

Statewide Senior Service Summary By Region and Census Area



Rural Outreach Specialist FY20 Report

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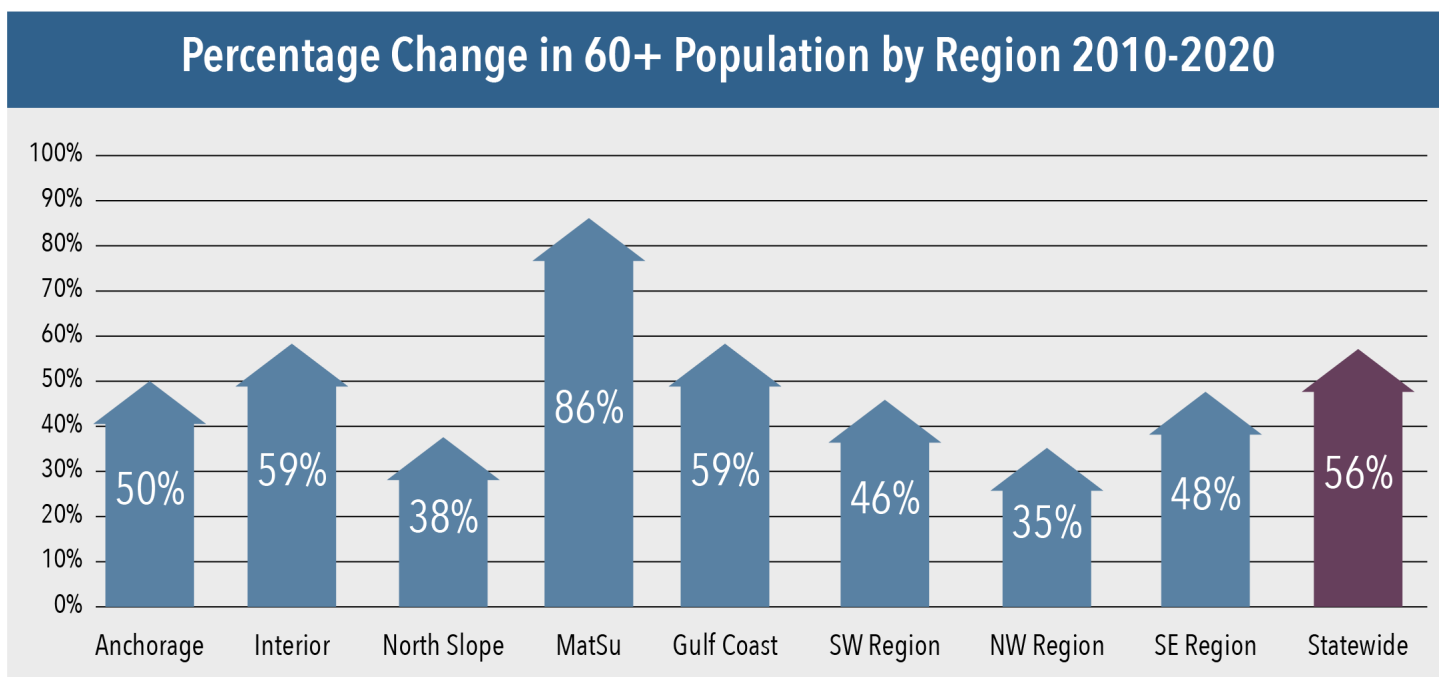
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Introduction

Senior services across Alaska look different from region to region. Some regions may offer a full continuum of services while others might have limited services available. This report is an update to the Summary of Senior Services written in 2010 and summarizes available services delivered through utilization of various funding sources across the continuum of care. This report specifically looks at the various components of senior services provided in state fiscal year 2020; July 1, 2019 - June 30, 2020. The information provided in this report can be used as a starting point in conjunction with other planning efforts to ensure Alaskan seniors throughout the state have access to basic services across the continuum of care that will allow them to age in place with dignity,

Between 2010 and 2020, Alaska's senior population has increased 56% from 90,876 to 142,099. Data provided in this report illustrates and tracks changes in an array of senior services delivery to assess how each region is accommodating the needs of an increasing senior population. Below is a graph of how the senior population has changed in various regions of the state since 2010. There has been growth in all areas of the state with the most in the Mat-Su area. However, even the rural areas have grown by at least 38%. Data provided in this report illustrates changes in service delivery to assess how each region is accommodating the needs of an increasing senior population.



Please note that due to the COVID-19 pandemic, the grant data is not representative of the average year. Senior centers and Adult Day centers had to close their doors to the public due to COVID restrictions. Many congregate meal settings switched to providing take-out meals or increased their home delivered meals. The shutdown of services and creative ways to meet needs should be taken into account when looking at the numbers served by various programs.

The State of Alaska is divided into 19 organized boroughs and one Unorganized Borough that is divided into 11 census areas which correspond with election districts. These census areas have no government of their own. The Department of Health and Social Services has grouped the census areas and boroughs into 10 service regions. This summary will address the services available in the corresponding region. Each of the regions will include a summary of services, a map of each census area and borough and three data charts; Housing, Medicaid Services, Senior and Disabilities Services (SDS); Senior Grant Services. The information provided in the data charts for each region includes:

Housing

- Total number of Senior Independent Living (IL) units,
- Total number of Assisted Living Home (ALH) beds licensed for seniors,
- Total number of Skilled Nursing Facility (SNF) beds.

Medicaid Services

- Total number of Personal Care Assistant (PCA); only recipients over 60 yrs. old,
- Total number of Medicaid Waiver recipients,
- Alaskans Living Independently (ALI) recipients,
- Adults with Physical or Developmental Disabilities (APDD); only recipients over 60 yrs. old,
- Community First Choice (CFC); only recipients over 60 yrs. Old
- Total number of Medicaid Providers per region

SDS Senior Grant Services:

- Total number served by Grant program and service
- Total number of providers

Nutrition Transportation and Support Services (NTS)

- Assisted Transportation
- Unassisted Transportation
- Congregate Meals
- Home Delivered Meals
- Homemaker
- Information and Assistance
- Health Promotion/Disease Prevention (HD/DP)
- Health Education
- Nutrition Education
- Senior Companions
- Foster Grandparents
- RSVP
- Legal

Adult Day

- Alzheimer's Disease and Related Disorders Education and Support

Senior In-Home Services (SIH)

- Case Management
- Chore
- Respite
- Supplemental Services

National Family Caregiver Support Program (NFCSP)

- Family Caregiver Supports
- Grandparents Raising Grandchildren

Aging and Disability Resource Center (ADRC)

- Information and Assistance
- Options Counseling

Senior Residential Services (SRS)

**Only available services are listed in data charts*

Definition of Services

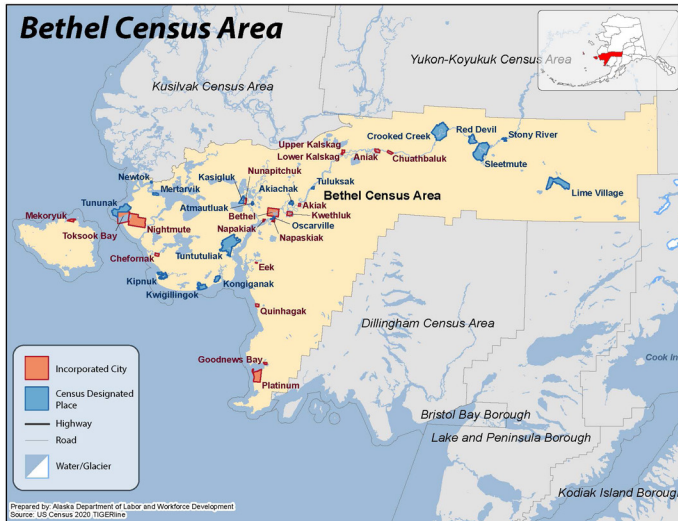
- See appendix A

Sources

- See appendix B

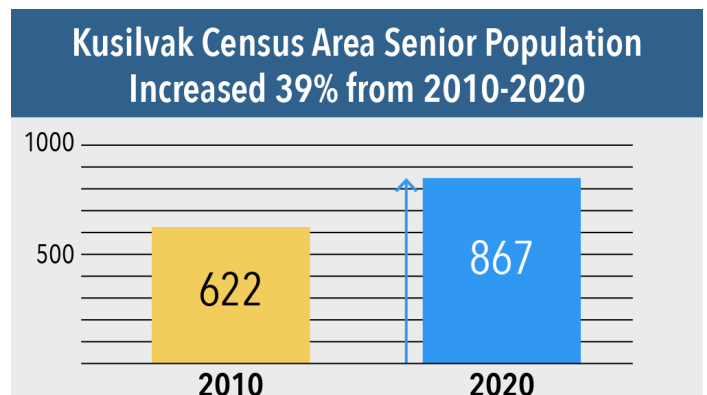
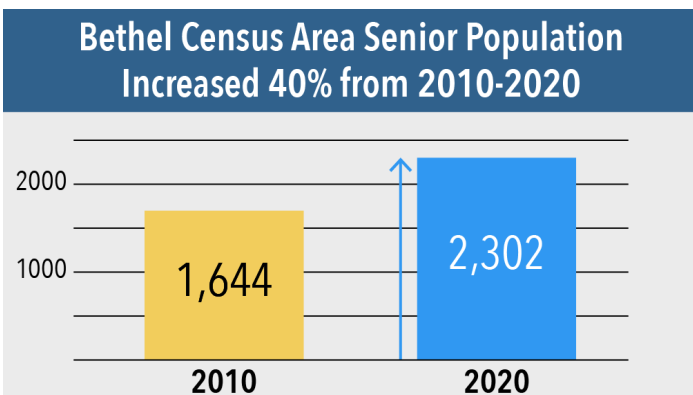
Region I

This region represents the Bethel Census Area, which includes 38 communities and Kusilvak Census Area (formerly Wade Hampton Census Area) which serves 15 communities. In 2020, it was estimated that 3,169 individuals were over the age of 60 in this region.



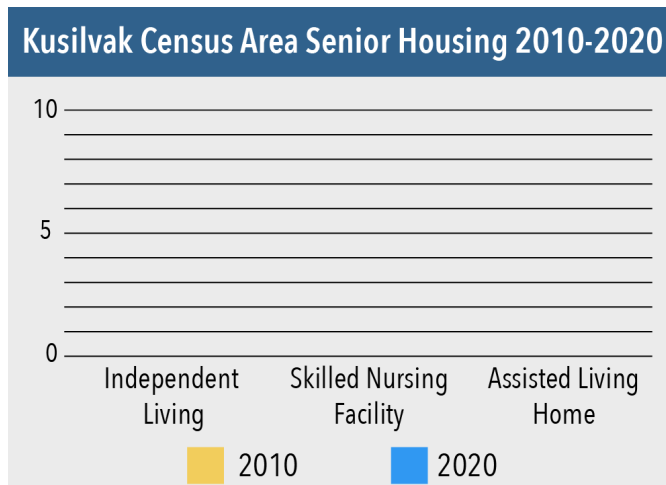
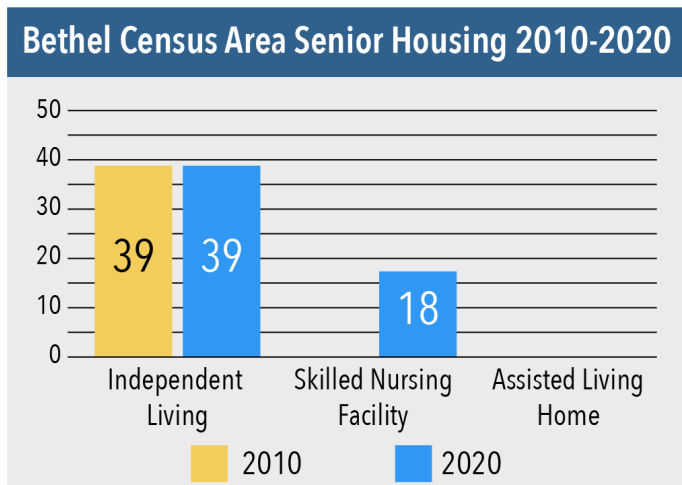
Fact (2020 Census)	Bethel Census Area	Kusilvak Census Area
Total Population	18,720	8,296
Median household income (in 2019 dollars), 2015-2019	\$53,553	\$36,754
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$19,885	\$13,762
Persons in poverty, percent	23.50%	26.80%

The senior population in Bethel has had a 40% growth since 2010. It increased from 1644 to 2302 seniors over age 60 which is a 40% Increase. The Kusilvak Census Area increased from 622 seniors to 867 seniors which is a 39% increase.



The senior independent living homes in the region are in Bethel. There are 39 units between the Ayalpik Apartments and Lulu Heron Center, which are both managed by Association of Village Council Presidents (AVCP) Housing.

Housing FY 20 <i>Type of Housing</i>	Bethel Census Area <i>Total # of Units or Beds</i>	Kusilvak Census Area <i>Total # of Units or Beds</i>
Independent Living Units	39	0
Skilled Nursing Facility Beds	18	0
Assisted Living Home Beds	0	0



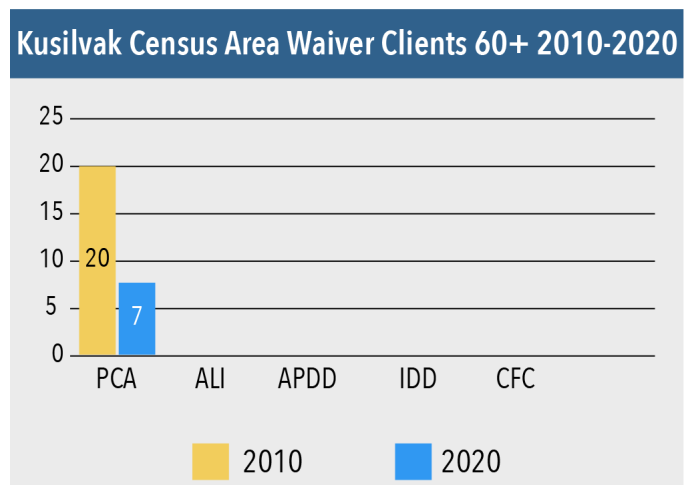
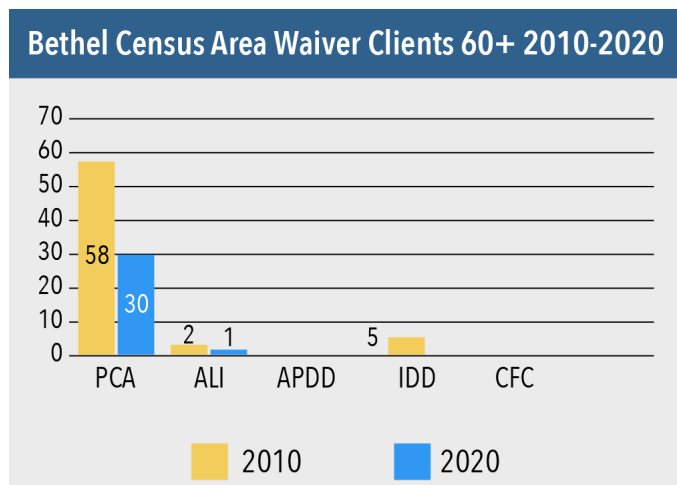
In Bethel, Orutsararmuit Native Council (ONC) provides Assisted and Unassisted Transportation, meals, Homemaker Services, and Information and Assistance to elders and their caretakers in Bethel. ONC managed the Chief Eddie Hoffman Senior Center until it shut down in 2016. Both the Senior Center and the Adult Day program were lost when it closed its doors.

In partnership with the Lower Kuskokwim School District and Yupiit School Districts (Akiachak, Akiak, Tuluksak) and St. Mary’s School, the Association of Village Council Presidents provides approximately 26,000 meals per year to the elders of the region. Through the Older Americans Act Title VI and Nutrition Services Incentive Program, AVCP provides nutritious lunches to Elders while also giving Elders an opportunity to eat lunch with students in their schools. AVCP is also a Title VI grantee and serves villages throughout the region with Meals and Support Services. The Kuskokwim Native Association in Aniak is also a Title 6 grantee who provide meals and rides to the Elders in Aniak.

Alzheimer’s Resource of Alaska (ARA) provides SDS grant funded Case Management and Supplemental Services for the Region. ARA also receives SDS grant funds to provide Alzheimer’s Disease and Related Disorders education (ADRD), Support, Mini- Grants and National Family Caregiver Support services.

Yukon Kuskokwim Health Corporation (YKHC) is certified to provide waiver Care Coordination and Home and Community Based services for those on the ALI/APDD waiver. While YKHC is certified, at the time of this writing, there were no certified Care Coordinators providing ALI services in the Bethel region. All Ways Caring (formerly ResCare) is certified for Home and Community Based Services along with PCA services in the Bethel Census Area. Please note that services may be provided by agencies located outside of the region and it is not intended to exclude providers.

Medicaid Services FY 20 <i>Type of Service</i>	Bethel Census Area <i># of Recipients</i>	Kusilvak Census Area <i># of Recipients</i>
Personal Care Assistance (65+)	30	0
Alaskans Living Independently	1	0
Adults w/ Physical or Developmental Disabilities (65+)	0	0
Community First Choice	0	0

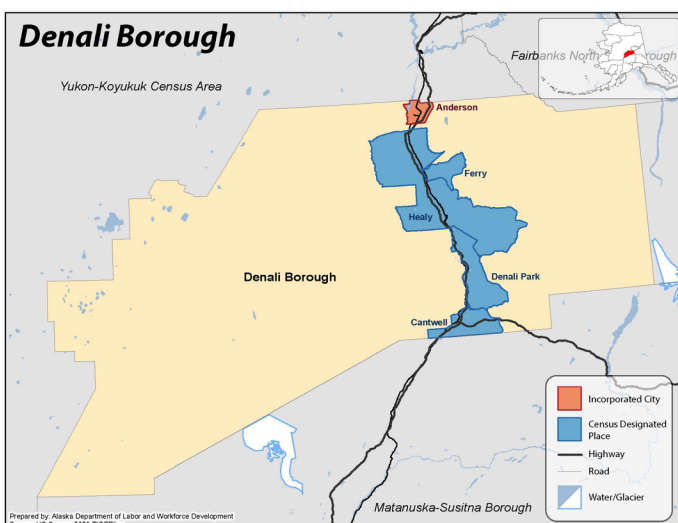
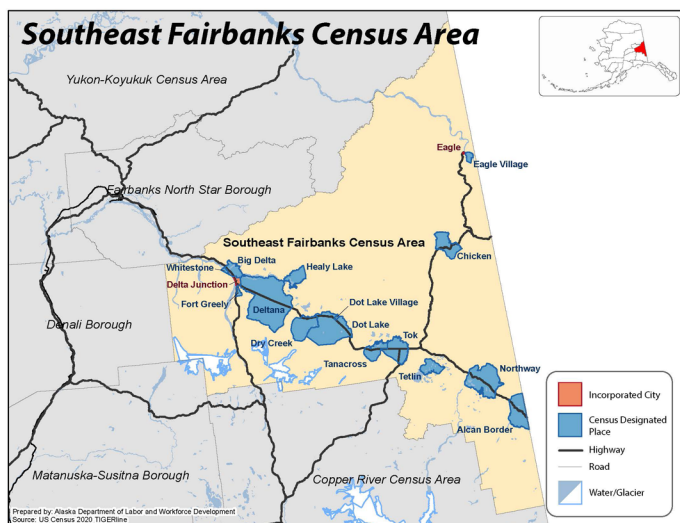
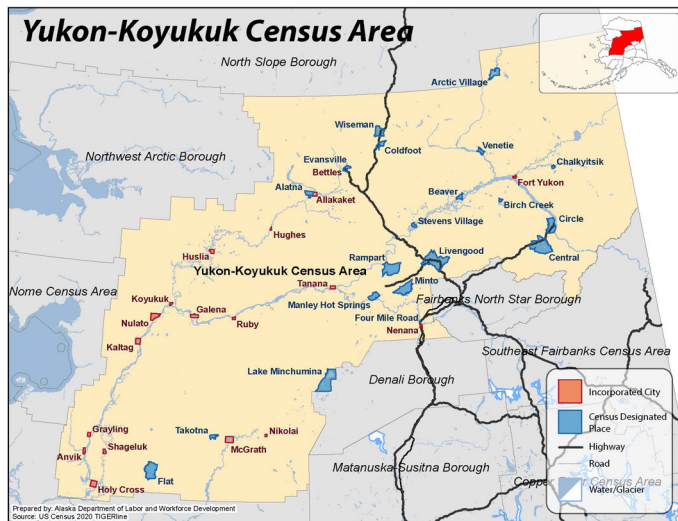
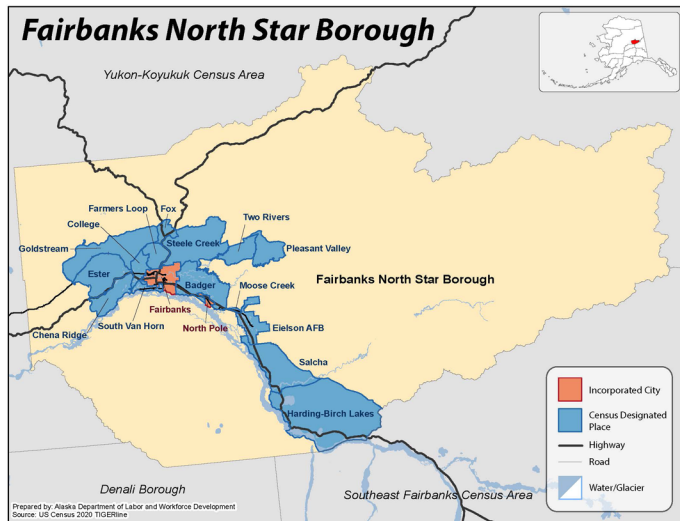


