Aging in Alaska

Alaskan Seniors
Living Longer Growing Stronger
from the Alaska Commission on Aging

AARP Alaska

AGENET

alzheimer's association

Alzheimer's Resource of Alaska

Agenda

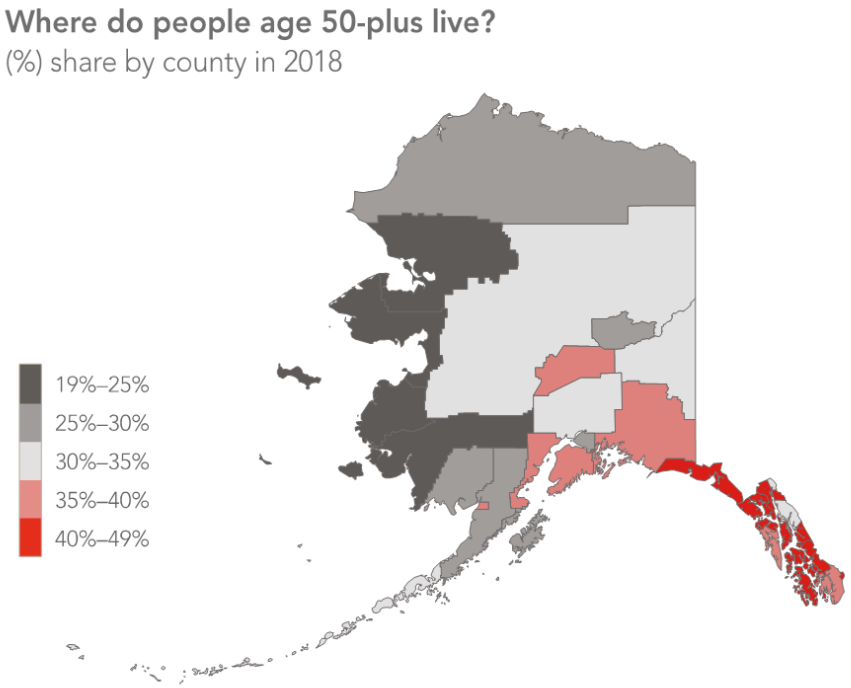
- Alaska's Growing Senior Population and Impact
  AARP
- Older Americans Act, State Plan for Senior Services, Aging & Disability Resource Centers – *Alaska Commission on Aging*
- Alaska's Growing Alzheimers Population and the new Call to Action Plan *Alzheimers Association & Alzheimer's Resource of Alaska*
- Senior Care Providers and the Continuum of Care
  AGENet
- Q&A

AARP® Alaska

Alaska's Growing Senior Population

- Alaska 65+ grew by 69% between 2008-2018*
- Fastest growing senior population in the country
- Nationally the senior population grew by 35% in the same period

- Why?



*Administration for Community Living's Profile of Older Americans
https://acl.gov/aging-and-disability-in-america/data-and-research/profile-older-americans

