

Implementation Report for The Alaska State Plan for Senior Services FY2016- FY2019

State Plan Completed: June 2015

FINAL Implementation Report: Current as of December 2016



State of Alaska
Department of Health and Social Services
Alaska Commission on Aging

State Plan Implementation Progress: December 2016

<p style="text-align: center;">State Plan Vision</p> <p>The Alaska State Plan for Senior Services builds on strong partnerships to provide high quality, culturally-sensitive, accessible services for Alaskans 60 and above to live healthy, independent, meaningful lives in the place and manner of their choosing.</p> <p style="text-align: center;">State Plan Guiding Principles</p> <ol style="list-style-type: none"> 1. Promote Independence, Empowerment, and Choice. 2. Keep Seniors Strong and Healthy. 3. Target Services to the Most Vulnerable Seniors. 4. Offer a Full Continuum of Care and Housing. 5. Highlight Seniors' Community Contributions. 	Progress + Action Items for the Coming Year	
	Goal 1. Promote healthy aging and provide access to comprehensive and integrated health care.	
	Strategic Objective 1.A: Seniors have access to healthy food.	
	Performance Measure 1.A.1: Number of seniors receiving Supplemental Nutrition Assistance Program (SNAP) assistance program. Lead: DHSS Division of Public Assistance Baseline: 6,548 recipients (FY2014)	
	Progress in 2016	2017 Action Items/Next Steps
	The number of seniors (age 60+) receiving SNAP assistance in FY 2016 was 7,401, an increase of 853 participants since 2014.	Continue to monitor the number of recipients.
	Performance Measure 1.A.2: Number of seniors receiving congregate meals (Title III). Lead: Division of Senior and Disabilities Services Baseline: 7,579 recipients (FY2014); 7,856 recipients (FY2015)	
	Progress in 2016	2017 Action Items/Next Steps
	The number of seniors receiving congregate meals using Title III funds in FY2016 is 7,936, an increase of 80 participants since FY2015.	Continuation grant in 2017. Continue to monitor number of recipients.
	Performance Measure 1.A.3: Number of seniors receiving home delivered meals (Title III). Lead: Division of Senior and Disabilities Services Baseline: 3,359 recipients (FY2014); 3,362 recipients (FY2015)	
	Progress in FY2015	2017 Action Items/Next Steps
	The number of seniors receiving home delivered meals FY 2016 using Title III funds is 3,314, a decrease of 48 participants since 2015.	Continuation grant in 2017. Continue to monitor this trend.
	Performance Measure 1.A.4: Number of elders receiving meals (Title VI). Lead: Division of Senior and Disabilities Services (Note: Information is provided by the Administration on Community Living, ACL, Region X Office) Baseline (FFY2014): A total of 4,163 unduplicated elders received congregate meals with 169,435 meals served. In addition, 3,469 unduplicated elders received home-delivered meals with 128,922 meals served.	
	Progress in FFY2015	FFY2016 Action Items/Next Steps
Using Title VI funds, the total number of unduplicated elders who received home delivered meals is 1,514 with 87,605 meals being served. The total number of unduplicated elders who received congregate meals is 3,723 with 124,576 meals being served using Title VI funds. (Note: Reports from some Title VI programs remain pending.)	The ACL will continue to monitor these reports as there is a concern that more Elders may be receiving meals but not offered as many meals as they need. Meals are using more traditional subsistence foods. ACL plans to provide more technical assistance to encourage greater collaboration between Title III and Title VI providers. Encourage more contracts with Title VI providers as funding for these meals is 100% federal. The Alaska Native Tribal Health Consortium will continue to conduct site visits and provide food commodity boxes for Elders.	

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	Performance Measure 1.B.1: Track the number of evidenced-based health promotion and disease prevention grants. Lead: Division of Senior and Disabilities Services, Division of Public Health Baseline: 6 SDS Grant Programs (FY2014) and 6 (FY2015)	
	Progress in 2016	2017 Action Items/Next Steps
	SDS administered 5 Health Promotion-Disease Prevention grants in FY2016, a loss of one grantee. Funding for senior fall prevention administered by Division of Public Health was eliminated in FY2015.	The Older Americans Act now requires these programs to be evidence-based.
	Performance Measure 1.B.2: Track the number of seniors participating in those programs statewide. Lead: Division of Senior and Disabilities Services, Division of Public Health Baseline: 299 seniors participating in Health Promotion/Disease Prevention programs funded by SDS senior community grants (FY2014). (Note: SDS reports that the FY2014 count is low due to inaccurate reporting.	
	Progress in 2016	2017 Action Items/Next Steps
	A total of 2,905 seniors participated in Health Promotion/Disease Prevention activities funded with SDS senior community-based grants, and 3,498 seniors in FY2016. State funding for senior fall prevention activities administered by Division of Public Health was eliminated in FY2015.	Continue to monitor program participation.
	Strategic Objective 1.C: Services integrate behavioral and primary health care.	
	Performance Measure 1.C.1: Initiate and implement Senior Mental Health First Aid training focused on primary care providers, senior services providers, community members, and caregivers as a strategy for integrating behavioral health and primary care services. Target 25 participants trained first year (FY2016), with 5% increase in participants per year. Lead: UAA Trust Training Cooperative (The TTC was renamed in 2015 to UAA Alaska Training Cooperative, AKTC) Baseline: 0 (FY2015)	
	Progress in 2016	2017 Action Items/Next Steps
The AKTC implemented the Mental Health First Aid for Older Adults in FY2016 providing training to a total of 56 participants. Agencies that received training include: <ul style="list-style-type: none"> Providence Hospital, Trinion Quality Care Services, Alzheimer's Resource of Alaska, UAA School of Nursing, Serendipity Adult Day Services, Alaska Psychiatric Institute, Catholic Community Services, Southeast Senior Services, Alaska Commission on Aging, First City Libraries, Community Connections, Akeela and Consumer Direct Care. Communities served include Anchorage, Juneau and Ketchikan.	In FY2017, the AKTC will increase the number of participants by 5% (or 59 participants minimum) who will complete the Mental Health First Aid for Older Adults training.	

