

Alaska State Plan for Senior Services, SFY2016-2019



Alaska Commission on Aging
Tuesday, May 5, 2015



Agencies Responsible for Plan Development and Implementation

- U.S. Administration on Community Living/Administration on Aging
- Alaska Department of Health and Social Services
 - Alaska Commission on Aging
 - Division of Senior and Disabilities Services



Federal Guidance for State Plan

- Narrative
 - Context (needs assessment)
 - Goals and Objectives
 - Strategies
 - Outcomes and Performance Measures based on Focus Areas
 - Quality Management (data collection, remediation, improvement)
- Intrastate Funding Formula (IFF) and funding allocation
- Assurances
- Information Requirements



Focus Areas for State Plans

- A. Older Americans Act (OAA) Core Programs
- B. Administration for Community Living (ACL)
Discretionary Grants
- C. Participant-Directed/Person-Centered
Planning
- D. Elder Justice



State Senior Services Strategic Plan

- ❑ Context
 - Needs Assessment
 - Analysis
- ❑ Vision, Goals and Objectives
- ❑ Strategies
- ❑ Outcomes and Performance Measures related to Focus Areas
- ❑ Quality Management
- ❑ Intrastate Funding Formula
- ❑ Draft of State Plan and Final Submission



Needs Assessment Activities

- Senior Survey
 - Closed ended questions
 - Open ended questions
- Provider Survey
 - Closed ended questions
- Elder Senior Listening Sessions
 - Interactive polling exercise
 - Facilitated discussions



Methods: Senior Survey

- Survey Monkey
- 40 questions total, including 10 open-ended questions
- Distributed by email and hard copy in Senior Voice and in bulk to senior centers, tribal entities, and Pioneer Homes
- September 2014 – January 2015
- Approximately 10% responded online and 90% responded via mail-in hard copy
- 2,280 surveys received



Methods: Provider Survey

- Survey Monkey
- 19 questions, including 3 open-ended
- Distributed to senior centers and long term care facilities
- December 2014 – February 2015
- 85 surveys received, all online



Methods:

Elder-Senior Listening Sessions

- Six across the state:
 - Copper Center (September 2013)
 - Juneau (February 2014)
 - Two in Fairbanks (September 2014)
 - Homer (October 2014)
 - Anchorage (December 2014)
- Agenda included demographics and behavioral health background, interactive polling exercise, and small group discussions
- Four sessions had interactive polling devices



Alaska State Plan for Senior Services

18 Month Needs Assessment Activities Timeline

- 1 Copper Center
September 18, 2013
- 2 Juneau
February 11, 2014
- 3 Raven Landing (Fairbanks)
September 16, 2014
- Homer
October 9, 2014
- 4 Denaakanaaga (Fairbanks)
September 18, 2014
- 6 Anchorage
December 12, 2014



Senior Survey
September 2014 - January 2015



Needs Assessment Results and Highlights

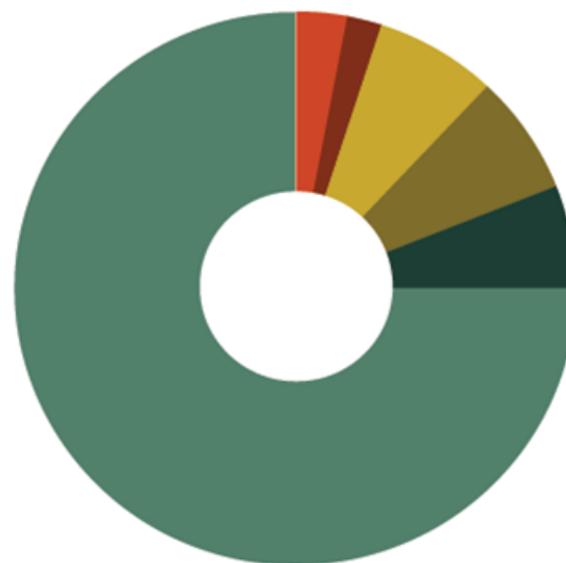
- Health Care
- Financial Concerns
- Elder Justice
- Housing
- Sense of Community
- Home and Community Based Long Term Support Services

Although more than 50% of senior respondents have lived in Alaska for 40 years+, 6% plan to move out of state.