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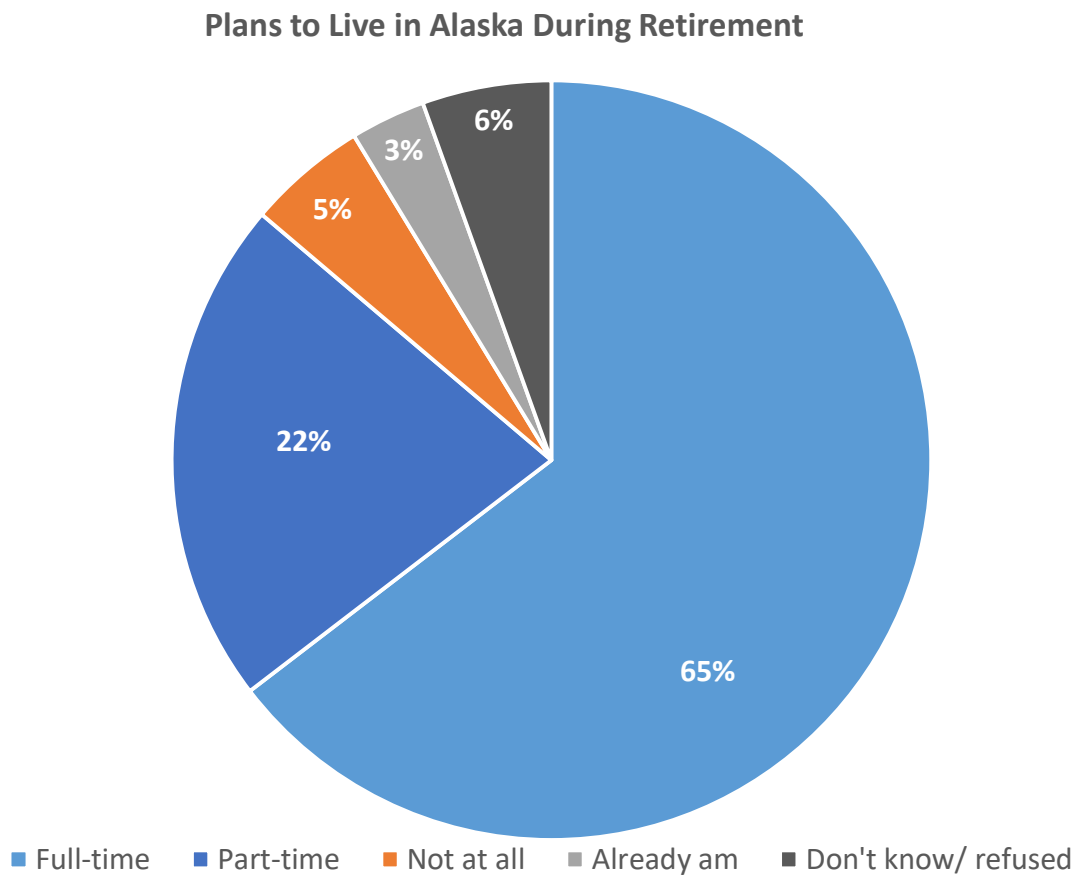
Alaska's Growing Senior Population

- Two-thirds (68%) of Alaska residents age 45+ are currently living in Alaska full-time during retirement or are planning to do so in the future.*

*AARP AK Vital Voices Survey 2020



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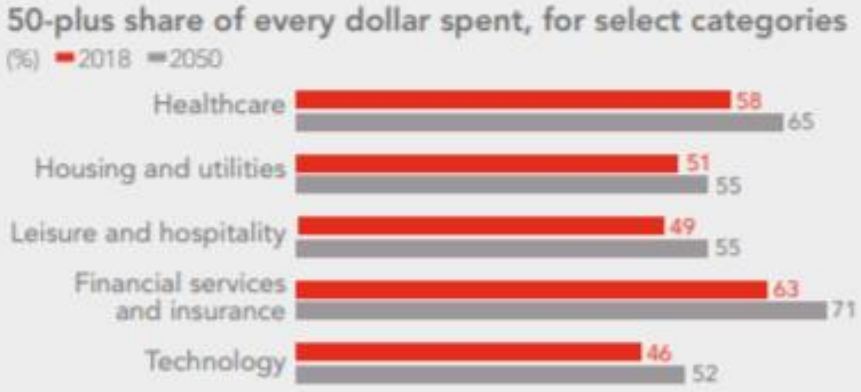
Economic Impact

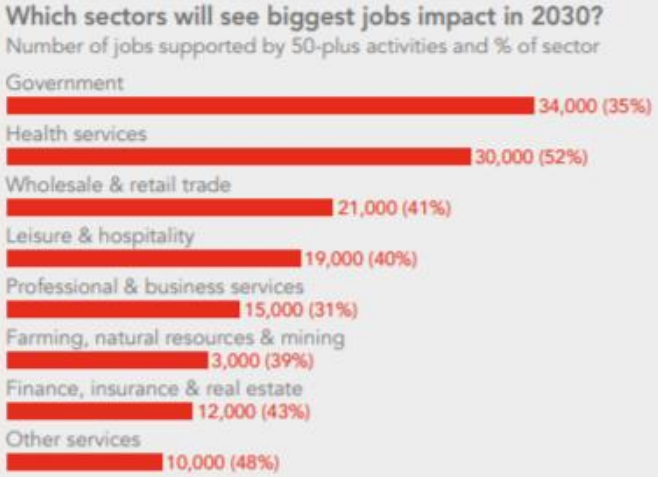
50-plus households accounted for 52 cents of every dollar spent in Alaska in 2018—this will grow to 58 cents (58%) by 2050