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	<p>Performance Measure, 1.D.1: Percent of senior behavioral health recipients (age 60 years and older) who report improvements in quality of life. Lead: Division of Behavioral Health Baseline: Baseline information is not available</p>	
	<p>Progress in 2016</p>	<p>2017 Action Items/Next Steps</p>
	<p>Client service review data from the Division of Behavioral Health (DBH) grantees is not available at this time however it was noted that persons age 85+ have high suicide rates. It is also noted that Medicare has few behavioral health codes currently but the Centers for Medicare and Medicaid (CMS) may increase behavioral health services for persons age 65+ in future.</p>	
<p>Performance Measure, 1.D.2.: Number of seniors who receive services through the Senior Outreach Assessment Referral (SOAR) program. Lead: Division of Behavioral Health Baseline: Three grantees, Aleutian Pribilof Islands Association, Fairbanks Resource Agency, and Catholic Community Service (Southeast Community Services) reported information for FY2015. State funding for the SOAR program was eliminated in FY2015 and this program is no longer in effect.</p>		
<p>Progress in 2016</p>	<p>2017 Action Items/Next Steps</p>	
<p>The selected data below is a compilation of information received by all grantees reporting in FY2015.</p> <ul style="list-style-type: none"> Total number of Gatekeeper trainings completed: 47 Total number of Gatekeepers trained: 218 Unduplicated number of seniors receiving case management services: 219 Unduplicated number of seniors age 80+ receiving case management services: 399 Total number of calls of concern received from Gatekeeper partners: 40 Catholic Community Services note that their case managers are observing an increase in behavioral health needs among seniors they serve (December 2016). 		

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	Strategic Objective 2.A: Support safety net programs that benefit seniors such as core senior grant-funded services, Senior Benefits, and Heating Assistance programs.	
	Performance Measure 2.A.1: Maintain or increase safety net programs for seniors. Lead: ACoA, AgeNET, AARP, SDS, ADRC programs Baseline: Baseline information is not available	
	Progress in 2016	2017 Action Items/Next Steps
<p style="text-align: center;">State Plan Guiding Principles</p> <ol style="list-style-type: none"> 1. Promote Independence, Empowerment, and Choice. 2. Keep Seniors Strong and Healthy. 3. Target Services to the Most Vulnerable Seniors. 4. Offer a Full Continuum of Care and Housing. 5. Highlight Seniors' Community Contributions. 	Strategic Objective 2.B: Seniors and caregivers understand financial and economic security/planning.	
	Performance Measure 2.B.1: Attendance at AARP financial security seminars. Lead: AARP Alaska and Medicare Information Office Baseline: 500 participants (FY2014)	
	Progress in 2016	2017 Action Items/Next Steps
	<p>AARP Alaska reports conducting Secure Your Future Workshops in 9 locations statewide that had 585 people attending.</p> <p>The topics included:</p> <ul style="list-style-type: none"> Getting Ready for Medicare; Fundamentals in Investing; Retiring as a Public Employee; Long-term Care Insurance and Life Insurance; and Savvy Social Security Planning. 	<p>In partnership with the Medicare Information Office, AARP will continue to provide workshops in:</p> <ul style="list-style-type: none"> Fairbanks, Anchorage, Juneau, and extend to rural areas.

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	<p>Performance Measure 2.C.1: Maintain or increase the number of Mature Alaskans Seeking Skills Training (MASST) program participants providing service to the elderly community. Lead: MASST, Department of Labor Baseline: 300 total MASST participants with 138 of them serving the elderly community (FY2014).</p>	
	Progress in 2016	2017 Action Items/Next Steps
	Two Hundred Eighteen (218) persons age 55+ participated in the MASST program with 88 being placed with nonprofit organizations serving the elderly community. Comparing the number of MASST participants in FY2016 with the baseline year, there are 82 fewer MASST participants in total and 50 less placed with nonprofit organizations serving the elderly community. The MASST program attributes these lower numbers in FY2016 to reductions in state general funds which reduced the number of job centers from 30 to 16. In addition two minimum wage increases have reduced the number of participants who can receive training.	Continue to assist those who experience being homeless and provide them with training to attain unsubsidized employment to bring them out of homelessness. Continue staff training to keep ahead of the problems that the mature individual faces in finding employment, such as memory loss and physical limitations. Continue to assist older individuals find appropriate training sites to develop the skills necessary to obtain employment that leads to self-sufficiency.
	<p>Performance Measure 2.C.2: Maintain or increase total number of MASST program hours worked in service to the elderly community. Lead: MASST, Department of Labor Baseline: 129,615 total community service program hours provided by MASST participants with 63,578 hours provided in service to elderly community (FY 2014)</p>	
	Progress in 2016	2017 Action Items/Next Steps
	The MASST program reported a total of 110,859 community service hours provided by MASST participants with 48,847 hours provided in service to the elderly community. This was a decrease of 18,756 hours of community service since FY2014 due to fewer MASST participants and 14,731 fewer hours of their service to the elderly community.	MASST is looking for employers to give hard working seniors employment in their local communities.
	<p>Performance Measure 2.C.3: Maintain or increase the number of MASST participants age 75 and over. Lead: MASST, Department of Labor Baseline: 10 participants (FY2014)</p>	
	Progress in 2016	2017 Action Items/Next Steps
	A total of five seniors age 75+ participated in the MASST program in FY2016.	Continue to assist those most in need.