Region I Data Chart

SDS Senior Grants <i>Type of Service</i>	# Served	# of Providers
Assisted Transportation	2	1
Congregate Meals	331	2
Home Delivered Meals	260	2
Information and Assistance	54	1
Unassisted Transportation	2	1
Homemaker	1	1

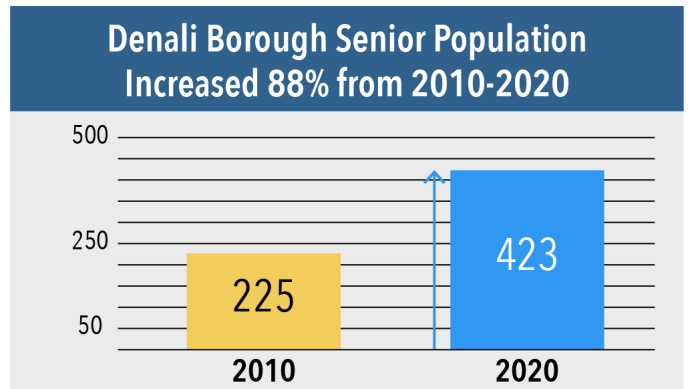
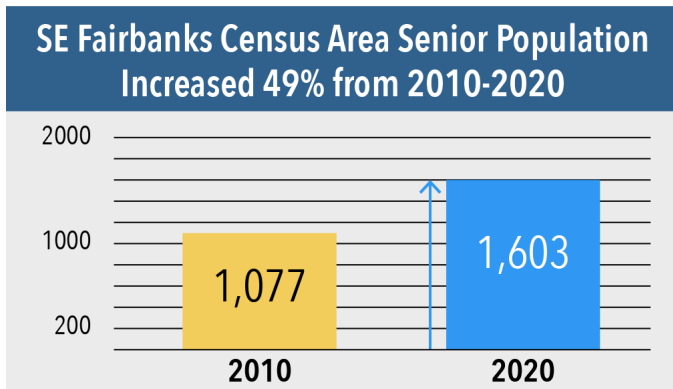
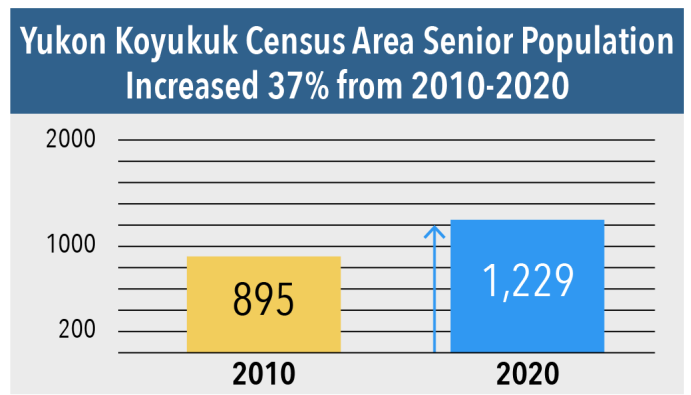
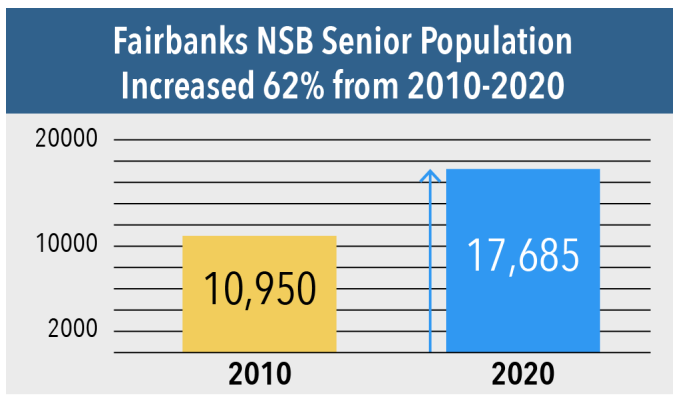
Region II

This region represents the Yukon-Koyukuk Census Area, which includes 39 communities, Fairbanks North Star Borough, which includes 12 communities, Denali Borough, which includes 5 communities and Southeast Fairbanks Census Area, which includes 18 communities. In 2020, it is estimated that 20,940 individuals were over the age of 60 in this region.



Fact (2020 Census)	Fairbanks North Star	Yukon-Koyukuk	Southeast Fairbanks	Denali
Population	93,417	4,972	6,805	2,227
Median household income (in 2019 dollars), 2015-2019	\$76,992	\$41,413	\$70,056	\$81,719
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$37,025	\$22,718	\$32,193	\$34,365
Persons in poverty, percent	7.20%	24.40%	12.00%	6.60%

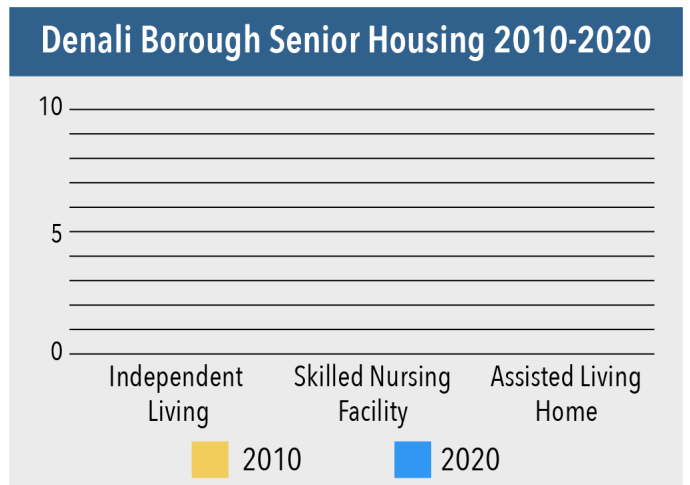
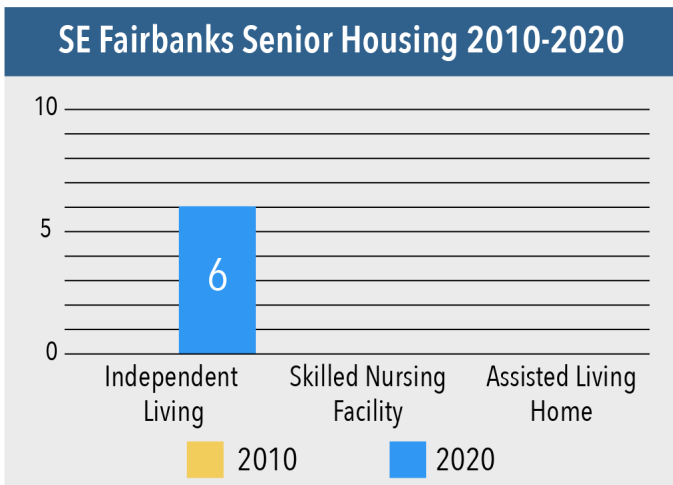
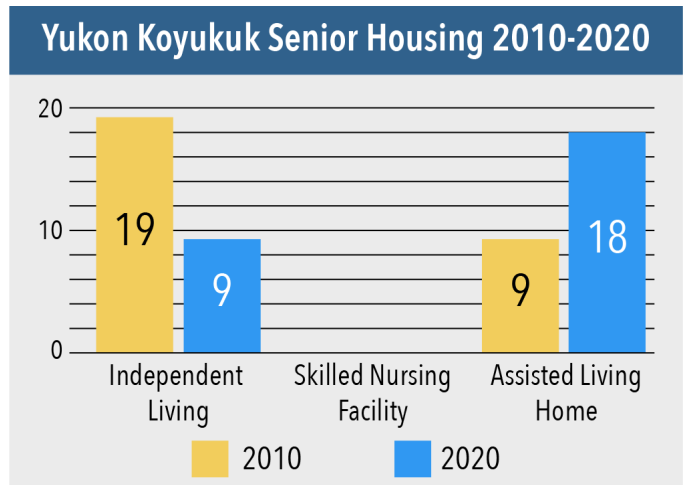
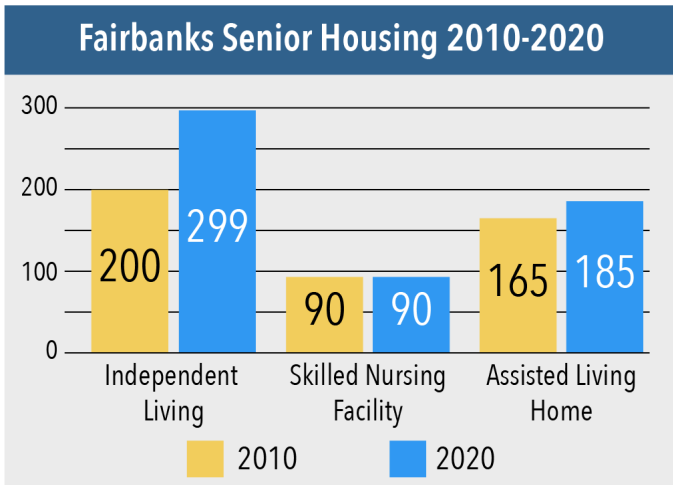
The Senior Population in this region grew from 13,147 to 20,940 seniors which is an increase of 59%.



The Denali Borough does not have senior independent housing, assisted living or skilled nursing home services. The Fairbanks North Star Borough has 299 senior independent living units. There are 185 licensed assisted living home beds, which includes 13 Assisted Living Homes in Fairbanks and North Pole. In Fairbanks there are 90 skilled nursing home beds at the Denali Center. The Yukon-Koyukuk census area has 18 senior independent living units which 15 units are in Nenana and 4 units located in Fort Yukon. There are 9 assisted living home beds located in Tanana and another 9 in Galena. Southeast Fairbanks has one building with 6 units in Delta Junction.

Housing FY 20 <i>Type of Housing</i>	Fairbanks North Star <i>Total # of Units or Beds</i>	Yukon-Koyukuk <i>Total # of Units or Beds</i>	Southeast Fairbanks <i>Total # of Units or Beds</i>	Denali <i>Total # of Units or Beds</i>
Independent Living Units	299	9	6	0
Skilled Nursing Facility Beds	90	0	0	0
Assisted Living Home Beds	185	18	0	0

Tanana Chiefs Conference (TCC), the tribal consortium of the 42 villages of interior Alaska, receives SDS grants to provide Case Management, Service Coordination, Chore, Information and Assistance and Outreach, and National Family Caregiver Support services in the Yukon-Koyukuk, Denali Borough and Southeast Fairbanks census area. TCC is also certified to provide ALI/APDD waiver Care Coordination, Chore and Respite services.



Tanana Chiefs Conference is also a Title VI grant recipient and provides Meals, Support Services and Family Caregiver Supports to 25 villages: Alatna, Allakaket, Anvik, Arctic Village, Beaver, Bettles/Evansville, Birch Creek, Chalkyitsik, Circle, Galena, Grayling, Holy Cross, Hughes, Huslia, Kaltag, Koyukuk, McGrath, Nikolia, Nulato, Rampart, Ruby, Takotna, Shageluk, Stevens Village and Venetie. The communities are divided into 5 sub-regions. The Native Village of Fort Yukon, I.R.A. and Gwichyaa Zhee Gwichin are also Title VI grantees in the Yukon-Koyukuk census area and provide Meals, Support Services and Family Caregiver Supports.

Denakkanaaga in Fairbanks is a Title VI grant recipient and provides outreach, information, referrals, advocacy and support to Elders in Dot Lake, Minto, Nenana, Northway, Tanacross, Tetlin, Eagle and Tok. Fairbanks Native Association also receives Title VI grants to provide Meals, Support Services and Family Caregiver Supports in the Fairbanks area. Galena Village is a Title VI Grantee providing meals, rides, outreach, and support to their population.

Minto Village Council receives SDS grant funds to provide Congregate and Home Delivered Meals in Minto. Nenana Tortella Council on Aging receives SDS grant funds to provide Congregate and Home Delivered Meals and Assisted and Unassisted Transportation in Nenana. Upper Tanana Development Corporation in Tok receives SDS grants to provide Congregate and Home Delivered Meals, Assisted and Unassisted Transportation and Homemaker Services. Tanana Tribal Council (TTC) receives SDS grant funds to provide Congregate Meals in Tanana. TTC also receives a Senior Residential Service grant from SDS, which is a legislative appropriation.

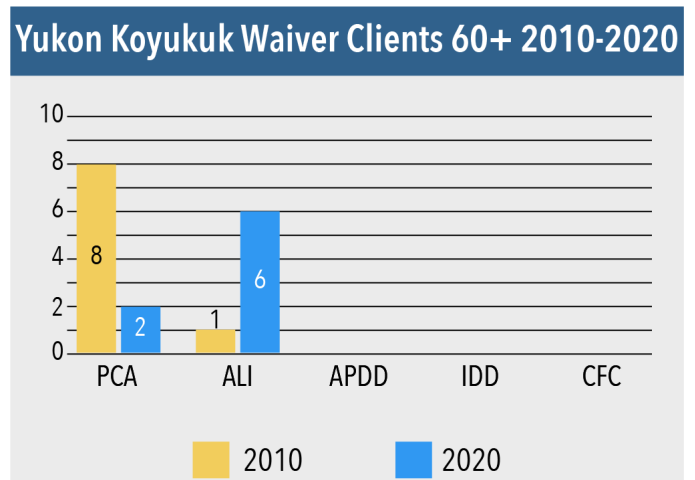
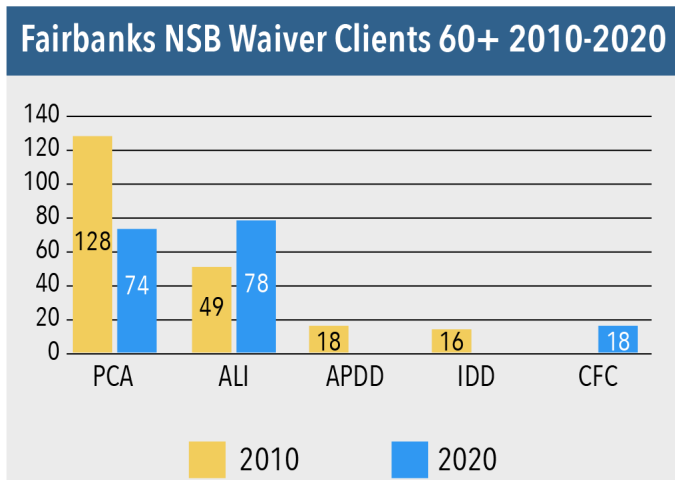
Alzheimer’s Resource of Alaska (ARA) receives SDS grant funds to provide Alzheimer’s Disease and Related Disorders Education, Support, Mini-Grants and National Family Caregiver Support services. ARA serves the Yukon-Koyukuk, Fairbanks, Denali Borough and the Southeast Fairbanks census area.

Fairbanks Resource Agency (FRA) receives SDS grant funds to provide Adult Day Services, Case Management, Respite, Chore, and National Family Caregiver Services. FRA also receives DBH grant funds to provide the Senior Outreach Assessment and Referral project. FRA is also certified to provide ALI/APDD waiver Adult Day Services, Chore, Respite, day habilitation and Transportation Services. FRA serves the Fairbanks North Star Borough.

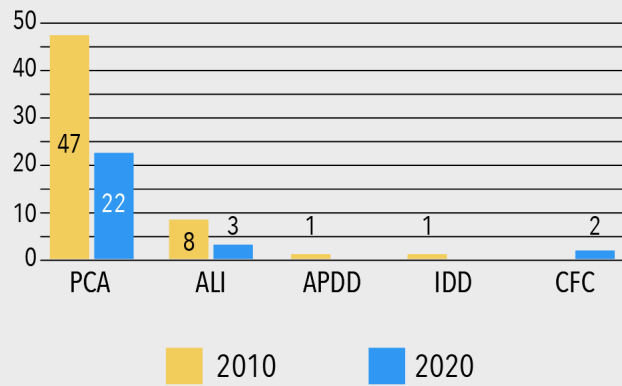
North Star Council and Aging, Inc. (NSCoA), operates the Fairbanks Senior Center. They receive SDS grant funds to provide Congregate and Home Delivered Meals, Assisted and Unassisted Transportation, Homemaker, Nutrition Education and Counseling, and Health Education. They also help with prescription pick-up and grocery shopping as resources allow. NSCoA is also certified to provide ALI/APDD waiver Chore, Meals and Transportation services. NSCoA serves the Fairbanks North Star Borough.

In this region there are numerous Home and Community Based Agencies offering, chore, respite, and other HCB senior services in the Fairbanks region. There are 9 certified Care Coordinators in the Fairbanks area which has led an inability of seniors to be able to access services. Many seniors who are approved for a waiver can’t utilize the waiver because they cannot find a Care Coordinator. In the rural areas, this number drops down to two providers offering services in the Southeast Fairbanks area and the Yukon-Koyukuk region.

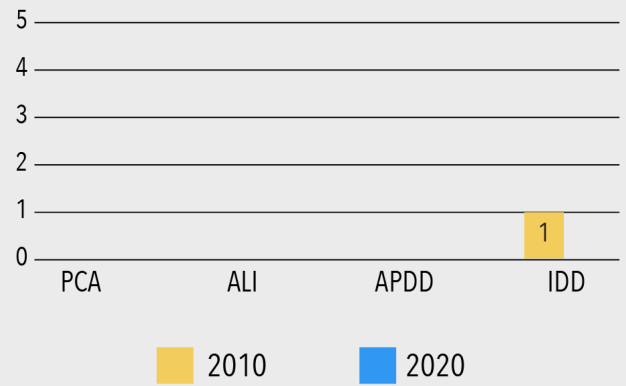
Medicaid Services FY 20 <i>Type of Service</i>	Fairbanks North Star <i># of Recipients</i>	Yukon-Koyukuk <i># of Recipients</i>	Southeast Fairbanks <i># of Recipients</i>	Denali <i># of Recipients</i>
Personal Care Assistance (65+)	74	2	22	1
Alaskans Living Independently (All recipients)	78	6	3	0
Community First Choice (65+)	18	0	2	1
Adults with Physical or Developmental Disabilities (60+)	0	0	0	0



SE Fairbanks Waiver Clients 60+ 2010-2020



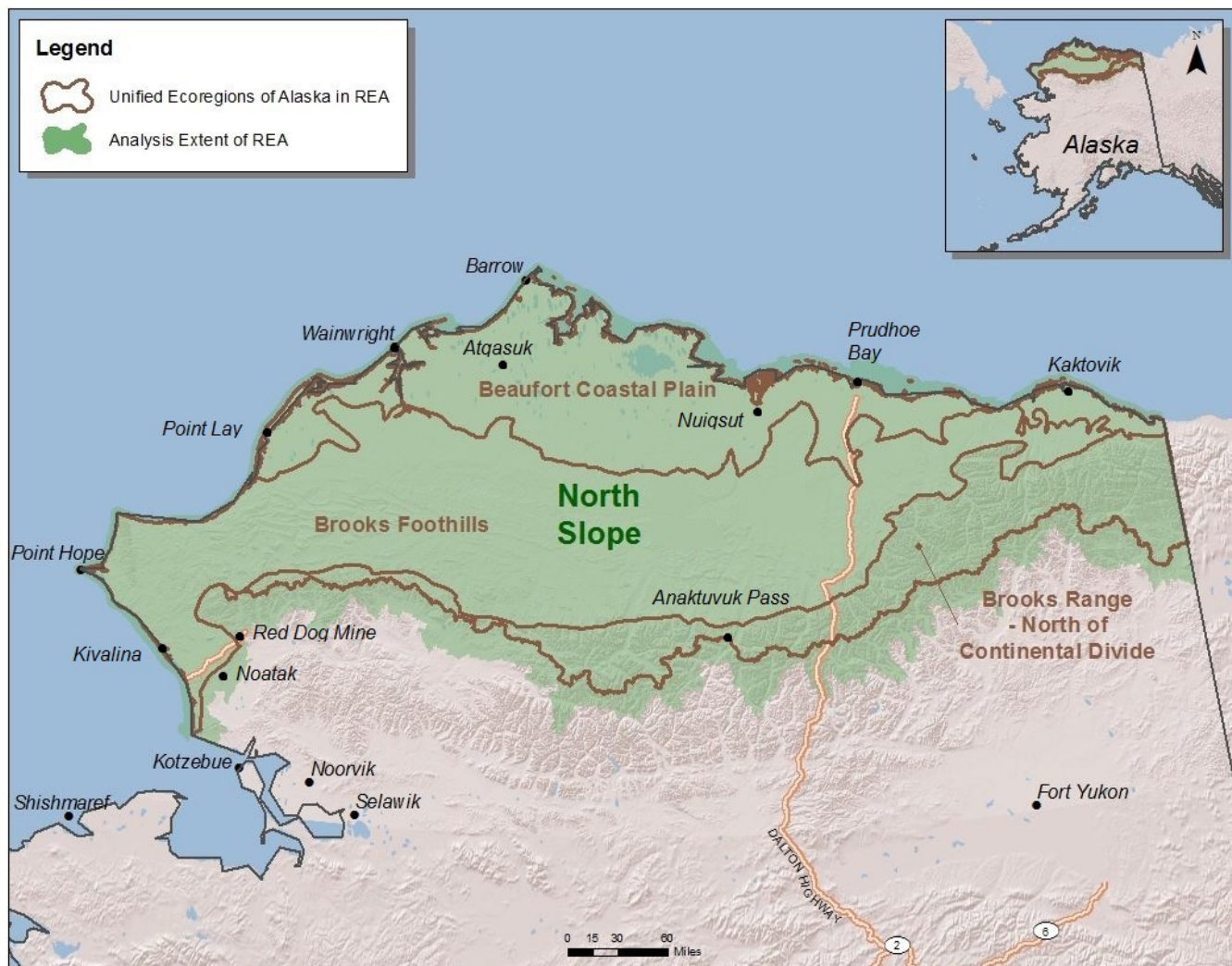
Denali Borough Waiver Clients 60+ 2010-2020



Region II Data Chart

SDS Senior Grants <i>Type of Service</i>	# Served	# of Providers
Senior In-Home: Case Management	96	3
Senior In-Home: Chore	86	3
Senior In-Home: Information and Assist	1	3
Senior In-Home: Respite Care	5	3
Senior In-Home: Service Coordination	14	3
Senior In-Home: Supplemental Services	1	3
Adult Day	24	1
Family Caregiver Support Services	41	2
Assisted Transportation	17	3
Congregate Meals	803	3
Home Delivered Meals	813	3
Homemaker	215	3
Respite	130	2
Unassisted Transportation	184	3

Region III

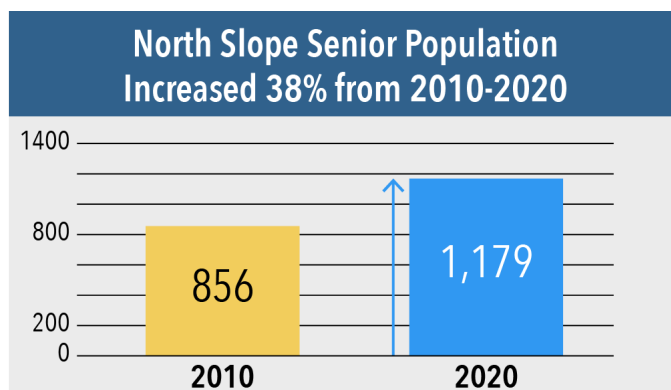


This region represents the North Slope Borough, which includes 8 communities. In 2020 it is estimated that about 1,179 seniors over the age of 60 reside in the region. The total population of the North Slope Borough is 9,796. The median household income in the North Slope Borough is \$79,306 while the per capita income is \$48,730. According to the U.S. Census Bureau, the North Slope Borough has 11.4% of the population living in poverty. Please note that the city of Barrow changed its official name to Utqiagvik in 2016 but official maps have not been updated.

