

ANCHORAGE ELDER-SENIOR LISTENING SESSION

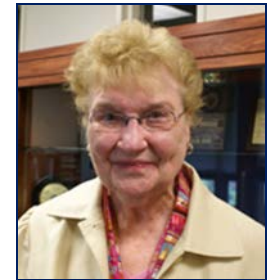


**Hosted by
Anchorage Senior Citizens Advisory Commission
with the Alaska Commission on Aging
Thursday, December 11, 2014**

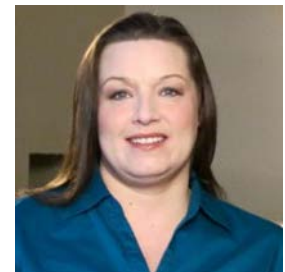
Anchorage Senior Citizens Advisory Commission



L to R: Joan Fisher; Marie Lavigne, Municipal Liaison; Stuart (Cam) Rader; Kevin Turkington; AnnaBell Stevens; Dawnia Clements; Carol Jackson; Mary Sullivan



Ella Craig



Theresa Brisky

Anchorage Senior Citizens Advisory Commission

The purpose of the Senior Citizens Advisory Commission is to:

- Advise the Mayor, the Assembly, and appropriate Department Heads with respect to aspects of aging which bear upon the welfare of senior citizens;
- Conduct surveys and compile and disseminate for the benefit of senior citizens information on housing, health, nutrition, transportation, education, recreation, legal services and social/mental health services;
- Carry out educational and public relations programs designed to create public awareness of the needs of senior citizens and the community services which senior citizens can provide;
- Assist and provide programs that alert elderly persons of the resources and services available to them.

Alaska Commission on Aging

The mission of the Alaska Commission on Aging is to ensure the dignity and independence of all older Alaskans and to assist them through planning, advocacy, education, and interagency cooperation to lead useful and meaningful lives.

ACoA was established in 1982 under State Statute AS 44.21.200.



Agenda

Introductions

- Purpose of Listening Session
- Topic #1 Background: *Audience Questions*

Small Group Break-Out #1

- Topic #2 Long-Term Support Services: *Audience Questions*
- Topic #3 Senior Housing: *Audience Questions*
- Topic #4 Elder Safety & Protection: *Audience Questions*

Small Group Break-Out #2

- Topic #5 Economic Security: *Audience Questions*
- Topic #6 Healthy Aging: *Audience Questions*

Small Group Break-Out #3

- Topic #7 Identify “What’s Working and What Needs Improvement:”
Audience Questions
- Wrap Up & Next Steps

What is today's purpose?

Alaska State Plan for Senior Services, FY2016-2019

- Satisfies a federal requirement for all states receiving federal funds under the Older Americans Act for their senior programs & services.
- Plan includes a core set of goals, objectives, strategies, & performance measures.
- The Plan's Goals are developed from public input gathered by community forums (*like this one*) and the Senior Survey.
- Public input is also used to construct the “needs assessment” for the State Plan.
- Alaska's plan is a four-year comprehensive plan for senior services. The current plan expires on June 30, 2015.

Today's Purpose #2

White House Conference on Aging, 2015

- Charged with making aging policy recommendations to the President and Congress.
- Viewed as the key source of ideas for policy and programs concerning older adults.
- First convened in 1961; Last one in 2005.
- Four proposed focus areas for White House Conference on Aging, 2015:
 - Long-term Services & Supports
 - Financial Security
 - Healthy Aging
 - Elder Protection

Today's Purpose #3

Anchorage Senior Advisory Commission

- Today is an opportunity to listen to you, our valued Seniors/Elders. Your ideas and recommendations will help guide the Senior Needs Assessment to improve services for older adults in the Municipality of Anchorage.