If you are planning to move out of Alaska please tell us why?
(Check the most important reason)

Answered question: 1470

Answer Options	Response %	Response Count
● Limited access to primary health care	3.0%	44
● Problems finding appropriate housing	2.2%	32
● High cost of living	7.3%	107
● Want to be near family living out of state	6.4%	94
● Want to live in different climate	6.1%	90
● I am planning to remain in Alaska	75.0%	1103
Other (please specify)		88



Senior Survey: Issues of Importance

Top issues of importance to seniors

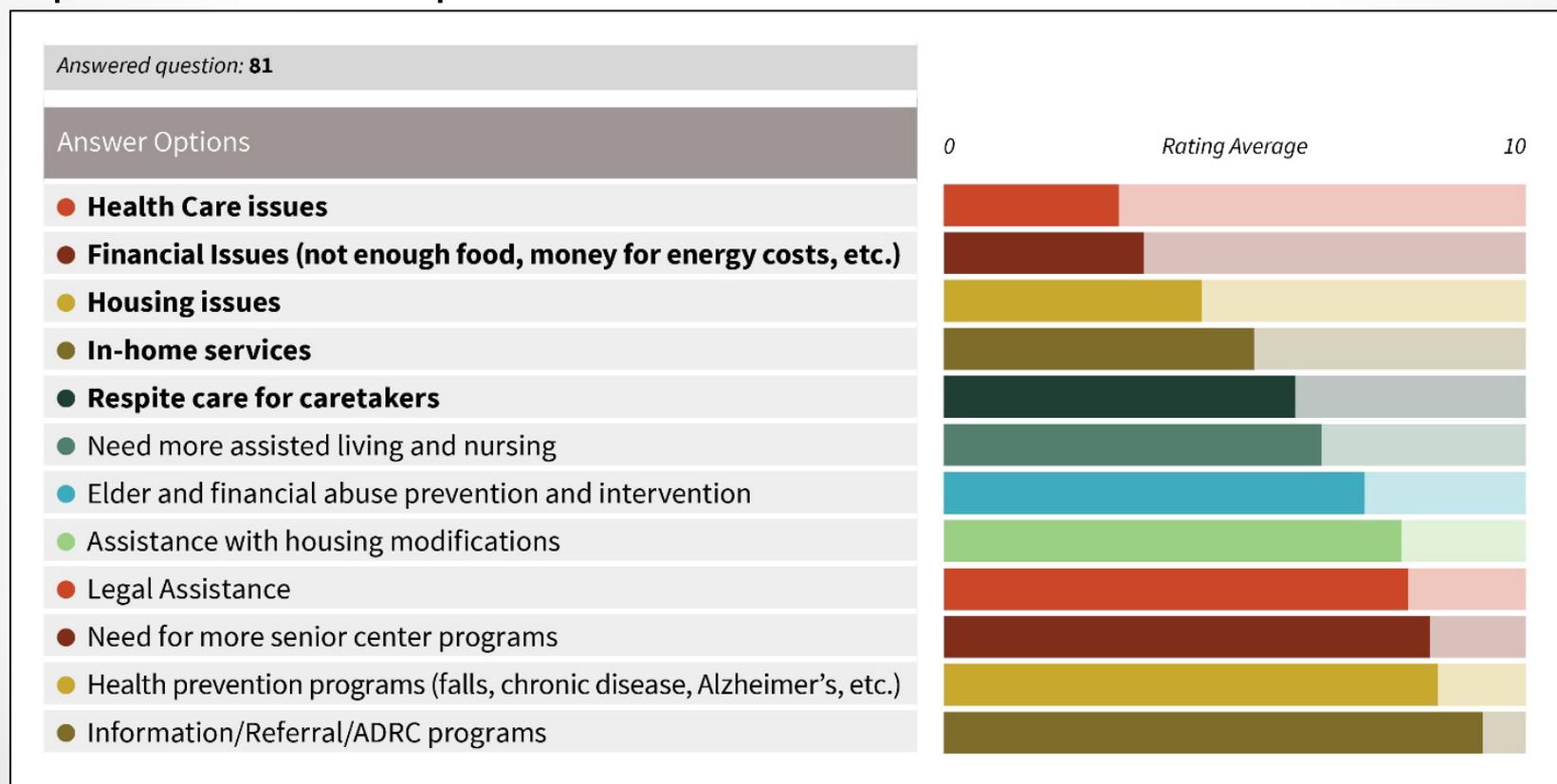
Top Five Responses

● Very Important ● Somewhat Important ● Less Important ● Don't Know



Provider Survey: Most Pressing Issues

Top issues of importance to seniors





Leading Causes of Death for Alaskans, Age 65+

#1 Cancer

#2 Heart Disease

#3 Chronic Lower Respiratory Diseases

#4 Stroke

#5 Diabetes Mellitus

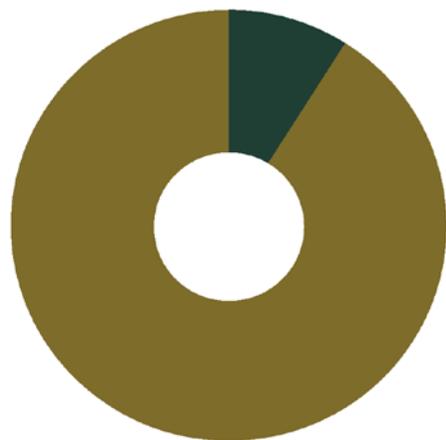
#5 Alzheimer's Disease

Alzheimer's Disease & Related Dementia

Alaska is developing a State plan to address the needs of Alaskans affected by Alzheimer's disease. Please check the boxes below that apply to you.