The market activities of Alaska's 50-plus population create jobs, wages, and salaries

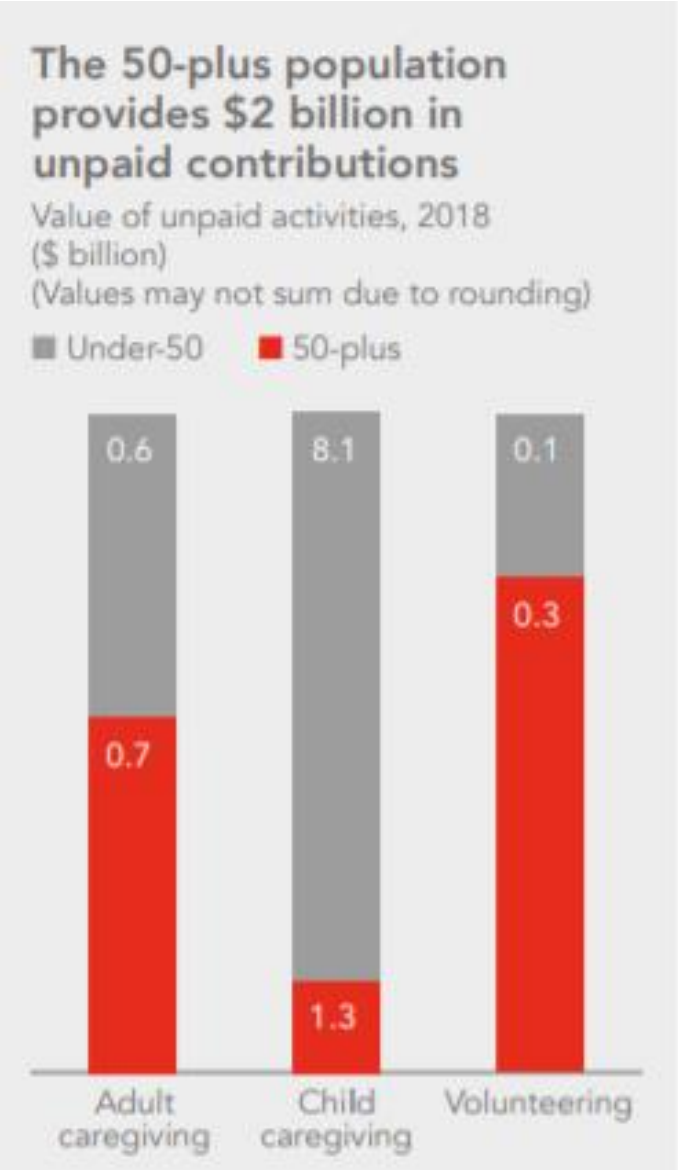
In 2030, the 50-plus population's activities will support 188,000 jobs in Alaska, driving employment growth across all age groups and industries. Most of these jobs will be created in government; health services; wholesale and retail trade; and leisure and hospitality (see chart on right).

Labor force: People age 50-plus will continue to play a significant role as part of Alaska's workforce: by 2030, 50-plus workers in the state are projected to number 115,000, representing 33% of the state's total labor force.



https://www.aarp.org/content/dam/aarp/research/surveys_statistics/econ/2020/longevity-economy-outlook-alaska.doi.10.26419-2Fint.00044.002.pdf

Other Contributions



Alaska Voter Turnout By Age

Age Bracket	2018 Election	2016 Election
18-24	30%	45%
25-34	35%	47%
35-44	46%	57%
44-54	54%	65%
55-59	61%	71%
60-64	65%	73%
65-74	68%	75%
75 and over	65%	70%

https://www.aarp.org/research/topics/life/info-2019/volunteer-attitudes-behaviors-lifespan.html

Alaskan Seniors
Living Longer Growing Stronger
from the Alaska Commission on Aging

Welcome to the Alaska Commission on Aging!