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	Strategic Objective 3.A: Promote primary prevention of elder abuse, neglect, and exploitation and reduce the rate of recidivism through education and awareness.	
	Performance Measure 3.A.1: Expand existing education/outreach/awareness efforts through website, newsletter, presentations, and other activities to include prevention of abuse, neglect and exploitation. Lead: Adult Protective Services and Office of Long-Term Care Ombudsman Baseline: Baseline information is not available	
	Progress in 2016	2017 Action Items/Next Steps
	In FY2016, ACoA, OLTCO, and AARP advocated successfully for passage of HB 8, Powers of Attorney, sponsored by Rep Shelly Hughes and the late Rep Max Gruenberg to update Alaska's power of attorney statute to provide greater protection against financial exploitation, promote better alignment across state lines when the Principal and Agent live in different states, and proposed improvements to the power of attorney form to provide more control for the Principal in the delegation of powers. In FY16, the OLTCO reports 5 trainings to assisted living home staff, 143 consultations to facilities, 389 consultations to individuals, 40 community education events, an article contribution to a website, and an event on a radio show.	The OLTCO plans to continue providing trainings, community educational events, and public awareness efforts.
	Performance Measure 3.A.2: Adult Protective Services (APS) recidivism rates decrease, percentage of seniors who make two or more reports of harm. Lead: Adult Protective Service Baseline: 540 (FY2014)	
	Progress in 2016	2017 Action Items/Next Steps
	In FY2015, there were 835 reports of harm involving seniors. In FY2016, 703 were reported. SDS reports that the number of reports may be dropping due to staff reductions related to budget reductions however, APS continues to respond to reports of harm within 10 days, as mandated by the federal government.	The Automated Service Plan, administered by SDS, has been completed for critical incident reports. As a result, the number of intakes has tripled. Action items for 2017 include <ol style="list-style-type: none"> (1) further collaboration with tribal partners and (2) utilize telehealth technology available at health clinics in order to provide immediate response to report of harm occurring outside of urban areas.
	Strategic Objective 3.B: Promote awareness and identify issues pertaining to elder justice by developing a senior resource directory.	
	Performance Measure 3.B.1: Construct a resource directory for seniors to promote elder justice. Leads: OLTCO, APS, AgeNET, ACoA	
Progress in 2016	2017 Action Items/Next Steps	
No progress has been reported to date.	Establish a working committee of lead agency representatives and invite Alaska Legal Services and Shelly Zylstra, Administration on Community Living. Alaska Legal Services has expressed interest in wanting to participate in this effort.	

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	Performance Measure 3.C.1: Number of seniors who receive legal assistance. Lead: Alaska Legal Services Baseline: 850 seniors (FY2014)	
	Progress in 2016	2017 Action Items/Next Steps
	In FY 2016, Alaska Legal Services (ALS) reports providing legal assistance to 1,522 senior clients, excluding those served through community outreach. This is an increase of 672 individual clients since 2014. ALS also reports an increase in the number of seniors requesting assistance with establishing Miller Trusts, wills, Powers of Attorney, and reverse mortgages.	Alaska Legal Services has hired a new elder law specialist. ALS plans to extend outreach to rural areas and develop training modules on popular elder law topics (Powers of Attorney, wills, Miller Trusts, etc.).
	Strategic Objective 3.D: Coordinate with the Elder Justice Taskforce to review Alaska's guardianship and conservatorship systems to ensure they meet the needs of seniors.	
	Performance Measure 3.D.1.: Revise and update the Alaska guardianship training video. Lead: Alaska Mental Health Trust Authority (AMHTA) and the Office of Long-Term Care Ombudsman (OLTCO) Baseline: Baseline information is not available	
	Progress in 2016	Progress in 2016
	The OLTCO reported that the Court System is moving forward with this project, with one of their staff providing coordination. The group is finalizing funding for this project with the Alaska Mental Health Trust Authority, Mat-Su Health Foundation, and AARP.	The Alaska State Association for Guardianship and Advocacy (ASAGA) has agreed to be the fiscal agent who will engage a contractor to begin development of the online learning module which will include video segments. The goal is to develop three online courses that will explain: <ol style="list-style-type: none"> (1) when an individual needs a guardian; (2) the application and petitioning process; and (3) the responsibilities of being a guardian. The group will start with the course on the responsibilities of being a guardian which will replace the current training video.
	Strategic Objective 3.E: Improve recruitment for the Office of Long-Term Care Ombudsman (OLTCO) volunteer program that trains and certifies volunteer ombudsmen in order to increase the number of OLTCO visits to long-term care facilities.	
	Performance Measure 3.E.1: By 2020, the OLTCO will train and maintain a volunteer ombudsman base of 30 volunteers who will be able to make an additional 300 annual visits to facilities over the next 5 years. Lead: Office of Long-Term Care Ombudsman (OLTCO) Baseline: 16 OLTCO volunteers made 147 facility visits (FY2014)	
Progress in 2016	2017 Action Items/Next Steps	
The OLTCO reported the total number of volunteer LTCO is 35, with an increase of 19 new volunteer LTCO. The number of facility visits completed by volunteer LTC ombudsmen was 212 (a gain of 65 visits) in the following communities: <ul style="list-style-type: none"> • Anchorage, • Chugiak, • Eagle River, • Fairbanks, • Homer, • Kenai/Soldotna, • Ketchikan, • Nome, • North Pole, • Palmer, • Wasilla • and Valdez. 	The OLTCO plans to increase the number of volunteers in FY2017 by an additional 20 which will increase the number of OLTCO visits to long-term care facilities.	

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	<p>Strategic Objective 4.A: Conduct a follow-up senior housing forum during the next state plan period to determine what has been accomplished since the last event and to determine current needs. Invite national housing providers to expand ideas and resources for senior housing in Alaska.</p>	
	<p>Performance Measure 4.A.1: Conduct at least one senior housing forum during the FY16-19 state plan. Lead: ACoA, AHFC Senior Housing Office, AMHTA Baseline: Baseline information is not available</p>	
	<p>Progress in 2016</p>	<p>2017 Action Items/Next Steps</p>
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	<p>Progress in 2016</p>	<p>2017 Action Items/Next Steps</p>
	<p>The senior housing workgroup looked at the possibility of developing a Roommate finder service for seniors as a pilot project. Levels of support could include free room and board with 10 hours of service to senior; half board with 5 hours of service; pay full and no support to senior. The project would require background checks for home owner and home seeker. Pilot after the "Baltimore project."</p>	<p>Continue work on the Roommate finder service for seniors as a pilot project. Levels of support could include free room and board with 10 hours of service to senior; half board with 5 hours of service; pay full and no support to senior. Requires background check for home owner and home seeker. Pilot after the "Baltimore project." Home sharing is a simple idea where a homeowner offers accommodation to a home sharer in exchange for an agreed level of support in the form of financial exchange, assistance with household tasks, or both. A nonprofit organization provides the match-up. Help Alaskans become more proactive and have realistic expectations about aging. Promote awareness about Vista programs for senior grandparents, RSVP (Retired Senior Volunteer Program). Pursue an idea to engage a VISTA volunteer to develop a communications plan to educate Alaskans about the importance of preparing for growing old in terms of financial security, accessible housing, long-term care planning and insurance, and related concerns and to apply for AmeriCorps resources to communicate the message through various channels (media outlets through newspapers and radio as well as community presentations) by placing AmeriCorps volunteers in senior centers and Aging and Disability Resource Centers.</p>