Answered question: **798**

Answer Options	Response %	Response Count	0%	100%
● Do you have memory loss, Alzheimer's disease or other types of dementia?	33.2%	265		
● Are you a friend or family member with someone with Alzheimer's or dementia?	68.8%	549		
● Are you a caregiver for someone with Alzheimer's or dementia?	16.5%	132		



Do you provide care for someone with Alzheimer's or dementia?

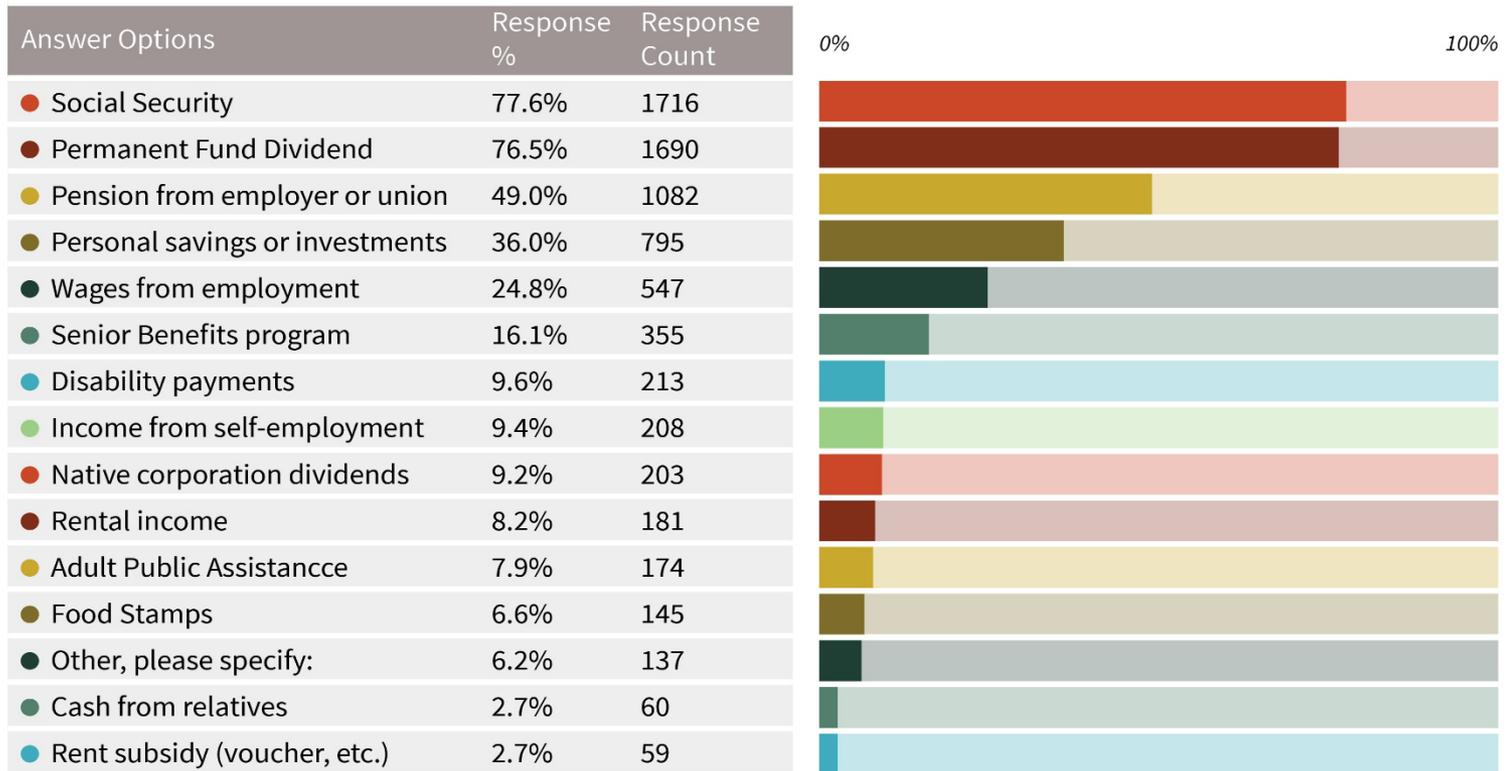
Answered question: **2022**

Answer Options	Response %	Response Count
● Yes	9.0%	182
● No	91.0%	1840

Financial Concerns

What are the sources of your household's income?
(Check all that apply.)