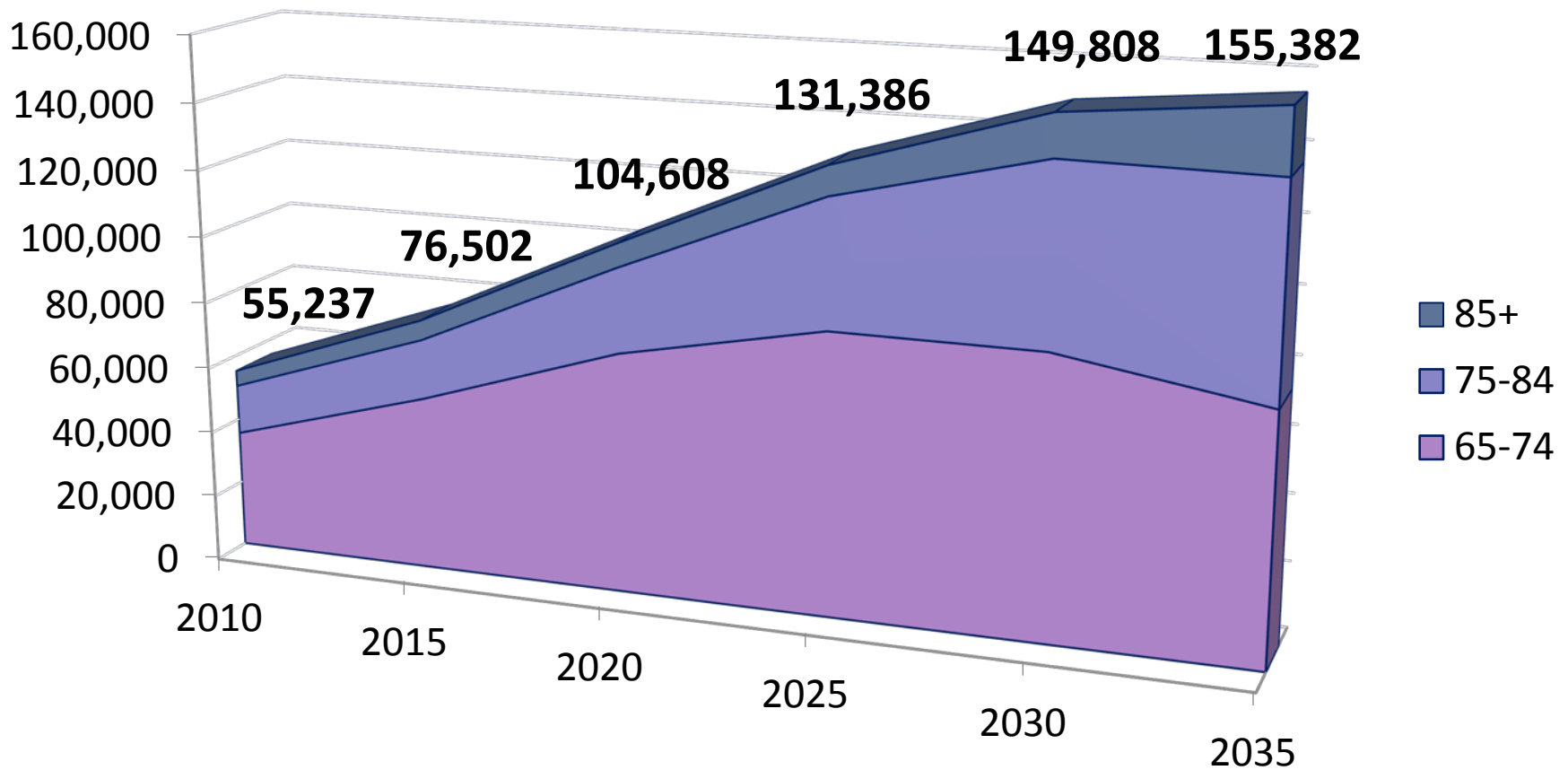
How will your feedback be used?

- Informs the State Plan process
 - Identifies primary concerns of Alaska's older adults today
 - Defines gaps along the continuum of care for seniors
- Provides guidance on Alaska's aging policy recommendations for the White House Conference on Aging
- Continues Alaska's efforts to plan for an aging population.
- The Anchorage Senior Advisory Commission will use this information to inform their strategic planning and improve services and the quality of life for Anchorage senior residents.