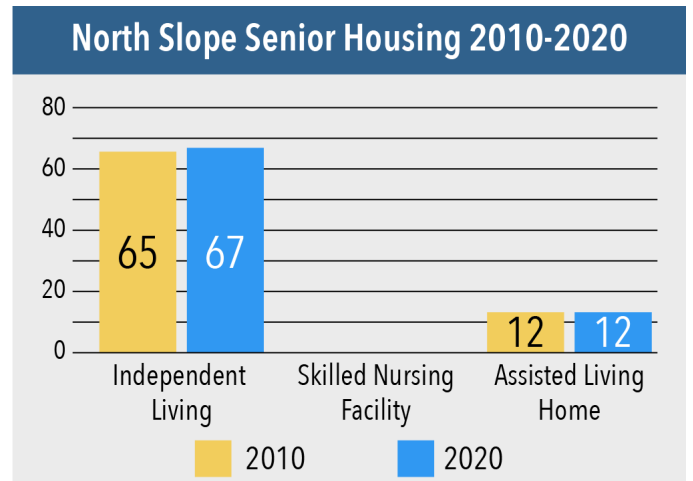
The North Slope's senior population increased from 856 seniors over age 60 to 1179 seniors over age 60. This is an increase of 38%.

There is one Independent Living Home with 37

beds located in Utqiagvik, 5 beds in Anaktuvuk Pass, 5 beds in Kaktovik, 5 beds in Nuiqsut, 5 beds in Point Hope and 5 beds in Wainwright. There is one Assisted Living home in Utqiagvik with 12 assisted living home beds. There is no skilled nursing facility.



Housing FY 20 <i>Type of Housing</i>	North Slope Borough <i>Total # of Units or Beds</i>
Independent Living Units	67
Skilled Nursing Facility Beds	0
Assisted Living Home Beds	12

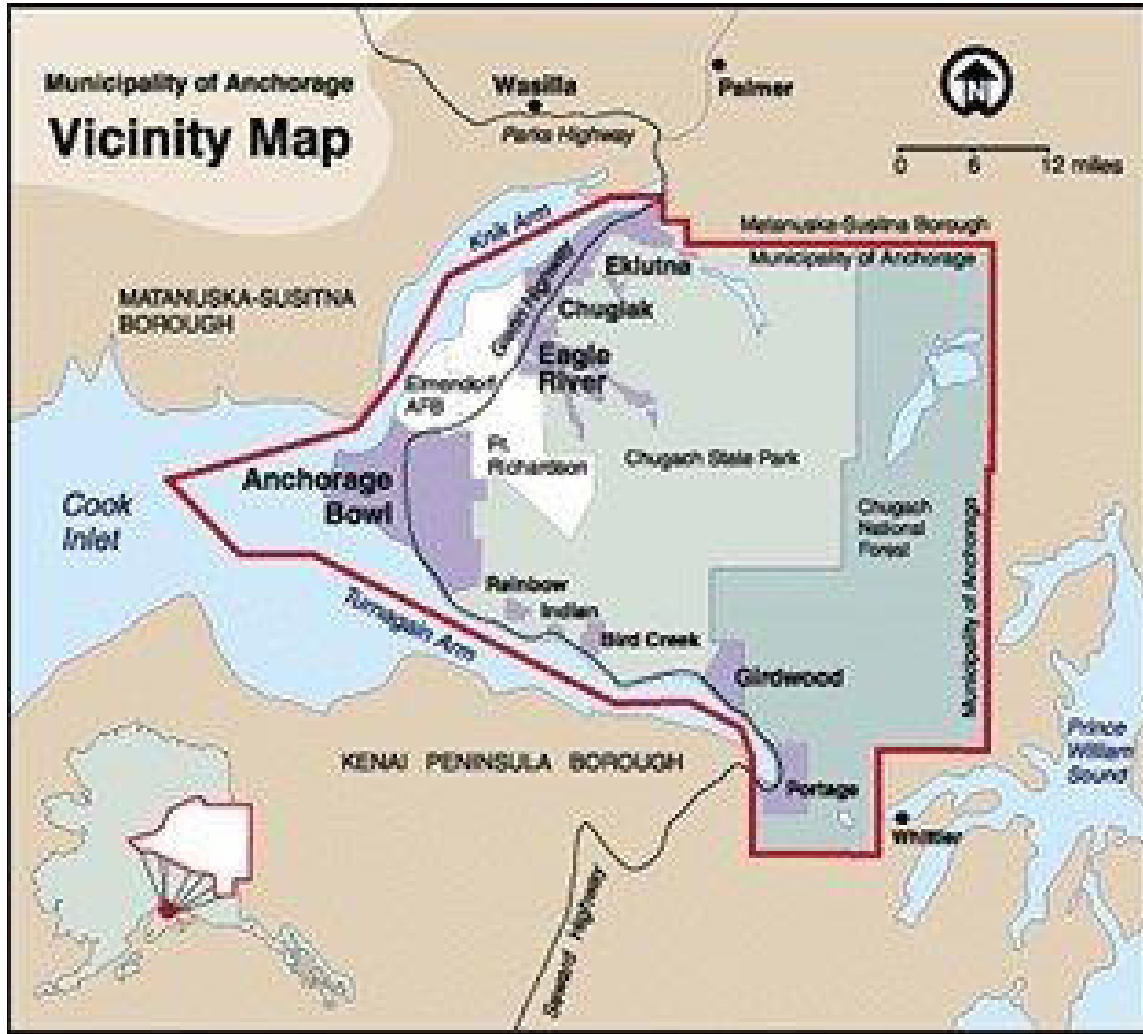


North Slope Borough receives SDS grant funds to provide Assisted and Unassisted Transportation. The Native Village of Barrow is a Title VI grantee and provides Meals, Support Services, Family Caregiver Supports, and Homemaker Services. Native Village of Point Hope is also Title VI grantees and provide Meals, Support Services and Family Caregiver Supports in the region. In addition to hot lunches, they also host a potluck for Seniors once a month in which traditional native foods are provided.

There are currently no Care Coordinators or Home and Community Based agencies that provide waiver services in this region. There are no current senior clients on Medicaid Waivers.

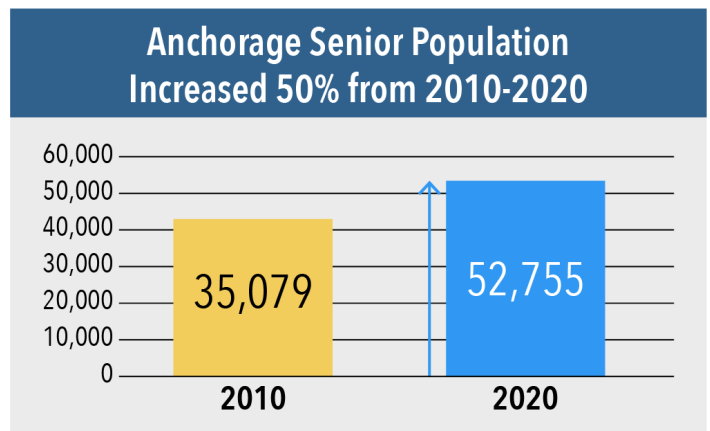
SDS Senior Grants <i>Type of Service</i>	# Served	Type of Unit	# of Providers
Assisted Transportation	238	One-way ride	1
Unassisted Transportation	450	One-way ride	1

Region IV



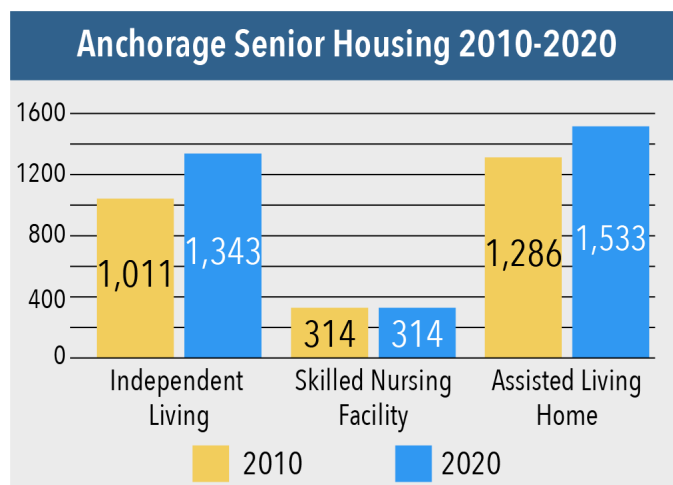
This region represents the Municipality of Anchorage, which includes 6 communities, Anchorage, Eklutna, Chugiak, Eagle River, Girdwood, and Joint Base Elmendorf Richardson. In 2020, it is estimated that 52,755 individuals were over the age of 60 in this region. The total population of the Anchorage Borough is 282,958. The median household income in Anchorage is \$84,928 while the per capita income was \$41,415. The poverty rate in Anchorage is 9.5%.

The population of seniors 60+ increased in Anchorage from 35,079 to 53,755 which is a 50% increase from 2010 to 2020.



The Municipality of Anchorage has 1338 senior independent living units which include 1193 units in Anchorage, 62 units in Chugiak, and 83 units in Eagle River. There are 1533 licensed assisted living home beds, which includes 192 Assisted Living Homes (1489 beds) in Anchorage, 4 Assisted Living Homes (19 beds) in Eagle River and 1 Assisted Living Home (21 beds) in Chugiak. In Anchorage there are 314 skilled nursing home beds of which there are 90 at Prestige and 224 at Providence Extended Care.

Housing FY 20 <i>Type of Housing</i>	Anchorage <i>Total # of Units or Beds</i>
Independent Living Units	1343
Skilled Nursing Facility Beds	314
Assisted Living Home Beds	1533



The Municipality of Anchorage (MOA) receives SDS grant funds to provide Unassisted Transportation and is certified to provide ALI/APDD waiver Transportation services. The MOA also receives SDS grant funds to provide Aging and Disability Resource Center services. The Salvation Army- Older Alaskans program receives SDS grant funds to provide Congregate and Home Delivered Meals. The Salvation Army-Older Alaskans program also receives SDS grant funds to provide Adult Day Services through the Serendipity Adult Day Program. Chugiak Senior Citizens receives funds to run their Adult Day Program which is also certified for ALI/APDD waiver. Chugiak Senior Citizens also receives funds for Homemaker Services, Information and Assistance, Outreach, Information and Assistance and Assisted and Unassisted Transportation.

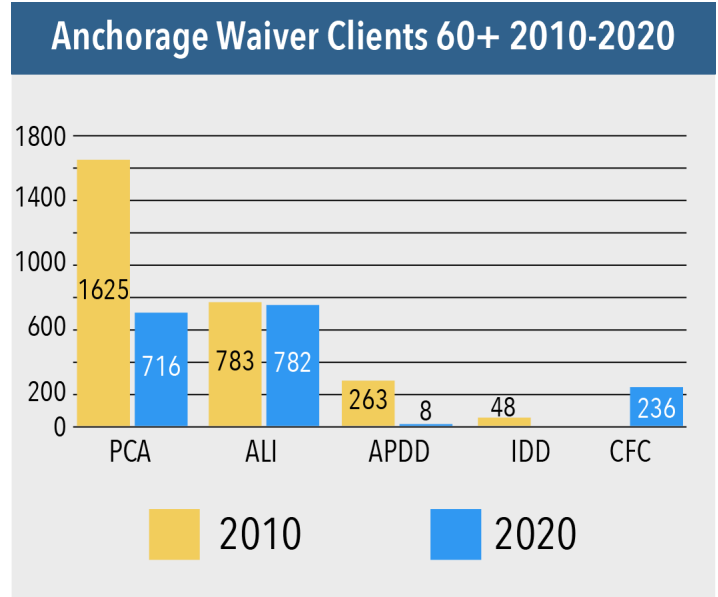
Alzheimer’s Resource of Alaska (ARA) receives SDS grant funds to provide Case Management, Respite, Extended Respite, Chore, Supplemental Services, Alzheimer’s Disease and Related Disorders Education, Support and Mini Grants, and National Family Caregiver Support program. ARA is certified to provide ALI/APDD waiver Care Coordination services. Hospice of Anchorage also receives SDS grant funds to provide Case Management, Chore, Respite and Supplemental Services.

Chugiak Senior Citizens, Inc, receives SDS grant funds to provide Congregate and Home Delivered Meals, Assisted and Unassisted Transportation. Chugiak Senior Citizens, Inc, is certified to provide ALI/APDD waiver Adult Day, Meals, Respite, Assisted Living, and Transportation. Southcentral Foundation (SCF) is a Title VI grantee and provides Meals, Support Services and Family Caregiver Supports through their Elders Program. The program provides a hot lunch program Monday through Friday, advocacy, information and assistance and referral services. Light housekeeping, in-home visits and scheduled transportation are provided for those who are eligible. Group outings and health and social activities are scheduled on a regular basis. SCF is also certified to provide ALI/APDD waiver Care Coordination, Meals, and Transportation.

In this region seniors can choose from numerous providers certified for Care Coordination and waiver services.

Region IV- Data Charts

Medicaid Services FY 20 <i>Type of Service</i>	Anchorage <i># of Recipients</i>
Personal Care Assistance (Over 65+)	716
Alaskans Living Independently (All Recipients)	782
Adults w/ Physical or Developmental Disabilities (Over 65+)	8
Community First Choice	236

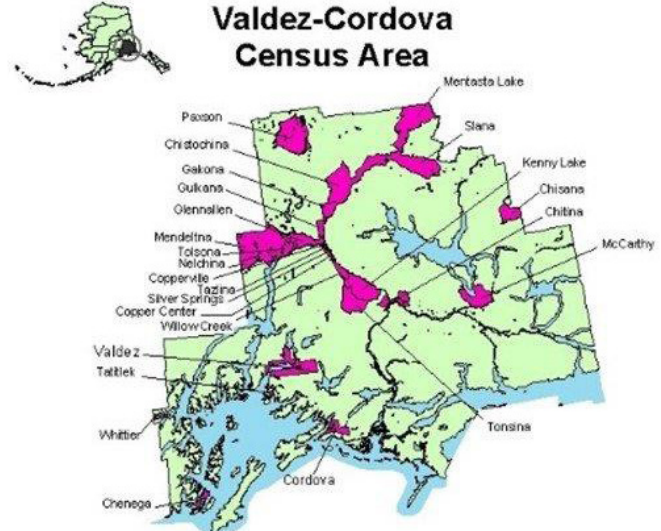
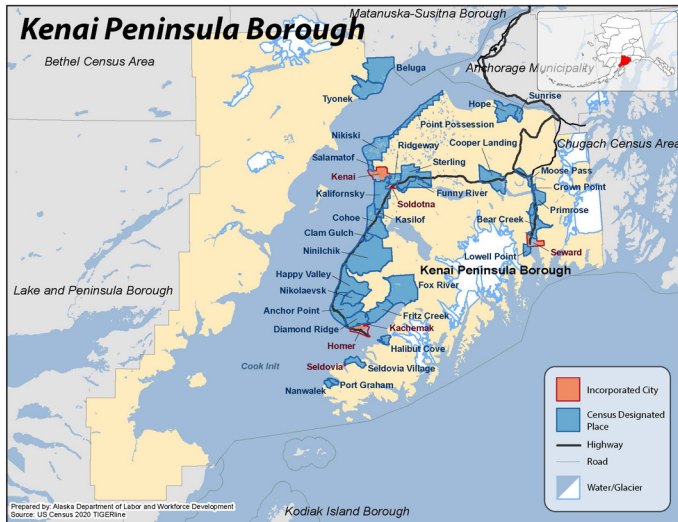


SDS Senior Grants <i>Type of Service</i>	# Served	# of Providers
Senior In-Home: Case Management	59	3
Senior In-Home: Chore	19	3
Senior In-Home: Respite Care	16	3
Senior In-Home: Supplemental Services	31	3
Adult Day	86	2
Family Caregiver Support Services	24	1
ADRC (60+)	868	1
Nutrition/Transportation/ Support Services: Assisted Transportation	26	1
Nutrition/Transportation/ Support Services: Congregate Meals	783	2
Nutrition/Transportation/ Support Services: Home Delivered Meals	921	2
Nutrition/Transportation/ Support Services: Homemaker	9	1
Nutrition/Transportation/ Support Services: Nutrition Education	6	1
Nutrition/Transportation/ Support Services: Unassisted Transportation	1,088	2

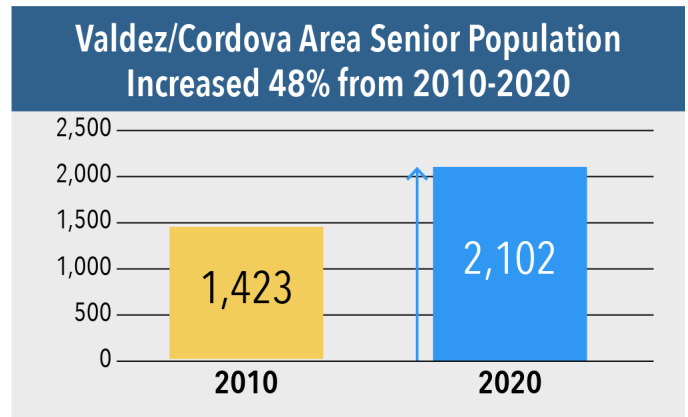
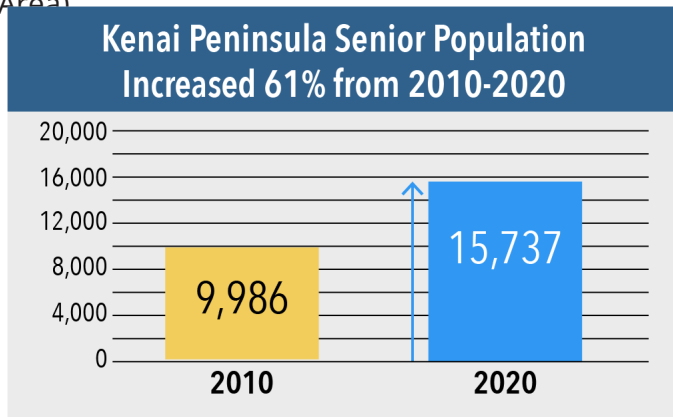
Region V

Region V is divided into the Kenai Peninsula and the Valdez Cordova Census area (Va) and the Matanuska-Susitna Borough (Vb).

