

## Alaska State Plan for Senior Services, Advisory Committee

Wednesday, January 21, 2015

9 a.m. – 4:30 p.m.

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Anchorage, Alaska

### Meeting Notes

**Attendees:** Denise Daniello, Rachel Greenberg, David Blacketer, Karl Garber, Mellisa Heflen, Mary Shields, Jim McCall, Sheila Soule, Kathy Allely, Ken Helander, Teresa Holt, Cyndi Nation, Lisa Donat, Marie Darlin, Robert Barton, Lesley Thompson, Lisa Morley, Al Wall, Jeanette Burket, Ella Craig, Rita Bowen, Marianne Mills, Lisa Cauble, Steve Ashman, Joan Fisher, DHSS Commissioner Val Davidson

Agenda Item	Notes
Welcome and Safety Moment	David Blacketer and Marie Darlin, Co-chairs - Alaska State Plan for Senior Services Advisory Committee welcomed the group.
Icebreaker/ Introductions	468.5+ years of experience in senior services on the committee.
State Plan Process, Role of the Advisory Committee, Federal Requirements, and Program Overview of Core Senior Services and the Older Americans Act	<p>Denise Daniello, Executive Director of the Alaska Commission on Aging gave an overview of the plan process and committee roles.</p> <p>Jeanette Burket, Aging Services Program Specialist, U.S. Department of Health and Human Services, Administration on Community Living – Region X, gave an overview of Older Americans Act (OAA), Administration on Community Living (ACL)/ Administration on Aging (AOA). There is transition and priority shifting within the department, but OAA is staying consistent. Continuing resolutions to fund program as it has been, without amendments recently. OAA might be reauthorized this year, with changes that strengthen it including: increase protection for seniors under elder abuse, expand Long Term Care Ombudsman (LTCO) programs (clarification of their role, and increase in protection), adjustment to formula for Title III program funding to allow for large geographic shifts in senior migration in and out of states, and strengthening of Secretary’s role in working towards greater transportation availability for seniors.</p> <p>Denise asked about the timeframe, since the last reauthorization was 2011. How often should it be reauthorized? (Teresa looked it up, answer is every 5 years)</p> <p>Rachel asked: what is the relationship of ACL with CMS (CMS guidelines that came out in March 2014)?</p> <p>Jeanette discussed the core cooperation/coordination between ACL and CMS now, working closely. ACL involved in Home and Community-based care implementation. ACL and CMS have joint grants and planning.</p>

Denise asked: what is the bill number? Introduced into the Senate.  
Teresa: Senate Bill 192

Jeanette: White House Conference on Aging included in OAA originally, every 10 years, to give direct feedback to legislature for development of services for seniors. Hasn't been one since 2005. \$3M in President's budget to hold conference. No money allocated for this year, but will be event. Guessing July/August/September. Committed to 5 regional forums, planned for April 9 in Seattle. Tampa, Phoenix, Boston, one more? Focused on the 4 focus areas of the conference: economic security, issues of healthy living, long-term support, elder justice and abuse prevention.

Cyndi asked if tribes will be represented? Working with National Indian Conference on Aging?  
Jeanette confirmed this.

Teresa asked about written comments at the regional forums – will this be included?

Jeanette: yes, website created that encourages comments submitted and states encouraged to do local/regional forums. Can send Denise the format from Washington forum.

Jeanette: State Plan is legal document to allow funding to go through state. Comprehensive document for a state to publically declare how all the senior services exist, interconnections, state authority and intention to administer them, monitor, meet needs. State of the state in terms of demographics, budgetary situation, best practices, blueprint for state to follow. Person-centered planning. Program instruction the same as last year. Overview of focus areas, OAA. Alaska is the star in Region X!

Denise explained to the group that Jeanette will be invited to future meetings

Lisa Morley, Manager, Grant Services Unit, Alaska DHSS, Division of Senior & Disabilities Services gave an overview of the core programs under OAA, including rural issues and ADRD specific issues.

Commissioner Val Davidson joined the meeting mid-morning and told the group about her background at YKHC and ANTHC, teacher with Head Start. Alaska has a budget challenge this year. The DHSS priorities are: Expanding Medicaid, catalyst to Medicaid reform. FMAP – are there ways that we can do more of matching funding? Systems challenge: converting systems for eligibility determinations. New staff additions to DHSS.

Denise reviewed OAA titles and continuum of care.

Lisa explained that there is \$5,000,000 for Title III programs. Program information must be collected voluntarily for Part C. There are 6 programs for HPDP across state. Part E clients are caregivers. State community programs under Title III include: adult day services, senior in-home

	<p>services, and senior residential services (3 programs in rural AK without Pioneer Homes).</p> <p>Denise reviewed demographics and statistics, and summarized the information.</p>
<p>Needs Assessment Findings</p>	<p>Denali gave a plan process overview.</p> <p>Lesley explained the Senior survey and provider survey methods.</p> <p>Denise provided an overview of the Elder-Senior Listening Sessions methods.</p> <p>Denali explained the background of the needs assessment data and prioritizing.</p> <p>Cyndi commented that TCC is the only for-profit Alaska Native Corporation (ANC) that provides to elders: National Family Caregiver, Senior In-Home, Case Management. Waiver doesn't work for remote Alaska. Our voice is not heard. Need to recognize how much it costs to provide services. Encourage all tribal entities to take care of elders to save the state dollars, save Medicaid reimbursement, opens dollars for other areas of the state. Create a way to serve tribes in a cost-effective way. 100% FMAP.</p> <p>Denali asked the group to keep this discussion in mind (rural) through the afternoon.</p>
<p>Vision, Goals and Objectives</p>	<p>Denali led the group through an exercise to clarify the vision, goals, and objectives of the Alaska State Plan for Senior Services.</p> <p>First, the Advisory Committee members individually came up with answers to the question "What are the elements of a successful senior services system in Alaska four years from today?"</p> <p>Then, the committee split into groups of 3, and each group wrote the top 5-6 answers that the group members came up with individually on large 'cards' of 8.5x11' paper.</p> <p>Denali read all the cards aloud as they were taped to one of the walls in the room. After all the cards were presented, the group found some missing cards/answers: food security, transportation (cost of providing services, rural, urban), educate people to plan for retirement/becoming a senior/succession planning, benefits for seniors/outreach and marketing, positive face of aging</p> <p>After the missing cards were identified and added, together and with consensus the group created clusters of cards that were related.</p> <p>Leaving the cards for a bit, Denali shifted the committee to work on the vision statement. There was discussion around the plan being a new plan, but there was also lots of interest in current vision. The current vision</p>