Answered question: 2210



Financial Concerns

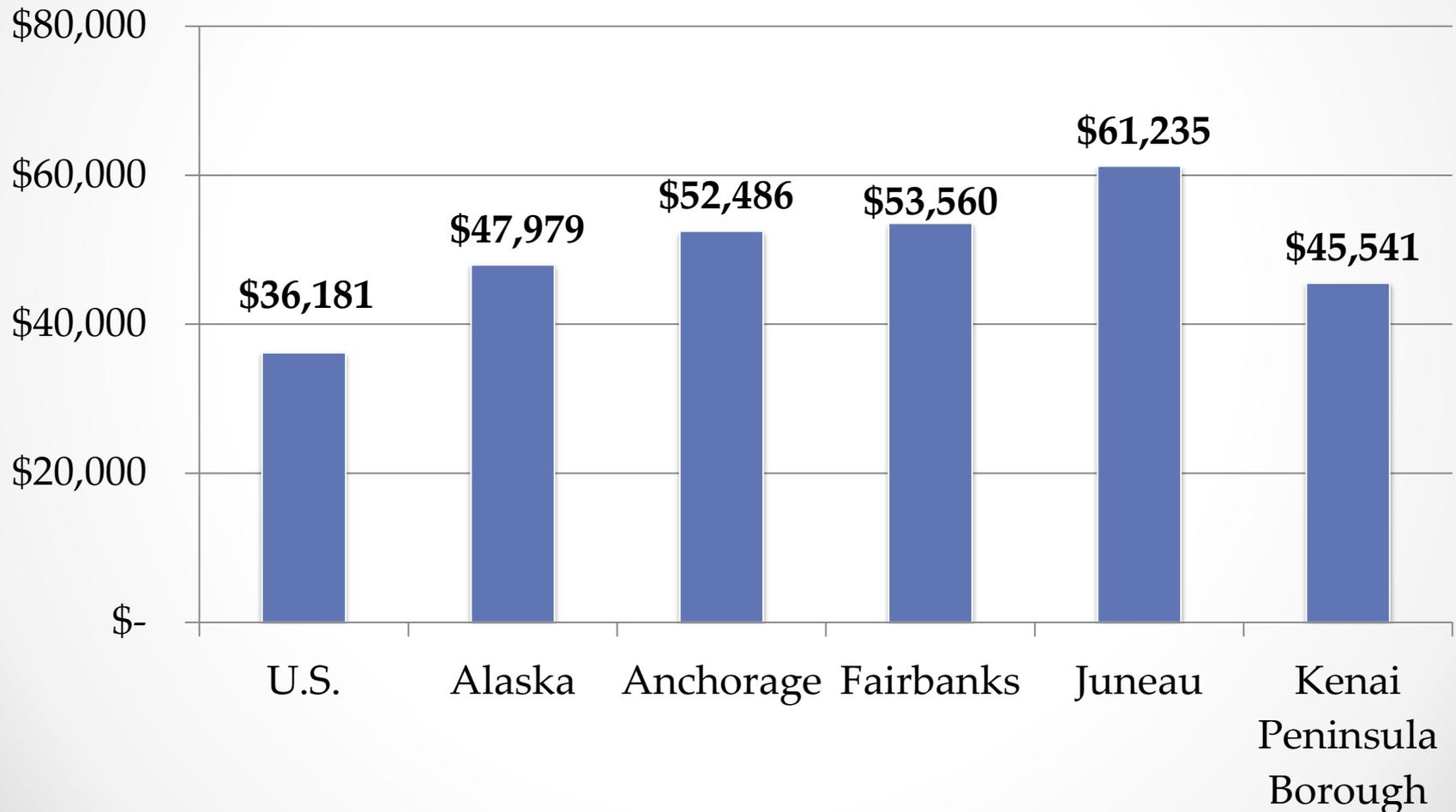
Is your monthly income enough to meet all your monthly expenses?