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	<p>Performance Measure 4.B.1: Offer four events annually to diverse groups. Lead: AHFC Senior Housing Office Baseline: 4 events (FY2014)</p>	
	Progress in 2016	2017 Action Items/Next Steps
	<p>In FY2016, AHFC’s Senior Housing Office reported conducting 12 events to 209 individuals in the communities of Anchorage (7), Mat-Su (3), Juneau (1), and Ketchikan (1). This is an increase of 8 events over the baseline measure. Attendance was broken into the following groups/areas:</p> <ul style="list-style-type: none"> • 191 real estate professionals; • 7 lender partners; • 2 contractors; • 8 attendees at the Anchorage Senior Housing Fair; • and 1 attendee from the Office of the Governor. <p>In FY2015, AHFC’s Senior Housing Office conducted 10 events to 98 individuals in the communities of Anchorage & Mat-Su. Attendance was broken into the following groups/areas:</p> <ul style="list-style-type: none"> • 57 real estate professionals; • and, 41 general public members. <p>In April, 2015, AHFC’s Senior Housing Office conducted three separate media events on renovation loan options using multiple formats.</p>	
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	Progress in 2016	2017 Action Items/Next Steps
	<p>Working to include HomeMAP as a reimbursable service under Medicaid for home modifications.</p> <p>In FY2016, there have been approximately 53 HomeMAPS completed for seniors statewide. (200 HomeMAPS since inception with most going to seniors.)</p> <p>Increase use of assistive technology in the home including “Smart Home” technologies.</p> <p>SDS, ACoA, Governor’s Council on Disabilities and Special Education and others are working together to identify low tech and high tech assistive and smart home technologies to promote greater independence for seniors and individuals with disabilities in order to bring down the cost of long-term care. This Committee is identifying appropriate assistive and smart home technology to include in the service array for the 1915(k) Medicaid State Plan options under the DHSS Medicaid Reform and Redesign initiative (SB 74).</p>	
	<p>Continue working with SDS, ACoA, and Governor’s Council on Disabilities and Special Education and other member agencies to move forward with implementing the 2016 planning efforts.</p> <p>The Independent Living Councils will explore other sources of funding for HomeMAPS including private insurance.</p>	

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	Performance Measure 4.C: Advocate to increase funding for the AHFC SCHDF over the FY2016 baseline. Lead: Alaska Association of Housing Authorities, ACoA, AgeNET Baseline: \$0 for AHFC Senior Housing Development Fund (FY2014)	
	Progress in 2016	2017 Action Items/Next Steps
	AHFC's Senior Citizen Housing Development Fund, which was zeroed out last legislative session, had a \$3.5 million appropriation approved by the legislature in 2016 that included \$1.75 million investment from the Rasmuson Foundation and a state match of \$1.75 million. The State match was re-allocated funds from AHFC's Energy Rebate Program that closed on March 28, 2016. SCHDF is used as a gap funding source to construct new senior housing and renovate existing properties for senior housing.	The lead partners will continue to advocate for funding for AHFC's Senior Citizen Housing Development Fund. Development of a Housing Trust is a long-term solution that involves the engagement of all partners to promote the development of housing, not just senior housing.
Strategic Objective 4.D: Educate private contractors and public members about the value of universal design for both new construction and renovation housing projects.		
Performance Measure 4.D.1: Number of public awareness events. Lead: AHFC Senior Housing Office, Statewide Independent Living Council of Alaska, ACoA Baseline: Baseline information is not available		
Progress in 2016	2017 Action Items/Next Steps	
AHFC Senior Housing Office reported a total of 39 training activities that were conducted January 1, 2015 through January 31, 2016 about the renovation loan program. These activities targeted real estate professionals (AHFC Senior Housing Office), lenders (AHFC Mortgage Department), and home owners with close to 400 participants in total attending. These events spotlight how to increase value of universal design (features such as a grab bar, toilet lift, stair lift, etc.) that by themselves would probably struggle to increase market value – But when combined with a kitchen remodel, a new roof, or additional bedroom – the appraisal is more likely to reflect the overall upgrades rather than the individual grab bar or toilet seat. Incorporating universal design during a home remodel often costs little to nothing and increases the value after improvements are made. In 2014, AHFC completed 22 renovation option loans with a total loan volume more than \$4.4 million. In 2015, 49 renovation option loans were completed with a total loan volume more than \$12.8 million. In 2016, 80 renovation option loans were sold to AHFC by AHFC's lending partners with a net volume of \$20.6 million. AHFC's Senior Housing Office reports that these efforts to promote this financing tool with their lending partners represents a resounding success with a 264% increase in loan activity in 2 years (Source: AHFC Senior Housing Office, November 2016).	Explore the possibility of providing portable modular ramp used to make unit/housing accessible. Re-use portable ramps in other areas. Possible project for Job Corps, UAA, and ADRCs: <ul style="list-style-type: none"> • Develop a possible job training program for a rural vocational tech program in rural communities. Galena may be a possible site. • The project could use training funds from the Department of Labor and Workforce Development to teach youth how to build, install, and re-use portable ramps. • Installs could also be done by RurAL CAP weatherization crews who still travel to villages to install ramps. 	