Region Va



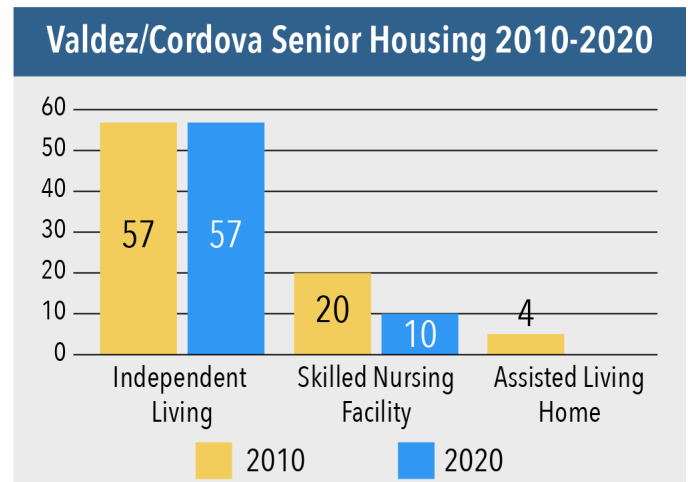
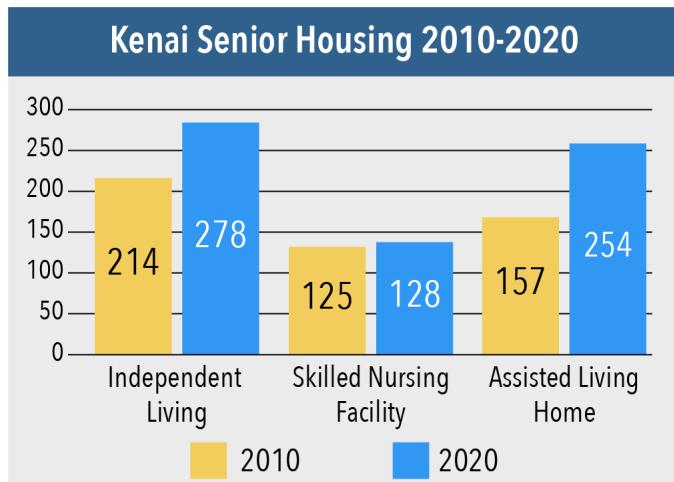
This region represents the Valdez-Cordova Census Area, which includes 25 communities and the Kenai Peninsula Borough, which includes 37 communities. From 2010 through 2020, the population of seniors age 60+ increased in the Kenai Peninsula from 9,986 to 15,733 which is an increase of 58%. The Valdez-Cordova area seniors increased from 1,423 seniors 60+ to 2,102 which is an increase of 48%. (Please note that the Valdez/Cordova Census area was split into the Chugach Census area and the Copper River Census Area in 2019. For the sake of continuity, we are still referring to it as the Valdez/Cordova Census Area)



Facts 2020 Census	Valdez/Cordova	Kenai Peninsula
Population	9,284	59,002
Median household income (in 2019 dollars), 2015-2019	\$79,867	\$66,064
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$38,907	\$34,226
Persons in poverty, percent	8.60%	10.40%

Senior housing options in this the Mat-Su and Kenai Peninsula are as follows:

Housing FY 20 <i>Type of Housing</i>	Kenai Peninsula Borough <i>(Total # of Units or beds)</i>	Valdez-Cordova Census Area <i>(Total # of Units or beds)</i>
Independent Living Units	278	57
Skilled Nursing Facility Beds	128	10
Assisted Living Home Beds	254	0



Frontier Community Services received NTS funds to provide Homemaker Services in Soldotna and funding for the Forget-Me-Not Adult Day program. Homer Senior Citizens receives NTS funds for Congregate and Home delivered meals and funding for their Adult Day program. The City of Kenai receives NTS funding to provide Assisted and Unassisted transportation, congregare and home delivered meals, Homemaker Services, Information and Assistance, Nutrition education and NTS Outreach. Ninilchik Senior Citizens received NTS funding to provide their elders with Congregate and Home Delivered meals, Homemaker services, Information and Assistance, and NTS Outreach. Seward Senior Citizens, Inc. receives NTS funds to provide congregare and home delivered meals. They also use the funds to provide Health Promotion and Disease prevention by offering Tai Chi for Arthritis and Tai Chi for Diabetes, and the Stay Active and Independent for Life program. Soldotna Area Senior Citizens offers Congregate and Home Delivered Meals, Information and Assistance, Outreach, Assisted and Unassisted Transportation, Homemaker Services and Public Information. Soldotna Area Seniors also receives NFCSP to offer Caregiver Support Groups, Caregiver Training, Case Management, Assessment and Counseling Services, Information and Assistance and Outreach.

The Valdez Senior Center receives Title VI funding for Meals on Wheels and Meals-on-the-go. They also offer transportation, personal care services, exercise, pet therapy and a host of other activities and services. The Cordova Community Medical Center also provides transportation, meals, and social activities for seniors in Cordova.

Seldovia Village Tribe is a Title VI grantee and provides Meals, Fitness Programs and Home Visitation. Chugachmiut is a Title VI grantee and supports the seniors of the Chugach Region - Eyak (Cordova), Seward, Valdez, Port Graham, Chenega, Nanwalek (English Bay), and Tatitlek - with nutrition and other supportive activities. They also offer caregiver assistance including individual and group counseling, support groups and respite services.

The City of Kenai receives grants from SDS to run The Kenai Senior Center which is certified to provide ALI/APDD waiver Meals and Transportation Services. The Kenaitze Indian Tribe, IRA is a Title VI grantee and provides Meals, Support Services, Family Caregiver Support services, transportation, home visits, abuse and neglect prevention, advocacy and other services and activities. The Nikiski Senior Citizens, Inc, which serves, Nikiski, Gray Cliff, Mosse Point, Beluga, Tyonek, and Kustatan, receives SDS grant funds to provide Homemaker, Case Management and Chore services. The Nikiski Senior Citizens provides Chore, Meals, Respite and Transportation services through their Senior Center.

The Ninilchik Traditional Council has an Elders Outreach Program which provides services to elders 55+ including elder luncheons, home visits, caregiver support, transportation, and numerous other services to enrich the lives of their seniors and protect their cultural traditions. They also provide elder housing to qualified elderly families.

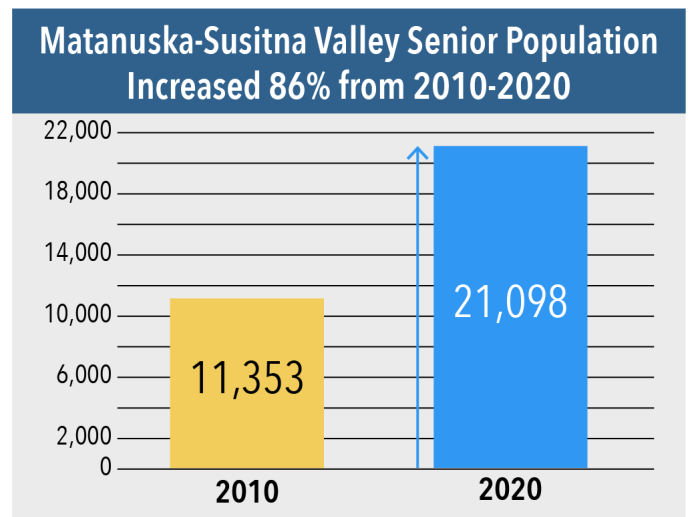
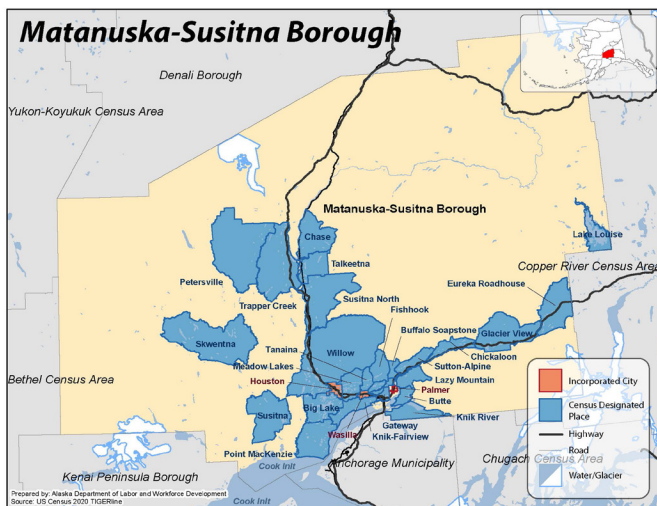
Anchor Point Senior Center provides a host of services including Thursday Night Dinners, dog walking groups, Arts and Crafts and chair yoga among other activities. They also offer 2-bedroom apartment units for seniors.

Cordova Senior Services receives SDS grant funds to provide Congregate and Home Delivered Meals, Assisted and Unassisted Transportation services. The Native Village of Eyak is a Title VI grantee and provides Meals, Support Services and Family Caregiver Support services. The Valdez Senior Citizens Center (VSCC) receives SDS grant funds to provide Congregate and Home Delivered Meals and Assisted and Unassisted Transportation services. VSCC is certified for ALI/APDD waiver Care Coordination, Chore, Meals, Respite and Transportation in addition to Personal Care Assistance Services.

There are three Care Coordinators serving seniors in Valdez-Cordova. There are 12 Care Coordinator providers in the Kenai Peninsula, and two in Valdez-Cordova certified for ALI/APDD waiver Chore service. There are 20 providers in Kenai Peninsula, and two in Valdez-Cordova certified for ALI/APDD waiver Respite service. There are three in Kenai Peninsula certified for ALI/APDD waiver Adult Day Service. There are seven waiver meal service providers on the Kenai Peninsula, and one in Valdez-Cordova. There are nineteen certified ALI/APDD transportation services in Kenai Peninsula, and one in Valdez-Cordova. There are seven PCA providers on the Kenai Peninsula and two in Valdez-Cordova. Please note that services may be provided by agencies located outside of the region or to recipients located outside of the region and it is not intended to exclude providers.

Region Vb

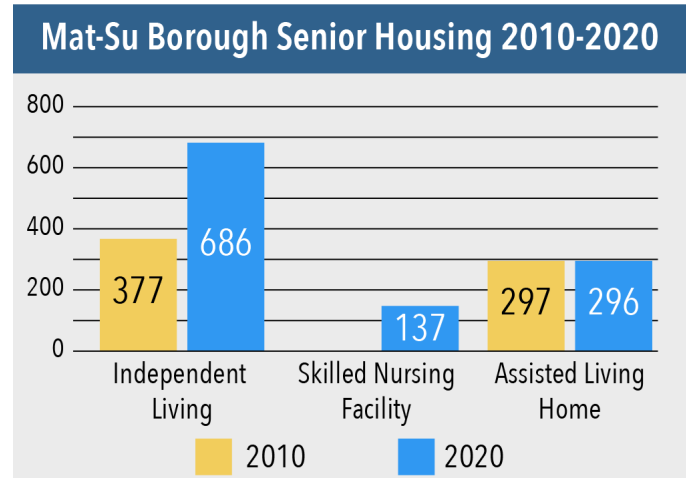
This region represents the Matanuska-Susitna Borough, which includes 30 communities. From 2010 to 2020, the 60+ senior population in the Mat-Su valley increased from 11,353 to 21,098 which is an increase of 86%.



Facts 2020 Census	Mat-Su
Population	110,721
Median household income (in 2019 dollars), 2015-2019	\$75,493
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$31,232
Persons in poverty, percent	9.60%

Senior Housing in the Mat-Su Valley is as follows:

Housing FY 20 <i>Type of Housing</i>	Mat-Su <i>(Total # of Units or beds)</i>
Independent Living Units	686
Skilled Nursing Facility Beds	134
Assisted Living Home Beds	296



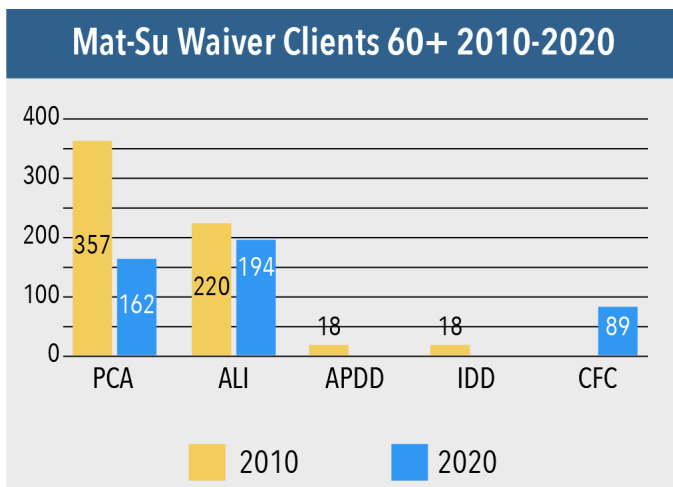
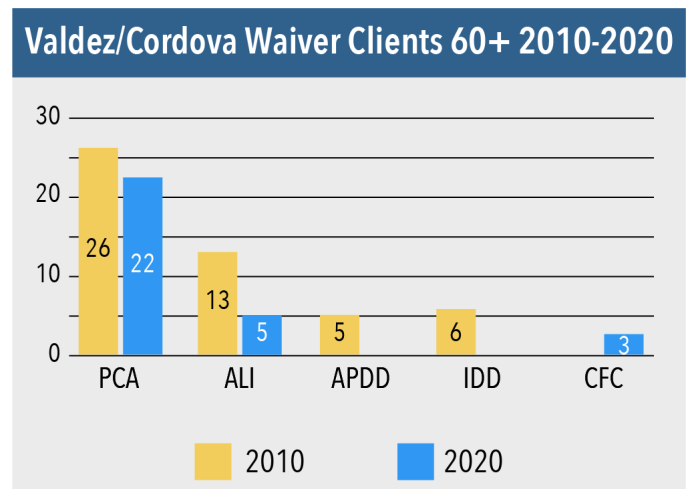
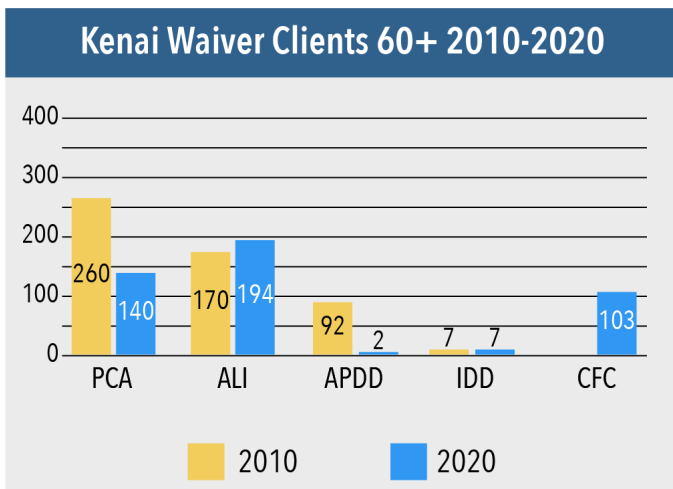
In the Mat-Su Valley, Palmer Senior Citizens, Inc. and Wasilla Area Seniors receive funding to provide Family Caregiver Support Program services and Senior In-Home services. They provide Strong Seniors exercise programs at the Eagles Nest, Knick Manor Senior Housing, Meadow Lakes, the Wasilla Senior Center and the Palmer Senior Center. They also provide home delivered meals through sites in Talkeetna and Houston.

Chickaloon Native Village provides Title VI meals and rides to their area. The Knik tribe in Palmer also provides Title VI services as does Chugachmiut in the Chugach regions.

At the time of this writing there are 22 certified Care Coordination providers in Mat-Su. There are fourteen providers certified for ALI/APDD waiver respite in the Mat-Su area. Southcentral Foundation also provides Care Coordination services in the Mat-Su area. There are two Medicaid waiver adult day centers in the Mat-su region and two Waiver meal service providers.

Region Va & Vb- Data Charts

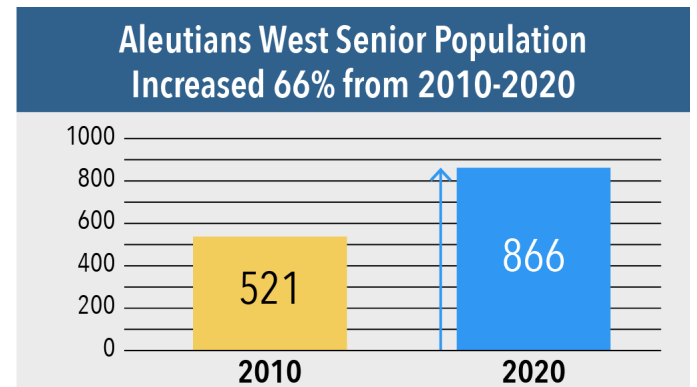
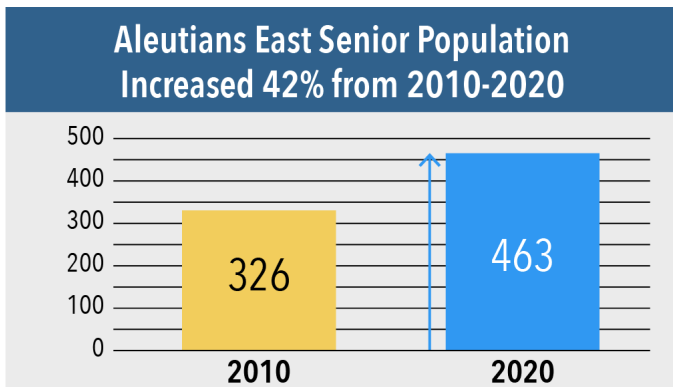
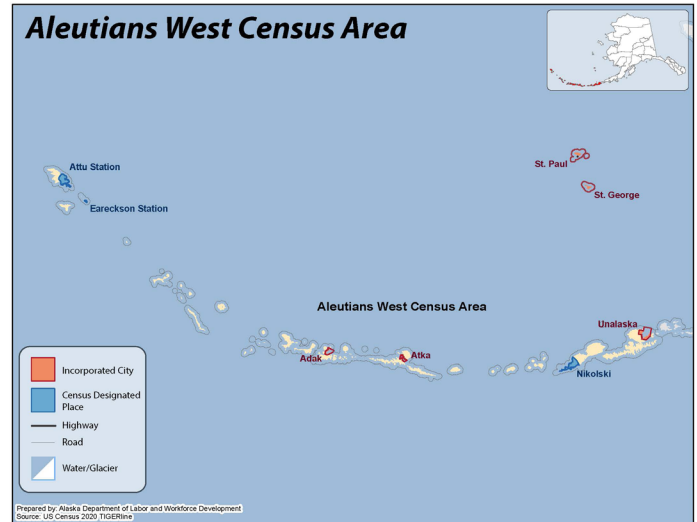
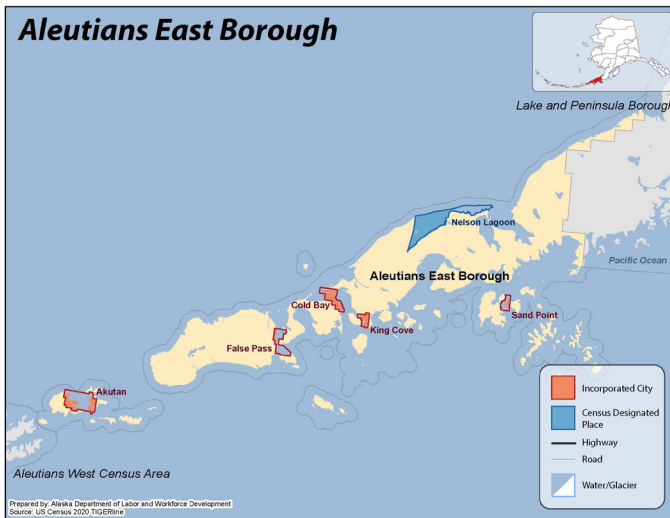
Medicaid Services FY 20 <i>Type of Service</i>	Kenai Peninsula <i># of Recipients</i>	Valdez-Cordova Borough <i># of Recipients</i>	Mat-Su Borough <i># of Recipients</i>
Personal Care Assistance (65+)	140	22	162
Alaskans Living Independently (All recipients)	194	5	194
Community First Choice (65+)	103	3	89
Adults with Physical or Developmental Disabilities (60+)	2	0	0



SDS Senior Grants <i>Type of Service</i>	# Served	# of Providers
Senior In-Home: Case Management	178	3
Senior In-Home: Chore	201	3
Senior In-Home: Respite Care	22	3
Senior In-Home: Supplemental Services	36	3
Adult Day	100	3
Family Caregiver Support Services	94	2
ADRC (60+)	1,057	N/A
Nutrition/Transportation/ Support Services: Assisted Transportation	324	5
Nutrition/Transportation/ Support Services: Congregate Meals	2,945	10
Nutrition/Transportation/ Support Services: Home Delivered Meals	2,383	11
Nutrition/Transportation/ Support Services: Homemaker	165	5
Nutrition/Transportation/ Support Services: Health Promotion and Disease Prevention	495	3
Nutrition/Transportation/ Support Services: Information and Assistance	2,193	6
Nutrition/Transportation/ Support Services: Nutrition Education	111	4
Nutrition/Transportation/ Support Services: Outreach	188	8
Nutrition/Transportation/ Support Services: Unassisted Transportation	497	8

Region VI

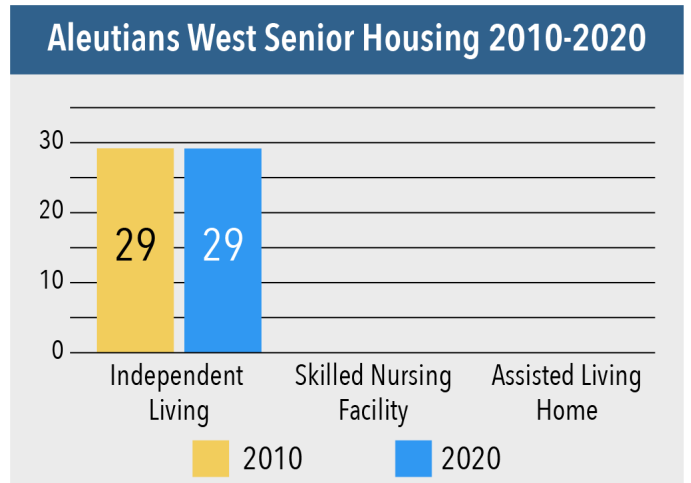
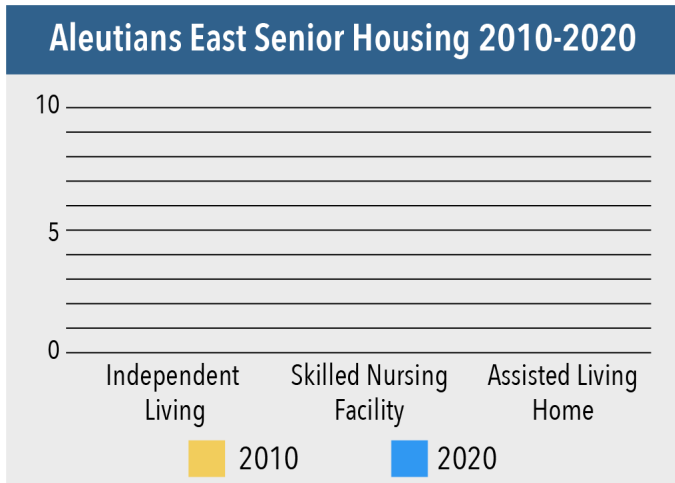
This region represents the Aleutians East Borough, which includes 9 communities and Aleutians West Census Area, which includes 8 communities. The senior population in the Eastern Aleutians grew from 326 seniors 60+ in 2010 to 463 in 2020. In the Western Aleutian Islands, the senior population grew from 521 seniors 60+ in 2010 to 866 in 2020. Those are growths of 42% and 66%, respectively.