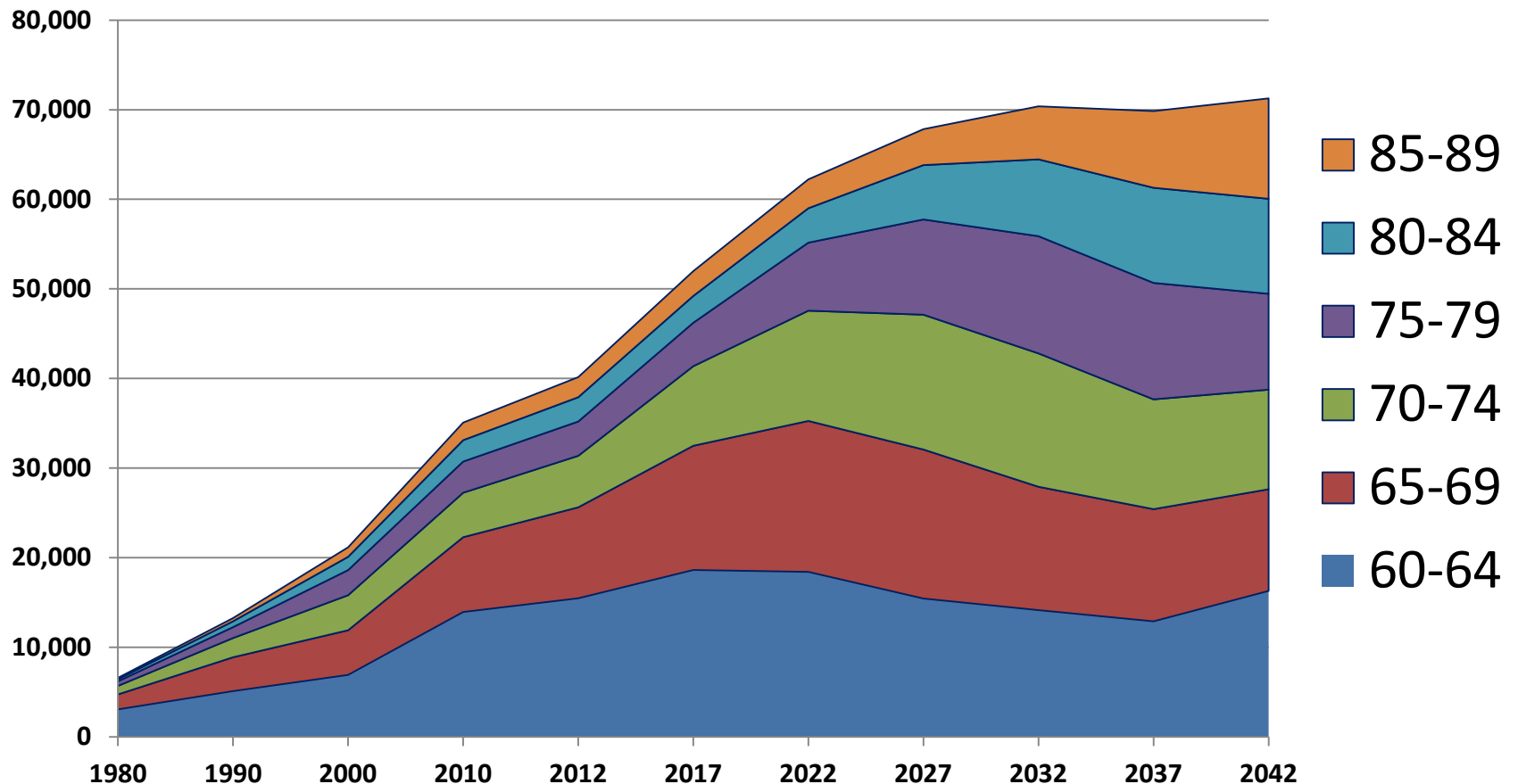
Topic #1: Background