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	<p>Strategic Objective 5.A: Promote awareness to the public and seniors about the positive value of aging, specifically the benefits and characteristics of healthy communities that encourage aging in place.</p>	
	<p>Performance Measure 5.A.1: Hold at minimum one Power of Aging Forum to educate the public, seniors, and policy makers about the economic impact of the growing aging demographic during this state plan. Lead: ACoA, AARP, AgeNET, regional Senior Advisory Commissions Baseline: Baseline information is not available</p>	
	Progress in 2016	2017 Action Items/Next Steps
	No progress made to date.	Possibly reconsider this performance measure in light of the fiscal crisis and available funding which prohibits travel. Consider use of media formats, such as press releases and other low-cost methods to increase public awareness.
	<p>Performance Measure 5.A.2: Develop toolbox that seniors can use for advocacy. Lead: ACoA and AARP Baseline: Baseline information is not available</p>	
Progress in 2016	2017 Action Items/Next Steps	
ACoA hosts the statewide Senior Legislative Advocacy Teleconferences during session to inform seniors and their advocates about legislation and budget items affecting the senior community. Through the senior legislative advocacy teleconferences, ACoA's website, newsletter, and other formats, ACoA provides information to public members so that they have the tools to communicate the needs of seniors to their elected officials. This information published on ACoA's website includes: <ul style="list-style-type: none"> • position papers, • support letters, • and "legislative watch lists" that provide information about bills introduced, their sponsors, and progress moving through committee assignments. 	AARP and ACoA plan to work together to create an advocacy toolkit that would address advocacy priority issues affecting seniors. Each toolkit would have specific elements – such as fact sheets, support letter templates, and talking points to use for elected officials – tailored to particular issues. ACoA will continue to publish legislative watch lists, position papers, and support letters on its website.	

State Plan Implementation Progress: December 2016

<p style="text-align: center;">State Plan Vision</p> <p>The Alaska State Plan for Senior Services builds on strong partnerships to provide high quality, culturally-sensitive, accessible services for Alaskans 60 and above to live healthy, independent, meaningful lives in the place and manner of their choosing.</p> <p style="text-align: center;">State Plan Guiding Principles</p> <ol style="list-style-type: none"> 1. Promote Independence, Empowerment, and Choice. 2. Keep Seniors Strong and Healthy. 3. Target Services to the Most Vulnerable Seniors. 4. Offer a Full Continuum of Care and Housing. 5. Highlight Seniors' Community Contributions. 	Strategic Objective 5.B: Seniors have opportunities for meaningful civic engagement.	
	<p>Performance Measure 5.B.1: Increase participation in senior center and senior volunteer activities through Retired and Senior Volunteer Program (RSVP), Foster Grandparent, Senior Companions, and Rural Alaska Community Action Program (RurAL CAP) Elder Mentor Program</p> <p>Lead: RurAL CAP Elder Mentor Program and Department of Commerce, Community and Economic Development Serve Alaska Baseline: 297 participants in Retired Service Volunteer Program (RSVP); 45 participants in Foster Grandparent; and 0 Senior Companions (FY2014). SDS administers Title III funding that fund senior volunteer programs. In FY2015, SDS reports the following baseline measures: 2,568 participants in RSVP; 627 in Foster Grandparent; 0 in Senior Companions</p>	
	Progress in 2016	FY2017 Action Items/Next Steps
	<p>The Alaska State Office in Washington reported the following information for senior volunteer programs:</p> <ul style="list-style-type: none"> • Foster Grandparent Program - 88 participants • RSVP (Retired Senior Volunteer Program) - 23 participants • Senior Companions - 5 participants <p>The RSVP and Senior Companion programs were both off-line for a number of years and were reinstated in 2016. Currently, RurAL CAP administers the Foster Grandparent Program statewide. The Kenaitze Indian Tribe administers the Senior Companion Program. The RSVP program is administered by the Aleutian Pribilof Island Association.</p> <p>In addition, SDS reports the following number of senior volunteers participating in programs funded with Title III funds: 2,874 for RSVP; 748 for Foster Grandparent; and 0 for Senior Companion.</p>	
	<p>Performance Measure 5.B.2: Promote awareness about the value of the older worker to businesses and civic groups through media activities and community presentations.</p> <p>Lead: MASST (Mature Alaskans Seeking Skills Training), ACoA Baseline: Baseline information is not available</p>	
	Progress in 2016	2017 Action Items/Next Steps
	<p>The MASST program reported making several community presentations to promote awareness about the value of the older worker since 2014, with most occurring in Anchorage and having 20-50 attendees at each event. The MASST program is also seeking stronger partnerships with veteran organizations, Division of Vocation Rehabilitation, and Native Alaskan corporations.</p> <p>B.E.S.T. (Business Employment Services Team): B.E.S.T. is a coalition of state, federal and nonprofit agencies that educates employers about the benefits of hiring mature individuals as well as individuals experiencing some type of disability in the community.</p> <p>Domiciliary: Anchorage MASST program partners with the Domiciliary (homeless shelter for veterans) to help engage mature veterans in the workplace and promote self-sufficiency.</p>	
	Strategic Objective 5.B.3: Encourage seniors to actively engage in both local and statewide policy discussions and decision-making.	
	<p>Performance Measure 5.B.3: Design a community forum that can be implemented at the local level to encourage senior engagement.</p> <p>Lead: leads are AARP and ACoA. Baseline: Baseline information is not available</p>	
	Progress in 2016	2017 Action Items/Next Steps
<p>AARP is hosting a three-part informational town hall series targeting family caregivers on topics including legal planning (746); adapting to changing roles in family relationships (more than 1,700); and home modification for aging in place (pending).</p>		

State Plan Implementation Progress: December 2016

State Plan Vision

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5. Highlight Seniors' Community Contributions.

Goal 6: Provide person-centered, quality, and affordable home- and community-based long-term support services that provide seniors with the highest quality of life.

Strategic Objective 6.A: Services are targeted to those seniors who are more vulnerable and at risk for nursing home placement.

Performance Measure 6.A.1: Increase or maintain the percent of individuals receiving services within the target population. (The target population is defined as seniors needing assistance with two or more Activities of Daily Living, and/or Alzheimer's disease and related dementia, or frail using age 85+ as a proxy.)

Lead: SDS

Baseline (2014): 11% of the target population received congregate meals, 20% received assisted transportation, and 20% received home-delivered meals and homemaker services.