Mission:

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

Structure:

- 11 volunteer board members appointed by the Governor elected to serve four-year terms. One representative from the Pioneers Advisory Homes, one representative from the Department of Health and Social Services, and one representative from the Department of Commerce and Economic Development.

Alaskan Seniors
Living Longer Growing Stronger
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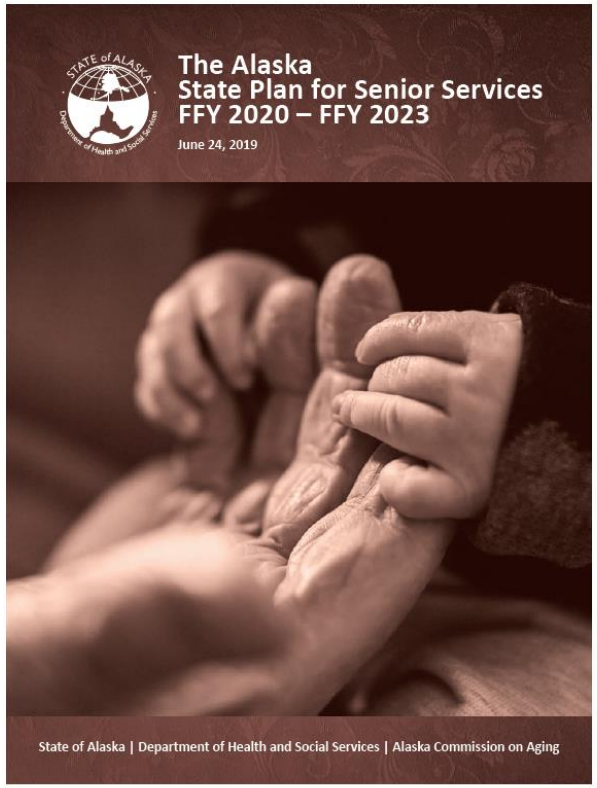
What we do:

- Advocate for the needs and concerns of older Alaskans to the Governor, the Legislature, the Administration, Alaska's Congressional delegation, and the public.
- Advise the Governor, the Legislature, the Administration, the Congressional delegation and the public on current and potential programs and services for older Alaskans and their caregivers.
- Prepare a comprehensive four-year state plan for senior services in accordance with the Older Americans Act and implements the Plan in collaboration with agency partners to improve services for older Alaskans and reduce duplication of effort.



http://dhss.alaska.gov/acoa/Pages/stateplan.aspx

What we do:

- Provide recommendations to the Alaska Mental Health Trust Authority (AMHTA) for the integrated comprehensive mental health plan and identifies issues, proposes projects and submits budget recommendations that use funding for services provided to older Alaskans with Alzheimer's disease and related dementias and other behavioral health conditions.
- Gather, analyze and report data about programs and services impacting the health, safety and quality of life for older Alaskans.
- Survey Alaska seniors and analyzes their responses to identify priority issues, needs and concerns.
- Review and provides comment on proposed regulations relating to programs and services affecting older Alaskans.
- Promote public awareness of aging issues and trends and provides information to the public and policy makers on senior issues including health, financial security, and housing.

Partners:

- Administration for Community Living
- AARP
- AMAC
- AGENET
- Department of Health and Social Services
- Division of Senior and Disabilities Services
- Alaska Mental Health Trust Authority
- Alaska Mental Health Board
- Alaska Board on Alcohol and Drug Misuse
- State Independent Living Council
- Senior Service Providers
- Alaska Native Health Consortium
- Governors Council of Special Education and Developmental Disabilities

To Find Senior Services in your Community call the

Aging and Disabilities Resource Centers

1-855-565-2017

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

Alzheimer's Association
Alaska Dementia Statistics

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DEATHS FROM DEMENTIA

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370

deaths from dementia in 2019.*

156

were from Alzheimer's.