contained everything the committee is trying to do. There was desire to be more inclusive of older Alaskans in remote areas – possibly including the word “all” older Alaskans. Efficiency and effectiveness issues could be part of mission.

The committee then broke into groups of 3-4 people to wordsmith the current vision and make sure anything missing was added. When the groups came back together, each group presented their changes. DDA will take the new vision statements and merge them to make 2 new recommendations.

The statement changes were:

Teleconference group - The Alaska State Plan for Senior Services FY 2016-2019 builds on strong partnerships to provide high-quality, respectful, culturally-sensitive, **easily-accessible, (support)** services for **all** older Alaskans to live healthy, independent, and productive lives in the place and manner of their choosing.

Group 1 - The Alaska State Plan for Senior Services FY 2016 – 2019 builds on strong partnerships to provide high-quality, respectful, culturally-sensitive support services for **(older)** Alaskans **60 and above** to live healthy, independent, and productive lives in the place and manner of their choosing.

Group 2 - The Alaska State Plan for Senior Services FY 2016-2019 **will continue to** build on strong partnerships to provide high-quality, **affordable, (respectful)** culturally-sensitive support services for **all** older Alaskans to live healthy, independent, and productive lives in the place and manner of their choosing.

Group 3 - The Alaska State Plan for Senior Services FY 2016-2019 builds on strong partnerships to provide high-quality, respectful, culturally-sensitive, support services for older Alaskans to live healthy, independent, and **(productive) meaningful** lives in the place and manner of their choosing.

Group 4 - The Alaska State Plan for Senior Services FY 2016-2019 builds on strong partnerships to provide high-quality, respectful, culturally-sensitive, support services for older Alaskans to live healthy, independent, and productive lives in the place and manner of their choosing. - **insert collaborate**

After the vision exercise, the group returned to the cards and consolidated from a total of 10 different clusters down to 6, while also naming each cluster. Each cluster will help drive goals and objectives as the planning process continues.

Final clusters, including all cards:

Realistic goals that can be accomplished

Use of technology (stay connected through community, safety, LTSS

supports, health care)

Health and Health Care:

- person centered holistic services
- comprehensive care for individuals with ADRD
- healthy food available in Alaska
- access to medical care
- geriatric behavioral health care
- affordable, coordinated, integrated (with behavioral health), available health care
- healthy lifespan, birth to end of life

Economic Security

- financial security/ planning
- all enrollment and payment systems are working
- economic security (having enough money to live on)
- senior employment leadership and mentorship

Protective services:

- monthly home visitor or call to those elders who want it
- adequate protective and ombudsman services (eliminate fraud, exploitation and abuse)
- continuation of toll free number to report elder abuse

Spectrum of senior housing:

- quality and affordable housing and services
- affordable and appropriately designed senior housing – be innovative!
- Housing – safe, affordable, connected
- More affordable senior housing and memory care facilities

Promoting meaningful aging/The power of being 60+/Embracing the power of meaningful aging:

- market the value of the \$3 billion senior industry
- positive face of aging (intergenerational connectivity)
- opportunity for meaningful civic engagement
- social, cultural, historical, familial value of grandparents
- who is a senior?

LTSS:

- “1-stop” services... 1 point of entry; integrated, comprehensive care, coordination and I and R: “ARDC on steroids”
- fully supported and functional ADRC’s
- streamlined access to long-term care
- meet family caregiver needs (for health and quality of life)
- services are affordable for all stakeholders
- frail elders living safely at home
- options in LTSS
- appropriate, affordable, person-centered, effective LTSS
- workforce (professional caregivers)
- age in place
- service delivery is coordinated and efficient
- sustainable senior centers
- strong family caregiver support
- services targeted to those most in need
- transportation (social/health, urban/rural, cost effective)

	<ul style="list-style-type: none"> <li>- minimum 3 days of hot, fresh meal service</li> <li>- meeting the needs of rapidly growing senior population</li> </ul>
<p>Concluding comments</p>	<p>Lisa Morley – anxious to get working on goals and objectives, share performance measures for OAA core focus areas (also Dept)</p> <p>Marianne – appreciate efforts, discussion, effort to include everyone.</p> <p>General comments that the discussion went well and appreciation to all involved.</p> <p>Dave – freedom to express, informational, bigger perspective on what were doing</p> <p>Rachel – lots of work done, but feels like healthy aging is missing: exercise programs, disease prevention, chronic disease self-management, healthy body healthy brain</p> <p>Denise – participation and thoughtful input and energy inspired the process, honored</p> <p>Lesley – expertise in the room, everyone spoke up and contributed in a positive way, next time we need pocket-talker for Ella</p> <p>Denali – commend the staff and the group, figure out webex.</p>