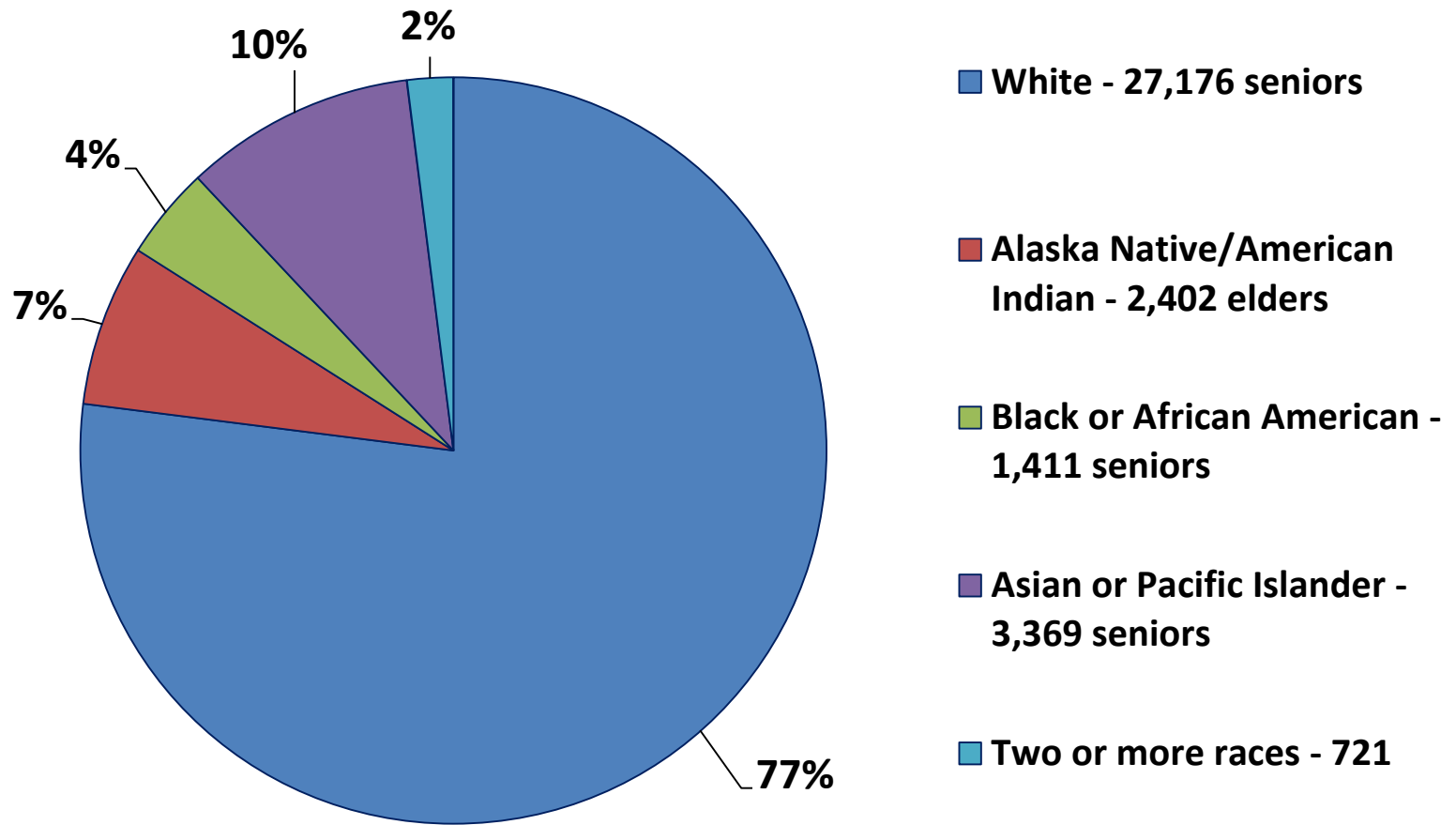
Alaska's Senior Population, 2010 to 2035