Facts 2020 Census	Aleutians East	Aleutians West
Population	3,221	5,622
Median household income (in 2019 dollars), 2015-2019	\$87,466	\$69,250
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$39,647	\$33,939
Persons in poverty, percent	7.60%	14.80%

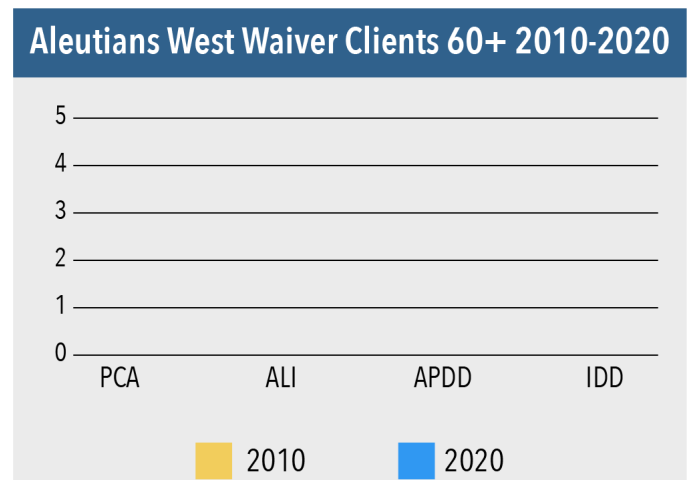
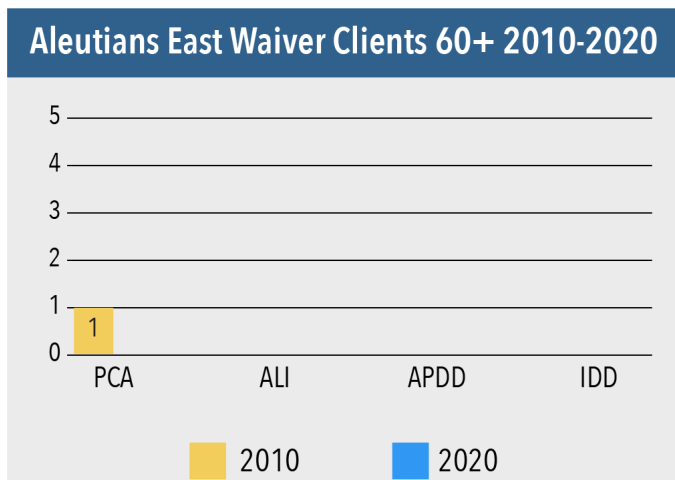
The Aleutian West has two independent senior housing homes which includes 14 units in St. Paul and 15 units in Unalaska.

Housing FY 20 <i>Type of Housing</i>	Aleutians East Borough <i>Total # of Units or Beds</i>	Housing FY 20 <i>Total # of Units or Beds</i>
Independent Living Units	0	29
Skilled Nursing Facility Beds	0	0
Assisted Living Home Beds	0	0



The Unalaska Senior Citizens receives Title VI funds to provide Meals on Wheels, a Senior Lunch program, regular transportation and an exercise program. The Aleutian Pribilof Islands Association (APIA) is a title VI grantee and provides Meals, Support Services and Family Caregiver Support services. APIA also receives DBH grant funds to provide the Senior Outreach, Assessment and Referral project. Aleutian Island Pribilof Islands Association is certified to provide Personal Care Assistance services, respite, RSVP and health promotion. There are currently no Care Coordinators or HCB agencies who serve the Aleutian Islands hence there are no recipients receiving Medicaid Waiver services. Please note that services may be provided by agencies located outside of the region and it is not intended to exclude providers.

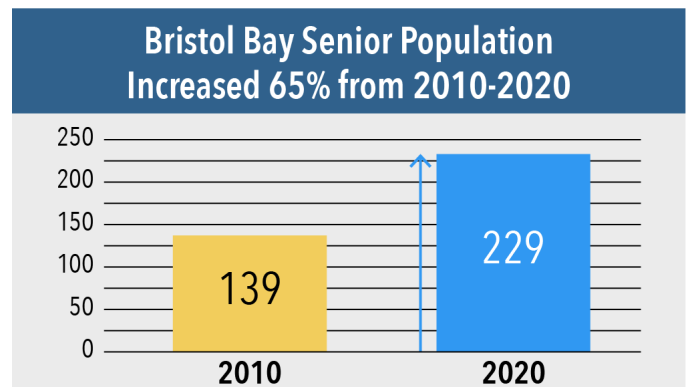
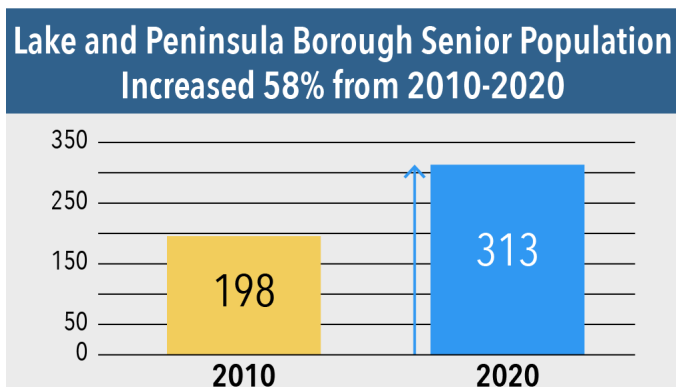
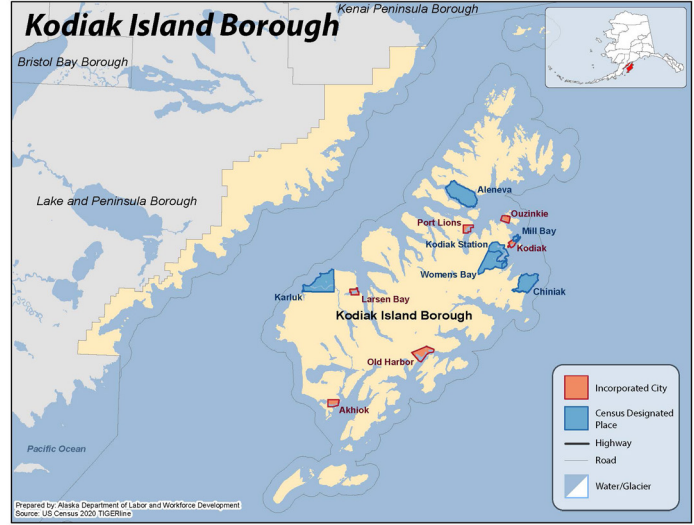
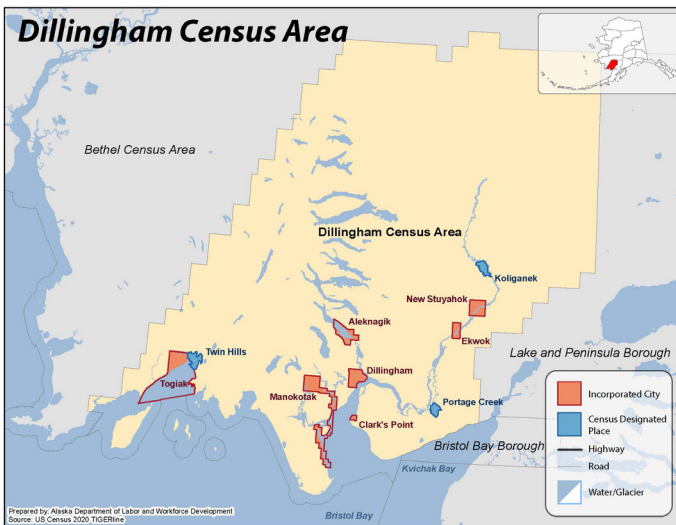
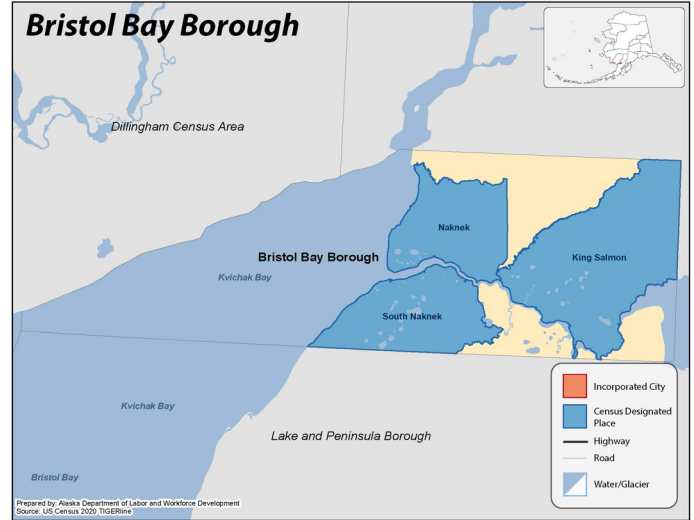
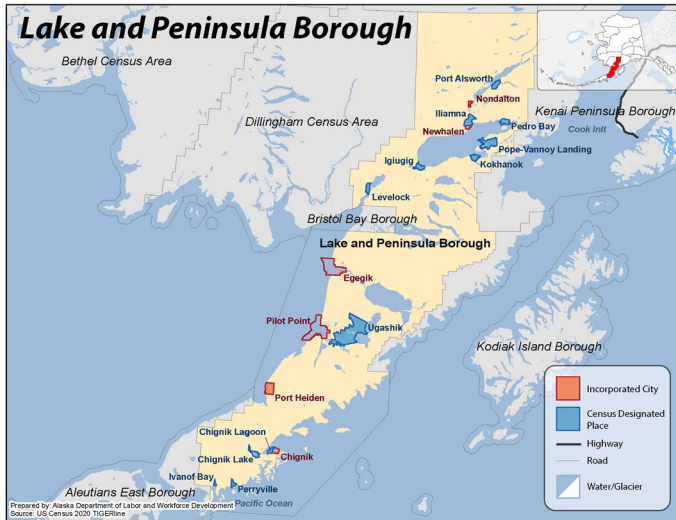
Region VI - Data Charts



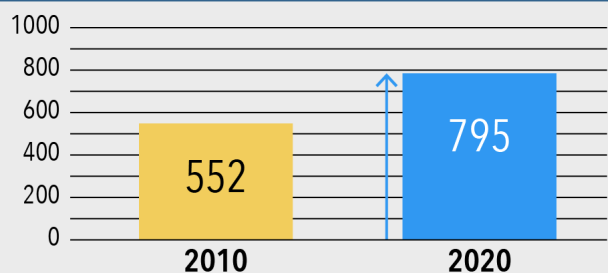
SDS Senior Grants <i>Type of Service</i>	# Served	Units of Service	Type of Unit	# of Providers
Assisted Transportation	11		One-way ride	1
Congregate Meals	57		Meals	1
Health Education			Contacts	1
Home Delivered Meals	21		Meals	1
Homemaker	6		Hours	1
Information and Assistance	N/A	199	Contacts	1
Nutrition Education	N/A	3	Contacts	1
Outreach	84		Contacts	1
Unassisted Transportation	N/A	86	One-way ride	1
Senior In-Home: Case Management	225			

Region VII

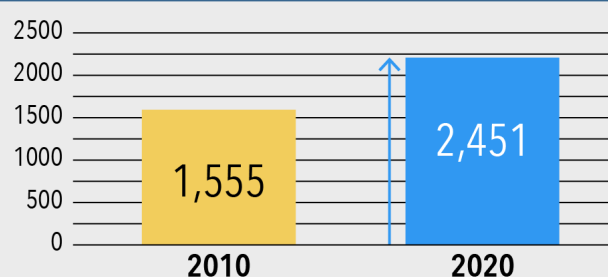
This region represents the Dillingham Census Area, which includes 10 communities, Bristol Bay Borough, which includes 3 communities, Lake and Peninsula Borough, which includes 18 communities and Kodiak Island Borough, which includes 11 communities. In 2020, it is estimated that 3,754 individuals were over the age of 60 in this region.



Dillingham Senior Population Increased 44% from 2010-2020



Kodiak Senior Population Increased 58% from 2010-2020

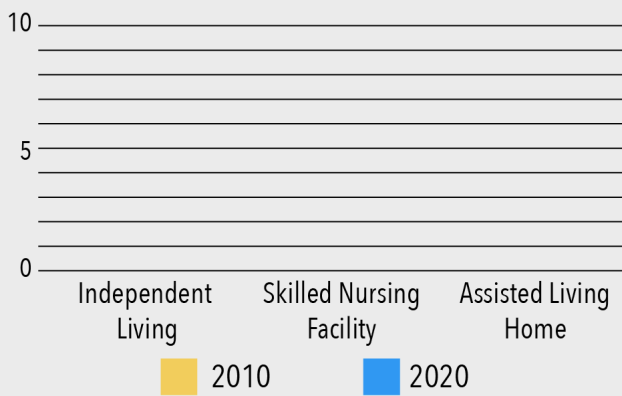


Facts 2020 Census	Lake and Peninsula Borough	Bristol Bay	Dillingham	Kodiak
Population	12,494	4,766	748	1,584
Median household income (in 2019 dollars), 2015-2019	\$85,839	\$56,898	\$79,808	\$44,135
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$32,876	\$25,993	\$44,168	\$24,836
Persons in poverty, percent	7.10%	18.10%	9.80%	17.40%

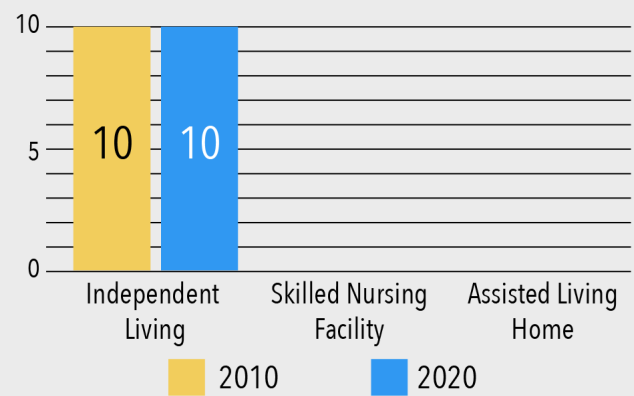
Bristol Bay Borough has one independent senior housing unit in Naknek which has 10 beds. Dillingham Census Area has one independent housing unit with 5 beds in New Stuyahok. Kodiak Island has 3 independent living homes with 92 beds between them, 1 Assisted Living Home (15 beds), and Providence Kodiak Island LTC has 22 Skilled Nursing Facility beds.

Housing FY 20 <i>Type of Housing</i>	Lake and Peninsula Borough <i>Total # of Units or Beds</i>	Bristol Bay <i>Total # of Units or Beds</i>	Dillingham <i>Total # of Units or Beds</i>	Kodiak <i>Total # of Units or Beds</i>
Independent Living Units	0	10	10	92
Skilled Nursing Facility Beds	0	0	0	22
Assisted Living Home Beds	0	0	15	15

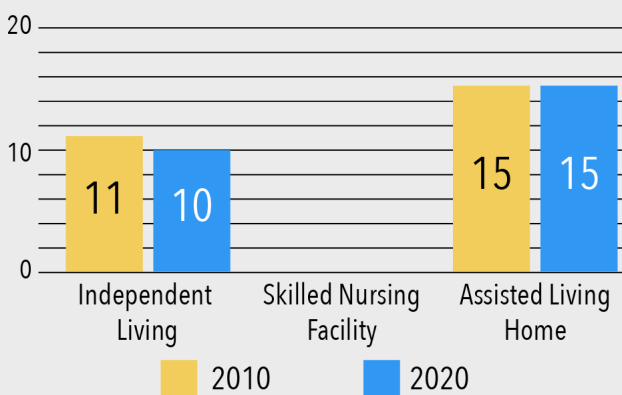
Lake and Peninsula Senior Housing 2010-2020



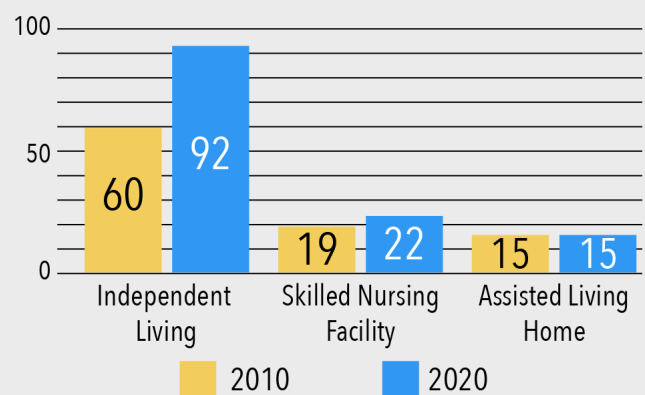
Bristol Bay Senior Housing 2010-2020



Dillingham Senior Housing 2010-2020



Kodiak Senior Housing 2010-2020



The Bristol Bay Native Association (BBNA) receives SDS Grant funds to provide Options Counseling, Homemaker/Chore Services, Respite Care Services, Information and Referral, Person-Centered Screenings, Community Outreach, Medical Equipment Lending and Advocacy and Assistance. BBNA is a Title VI grantee and provides Meals, Support Services and Family Caregiver Support services in Pilot Point, Igiugig, Chignik Bay, Newhalen, Twin Hills, New Stuyahok, Koliganek, Ekwok, Perryville, Kokhanok, Manakotak, Port Heiden, Kaknek, Chignik Lake, Clark's Point, and Togiak.

The City of Dillingham Senior Center receives SDS grant funds to provide Congregate and Home Delivered Meals, along with Assisted and Unassisted Transportation services. The Dillingham Senior Center is certified for ALI/APDD waiver. The City of Aleknagik receives SDS grant funds to provide Unassisted Transportation services including transportation to and from Dillingham. Alzheimer's Resource of Alaska (ARA) receives SDS grant funds to provide Chore, Respite, Extended Respite, Alzheimer's Disease and Related Disorders Education, Support and Mini Grants and National Family Caregiver Support services. ARA is a certified for ALI/APDD waiver Chore and Respite.

The Senior Citizens of Kodiak, Inc. receives SDS grant funds to provide Congregate and Home Delivered Meals, Assisted and Unassisted Transportation, Nutrition Education, Chore, Respite, Adult Day Services-Island Cove, and National Family Caregiver Support Program services. Senior Citizens of Kodiak is certified for Adult Day Services, Meals, Chore and Transportation services. Kodiak Area Native Association (KANA) receives Title VI grant funds to provide Meals, Support Services and Family Caregiver Support services and contracts with Senior Citizens of Kodiak to services in the villages.

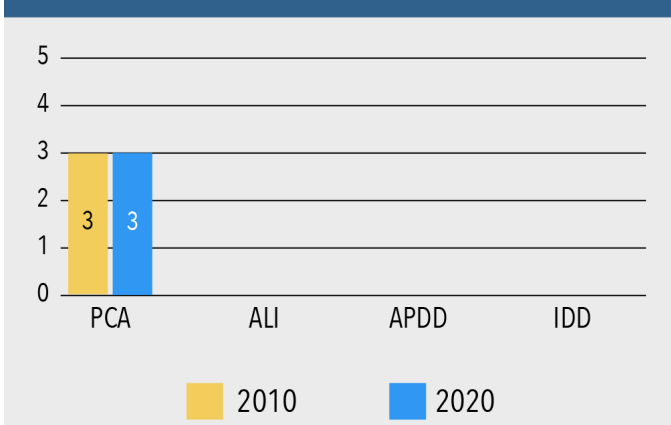
There are no Care Coordinators in Bristol Bay, Dillingham, or in Lake and Peninsula County. There is one certified Care Coordinator on Kodiak Island. All Ways Caring Home Care is a certified respite provider serving Bristol Bay region and Dillingham. Kodiak Island had one certified respite provider for ALI/APDD waiver recipients. Island Cove Adult Day program is in Kodiak and is certified for waiver recipients.

Senior Citizens of Kodiak is certified for ALI/APDD waiver Meal services. There is one provider in Bristol Bay/Lake & Peninsula/Dillingham and two in Kodiak Island certified for ALI/APDD waiver Transportation services. The Kodiak Assisted Living and Group Home on Kodiak Island is certified for ALI/APDD waiver Assisted Living Home services. There are no assisted living homes Bristol Bay or Lake & Peninsula County. One provider in Kodiak Island is certified for Personal Care Assistance services. All Ways Caring Homecare in Dillingham is certified to provide PCA services in the Dillingham and Bristol Bay region. There are no PCA Services in Lake & Peninsula County.