Progress in FFY2015	Progress in FFY2015
<p>In FFY2015 there were 1,601 (or 14%) seniors age 85+ who received Nutrition Transportation Supports (NTS) services of the total unduplicated count of 11,859 seniors. Approximately, 11% of the target population received congregate meals; 18% received assisted transportation; 30% received home-delivered meals; 51% received homemaker services; 44% received chore services; and 75% were caregivers of persons with dementia. In FFY2016, 10% of the target population received congregate meals; 17% received assisted transportation; 31% received home-delivered meals; 28% received homemaker services; 36% received chore services; and 67% were caregivers of persons with dementia.</p>	<p>In FFY2015 there were 1,601 (or 14%) seniors age 85+ who received Nutrition Transportation Supports (NTS) services of the total unduplicated count of 11,859 seniors. Approximately, 11% of the target population received congregate meals; 18% received assisted transportation; 30% received home-delivered meals; 51% received homemaker services; 44% received chore services; and 75% were caregivers of persons with dementia. In FFY2016, 10% of the target population received congregate meals; 17% received assisted transportation; 31% received home-delivered meals; 28% received homemaker services; 36% received chore services; and 67% were caregivers of persons with dementia.</p>

Strategic Objective 6.B: Develop a direct service workforce to meet the in-home services needs of the increasing senior population, especially in rural Alaska.

Performance Measure 6.B.1: Increase by 10% the number of Senior and Long-Term Care Service agencies accessing Alaskan Core Competencies training for their staff by 10% annually.

Lead: Alaska Training Cooperative

Baseline: 10 Senior and Long-Term Care Service agencies (FY2014)

Progress in 2016	2017 Action Items/Next Steps
<p>The Alaska Training Cooperative reported a total of 16 agencies accessing the Alaska Core Competencies trainings through the Train the Trainer events in FY2016, an increase of 63% over the baseline year. Agencies receiving training included one additional agency in FY2015 (Frontier Community Services) over the baseline and 5 additional agencies in FY2016 (Tanana Chiefs Conference, Aging and Disability Resource Center, Rendezvous Senior Services, Providence Seward, and Genacta In-Home services).</p>	<p>In FY2017, the AKTC will conduct an Annual Alaska Core Competencies Train the Trainer event. The FY2016 annual training was completed on October 18-19, 2016. Twelve agencies sent staff to this training event. Of those, the following agencies sent staff to become trainers:</p> <ul style="list-style-type: none"> • Catholic Social Services, • Tanana Chiefs Conference, • Trinion Quality Care Services, • ResCare AK, • Cook Inlet Tribal Council, • and Connecting Ties. <p>The AKTC will continue outreach in FY17 and provide AK Core Competencies trainings to senior and long-term care agencies as requested.</p>

State Plan Implementation Progress: December 2016

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	<p>Performance Measure 6.C.1: Increase capacity for sustainable senior service providers. Lead: ANTHC, DSDS, AgeNET Baseline: Baseline information is not available</p>	
	Progress in 2016	Progress in 2016
	No progress reported to date.	No progress reported to date.
	<p>Performance Measure 6.C.2: Increase utilization of tele-health and other forms of technology for purposes of increasing access to quality services in rural areas. Lead: DSDS, ANTHC Baseline: SDS reported 36 tele-health host sites and 24 tele-health assessments (FY2014)</p>	
	Progress in 2016	Progress in 2016
	SDS reported 137 individual tele-health host sites from 11 organizations and 39 tele-health assessments completed.	SDS reported 137 individual tele-health host sites from 11 organizations and 39 tele-health assessments completed.
	<p>Performance Measure 6.C.3: Increase coordination between Title III and Title VI programs to maximize resources and services available to target under-served populations and enhance partnerships. Lead: UAA National Resources Center for American Indian, Alaska Native, and Native Hawaiian Elders Baseline: Baseline information is not available</p>	
	Progress in 2016	Progress in 2016
	UAA National Resource Center for Alaska Native Elders hosts regular Title VI and Title III teleconferences to share information.	UAA National Resource Center for Alaska Native Elders hosts regular Title VI and Title III teleconferences to share information.
Strategic Objective 6.D: Family and other informal caregivers have training and resources to provide quality care.		
<p>Performance Measure 6.D.1: Maintain or increase, if possible, the number of individuals participating in National Family Caregiver Support Program. Lead: ACoA, Alzheimer's Resource Agency (training and supports for ADRD caregivers), AARP, DSDS (administers the Title III and State funds for the National Family Caregiver Support Program) Baseline: 898 total unduplicated caregivers served with 864 caregivers serving the elderly and 34 grandparent caregivers serving children (FFY2014). In FFY2015, 854 unduplicated caregivers were served of whom 836 caregivers served the elderly and 18 grandparents served children.</p>		
Progress in FFY2016	FFY2016 Action Items/Next Steps	
In FFY2015, SDS reported a total of 942 unduplicated caregivers who received services with 910 caregivers serving elderly people and 32 grandparent caregivers serving children. Comparing FFY2015 and FY2016, there an additional 88 more caregivers receiving caregiver supports. Alzheimer's Resource Agency provided training to 1,196 unduplicated informal caregivers through 629 training activities and events. The Alaska GILD (Alaska Geriatrics Interdisciplinary Leadership Development) program, a partnership between Southcentral Foundation's Nuka System of Care and the University of Alaska, Anchorage aims to create leaders to improve systems of care that support the health and quality of life for older Alaskans. During the program's first year, 5 UA faculty members completed the Faculty Track and 7 participants completed the Leadership Track. In 2016 Fall Semester, two GILD participants were family caregivers who enrolled in the program in order to enhance their knowledge and abilities to care for their loved ones at home. The AK GILD has 15 seats available for 2017 Spring semester.	Continue to monitor trends. Increased caregiver training and supports are needed to support a greater number of caregivers caring for loved ones at home to prevent the need for high cost care and institutional placement.	