153

were from un-specified dementia.

61

were from vascular dementia.

*These death numbers are sourced from the SOA DHSS Division of Vital Records. These numbers do not include deaths from alcohol-caused dementia, such as Wernicke-Korsakoff Syndrome.

ALZHEIMER'S AND DEMENTIA IN ALASKA

More than

12,500

Alaskans

are living with Alzheimer's or another dementia.*

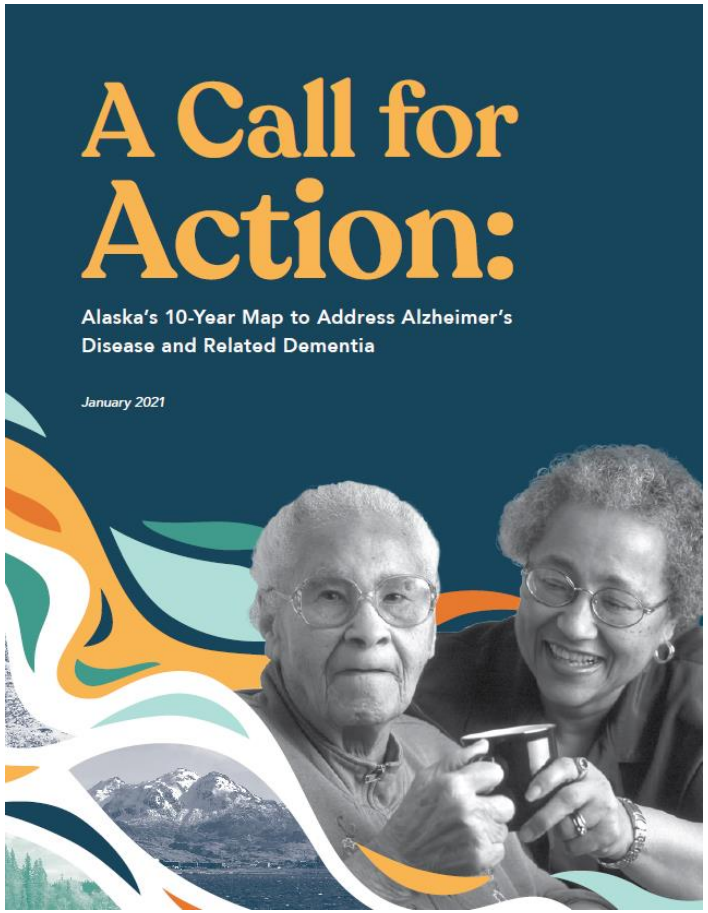
By 2030 the number is expected to increase by

90%

alzheimer's association®

*Statistics from US Administration on Aging.

New – Alaska's 10-year Map to Address Alzheimer's Disease and Related Dementia



1. Expand services
2. Build a workforce
3. Support informal/ family caregivers
4. Promote early diagnosis and healthy behaviors
5. Monitor prevalence and outcomes
6. Support innovation and research

https://alaskamentalhealthtrust.org/wp-content/uploads/2021/01/A-Call-To-Action-Alzheimers-Disease-Related-Dementia-10-Year-Map.pdf