Answered question: **2103**

Answer Options	Response %	Response Count
● Yes, I have more than enough money to cover living expenses and can afford extras like vacations	40.8%	859
● Yes, I have enough to cover living expenses, but very little for anything extra	43.7%	919
● No, some months I don't have enough to cover basic living expenses	10.7%	226
● No, I do not have enough to cover living expenses	4.7%	99



Financial Concerns: Median Income for Seniors National vs. Local

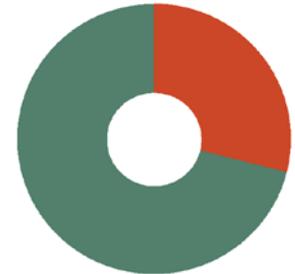


Elder Justice

Have you or someone you know experienced elder abuse?

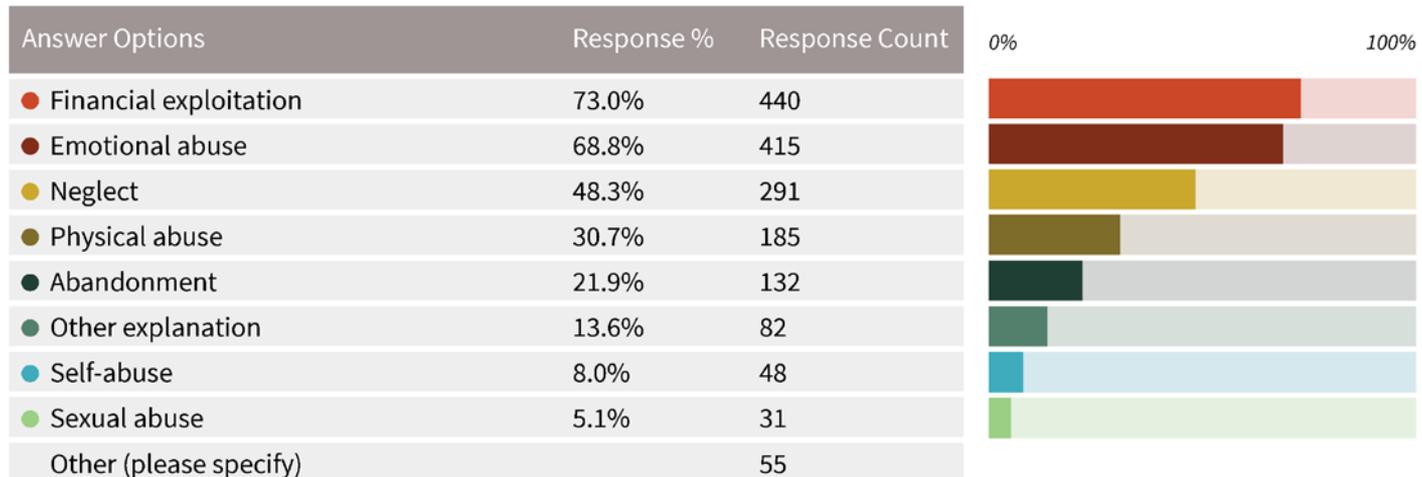
Answered question: 2037

Answer Options	Response %	Response Count
● Yes	29.0%	590
● No	71.0%	1447



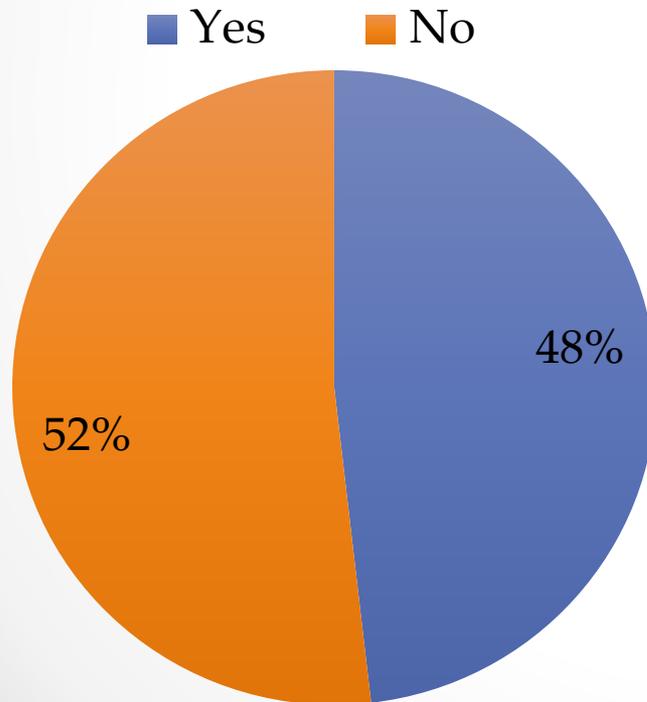
If so, what forms of elder abuse have you noticed? Choose all that apply.