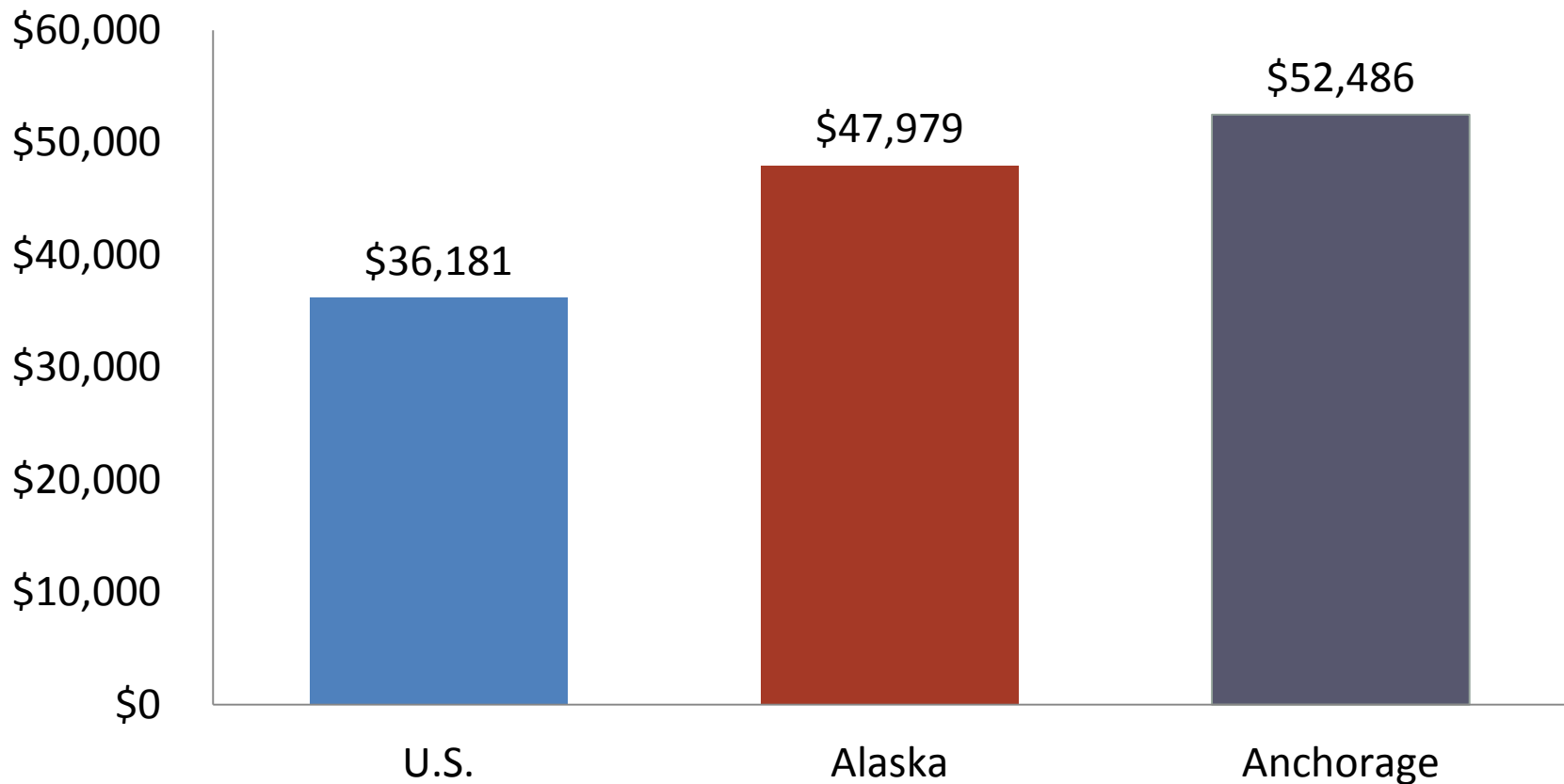
Age Projections of Anchorage Seniors 1980-2042



