven	Seward
Bronze: Commitment to Quality	Utuqqanaat Inaat	Kotzebue

67 American Health Care Association / National Center for Assisted Living. (September 2025). [National Quality Award Program 2025 Award Recipients](https://www.ahcancal.org/Quality/National-Quality-Award-Program/Pages/QualityAwardRecipients.aspx), <https://www.ahcancal.org/Quality/National-Quality-Award-Program/Pages/QualityAwardRecipients.aspx>.

## CONTINUUM OF CARE COSTS

**Table 42. Community-Based Continuum of Care Funding and Costs for Senior and Disabilities Services: by Program/Service, SFY 2025<sup>(68)</sup>[42]**

Funding Type	Community-Based Program/Service*	Number Served	Average Cost per Person	Total Cost	Funding Source
Grant	Community Grant Services	19,560	\$935	\$18,290,300	42% Federal, 57% State, 1% Mental Health Trust Authority Authorized Receipts**
Grant	General Relief / Temporary Assisted Living	457	\$18,720	\$8,555,200	100% State
Medicaid State Plan (MSP) Programs:	Personal Care Services (PCS)	1,335	\$15,823	\$21,123,400	50% Federal, 50% State
Medicaid State Plan (MSP) Programs:	Community First Choice (CFC)	846	\$26,427	\$22,356,900	56% Federal, 44% State
Medicaid State Plan (MSP) Programs:	LTSS Targeted Case Management	4,954	\$907	\$4,494,900	50% Federal, 50% State

68 Alaska Department of Health. (2025). SFY 2025 Continuum of Care Cost Analysis, (Final Authorization 25, State of Alaska Automated Budget System, COGNOS).

Funding Type	Community-Based Program/ Service*	Number Served	Average Cost per Person	Total Cost	Funding Source
Medicaid Home- & Community-Based Waivers:	Alaskans Living Independently (ALI) Waiver	2,594	\$50,545	\$131,113,500	50% Federal, 50% State
Facility Care Institutional Placements:	Nursing Facility Care	1,125	\$159,154	\$179,048,200	50% Federal, 50% State

\*Children's programs and child-specific services are intentionally excluded. \*\*Trust income appropriated by the state to support eligible mental health programs.

The following table compares the cost of serving Alaskans who qualify for long-term care through Home and Community Based Services (HCBS) waivers versus the estimated cost if those same individuals were instead served in institutional settings, such as nursing facilities or Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICF/IID). HCBS waivers allow eligible individuals to receive long-term supports in their homes or communities rather than in institutions.

**Table 43. Institutional Long-Term Care Costs and State Cost Avoidance, State Fiscal Year (SFY) 2025<sup>(69)</sup>[43]**

Cost Measure	SFY25
Actual Long Term Support Services (LTSS) spending: Home and Community-Based Services (HCBS) + Institutional	\$625 million
Estimated Institutional Cost* (Cost if HCBS were unavailable and eligible individuals entered institutions)	\$1.316 billion
Estimated annual cost avoidance from HCBS**	~ \$691 million

**Notes:** \*The Estimated Institutional Cost reflects a hypothetical scenario in which HCBS waivers were unavailable and waiver recipients entered institutional care at the applicable average cost per person

\*\*The difference between actual LTSS spending and estimated institutional costs represents the annual cost avoidance attributable to HCBS, while also reflecting the state's policy goal of supporting independence and community-based care when appropriate.

69 Alaska Department of Health SDS. (2025). SFY 2025 Continuum of Care Cost Analysis. Final Authorization 25, State of Alaska Automated Budget System, COGNOS (PDF).



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