

Alaska Commission on Aging
Alaska's Power of Aging Conference Committee
Draft of Committee Meeting Minutes
February 27, 2014

Members present: Sandi Doyle, Chair, Pat Branson, Rolf Numme, Mary Shields and Marie Darlin.
Staff members: Denise Daniello, Jon Erickson and Lesley Thompson.

Motion to approve the agenda, Marie, second Pat, motion approved.

Motion to approve the minutes of February 7, 2014, Pat motion, Marie second motion approve.

Denise reviewed the panel descriptions and agenda.

DRAFT PANEL DESCRIPTIONS

8:00 A.M. Welcome Remarks: Governor Sean Parnell (Invited)

8:10 A.M. Senior Power Making a Difference: Commissioner Bill Streur (Invited)

8:20 A.M. Recognition of Older Alaskans (Suggested)

*8:30 A.M. Panel 1: Reversing the Wave of "Wisdom Drain:" Engaging Retired Seniors & Boomers in
Community Development*

Description: The demographic transition brought on by the Silver Tsunami has significant implications for Alaska's aging workforce. Leaders have often expressed concern about young people leaving home to pursue higher education and not returning home which can lead to a "brain drain" for their communities and Alaska. With the growth of the senior population, and baby boomers reaching retirement rates in record numbers, we may experience a similar phenomenon of losing historical knowledge, or a "wisdom drain," as retirees exit the workplace. It is important for leaders in all industries to engage older adults in mentoring, consulting, and volunteer opportunities to cultivate the next generation of Alaskan leaders. This session will provide an overview of current socio-demographic trends and offer ideas for engaging seniors and boomers to use their talents to improve their communities and pursue lifelong learning so that we may all benefit from their life experience dividend.

Potential Panel Speakers: (Moderator: ConocoPhillips Rep)

- *Eddie Hunsinger, State Demographer, Alaska Department of Labor: Provide a population overview of Alaska's fastest-growing demographic.*
- *Dr. Mouchine Guettabi, UA Assistant Professor, Institute of Social and Economic Research: Provide an analysis of the potential economic impacts from an aging workforce.*
- *ConocoPhillips or Common Wealth North Rep: Describe implications of an aging workforce as older workers plan for retirement and how the business community can engage seasoned employees and retirees to transfer knowledge and prepare younger workers for a successful transition.*
- *Bill Hogan: Dean, UAA College of Health. Discuss how the public and private sectors can create meaningful opportunities for senior civic engagement, lifelong learning, and pursuit of new career paths in later life.*

10:00 A.M. Break

10:20 A.M. Panel 2: *“Promoting Access to Primary Care to Improve Health & Wellness for Older Adults”*

Description: Seniors today live longer and remain in better health than their predecessors. A longer life may also mean that a growing number of older people will experience dementia and chronic health conditions that can be compounded by underlying behavioral health conditions. Many seniors experience challenges in accessing primary care, struggle with depression and addictions, and would benefit from whole-patient care provided in the primary care setting. This session will explore the challenges seniors face in accessing quality and affordable primary health care, their unmet needs for behavioral health services, and how the patient-centered medical home model may be an appropriate approach to address these pressing senior health needs.

Potential Panel Speakers (Moderator: Paula Easley, Trustee, or other Trust Representative)

- *Roselyn Rosich, UAA: Provide a psychological profile of the older adult personality and a review of unmet senior behavioral health needs for boomers and seniors.*
- *Senior Medicare Clinic Rep or other subject matter expert: Provide a review of challenges that seniors face to access primary care, including those who may also experience co-occurring conditions related to depression, alcohol and substance abuse, which impact health outcomes and well-being.*
- *Patient Center Medical Home Speaker (DHSS Recommendation): To describe the model, its benefits for providing care to an aging population, and recent efforts to demonstrate this project in Alaska.*

11:45 A.M. Lunch (Served on Site)

12:15 P.M. *“Transforming Our Approach to Alzheimer’s Disease: Roll-Out of the Alaska State Plan for Persons with Alzheimer’s Disease & Related Dementia (ADRD)” (Lunch Presentation)*

Description: As the state with the fastest-growing senior population of persons age 65 and older, Alaska is positioned to also be the state with the fastest-growing population of older people at risk for developing dementia. The new Alaska State Plan for Persons with ADRD represents the first step in an undertaking that will improve awareness of the challenges of Alzheimer’s disease, enhance care and supports for Alaskans with Alzheimer’s disease and their family members, and improve data to track progress of our efforts. This Plan also calls attention to the need for coordinated efforts across the public and private sectors to address this disease that poses a serious threat to Alaska’s long-term health.