Anchorage Seniors Age 60+ by Race, 2010

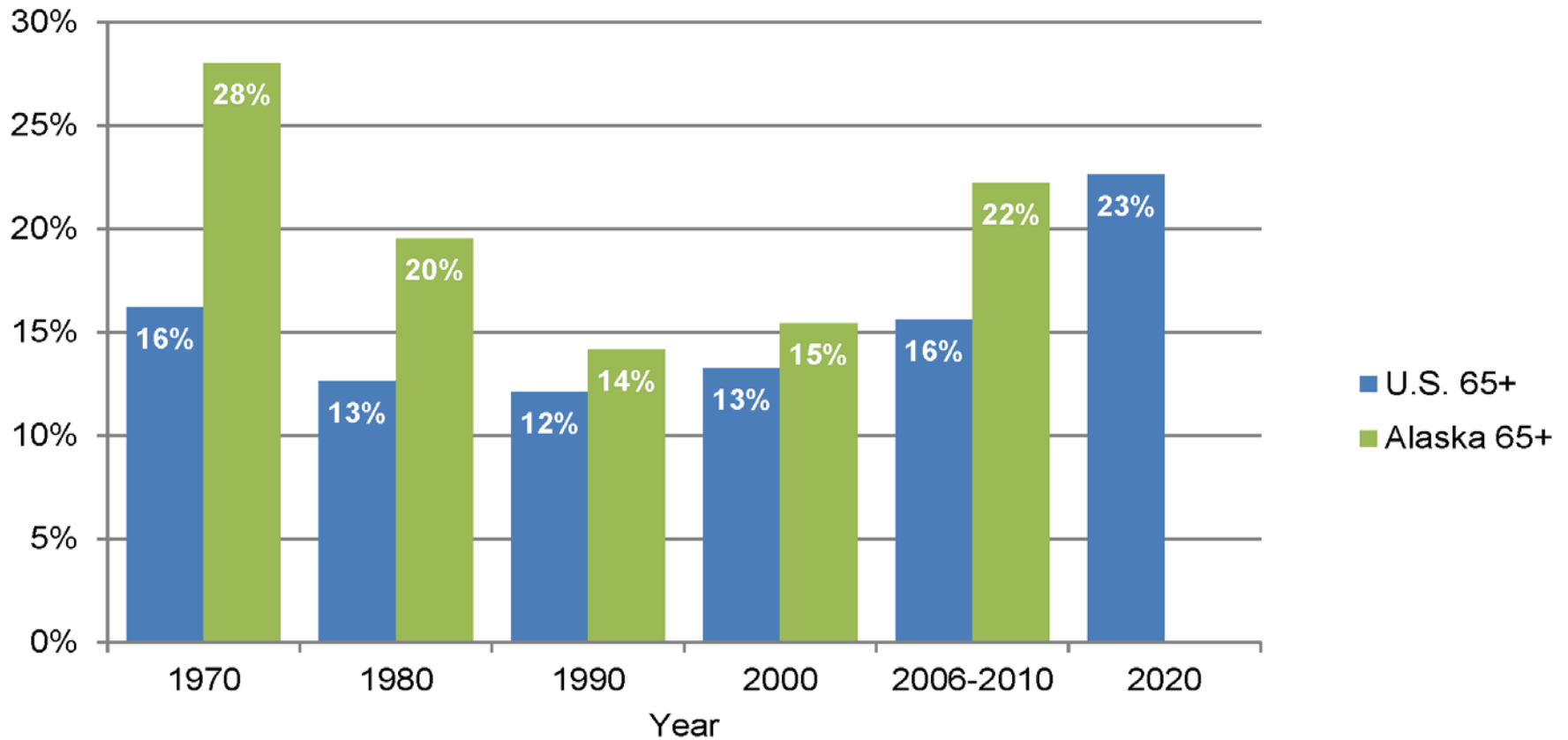


Median Income for Seniors in Anchorage is Higher than Alaska & U.S.