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	Progress in FFY2016	Progress in FFY2016
	ACoA reported joint advocacy by AgeNET, AARP, and ACoA was successful in preserving base funding for senior grant-funded adult day and caregiver respite services in FY2016. In FY2016, SDS reported 430 seniors receiving adult day services of which 182 (42%) have ADRD. In addition, there were 165 caregivers receiving respite through Senior In-Home grant funded services of which 65 (39%) care for persons with ADRD for a total of 595 persons served.	ACoA reported joint advocacy by AgeNET, AARP, and ACoA was successful in preserving base funding for senior grant-funded adult day and caregiver respite services in FY2016. In FY2016, SDS reported 430 seniors receiving adult day services of which 182 (42%) have ADRD. In addition, there were 165 caregivers receiving respite through Senior In-Home grant funded services of which 65 (39%) care for persons with ADRD for a total of 595 persons served.
	<p>Performance Measure 6.D.3: Strengthen supports for family caregiver programs, measured by advocacy efforts, including a campaign that focuses on the needs of family caregivers and explore possible legislation. Lead: AARP, ACoA, DSDS Baseline: No data reported.</p>	
	Progress in FFY2016	FFY2016 Action Items/Next Steps
	ACoA reported successful advocacy to maintain base funding for the National Family Caregiver Support Program, Adult Day and Senior In-Home Services. In addition, advocacy in support of SB 74, Designated Caregivers for Patients, sponsored by Senator Giessel was also successful. AARP and ACoA advocated jointly for this legislation to improve health outcomes for hospital discharged patients by having the hospital ask the patient to designate a caregiver; for the hospital to engage the designated caregiver in the plan of aftercare, and to provide meaningful aftercare training to the caregiver.	Continue advocacy to preserve base funding for the family caregiver program. Implement the Behavioral Risk Factor Surveillance Survey Caregiver Module in 2017 to obtain state-specific data about caregiving in Alaska. Explore use of a uniform family caregiver assessment tool to identify caregiver needs and provide person- and family-centered caregiver support and training. Investigate ways to utilize telehealth technologies and remote monitoring when appropriate to support caregivers and increase home safety.
	<p>Performance Measure 6.D.4: Increase training to caregivers about ADRD, resources available and approaches and strategies for providing care and reducing stress and fatigue (ADRD Roadmap Strategy 5.1.1). Lead: AARP, Alzheimer's Resource of Alaska Baseline: Baseline information is not available</p>	
	Progress in FFY2016	FFY2016 Action Items/Next Steps
	Alzheimer's Resource of Alaska (ARA) provides statewide evidence-based trainings, classes, facilitated support groups and individual consultations and assistance to informal caregivers at no cost. In FY2016, ARA provided training to 1,196 (unduplicated) informal caregivers through 629 training events and activities statewide.	ARA plans to continue providing support groups, classes, and consultations with family caregivers in addition to training events and workshops about caregiving.
	<p>Strategic Objective 6.E: Streamline access to senior services by strengthening the Aging and Disability Resource Centers (ADRCs), case management, and the senior center network.</p>	
<p>Performance Measure 6.E.1: Number of seniors using ADRCs. Lead: SDS Baseline: 3,608 (FY2014)</p>		
Progress in FFY2016	FFY2016 Action Items/Next Steps	
There were 3,979 seniors using ADRCs to obtain information and options counseling.	The ADRC First project is expected to serve an increased number of senior participants.	

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	Progress in FFY2016	FFY2016 Action Items/Next Steps
	<p>The Medicare Information Office reported 8,481 seniors received Medicare counseling in FY2016, a decrease of 652 persons served by 35 counselors. The Medicare Information Office partners with agencies across Alaska ranging from tribal health clinics to senior centers to deliver Medicare information.</p>	<p>Federal funding for the Medicare SHIP budget continues to be threatened. The Medicare Information will continue to advocate for level funding, and plans to identify a strategic plan for other funding sources in the event federal funding is lost.</p> <p>The Medicare Information Office will continue to identify and train volunteer counselors and strengthen partnerships to extend Medicare counseling outreach. They are also working to automate client contact intakes in order to reduce duplications and lost data as well as to streamline counseling efforts, to save time and resources.</p>
	<p>Performance Measure 6.E.3: Identify those villages lacking access to services by developing a list of senior centers as well as case managers by community who serve older Alaskans. Lead: DSDS and AgeNET Baseline: Baseline information is not available</p>	
	Progress in FFY2016	FFY2016 Action Items/Next Steps
	<p>No updates have been received.</p>	<p>Establish a working committee comprised of representatives from AgeNET and SDS Senior Community Grant staff with the first step being development of a spreadsheet of communities and services available.</p>
	<p>Performance Measure 6.E.4: Number of seniors using senior centers for information. Lead: DSDS Baseline: Baseline information is not available</p>	
	Progress in FFY2016	FFY2016 Action Items/Next Steps
	<p>SDS reports no unduplicated counts of individuals receiving this serve as it is an "unregistered service."</p>	<p>No action steps were identified at this time.</p>

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	<p>Performance Measure 6.F.1: Identify opportunities to improve education for Alaskans affected by ADRD. Lead: Alzheimer's Resource of Alaska, AMHTA, ACoA, Alaska Training Cooperative Baseline: Baseline information is not available</p>	
	<p>Progress in FFY2016</p>	<p>FFY2016 Action Items/Next Steps</p>
	<p>Executive Proclamations were signed by Governor Walker to recognize November 2016 as Alzheimer's Disease Awareness Month and Family Caregivers Month. Both Proclamations include information about the prevalence of ADRD in Alaska and how caregivers assist loved ones with dementia.</p> <p>Alzheimer's Resource Agency presents information about dementia through their Savvy Caregiver trainings and workshops.</p> <p>Alaska Training Cooperative published the Alaska Core Competency Senior Adaptation Guide used for training providers who care for Trust beneficiaries, including seniors with ADRD.</p> <p>The AMHTA and ACoA revised the Healthy Body, Healthy Brain Campaign posters to educate Alaskans about the relationship between lifestyle and brain health.</p> <p>UAA and Southcentral Foundation implemented the Alaska Geriatrics Interdisciplinary Leadership Development Program (AK GILD) to train leaders in the provision of care for seniors, including those with dementia. In FY2016, 7 students were enrolled.</p>	<p>Findings from the 2016 Behavioral Risk Factor Surveillance Survey Perceived Cognitive Impairment module will be released in spring 2017. The information will be used to update estimates of the number of older people with cognitive impairments in Alaska and the impact of memory loss on health, ability to perform activities of daily living, and the amount of assistance received from natural supports.</p> <p>Alzheimer's Resource Agency and the AK GILD program plan to continue their educational efforts about caring for people with dementia.</p> <p>The AK GILD program is accepting applications for the 2017 spring semester and has 15 seats available for students.</p> <p>The AKTC (Alaska Training Cooperative) will provide a pilot training for the AK Core Competencies Senior Adaptation training in FY17 and offer at least one additional training event to senior and long-term care agencies (following completion of the pilot with feedback/changes incorporated into the Senior Adaptation training) between January and June, 2017.</p> <p>The AKTC and Alzheimer's Resource of Alaska (ARA) will continue their collaborative partnership through a training contract. This contract supports 10 ADRD trainings through the ARA targeting direct service workforce staff and reduces the cost to direct service providers so that ADRD trainings are available and accessible statewide. The FY2017 training contract is in effect with trainings being provided.</p>
<p>Performance Measure 6.F.2: Feasibility design and implementation complete for a potential 1915(i) and 1915(k) HCBS State Medicaid Plan amendments to address the needs of people with dementia. Lead: AMHTA Baseline: Baseline information is not available</p>		
<p>Progress in FFY2016</p>	<p>FFY2016 Action Items/Next Steps</p>	
<p>In partnership with AMHTA, DSDS contracted with Health Management Associates to design and implement amendments to the State Medicaid Plan for targeted populations, including those with ADRD.</p> <p>Although HMA recommended not moving forward with the 1915(i) option, DSDS is planning to include Personal Care Assistance under the 1915(k) option that would include cueing and supervision services for the ADRD population in addition to assistive technology.</p>	<p>The Dementia Care Initiative is working to identify new strategies to provide care for those with dementia who do not qualify for existing waiver services.</p>	