Potential Panel Speakers:

- *Denise Daniello, ACoA Executive Director*
- *Karl Garber, Executive Director, Alzheimer’s Disease Resource Agency of Alaska*

12:45 P.M. Keynote Speaker: *Jeannine English, AARP President-Elect*

“Caregiving – Now a Pressing National Issue”

Description: Caregiving is an issue that will affect virtually all of us. Today, over 10 million adults in the United States are receiving help with their daily activities. At least 75 percent of this care is being provided by more than 42 million family caregivers, most between the ages of 45 and 64. They provide an estimated \$450 billion in unpaid care for their loved ones each year. The number of adults needing

care will begin to skyrocket when the boomers begin reaching their 80s, and is expected to hit 20 million by 2040. During that same period, the number of potential caregivers will decline sharply in all 50 states. There are now about 7 people 45 to 64 for every person over 80. That ratio will plummet to 3 to one. So, in the face of rising demand for care and a shrinking pool of family caregivers, we need a comprehensive person- and family-centered caregiving policy with better supports for family caregivers, a strong and stable paid workforce, and greater efficiencies in cost control and public spending.

1:30 P.M. Panel 3: “Innovative Approaches to Providing Long-Term Supports to Older Alaskans and Providing Support for Their Family Caregivers”

Description: Access to an appropriate array of long-term support services will become increasingly important to Alaskans as they age into their golden years. Family caregivers, who provide the foundation for this care for older Alaskans living at home, require training and supports to prepare for taking on this responsibility as they juggle work demands and other family obligations. Most seniors and experts agree that helping older people to maintain and regain their optimal health in order to live at home in their communities is the goal for long-term support services. Developing a continuum of services that is flexible, coordinated, cost-efficient, and accessible to seniors where they live poses challenges to the traditional service delivery model. This session will examine innovative approaches for providing care in rural and urban settings that support family caregivers and strengthen services.

Potential Panel Speakers: (Moderator: Rachel Greenberg, ACoA Commissioner)

- Pat Branson, Kodiak Senior Services, Inc.: Provide a review of services for family caregivers in Alaska, how these services support family caregivers, & offer examples.*
- Duane Mayes, ACoA Commissioner & Director of Senior & Disabilities Services: Provide a summary of how home- and community based services are funded in Alaska and how increased needs from a growing senior population could be met through home- and-community services, in-home care, and tele-health.*
- Liz Lee, Director of Senior Services, Yukon Kuskokwim Health Care Services or Cindy Nations, Director of Senior Services, Tanana Chiefs Conference: Discuss how care is provided to Elders in rural communities, identify service gaps, and describe how tribal providers are responding to Elder care needs.*
- Elizabeth Ripley, Director of MatSu Health Foundation: Describe the Regional Service Delivery Model as an innovative and cost-effective approach for providing senior care in the MatSu Valley.*

2:40 P.M. Break

3:00 P.M. Panel 4: “Intentional Senior Housing & Breaking the Mold in Traditional Design to Promote Aging in Place”

Description: Efforts to keep older adults living in their homes and communities is a growing trend that has shown to be not only cost-effective but also supports the desire of many seniors to age in place. Senior housing that is strategically located close to neighborhood services, primary health care providers, public transportation, and other amenities, for example, allows older adults to walk out their doors, take advantage of existing services, and engage in community life. The distinction between Independent Living and Assisted Living is becoming blurred as the demand for affordable senior housing with supportive services continues to grow. Even nursing homes are being modernized incorporating the “household model” that personalizes living space and reduces the number of residents into neighborhoods or household clusters as a way to deinstitutionalize skilled nursing facilities. High building costs, designs that fail to incorporate community need, lack of community support, and strained public financial resources are common barriers that limit available stock. This

panel will provide examples of senior housing projects, examine the process for developing a successful project, and describe strategies to achieve sustainability.