Answered question: 603

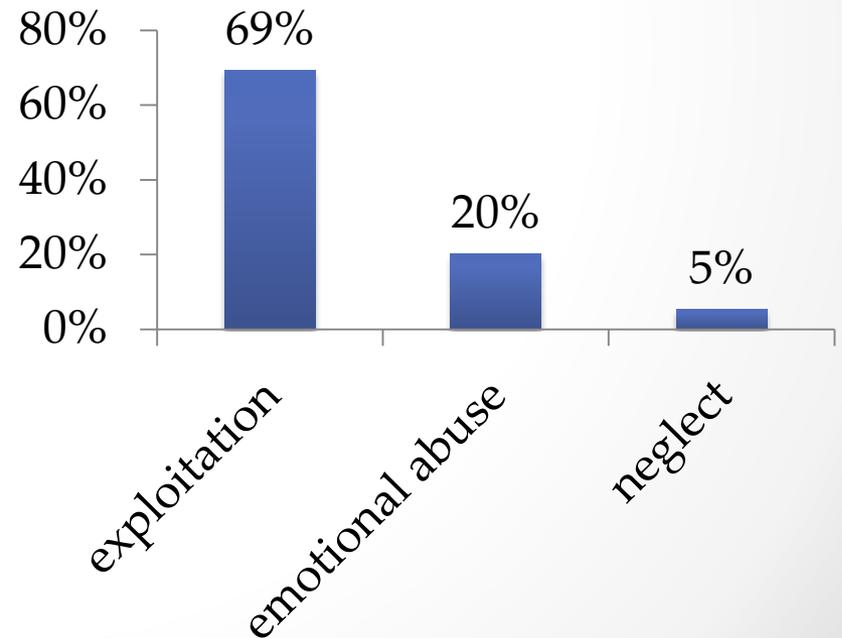


Elder Justice

Have you or someone you know experienced elder abuse?