Alzheimer's Resource of Alaska

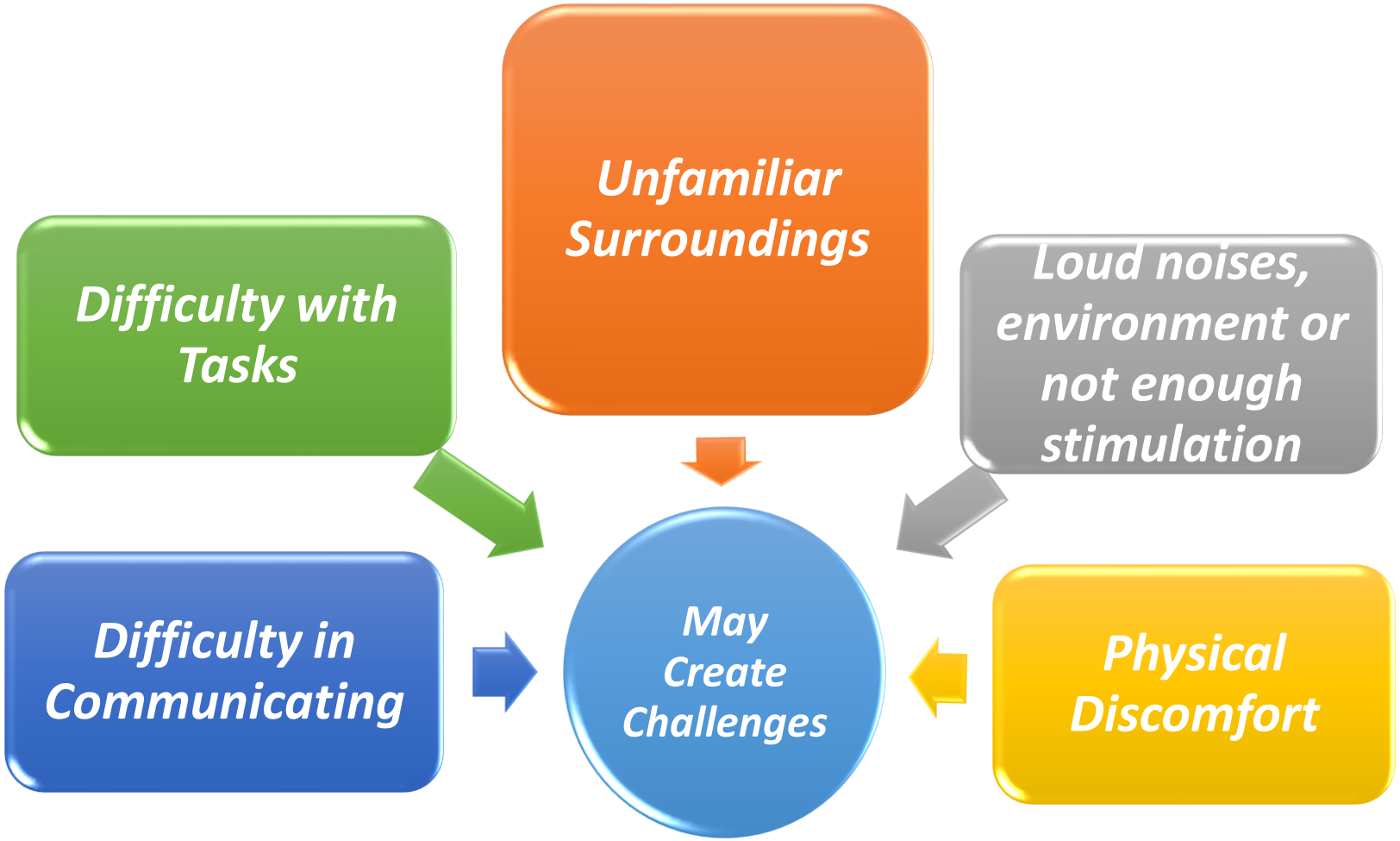
- Programs for anyone of any age concerned with memory loss or diagnosed with Alzheimer's or a related dementia

- Programs for family caregivers who carry the greatest share of care.

- Programs for professionals

- Programs for the General Public
- Statewide coverage
- Four offices

Challenges Dementia Can Cause



State Supported Services Available

- Care Coordination
- Case Management
- Adult Day Programs
- Nutritional Supports
- ADRD Minigrants (Trust)
- Transportation
- Caregiver Supports
- Family Caregiver Classes
- Professional Caregiver Instruction
- Facilitated Peer Support Groups

- In-Home Supports
  - Chore
  - Respite
  - Personal Care
  - Home modifictions

- Medicaid ALI Waivers
  - Must meet Level of Care for nursing facility.
  - Pioneer Homes

- Nursing Homes

AgeNet (Alaska Geriatric Exchange Network)

- AgeNet is the statewide leadership association of Alaska senior service providers which has been an advocate for Alaskans age 60 and older for more than 20 years.

- AgeNet works to assure the appropriate network of senior services is available in every Alaskan community for all seniors so they might live independently with honor and dignity.