Possible Panel Speakers: (Moderator: ACoA Commissioner Marie Darlin)

- *Linda Hendrickson, Executive Director, Chugiak-Eagle River Senior Center (or Representative from the Haines Project). Describe the senior housing campus, services offered, and how this service model fits the lifetime needs of seniors desiring to age in place.*
- *Jim McCall, Alaska Housing Finance Corporation, Senior Housing Office. Describe the range of financial tools and strategies to build senior housing and strategies to achieve sustainability through the use of public-private partnerships.*
- *Carol Gore, CEO Cook Inlet Housing Authority (CIHA). Provide an overview of the steps to develop a senior housing project, identify factors to promote senior engagement, and provide examples of successful senior housing projects built by CIHA that promote senior civic engagement.*
- *Paula Easley, Trustee (or other speaker). Discuss and provide examples of innovations in senior housing design.*

4:15 P.M. Breakout Sessions: "Opportunities for Senior Power" (35 minutes for group discussion/15 minutes for reporting out)

Group discussion of ways in which seniors can use their "power" as it relates to each panel topic.

Possible Moderator: ACoA Commissioner Paula Pawlowski

Possible Scribe: Denise Daniello, ACoA Executive Director

5:15 P.M. Closing Remarks & Thank You (Mary Shields, ACoA Chair & ACoA Commissioner Sandi Doyle)

Denise reported that during the February commission meeting, three commissioners commented that they liked the symposium agenda and wanted this ad-hoc committee to continue in the direction as written.

The committee discussed the idea of recognizing an outstanding senior at the symposium. It was decided that we need to have a process in place on how to choose an individual(s). Rolf also feels there should be an Alaska Native elder recognized. The group decided instead of recognizing an outstanding senior to have the Governor sign a proclamation for Older Americans month and if that wasn't possible to decide to do something else.

Denise reminded the committee that the ACoA approved a new committee specifically for recognition for Alaskans seniors. We need to look at ways that we could recognize outstanding seniors in the future and develop a process.

Denise has started to ask panelists to participate in the symposium. She has received several confirmations so far. She is thinking about having ConocoPhillips talk about the implications and impacts of the aging workforce. Common Wealth North might be a possibility as well or Gail Phillips and Andrew Halcro. If we still need a speaker, Fran Ulmer was suggested as a possible presenter.

Denise explained that this symposium will be a great forum to present the new ADRD state plan.

Key note speaker will be the AARP national president, Jeannine English. She will be talking about the importance of family caregiving.

Panel 3 – Long term supports – Denise is still waiting to get a confirmation for a speaker on Elder services for rural communities.

We need to look at opportunities for senior power in the four focus areas. We plan to have a discussion at the end of the Symposium on types of action steps to take that address each topic area presented.

Mary will do the closing remarks and hopefully Sandi. Although Sandi is not sure she can participate in the symposium.

Mary will send Denise a list of people to send invitations from the corporate community.

Fees – The group discussed the issue of a fee for the symposium. If we did charge a fee could we donate those funds? What about getting people in from the Bush? The group decided to let educate the Native Corporations of the value of the symposium and encourage them to send their employees.

UAA and UAF use the non-profit Stone Soup to give funding to people to go to conferences. Lesley will check on them.

We currently working with the University to distance deliver to communities outside Anchorage. We will send out information to radio stations to see if they can transmit the symposium to rural Alaska. Dayton Easton is a possibility.

There is information in the Senior Voice plus we will be sending out symposium flyers. We will also send information to mayors and city councils and the Alaska Municipal League. There will be an article about the Symposium in the April Senior Voice and ACoA newsletter.

Jon mentioned that we could send a check to Captain Cook to pay for speaker's hotel rooms instead of giving them a per diem. The logistics of travel stipend ends may be too overwhelming for us to handle this. We need to stay within the request to ConocoPhillips. The cost of the lunch may be incurred by AHFC. Trust to maybe help with speaker costs coming out of town.

Mary and Denise may do a radio show on KFQD as time allows.

Next meeting will be March 27th, 2014 at 2:00 pm.

Meeting adjourned at 3:00 pm