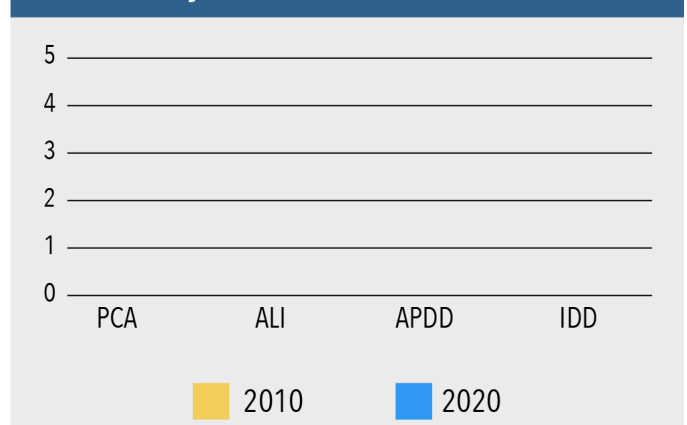
Region VII Data Charts

Medicaid Services FY 20 <i>Type of Service</i>	Lake and Peninsula Borough <i># of recipients</i>	Bristol Bay <i># of recipients</i>	Dillingham <i># of recipients</i>	Kodiak <i># of recipients</i>
Personal Care Assistance (Over 65+)	3	0	18	20
Older Alaskans Waiver (All Recipients)	0	0	0	6
Adults w/ Physical Disabilities (Over 65+)	0	0	0	1
Community First Choice Waiver (Over 65+)	0	0	0	3

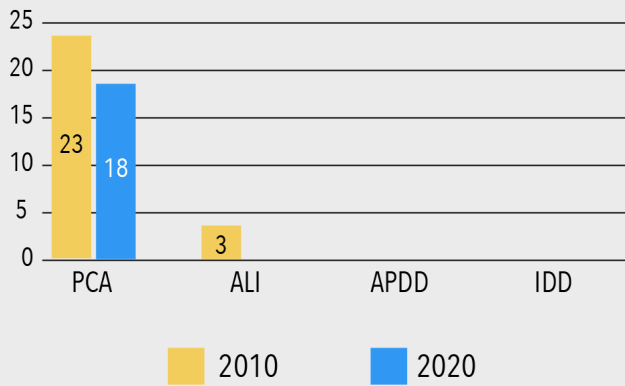
Lake & Peninsula Waiver Clients 60+ 2010-2020



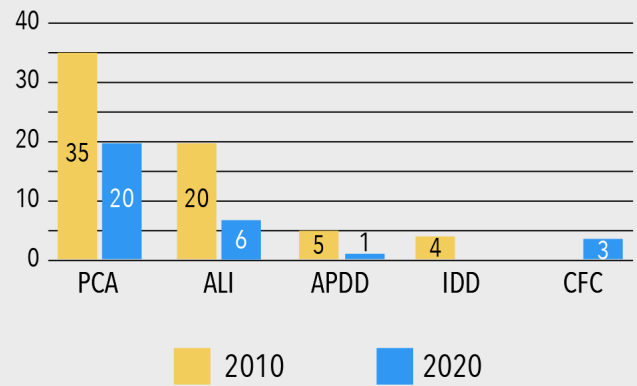
Bristol Bay Waiver Clients 60+ 2010-2020



Dillingham Waiver Clients 60+ 2010-2020



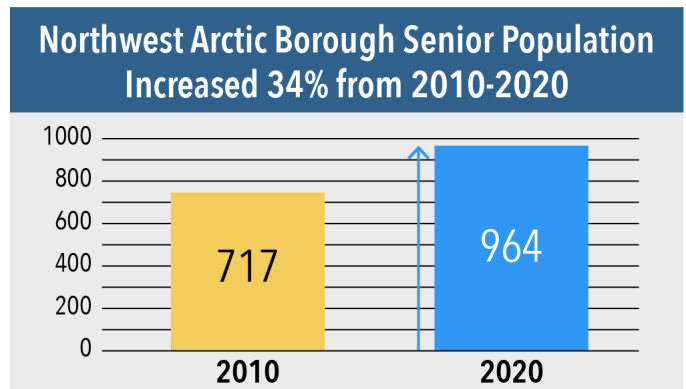
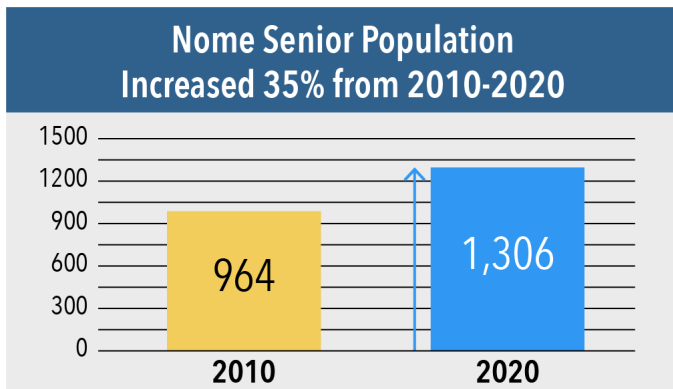
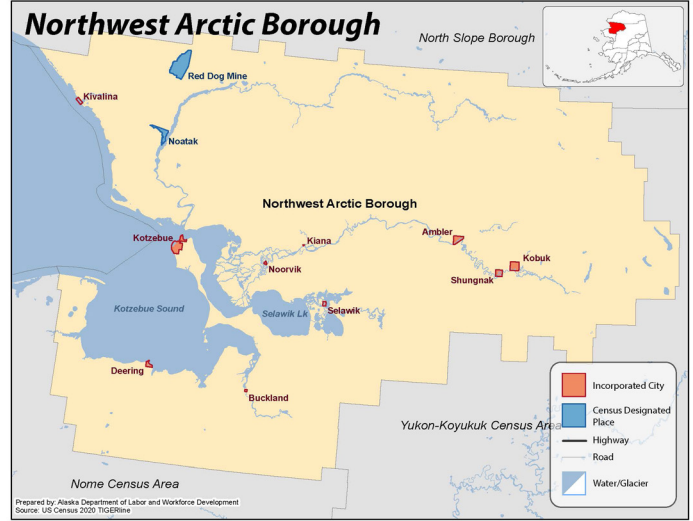
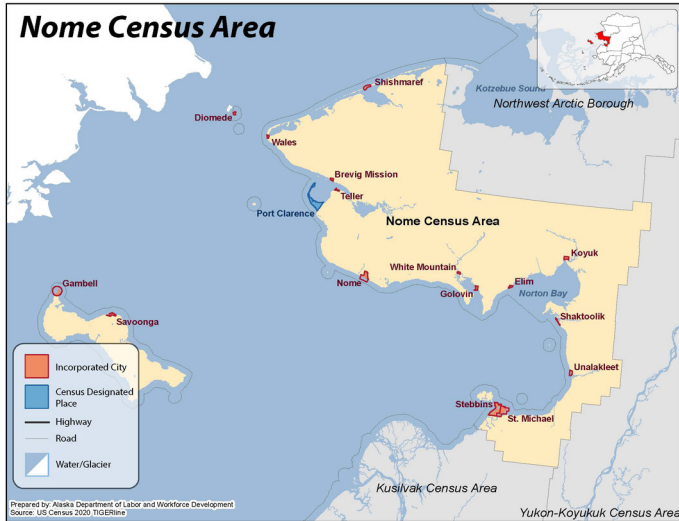
Kodiak Waiver Clients 60+ 2010-2020



SDS Senior Grants <i>Type of Service</i>	# Served	Type of Unit	# of Providers
Senior In-Home: Case Management	32	Contacts	3
Senior In-Home: Chore	20	Hours	3
Adult Day	29	Hours	1
Family Caregiver Support Services	91	I/A, counseling, training, support group, case management, supplemental service	1
Assisted Transportation	116	One-way ride	3
Congregate Meals	982	Meals	4
Home Delivered Meals	622	Meals	4
Outreach	98	Contacts	1
Unassisted Transportation	33	One-way ride	2

Region VIII

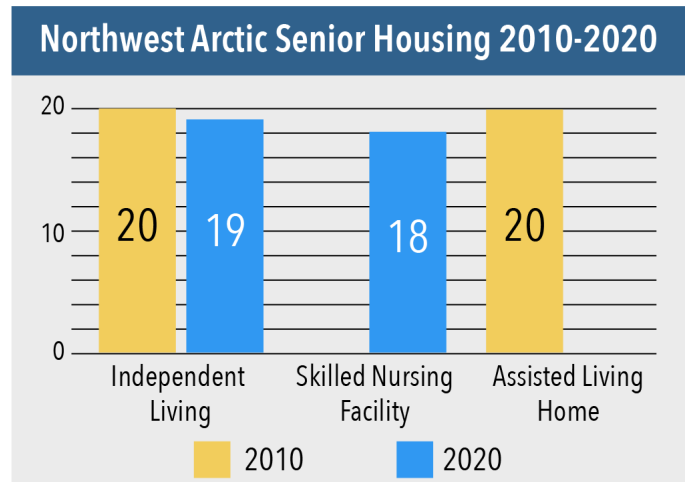
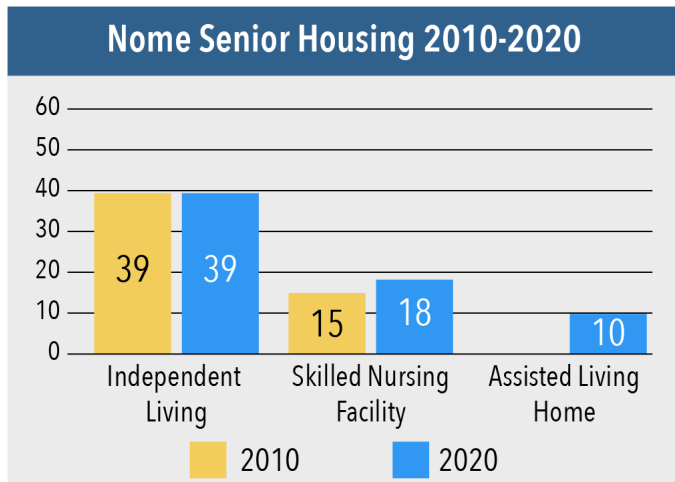
This region represents the Northwest Arctic Borough, which includes 12 communities and the Nome Census Area, which includes 17 communities. In 2020, it is estimated that 2,270 individuals were over the age of 60 in this region.



Facts 2020 Census	Nome	Northwest Arctic Borough
Population	7,621	10,004
Median household income (in 2019 dollars), 2015-2019	\$60,906	\$61,048
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$23,780	\$23,581
Persons in poverty, percent	24.0%	20.70%

The Nome Census area has three independent senior housing units which has 34 beds in Nome and 5 beds in Stebbins. Norton Sound Health Corporation manages Quyanna Care which offers 18 Skilled Nursing Facility beds. The Native Village of Unalakleet runs the Ikayqti Assisted living home which has 10 beds. The Northwest Arctic Borough has 2 independent senior housing units in Kotzebue, Iglut Senior Apartments with 15 beds and Tupqich Elder Apartments with 4 beds. Maniilaq manages the Utuuqqanaat Inaat, a skilled nursing facility in Kotzebue which has 18 beds.

Housing FY 20 <i>Type of Housing</i>	Nome <i>Total # of Units or Beds</i>	Northwest Arctic Borough <i>Total # of Units or Beds</i>
Independent Living Units	39	19
Skilled Nursing Facility Beds	18	18
Assisted Living Home Beds	10	0



Nome Community Services (NCCS) receives SDS grant funds to provide Congregate and Home Delivered Meals, Assisted and Unassisted Transportation and Adult Day Services in Nome.

Norton Sound Health Corporation provides Care Coordination Services for ALI/APDD waivers to the Nome Census Area. Maniilaq Association provides Care Coordination Services for the Northwest Arctic/Kotzebue region.

Alzheimer’s Resource of Alaska receives SDS grant funds to provide Case Management, Respite, Chore, Extended Respite, Alzheimer’s Disease and Related Disorders Education, Support and Mini Grants and National Family Caregiver Support Services.

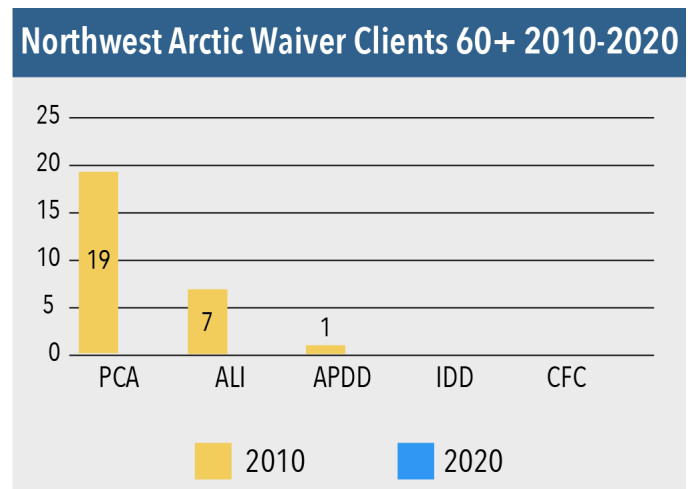
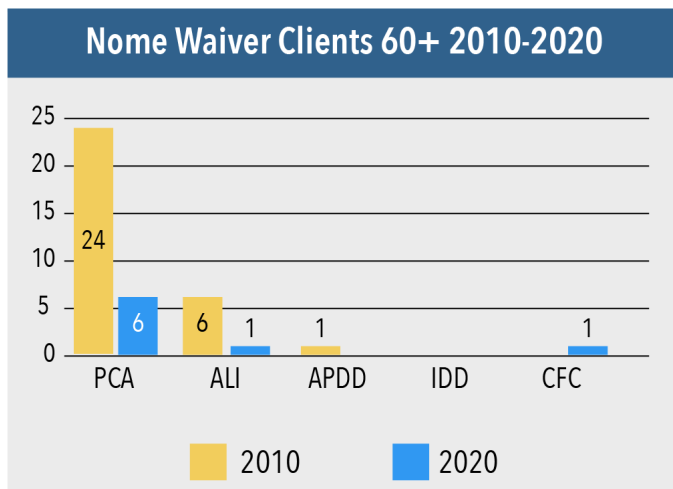
The Native Village of White Mountain receives SDS grant funds to provide Congregate and Home Delivered Meals. The Native Village of Gambell is a Title VI grantee and provides Meals, Support Services and Family Caregiver Support services. The Native Village of Savoonga and the Native Village of Unalakleet are also Title VI grantees and provide Meals and Support Services.

Maniilaq Association receives SDS grant funds to provide Congregate and Home Delivered Meals, Chore, Respite and Supplemental Services. Maniilaq Association is certified for ALI/APDD waiver Care Coordination, Assisted Living Home services in addition to Personal Care Assistance services. Maniilaq Association is also a Title VI grantee and receives funds to provide Meals, Support Services and Family Caregiver Supports to villages in the region.

In this region Norton Sound Health Corporation is the only certified provider for Care Coordination, respite, chore and PCA services in the Nome Census Area. Maniilaq Association is the only certified provider of Care Coordination, respite, chore, and PCA for ALI/APDD waiver services in the Northwest Arctic Borough. Nome Community Services is certified for ALI/APDD waiver Adult Day Service, meal services and ALI/APDD waiver Transportation services. The Native Village of Unalakleet outside of Nome, is certified for ALI/APDD waiver Assisted Living Home services. Please note that services may be provided by agencies located outside of the region and it is not intended to exclude providers.

Region VIII Data Charts

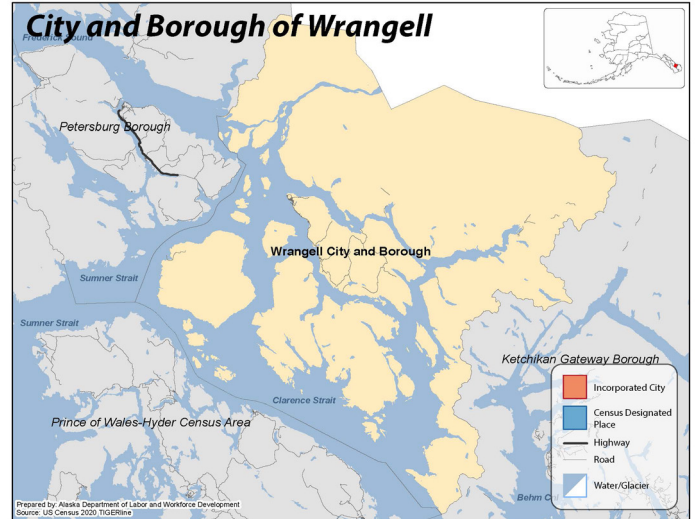
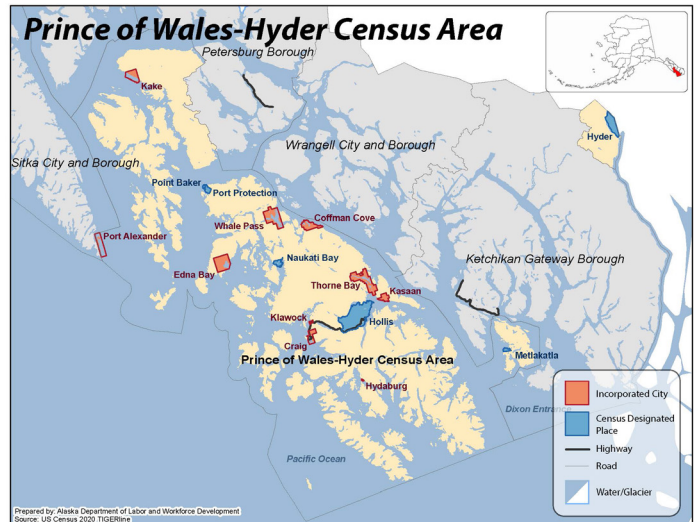
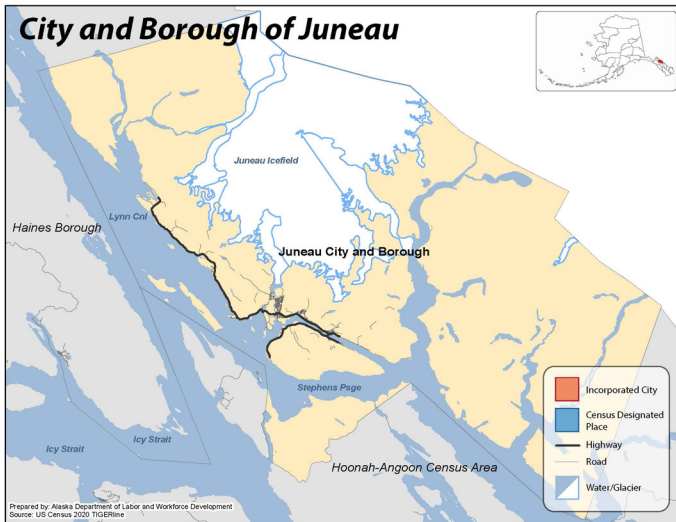
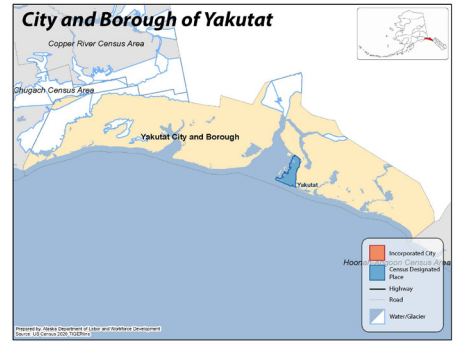
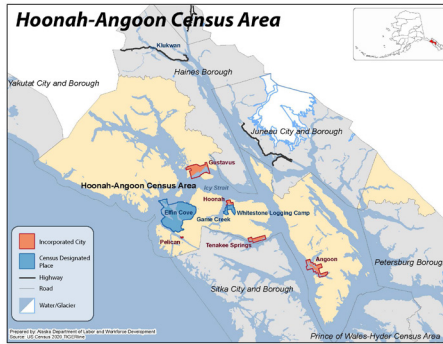
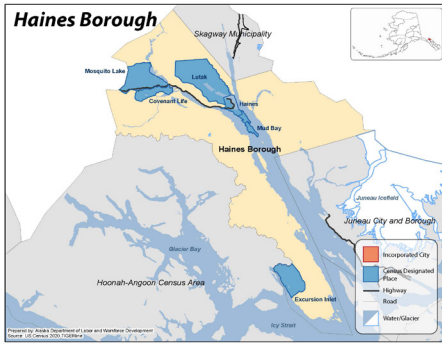
Medicaid Services FY 20 <i>Type of Service</i>	Nome <i># of recipients</i>	Northwest Arctic <i># of recipients</i>
Personal Care Assistance (Over 65+)	6	0
Alaskans Living Independently (All Recipients)	1	0
Adults w/ Physical or Developmental Disabilities (Over 65+)	0	0
Community First Choice	1	0



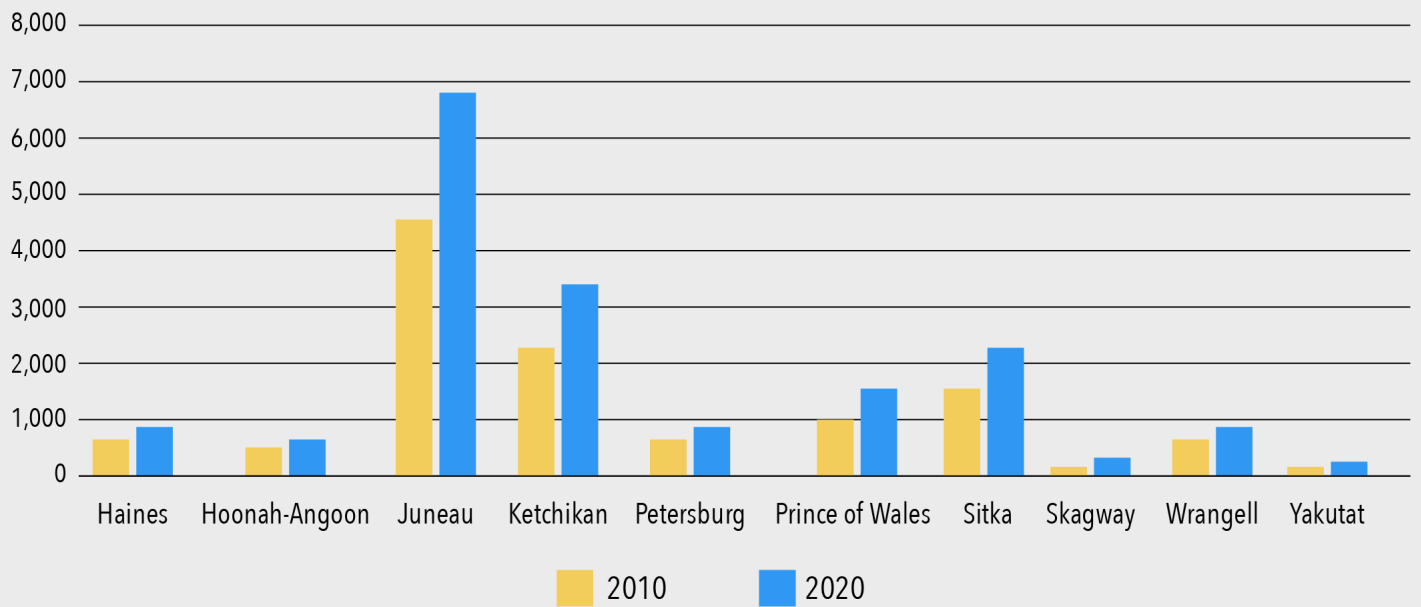
SDS Senior Grants <i>Type of Service</i>	# Served	# of Providers
Senior In-Home: Case Management	81	2
Senior In-Home: Chore	11	2
Adult Day	13	1
Family Caregiver Support Services	0	0
Assisted Transportation	20	3
Congregate Meals	257	3
Home Delivered Meals	166	3
Health Promotion and Disease Prevention	11	1
Unassisted Transportation	106	3

Region IX

This region represents Southeast Alaska and includes the City and Borough of Yakutat, Haines Borough, City and Borough of Juneau, Municipality of Skagway Borough, Hoonah-Angoon Census Area, City and Borough of Sitka, City and Borough of Wrangell, Petersburg Census Area, Ketchikan Gateway Borough, and Prince of Wales-Outer Hyder Census Area (POW). In 2020, it is estimated that 17,393 individuals were over the age of 60 in this region.