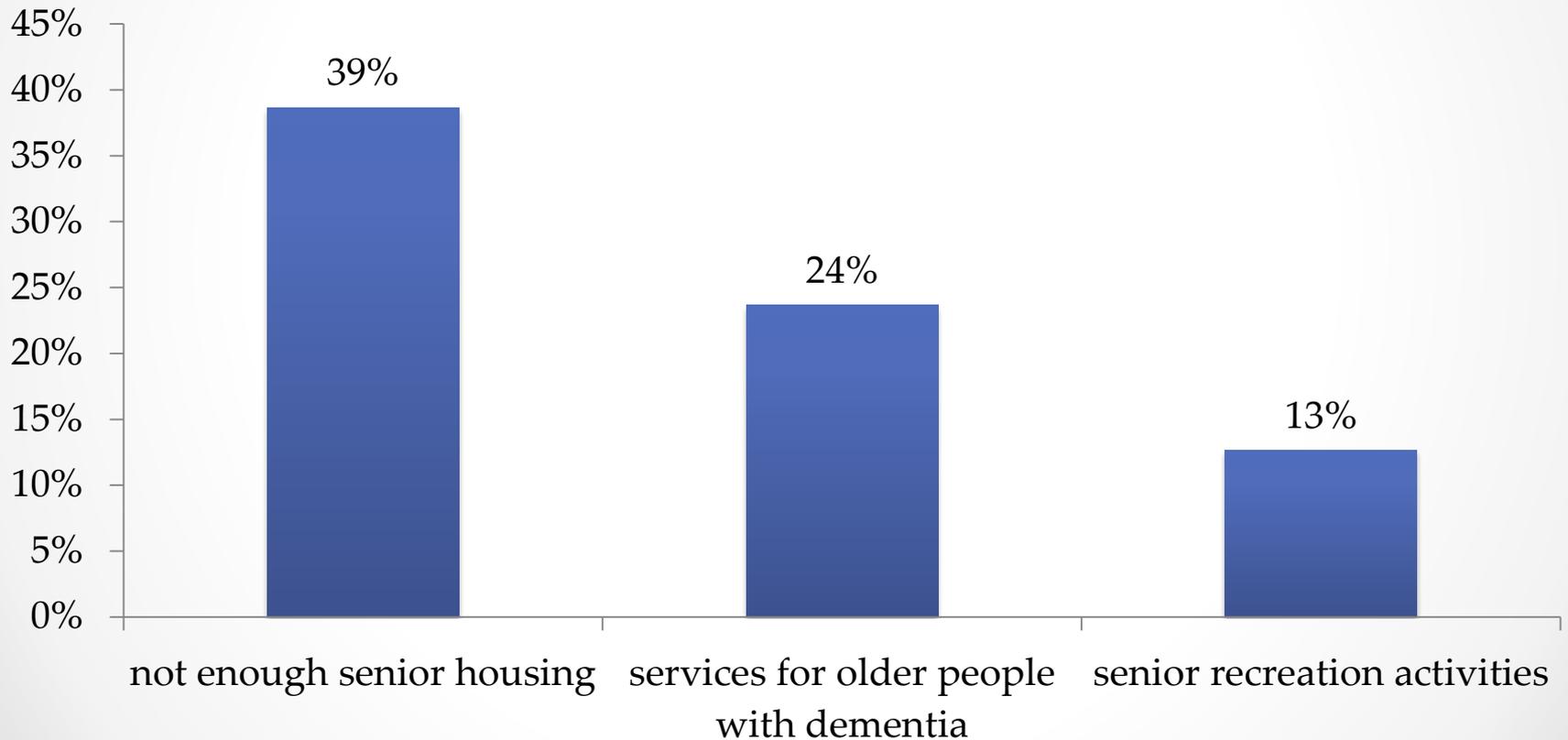


If you answered "yes" to the last question, which form of elder abuse have you noticed the most?



Housing

What is the biggest gap in services for seniors?



Source: 2013-2014 Elder Senior Listening Session Interactive Polling



Sense of Community

- During most Elder-Senior Listening Sessions, Senior Centers were named as working well
- In the interactive polling exercise, Senior Recreation Activities ranked as the #3 in cumulative priority statewide

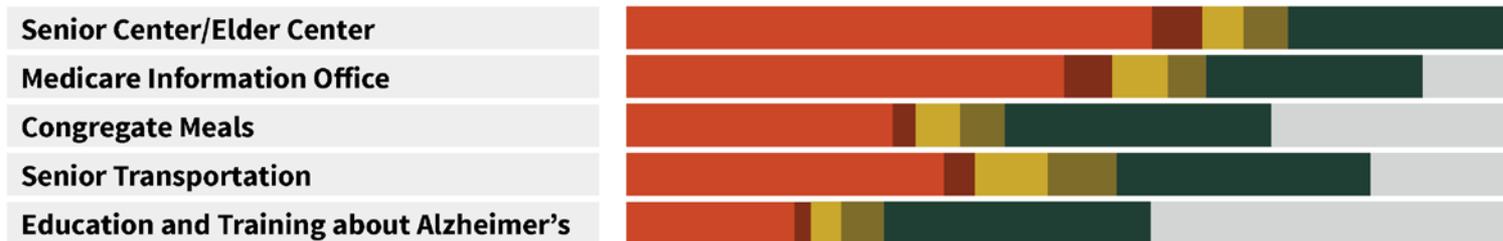
Home and Community Based Long Term Care Services

Have you or the person you care for used any of the following support services? (Please check all boxes that apply.)

Answered question: 1463 Skipped question: 730

Answer Options	Self	Spouse	Other Family Member	Friend	N/A	Rating Average	Response Count
Senior Center/Elder Center	529	51	41	45	228	1.40	894
Medicare Information Office	441	48	56	38	217	1.47	800
Congregate Meals	269	23	44	45	266	1.65	647
Senior Transportation	320	31	73	69	255	1.78	748
Education and Training about Alzheimer's	170	16	30	43	250	1.79	509

Top Five Responses



Help with Senior Services

Top Five Responses

● Quite Frequently ● Occasionally ● Rarely

0 Response Count 82





Needs Assessment Results and Highlights

- Health Care
- Financial Concerns
- Elder Justice
- Housing
- Sense of Community
- Home and Community Based Long Term Support Services



State Plan for Senior Services, FY2016-FY2019 Advisory Committee Agency Affiliation

- AARP Alaska
- Adult Protective Services Program
- AgeNet
- AHFC Senior Housing Program Office
- Alaska Commission on Aging
- Alaska Mental Health Trust Authority
- Alaska Native Tribal Health Consortium
- Alaska Office of Public Advocacy, Office of Elder Fraud and Assistance
- Alzheimer's Resource of Alaska
- Anchorage Senior Advisory Commission
- DHSS Division of Behavioral Health
- DHSS Division of Public Health
- DHSS Division of Senior & Disabilities Services
- Fairbanks North Star Borough Senior Advisory Commission
- Mature Alaskan Seeking Skills Training
- Municipality of Anchorage
- Office of Long Term Care Ombudsman
- Residential Licensing and Background Check Programs
- Senior Consumers
- Statewide Independent Living Council of Alaska
- Tanana Chiefs Conference Elders Program
- UA Trust Training Cooperative
- U.S. Administration on Community Living/Administration on Aging
- UA Office of Health Programs

Alaska State Plan for Senior Services Advisory Committee





Vision Statement

FY2016-FY2019 State Plan

The Alaska State Plan for Senior Services FY 2016-2019 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.