- Seniors prefer to “age in place” in their own homes and traditional communities for as long as possible.

AGENET

Marianne Mills, President

AgeNet members

Access Alaska	Native Village of Unalakleet
Alaska Training Cooperative	Mat-Su Senior Services
Alzheimer's Resource of Alaska	Nenana Senior Center
Anchorage Senior Activity Center	Ninilchik Senior Citizens
Arctic Access	North Star Council on Aging
Center for Community	Older Persons Action Group
Chugiak Senior Citizens	Sandra Heffern
Denakkanaaga	Senior Citizens of Kodiak
Denise Daniello (UAF)	Serendipity Adult Day
Fairbanks Resource Agency	Seward Senior Citizens
Frontier Community Services	Soldotna Area Senior Citizens
Gordon Glaser (ACOA/ASAC)	Southeast Alaska Independent Living
Homer Senior Citizens	Southeast Senior Services/CCS
Independent Living Center	Statewide Independent Living Council
Jim McCall	Tanana Chiefs Conference
Kenai Senior Center	Trinion Quality Care Services
LifeWorks	Wasilla Area Seniors

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Home and Community-Based Care

Saves Money

Nearly half of Alaskans who are age 85 and older suffer from dementia.
How should the State of Alaska care for these persons who are unable to care for themselves?

Care in a Nursing Home (Skilled Nursing Facility)	HCB Care through the Alaskans Living Independently Waiver*	Home and Community-Based Grants at home with Family
$13,080 per month	$2,987 per month	$42 per month
$156,956 per year per senior	$35,846 per year per person	$509 per year

Consider other advantages of Home and Community-Based Care in addition to the vast cost savings:

- The older adult can remain with dignity in his/her own home and community;
- Alaskan family caregivers are given support to continue providing unpaid care;
- Meals, rides, adult day, care coordination, case management, respite, chore services safeguard elders from injury and deterioration which lead to premature costly institutionalization.

*HCB Waiver services for nursing home eligible seniors are paid by Medicaid (50% federal) dollars—"Waivers are Savers".

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Marianne Mills, President

Alaska's Continuum of Care for Older Alaskans

Community-Based Services	Home-Based Services	Intensive Home and Community-Based Services	Services in a Residential Care Setting	Most Intensive Institutional Services
* Congregate Meals * Public Transportation * Information/Referral/ Personal Advocacy * ADRD Education and Support * Health Promotion Activities * Senior Employment Services (MASST) * Independent Living Apartments * Senior Centers * Senior Volunteers * Legal Services	* Home Delivered Meals * Assisted Transportation * Shopping Assistance * Home Repair * Senior Companion Volunteers *Homemaker/Chore	* Adult Day Services * Counseling * Family Caregiver Support * In-Home Respite Care * Home Health Care * Hospice Care * Personal Care	* Assisted Living Homes * Pioneers' Homes	* Acute Care (aka Hospital) * Nursing Home Care (aka Skilled Nursing Facility) * Residential Hospice Care