Southeast Alaska Senior Population Increase 2010-2020



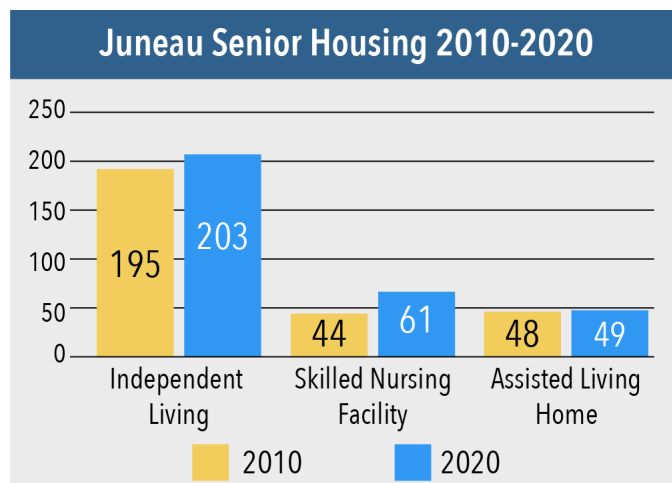
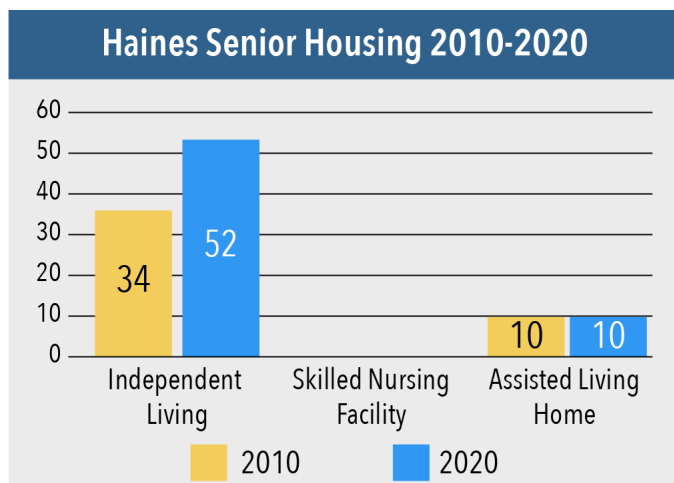
Facts 2020 Census	Haines/ Skagway	Hoonah/ Angoon	Yakutat	Juneau
Population	3,825	2,148	545	31,848
Median household income (in 2019 dollars), 2015-2019	\$58,059	\$59,803	\$71,607	\$88,390
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$31,731	\$36,091	\$32,198	\$43,680
Persons in poverty, percent	9.80%	15.70%	14.70%	6.30%

Facts 2020 Census	Prince of Wales/ Hyder	Petersburg	Wrangell
Population	5,889	3,310	2,430
Median household income (in 2019 dollars), 2015-2019	\$52,379	\$69,948	\$53,894
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$27,080	\$36,112	\$32,286
Persons in poverty, percent	17.60%	6.70%	9.70%

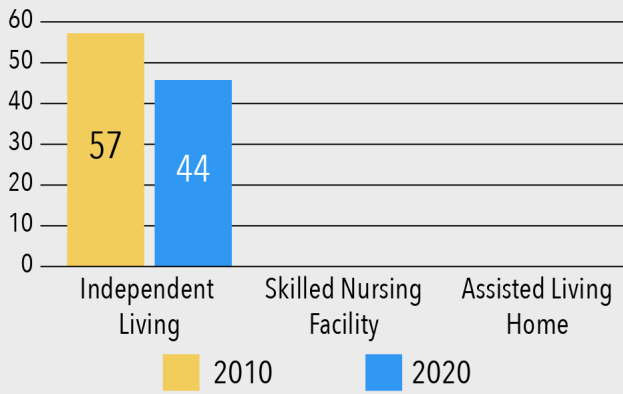
Southeast Alaska has the following options for senior housing, independent living and Skilled nursing facilities:

Housing FY 20 <i>Type of Service</i>	Haines <i>Total # of Units or Beds</i>	Juneau <i>Total # of Units or Beds</i>	Ketchikan <i>Total # of Units or Beds</i>	Prince of Wales <i>Total # of Units or Beds</i>
Independent Living Units	52	203	76	44
Skilled Nursing Facility Beds	0	61	29	0
Assisted Living Home Beds	10	49	45	0

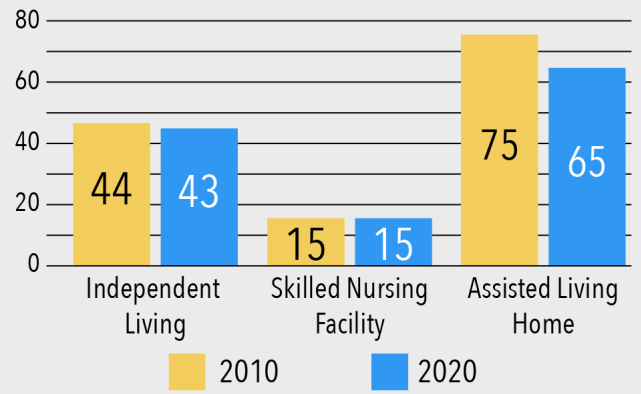
Housing FY 20 <i>Type of Service</i>	Sitka <i>Total # of Units or Beds</i>	Skagway / Hoonah <i>Total # of Units or Beds</i>	Wrangell / Petersburg <i>Total # of Units or Beds</i>	Yakutat <i>Total # of Units or Beds</i>
Independent Living Units	43	18	39	20
Skilled Nursing Facility Beds	15	0	29	0
Assisted Living Home Beds	65	0	30	0



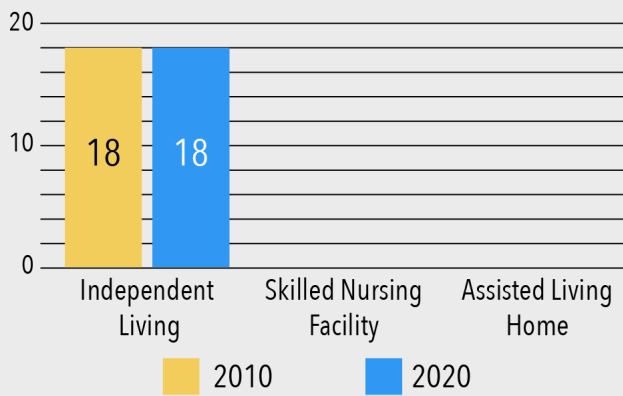
Prince of Wales Senior Housing 2010-2020



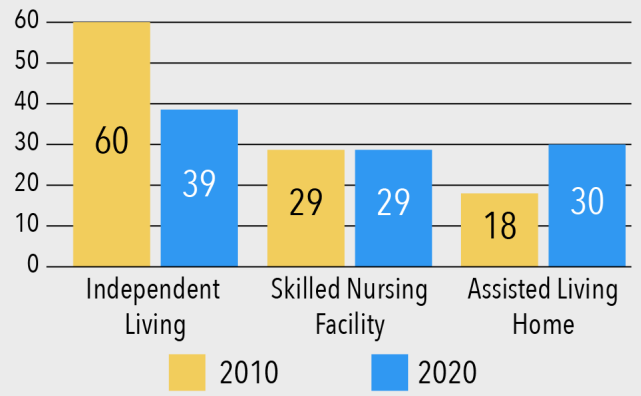
Sitka Senior Housing 2010-2020



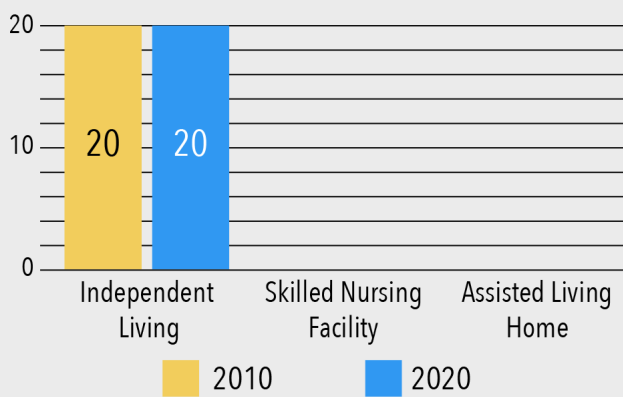
Skagway/Hoonah/Angoon Senior Housing 2010-2020



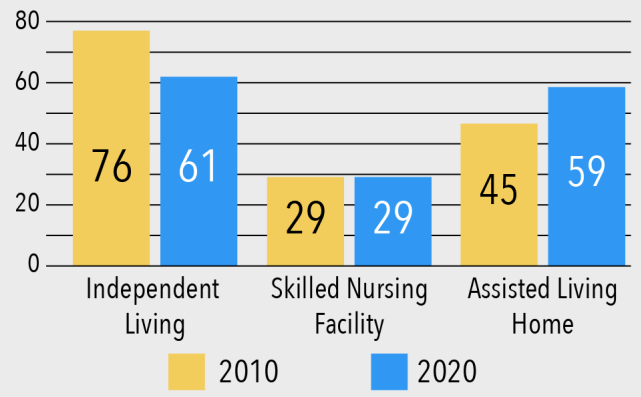
Wrangell/Petersberg Senior Housing 2010-2020



Yakutat Senior Housing 2010-2020



Ketchikan Senior Housing 2010-2020



Catholic Community Service, Inc, (CCS) receives SDS grant funds to provide Senior In-Home Case Management in Angoon, Hoonah, Juneau, Ketchikan, Metlakatla, Saxman, Yakutat. SDS grant funds provide Congregate and Home-Delivered Meals in Angoon, Craig, Haines, Hoonah, Hydaburg, Juneau, Kake, Ketchikan, Klawock, Klukwan, Saxman, Sitka, Skagway, Wrangell and Yakutat. SDS grant funds provide Assisted and Unassisted Transportation in Angoon, Craig, Haines, Hoonah, Juneau, Kake, Ketchikan, Klawock, Klukwan, Saxman, Sitka, Skagway, Wrangell and Yakutat. SDS grant funds provide National Family Caregiver Support Services to all Southeast Alaska. Catholic Community Services also runs The Bridge Adult Day Service in Juneau. CCS also receives DBH funds to provide the Senior Outreach, Assessment and Referral Gatekeeper program in Juneau, Ketchikan, Hoonah, and Prince of Wales. ALI/APDD waiver Meals and Transportation in Angoon, Haines/Klukwan, Hoonah, Hydaburg (no transportation in Hydaburg), Juneau, Kake, Ketchikan, Craig/Klawock, Saxman, Sitka, Wrangell and Yakutat. CCS also provides contracted Title VI grant services with the following: Craig Community Association, Hoonah Indian Association, Ketchikan Indian Corporation and the Ketchikan Indian Association, Klawock, I.R.A., Kootznoowoo Inc., Sitka Tribe of Alaska, Wrangell Cooperative Association, and Yakutat Native Association to provide meals, support services and family caregiver supports. Catholic Community Services funds the Wrangell Senior Center which provides Congregate and Home Delivered Meals, transportation, Health promotion, Homemaker/Chore Services and Senior Information/Caregiver Resources.

The Southeast Alaska Independent Living Center receives SDS grant funds to provide Aging and Disability Resource services. The Alzheimer's Resource of Alaska receives SDS grant funds to provide Alzheimer's Disease and Related Disorders Education, Support, Mini Grants and National Family Caregiver Support Services.

Community Connections receives SDS grant funds to provide Chore, Respite and Supplemental Services in Ketchikan, Metlakatla and Southern Prince of Wales. Community Connections is certified for ALI/APDD waiver, Chore, Respite, and transportation services in addition to Personal Care Assistance services.

Rendezvous Senior Day Services receive SDS grant funds to provide Adult Day services in Ketchikan and is certified for ALI/APDD waiver Adult Day Services and Transportation.

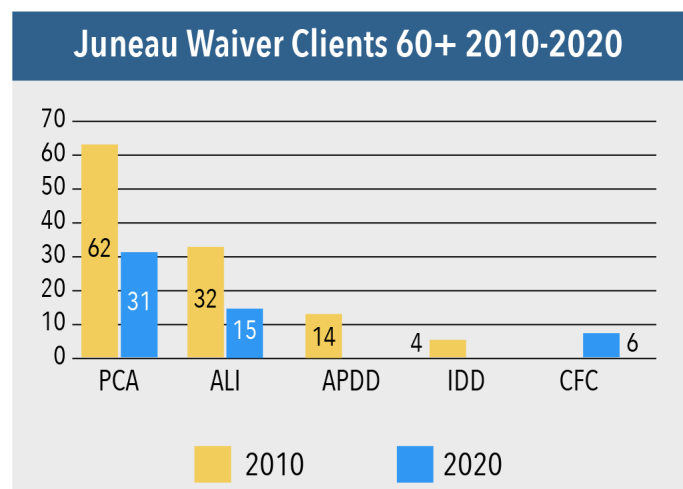
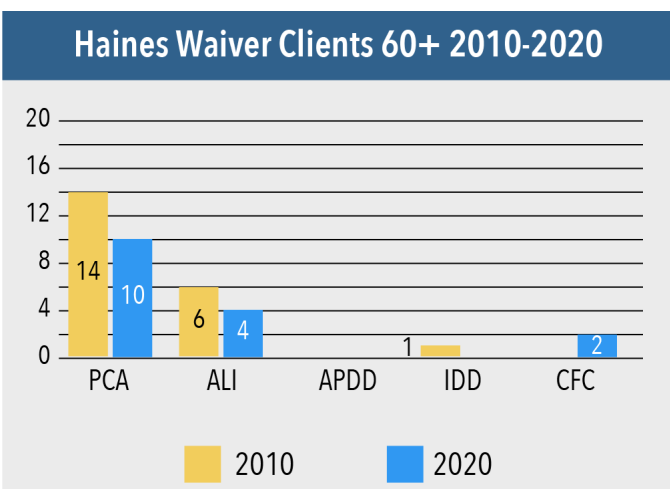
Mountain View Food Services, Inc. receives SDS grant funds to provide Congregate and Home Meals in Petersburg.

Metlakatla Indian Community receives SDS grant funds to provide Congregate and Home Delivered Meals. Tsimshian/Metlakatla is a Title VI grantee and provides Meals, Support Services and Family Caregiver Support services. The Organized Village of Kake and Central Council of Tlingit and Haida are also Title VI grantees and provide Meals, Support Services and Family Caregiver Support services. The Center for Community receives SDS grant funds to provide Chore and Respite services in Sitka, Juneau, Kake, and Hoonah. The Center for Community is certified for ALI/APDD waiver, Chore, Respite services in addition to Personal Care Assistance Services.

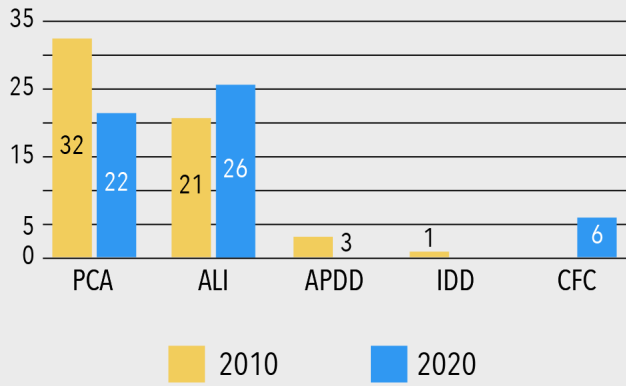
In this region there are 44 providers and/or individuals certified for ALI/APDD waiver Care Coordination services. Five providers certified for ALI/APDD waiver Chore service. Six providers certified for ALI/APDD waiver Respite service. Two providers are certified for ALI/APDD waiver Adult Day Service. One provider is certified for ALI/APDD waiver Meal services. Six providers certified for ALI/APDD waiver Transportation services. Seven providers certified for ALI/APDD waiver Assisted Living Home services. Five providers certified for Personal Care Assistance services. Please note that services may be provided by agencies located outside of the region and it is not intended to exclude providers.

Medicaid Services FY20 <i>Type of Service</i>	Haines <i># of Recipients</i>	Juneau <i># of Recipients</i>	Ketchikan <i># of Recipients</i>	Prince of Wales <i># of Recipients</i>
Personal Care Assistance (Over 65+)	10	31	22	14
Alaskan's Living Independently (All Recipients)	4	15	26	9
Adults w/ Physical and Developmental Disabilities (Over 65+)	0	0	0	0
Community First Choice	2	6	6	8

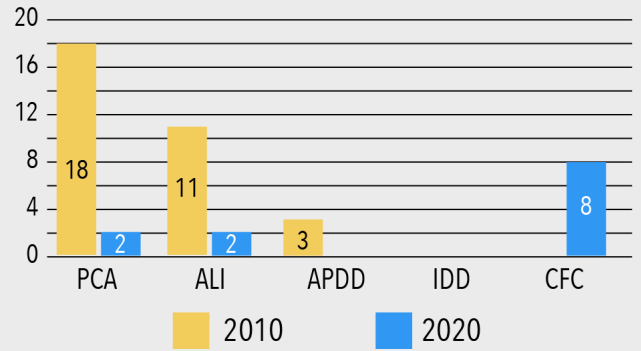
Medicaid Services FY20 <i>Type of Service</i>	Sitka <i># of Recipients</i>	Skagway / Hoonah <i># of Recipients</i>	Wrangell / Petersburg <i># of Recipients</i>	Yakutat <i># of Recipients</i>
Personal Care Assistance (Over 65+)	2	2	9	0
Alaskan's Living Independently (All Recipients)	20	2	16	0
Adults w/ Physical and Developmental Disabilities (Over 65+)	1	0	0	0
Community First Choice	3	8	2	0



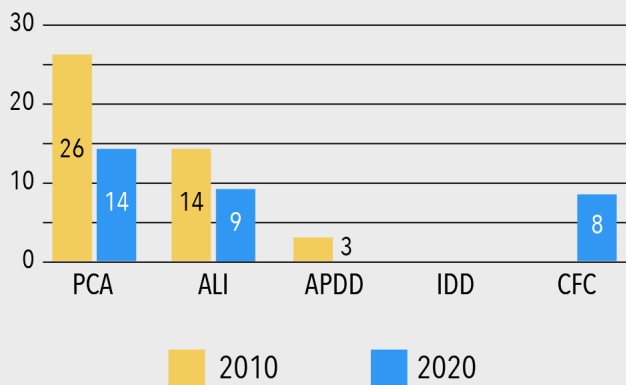
Ketchikan Waiver Clients 60+ 2010-2020



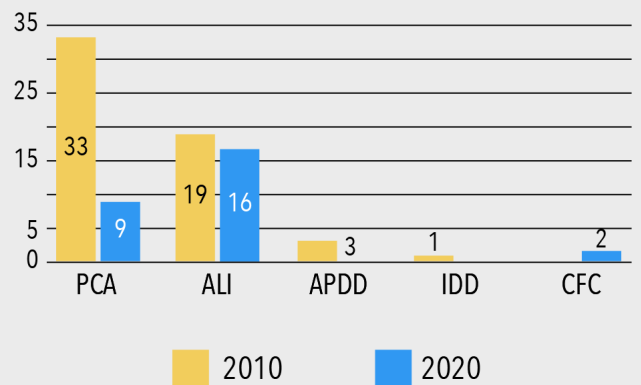
Skagway/Hoonah/Angoon Waiver Clients 60+ 2010-2020



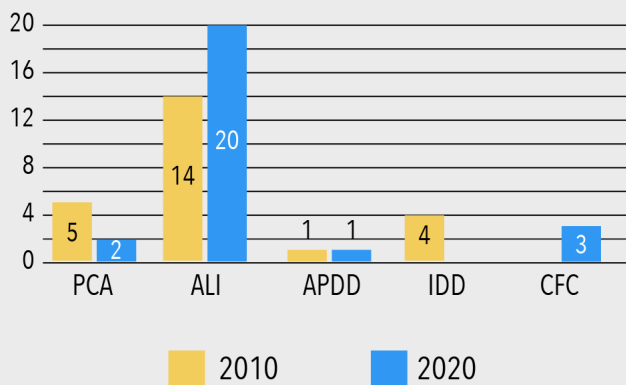
Prince of Wales Waiver Clients 60+ 2010-2020



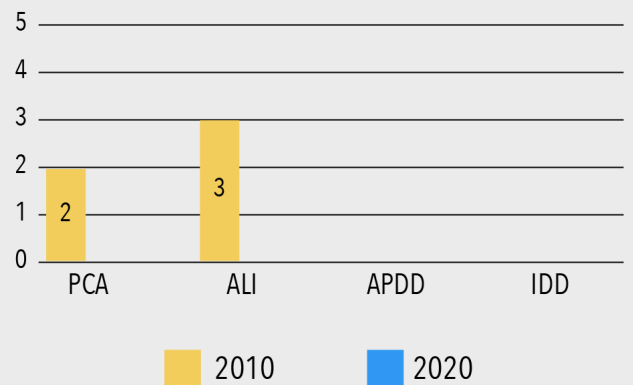
Wrangell/Petersberg Waiver Clients 60+ 2010-2020



Sitka Waiver Clients 60+ 2010-2020



Yakutat Waiver Clients 60+ 2010-2020



SDS Senior Grants <i>Type of Service</i>	# Served	# of Providers
Senior In-Home: Case Management	103	4
Senior In-Home: Chore	90	3
Senior In-Home: Respite Care	73	3
Senior In-Home: Service Coordination	99	3
Adult Day	40	2
Family Caregiver Support Services	104	4
ADRC (60+)	2,682	N/A
Nutrition/Transportation/ Support Services: Assisted Transportation	492	1
Nutrition/Transportation/ Support Services: Congregate Meals	843	3
Nutrition/Transportation/ Support Services: Home Delivered Meals	762	3
Nutrition/Transportation/ Support Services: Health Promotion and Disease Prevention	103	1
Nutrition/Transportation/ Support Services: Unassisted Transportation	339	1

Region X - Statewide

The total population of Alaska is 733,391. The total senior (60+) population of Alaska is 142,099. The average median income in Alaska is \$77,640. Alaska has a 10.1% poverty rate.