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	Progress in FFY2016	FFY2016 Action Items/Next Steps
	In 2015, 47 grantee "Gatekeeper" trainings were held statewide and 218 community "Gatekeepers" were trained (Division of Behavioral Health SOAR grantee reports).	The SOAR program was discontinued in FY 2016 due to budget cuts.
	<p>Strategic Objective 6.G: Develop and implement regulations for quality standards for assisted living homes and other residential settings so that caregivers' skills are appropriate to the population they serve</p>	
	<p>Performance Measure 6.G.1: Complete review of draft Assisted Living Home regulations to ensure they align with DSDS levels of care and the Roadmap's recommendations (Strategy 3.2.1). Lead: Division of Health Care Services Residential Licensing, OLTCO, AMHTA Baseline: Baseline information is not available</p>	
	Progress in FFY2016	FFY2016 Action Items/Next Steps
	Division of Health Care Services Residential Licensing reported that a committee approach was used to draft the initial revisions. Currently, Residential Licensing is working on the Background Check regulations with Licensing regulations forthcoming probably next year for review. Residential Licensing is aiming to align with changes being proposed by Senior and Disabilities Services for the waiver so as to not duplicate requirements for providers.	Draft licensing regulations is expected early in 2017 for public review.
	<p>Performance Measure 6.G.2: Complete the regulation approval process for the draft Assisted Living Home regulations. Lead: DHSS Residential Licensing, OLTCO, AMHTA Baseline: Baseline information is not available</p>	
	Progress in FFY2016	FFY2016 Action Items/Next Steps
	Work is in progress as described under 6.G.1.	Draft licensing regulations is expected early in 2017 for public review.
<p>Strategic Objective 6.H: Increase the number of older Alaskans who live safely in their communities (DHSS Core Services Objective 1.2.2).</p>		
<p>Performance Measure 6.H.1: Number of months Long Term Services and Supports (LTSS) recipients are able to remain in their home before institutional placement. Lead: DSDS Baseline: Average number of months for recipients of LTSS before institutional placement was 879.12 months</p>		
Progress in FFY2016	FFY2016 Action Items/Next Steps	
DSDS reports 846.12 months that LTSS recipients are able to remain in their home before institutional placement, or age 70.5 as the average age before needing institutional care. The goal of community-based supports is to increase the average age of entry into the nursing home.	<p>Establish a workgroup to develop a methodology to:</p> <ol style="list-style-type: none"> (1) gather data to assess the value of long-term support services and (2) information about senior behavioral health needs. <p>Develop a methodology that would be consistent with the National Core Indicators for Aging and Disabilities, developed by the National Association of States United for Aging and Disabilities (NASUAD) and the Human Services Research Institute (HSRI).</p>	

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	Progress in FFY2016	FFY2016 Action Items/Next Steps
	For FY2016, SDS reported \$529 was the average cost per senior for senior grant-funded services (an increase of \$58.82 per senior recipient since FY2014). A total of \$14,341,500 in State and Federal funds served a total of 27,901 seniors (a loss of 3,778 seniors served).	Senior advocates will work to protect funding for senior core services.
	<p>Strategic Objective 6.I: New legislation, policy, or funding approved to support increased access to affordable transportation options.</p>	
	<p>Performance Measure 6.I.1: Increase or at least maintain the number of seniors accessing assisted transportation. Lead: AgeNET and ACoA Baseline: 1,482 seniors used assisted transportation funded by senior grants.</p>	
	Progress in FFY2016	FFY2016 Action Items/Next Steps
	In FFY2015, a total of 1,654 seniors used Assisted Transportation funded by senior community grants, an increase of 172 seniors served by this program as reported by SDS Senior Community Grants Unit.	Continue to work with SDS Senior Grants Unit to monitor this trend.
	<p>Strategic Objective 6.J: Senior Centers, Community Centers and/or Schools that offer senior programs and services remain viable in communities across Alaska.</p>	
	<p>Performance Measure 6.J.1: Conduct a baseline survey in FY2016 of senior centers, community centers and schools (congregate meal sites) that offer senior services across Alaska to determine funding needs for sustainable operations, programs, and services. Follow up survey to be conducted in FY2019 for baseline comparison. Lead: ACoA, SDS, AgeNET Baseline: Baseline information is not available</p>	
	Progress in FFY2016	FFY2016 Action Items/Next Steps
No progress reported to date.	Meet with SDS Senior Grants Staff and Shelly Zlystra, Administration on Community Living to identify senior centers and other organization that provide senior/elder services and develop a survey template. Explore survey models used by other states to design this survey.	