Long Term Care Ombudsman: Advocacy for Residents of Long Term Care Facilities

Care Coordination (Case Management): Personal Assessment/Plan of Care/Follow-Up

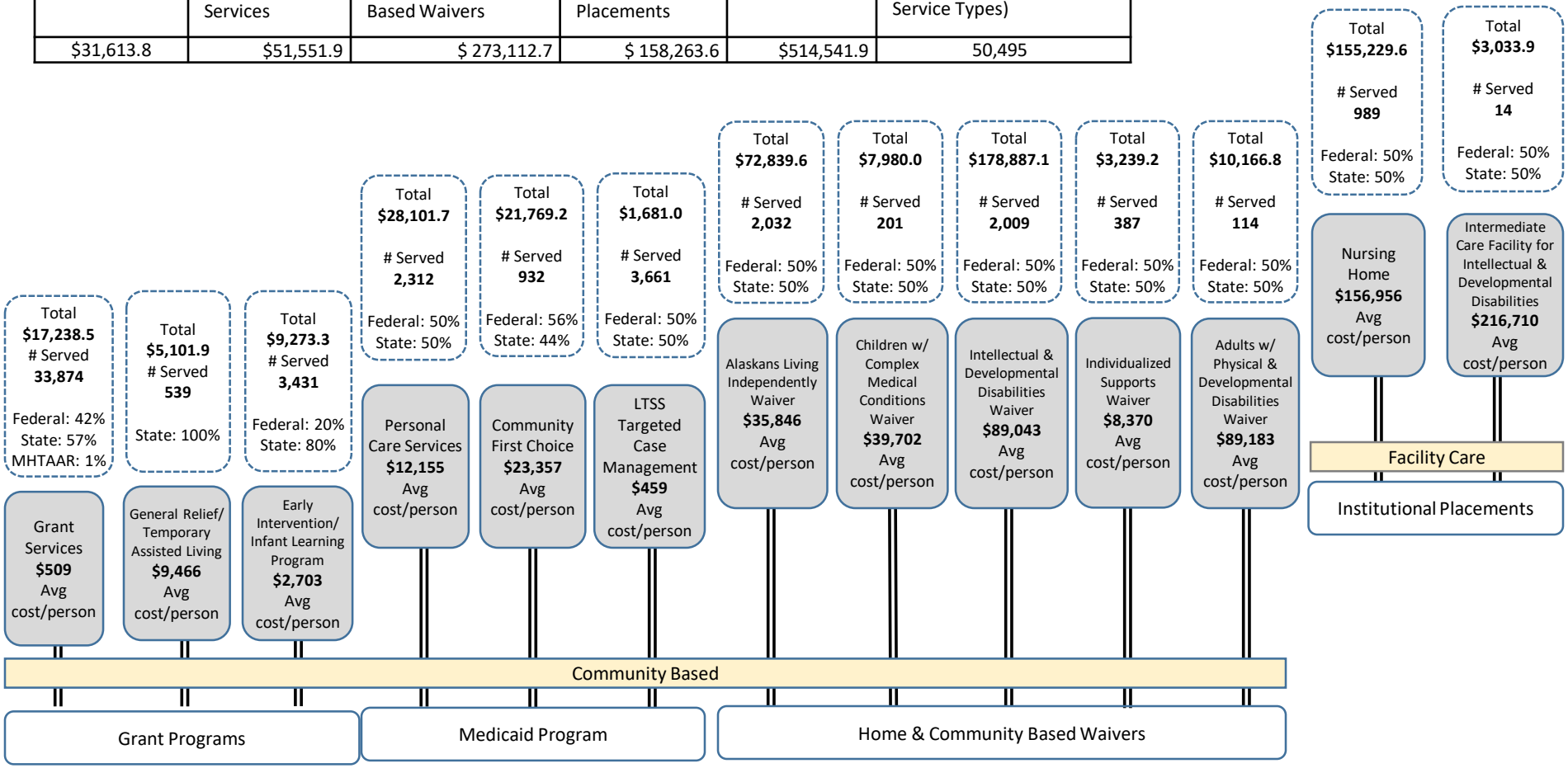
Adult Protective Services: Investigation and Services to Abuse/Neglect Victims

State of Alaska Continuum of Care

Senior and Disabilities Services

SFY 2020 Costs by Funding Source and Average Cost per Person by Service Type

Costs by Funding Source					Total # Served (Duplicated Counts Across some Service Types)
Grant Services	Personal Care Services	Home & Community Based Waivers	Institutional Placements	Total Costs	
$31,613.8	$51,551.9	$ 273,112.7	$ 158,263.6	$514,541.9	50,495



http://dhss.alaska.gov/dsds/Documents/pca/Continuum_Care_FY2019.pdf

Data Source: State of Alaska Automated Budget System, Final Auth 20 report, Harmony and COGNOS

Note: SDS Medicaid programs that included federal funding received a 6.2% FMAP increase due to the COVID pandemic. This increase was effective 1/1/20 and is expected to remain in effect through 3/31/21.

Questions & Contacts

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- Lisa Morely, Alaska Commission on Aging Executive Director lisa.morely@Alaska.gov http://dhss.alaska.gov/acoa/Pages/default.aspx
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