Alaska Legal Services Corporation receives SDS grant funds to provide legal services to seniors and caregivers under the National Family Caregiver Support Program statewide.

Alzheimer's Resource Agency provides grant funded Alzheimer's Disease and Related Disorders Education, Support and Mini Grants statewide. For communities that do not have a local caregiver program they provide National Family Caregiver Support services statewide. ARA provided services to people in all areas and regions of the state.

Older Persons Action Group, Inc., receives SDS grant funds to produce the Senior Voice Monthly Publication in addition to receiving SDS grant funds to provide Medicare Counseling.

Volunteers of America, Alaska, Inc and the Aleutian Pribilof Islands, receive SDS grant funds for the Retired Senior Volunteers Program and to provide Grandparents Raising Grandchildren services statewide.

Region X Data Charts

SDS Senior Grants FY20 <i>Type of Service</i>	# Served	Units of Service	Type of Unit	# of Providers
Legal Assistance	N/A	2,662	Hours	1
Media	47,500	570,000	Newspapers	1
Senior Companion	115	7,094	Hours	1
Foster Grandparent/Elder Mentor	N/A	353	Hours	1

ADRD Information and Assistance

SDS Senior Grants FY20 <i>Type of Service</i>	# Served	Units of Service	Type of Unit	# of Providers
Individual/Families	366	226	Consults	5
Providers	187	251	Consults	5
Training/Education Activities	N/A	142	Activities	5
Support Groups	141	N/A	Groups Held	5
Information and Assistance	434	791	Contacts	5

Analyzing the Data

Housing for Seniors generally improved or stayed the same in the various regions of the state from 2010 to 2020. Kodiak had 32 new Independent living homes built and 3 new Skilled Nursing beds. In some areas, such as the YK Delta, some Senior Independent Living homes were converted to Assisted living homes. However, those areas that had no senior facilities continued to have no senior living options. These include Lake and Peninsula Borough, Aleutians East Borough, and the Denali Borough.

Overall, the number of Waiver recipients fell dramatically in the rural areas from 2010 through 2020. For example, in 2010 Prince of Wales had 26 PCA recipients and 14 ALI recipients. In 2020 there were only 14 PCA recipients and 9 ALI recipients. Nome in 2010 had 24 PCA recipients and 6 ALI recipients. In 2020 there were 6 PCA recipients and 1 ALI recipient in Nome. In Wrangell and Petersburg, the number of PCA recipients fell from 33 to 9 and ALI recipients from 19 to 16. Yakutat went from having five senior waiver recipients to having none.

This decline is not constrained only to the rural areas with less Care Coordinators. In the Mat-Su valley in 2010 there were 357 PCA recipients and 220 ALI recipients. In 2020 there were 162 PCA recipients and 194 ALI recipients along with 82 new Community First Choice recipients. The total number of senior Medicaid waiver participants fell from 684 in 2010 to 445 despite the population of the Mat-Su increasing by 21.7% over the past 10 years. In 2010, Juneau had 62 PCA recipients and 32 ALI recipients. In 2020, those number were essentially halved with only 31 PCA recipients and 15 ALI recipients. Anchorage's waivers fell from 1625 PCA recipients to 716 PCA recipients. The ALI numbers remained essentially the same with 783 recipients in 2010 and 782 in 2020. The number of APDD recipients fell in Anchorage from 263 down to 8. They did add 236 CFC recipients over 60. However, in 2020 the total number of senior waiver recipients in Anchorage fell from 2719 to 1742. This is a decline of 64%. Both the Aleutians East and the Aleutians West have no senior waiver recipients. The North Slope went from one PCA recipient in 2010 to no recipients for any senior waivers. The Denali Borough, Lake and Peninsula Borough and Bristol Bay have no senior waiver recipients.

In 2010 Yakutat had three ALI recipients and two PCA recipients but in 2020 there are no waiver or PCA recipients. Some Care Coordinators picked up recipients in the rural areas such as Bethel or Lake and Peninsula Borough due to the ability to conduct face to face visits via Zoom, FaceTime or other applications because of increased flexibility during the COVID-19 pandemic. These Care Coordinators stated that they would have to stop serving these clients when they become unable to bill Medicaid for remote visits.

Areas with the highest poverty rates, Kusilvak Census Area (26.8%), the Northwest Arctic Borough (24%), the Yukon-Koyukuk Census Area (24.5%), Bethel Census Area (23.5%), the Nome Census Area (20.8%), the Dillingham Census area, at (18.1%) and the Lake and Peninsula Borough (17.4%) area are the areas that are also struggling the most for services. These areas (along with Bristol Bay and Yakutat) have struggled keeping care coordinators in their region even though some areas have agencies that are certified to provide Care Coordination services. Two exceptions to this are the Bristol Bay Borough (9.8%) and the North Slope (11.4%) neither of which have dedicated care coordinators or any waiver clients. Senior housing in many of these areas has not increased despite a growth in the population in those areas. Lake and Peninsula Borough has no senior housing at all and only three PCA clients, for which a care coordinator is not needed.

Alaskan communities are well assisted by the grants that provide needed services. There are ongoing efforts by the state to recruit and train Care Coordinators and Direct Service Providers due to a noted shortage. These are desperately needed in all areas of the state, but especially in the rural areas that have a much higher cost of living than in the larger cities on the road system. With the population of seniors dramatically climbing, these shortages will be even more critical than they are now.

Appendix A

Housing Services

- **Senior Independent Living Units/Apartments (IL):** individual apartments or units rented or leased by an individual and may be located within a congregate setting. These units do not provide services i.e., personal care, chore, meals, etc. However, an individual who needs supportive services can receive them from a provider and/or service providers may have an agreement with the building owner to host services, such as meals or exercise classes in the building.
- **Assisted Living Home (ALH):** Beds and/or private units available to individuals who need assistance with their activities of daily living and/or instrumental activities of daily living. ALH also provide 24 hour-a-day supervision. Services may be provided in a small private home, large home or a larger facility.
- **Skilled Nursing Facility (SNF):** for individuals who need 24-hour skilled nursing care. This may include individuals who have medical conditions that are unstable, need regular nursing or a physician's supervision, need IV therapy, and/or may need rehabilitative services such as physical, occupational, and speech therapy.

Medicaid Services

- **Personal Care Assistance (PCA) and Community First Choice Personal Care Services:** provide support related to an individual's activities of daily living (i.e., bathing, dressing, eating) as well as instrumental activities of daily living (i.e., shopping, laundry, light housework). CFC PCS can also include time for supervision and cuing, and skills acquisition, depending on the findings of the CAT. PCS and CFC PCS are provided statewide in Alaska through certified agencies. There are two forms of PCA services available to individuals: **Agency-Based PCA Program (ABPCA)** - Recipients may receive services through an agency that oversees, manages and supervises their care and **Consumer-Directed PCA Program (CDPCA)** - Recipients may manage his or her own care by selecting, hiring, firing and supervising their own personal care assistant. The agency provides administrative support to the consumer and the personal care assistant.
- **Alaskans Living Independently (ALI) Waiver:** The Alaskans Living Independently (ALI) Medicaid Waiver is intended to assist seniors 65 years of age and older or adults 21 years of age to 64 years of age who are physically disabled, and in need of a Nursing Facility Level of Care (NFLOC). Through this statewide waiver program, services are provided, such as care coordination, adult day care, and respite care, which allow program participants to continue to live at home, while also providing support to their caregivers. Modifications to the home to help promote independence, like wheelchair ramps and widening of the doorways, home delivered meals, and specialized medical equipment, are also covered benefits of this waiver.
- **Adults with Physical and Developmental Disabilities (APDD) Waiver:** Formerly called Adults with Physical Disabilities, is a Home and Community Based Medicaid Waiver intended for those 21 years of age or older with autism, an intellectual disability, or a developmental disability, which results in physical impairments. APDD enables individuals who cannot live independently, to continue to live in their home or in an assisted living facility, rather than in a nursing home facility. Services that may be covered under this waiver include adult day care, home modifications, respite care to relieve one's caregiver, and home delivered meals.

Examples of conditions that might qualify an individual for this waiver include cerebral palsy, spastic hemiplegia, intracranial injury, paraplegia, and quadriplegia. While this program is not specifically for the elderly, seniors who have diagnoses, such as these, that manifested before the age of 21, may qualify for this program. Eligible Alaskans can receive Care Coordination,

Respite, Transportation, Environmental modifications, Chore Services, Meals, Specialized Medical Equipment and Supplies, and Specialized Private Duty Nursing Services. For those with a Developmental Disability diagnosis, in addition to the services listed, they can receive: In-home Supports, Family Habilitation, Shared Care, Group Home, Supported Living, Day Habilitation, Supported Employment and Intensive Active Treatment.

Grant Services

The Administration on Aging (AoA) awards grant funds to the State of Alaska to provide home and community-based services to older persons through the programs funded under the Older Americans Act (OAA). The OAA programs are targeted to low-income, rural, minority seniors over the age of 60. The State of Alaska provides matching funds to Senior and Disabilities Services (SDS) to support the OAA services in addition to providing grant funds for additional home and community-based services to seniors. The target for these services is individuals who are over the age of 60 and are at risk for institutionalization, individuals who have the greatest social and economic need, individuals who are minorities, individuals residing in an isolated rural area, and individuals of any age who have ADRD. The Alaska Mental Health Trust Authority also provides grant funding to support home and community-based services efforts that enrich the lives of their beneficiaries which include people with Alzheimer's disease and related dementias (ADRD), developmental disabilities, mental illness and chronic alcoholism. SDS Grant Programs are listed and defined below.

- **Adult Day Program:** The Adult Day Program provides therapeutic and social activities that are designed to meet and promote the client's level of functioning through individual plans of care in a protective group setting that is facility-based. Adult Day services provide support, respite and education for families and other caregivers, provide opportunities for social interaction and serve as an integral part of the aging network.
- **ADRD Education and Support:** A statewide grant program providing outreach, information and referral, education, consultation and support provided to individuals with Alzheimer's disease and related disorders (ADRD), their family caregivers, professionals in the field and the general public about ADRD. A goal of the program is to raise awareness of ADRD, and the issues faced by families and communities. ADRD Mini-Grants are available on statewide bases to Alaskans diagnosed with ADRD which may include Parkinson's Dementia, Multi-infarct Dementia (stroke related), Pick's Disease, Lewy Body Dementia, Huntington's disease or Creutzfeldt - Jakob disease.
- **Aging and Disability Resource Centers (ADRC):** A resource to assist seniors, individuals with disabilities, and family navigate the long-term supports available in their communities regardless of their income. The ADRCs provide Information and Assistance, Long Term Care Options Counseling and Outreach activities.
- **Medicare Information Office (MIO):** The MIO operates two programs: State Health Insurance Assistance Programs (SHIP) and Senior Medicare Patrol (SMP). SHIP provides one-on-one personalized counseling, education and outreach to Medicare beneficiaries and their families. This allows people to better understand and utilize their Medicare benefits. SMP educates Medicare beneficiaries and others on how to spot and report potential Medicare errors, fraud, waste and abuse.
- **National Family Caregiver Support Program:** Provide services to the caregiver of anyone 60 and over or grandparents who are 55 and over raising grandchildren. Services include Information and Assistance, Case Management, Counseling, Respite, Support Groups, Caregiver Training and Supplemental Services.
- **Nutrition, Transportation, and Support Services Program** Awards funds to non-profit agencies to provide a menu of services to support an individual remain in their home and community. These services include: Outreach, Information and Assistance, Nutritional Services; Congregate and/or

Home Delivered Meals, Transportation; Assisted and/or Unassisted Transportation, Homemaker, Statewide Support Services; Senior Companion Services, Foster Grandparents Program and/or Retired Senior Volunteers Program (RSVP), Legal Assistance, Media (Senior Voice), Health Promotion and Disease Prevention; Nutrition Education, Nutrition Counseling, Health Education, Health Counseling, Medication Management,

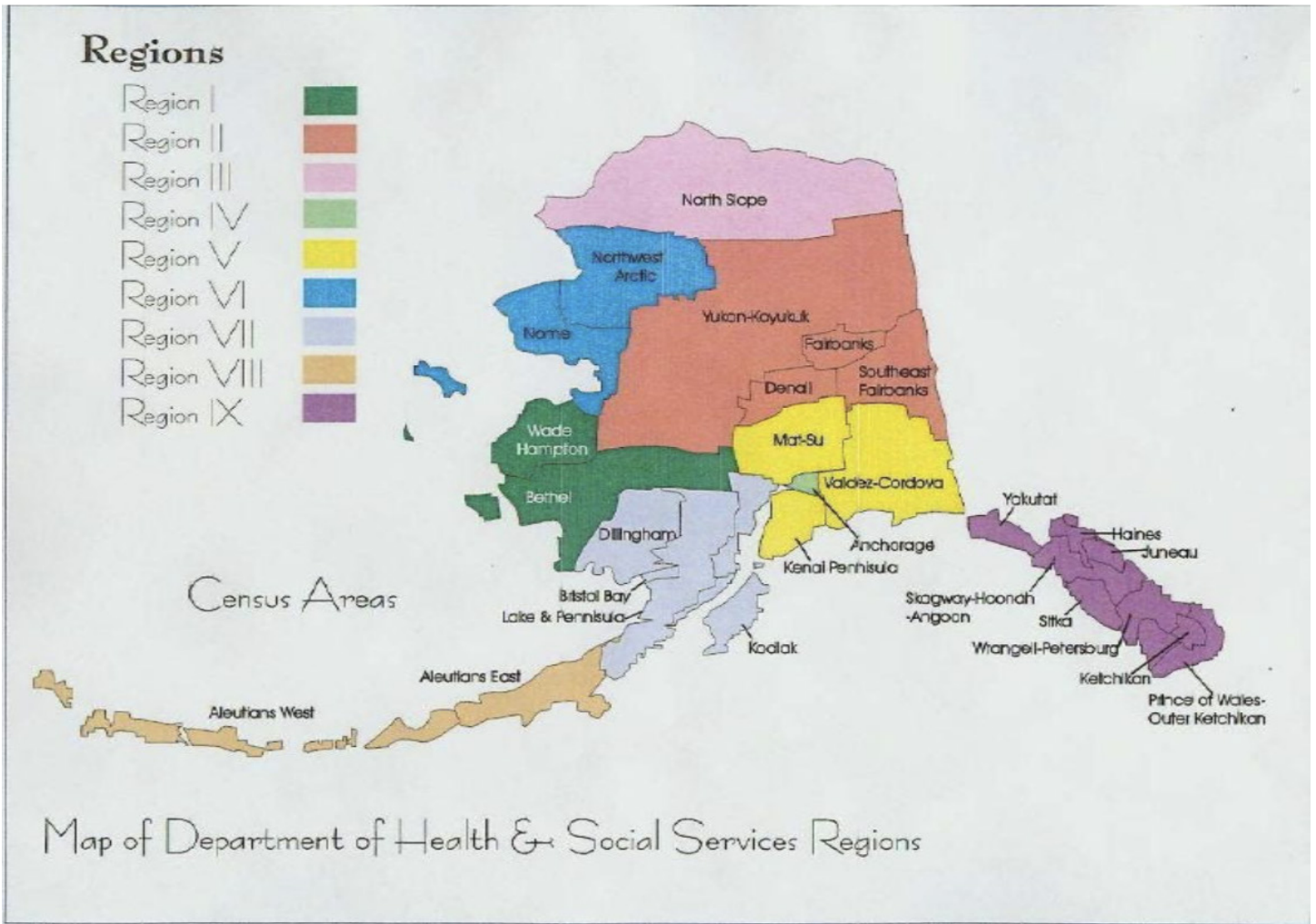
- **Senior In-Home Services Program:** Provides a flexible menu of in-home services designed to meet the individual's and family's needs. Services include care coordination, chore, respite, extended respite and supplemental services.
- **Senior Residential Services:** Senior and Disabilities Services receives funds from the Alaska State Legislature for three rural senior assisted living residences in Unalakleet, Nenana, and in Tanana. Most of the residents are Alaska Natives who have relocated from surrounding villages and receive assistance in managing their daily activities including medication monitoring, meals, personal care, and housekeeping.
- **Senior Outreach, Assessment and Referral (SOAR):** The goal of this project is to identify seniors who may be experiencing behavioral health issues and assist them in accessing the services they might need. It is prevention and early intervention project, not a treatment program – although some seniors may be connected to and receive substance abuse or mental health services. ***This project is funded by Division of Behavioral Health***

AoA Title VI Grant Services

In 1978 the Older Americans Act (OAA) grant programs for Indian Tribal Organizations allowed Indian tribes to bypass the traditional state funding and apply directly for Title III funds older Indians. The purpose of Title VI was to promote the delivery of supportive and nutrition services to American Indians and Alaska Natives that are comparable to services offered to other older people under the Title III program. The 2000 amendments to the OAA provided a new caregiver program for tribes under Title VI. Title VI services include nutrition services, support services and family caregiver support.

Appendix B

1. Population data was collected from the Alaska Commission on Aging; Senior Snapshot; Older Alaskans in 2020.
2. Maps for the census areas and boroughs are available from the State of Alaska; Department of Labor and Workforce Development at <http://labor.state.ak.us/research/cgin/cenmaps/statemap.htm>.
3. Data for the Senior Independent Living Units was obtained from Alaska Housing Finance Corporation, Senior Independent Housing list. The data on Assisted Living Homes, was obtained from the DHSS, Public Health, Certification and Licensing list. Data for Skilled Nursing Facilities was obtained from DHSS, Senior and Disabilities Services, Skilled Nursing Facilities list.
4. The Medicaid numbers provided for the data chart are an attempt to identify active participants by specific Waiver/PCA programs and the borough or census area they physically resided in. Please keep in mind that both status and physical address are fluid entities during an entire fiscal year and are being represented as static in this report. The report identifies individuals that were 65 years of age or older and Active at any one point during the fiscal year specified and then attempts to match them with a corresponding borough or census area depending on when the address was last updated. **These numbers should be used as a close approximation only and not as an actual count.**
5. The number of agencies listed as certified for PCA and ALI/APDD/CFC waiver services for each region was obtained from the DHSS, Senior and Disabilities Services Provider Search Tool. Please note that PCA and ALI/APDD providers may provide services in communities and regions other than what may be listed in this report, and it was not intended to exclude any providers.
6. Data for SDS Senior Grants; Recipients and Units was collected from reports in the SAMS databases, which are imputed by the grant providers.
7. Data on Poverty Rates, Income, and Population were collected from the U.S. Census Bureau and the 2020 United States Census located here: [U.S. Census Bureau QuickFacts: United States](#).



Please note that in this report Region VI and VII are consistent with the Alaska Commission on Aging; State Plan for Senior Services FY 2020-2023, which are different from this DHSS regional map.

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