Goals

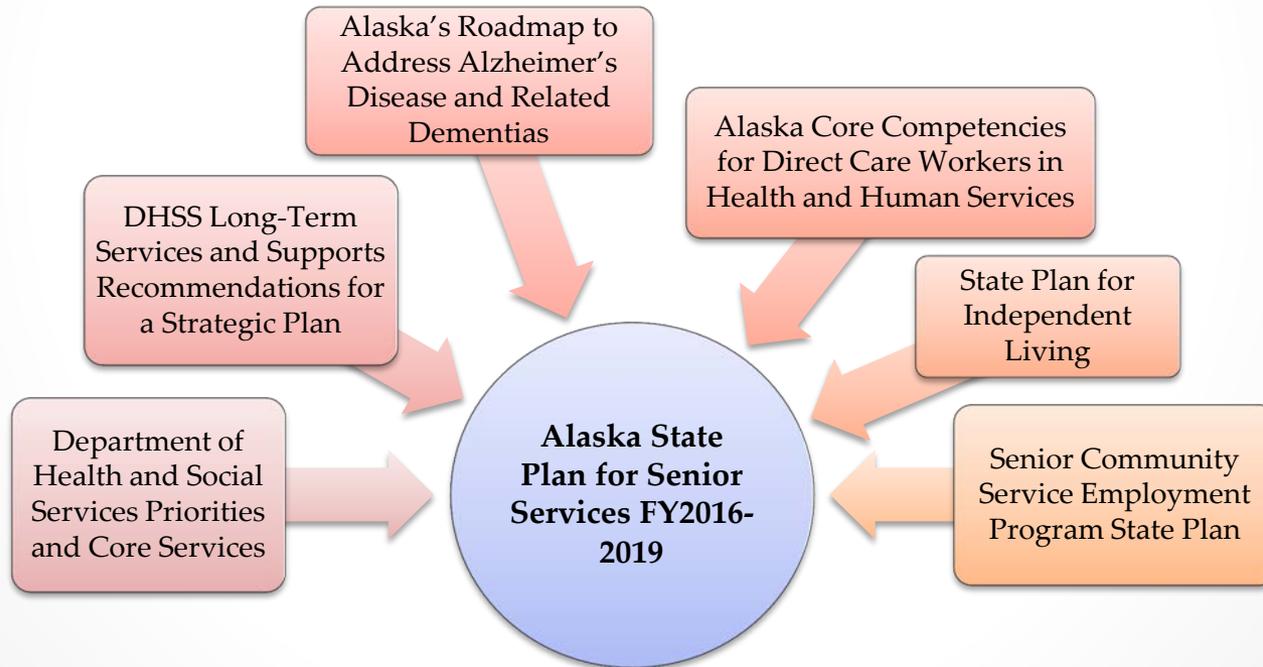
FY2016-FY2019 State Plan

1. Promote healthy aging and provide access to comprehensive and integrated health care.
2. Assist seniors with financial planning, pursuing employment opportunities, and promoting awareness of and access to economic benefits and support services.
3. Protect vulnerable seniors from abuse, neglect, self-neglect, and exploitation.
4. Ensure seniors have access to quality, affordable, accessible, safe, and appropriate senior housing across the continuum of care.
5. Promote opportunities for meaningful aging, intergenerational connectivity, and civic engagement.
6. Provide quality and affordable home- and community-based long-term support services to provide seniors with the highest quality of life.



Strategic Objectives & Performance Measures

- 25 Strategic Objectives
- 48 Performance Measures
- Other planning efforts leveraged:





Proposed Intra-State Funding Formula

The Older Americans Act requires state funding plans give preference to seniors in *greatest economic and social need*. The funding formula distributes funding by region for Nutrition, Transportation & Support Services; Family Caregiver; and the Senior In-Home grant programs.

The new funding formula

- Maintains existing percentages for weighting factor components of the funding formula in the new state plan.
- Phases out “Hold Harmless” Provision, beginning in Year Two (SFY 2017)
- Re-visit the funding formula weighting factors and rural designation for possible amendment in SFY2017.



Emerging Initiatives

- Positive and Meaningful Aging
- Alzheimer's Disease and Related Dementias (ADRD)
- Senior Behavioral Health:
 - Alcohol and Drug Abuse
 - Suicide Prevention
- Senior Fall Prevention
- Tele-health
- Medicaid Expansion
- Medicaid Reform
- End of Life Care



Next Steps

- Public Comment Period
- Alaska Commission on Aging Approval
- Governor/DHSS Commissioner Approval
- Submission to U.S. Administration on Community Living/Administration on Aging
- Implementation on July 1, 2015