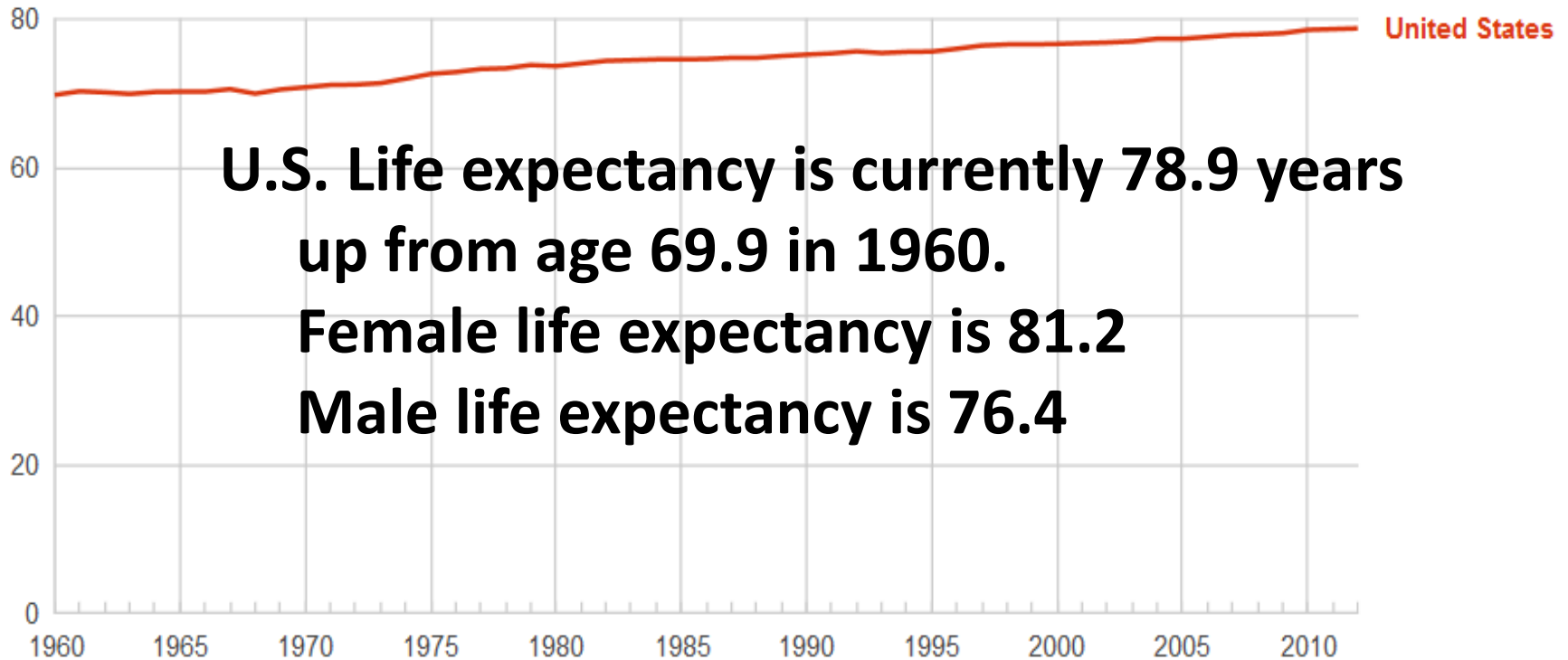
Source: American Community Survey 2008-2012 5-year estimate

Labor Force Participation Rate of 65+ Population, 1970-2020



Sources: U.S. Bureau; Bureau of Labor Statistics projection for 2020

Americans (and Alaskans) are Living Longer



U.S. Life expectancy is currently 78.9 years up from age 69.9 in 1960.

Female life expectancy is 81.2

Male life expectancy is 76.4

In Alaska, life expectancy has increased from 72.1 in 1980 to 78.1 currently.

Leading Causes of Death for Alaskans, Age 65+

#1 Cancer

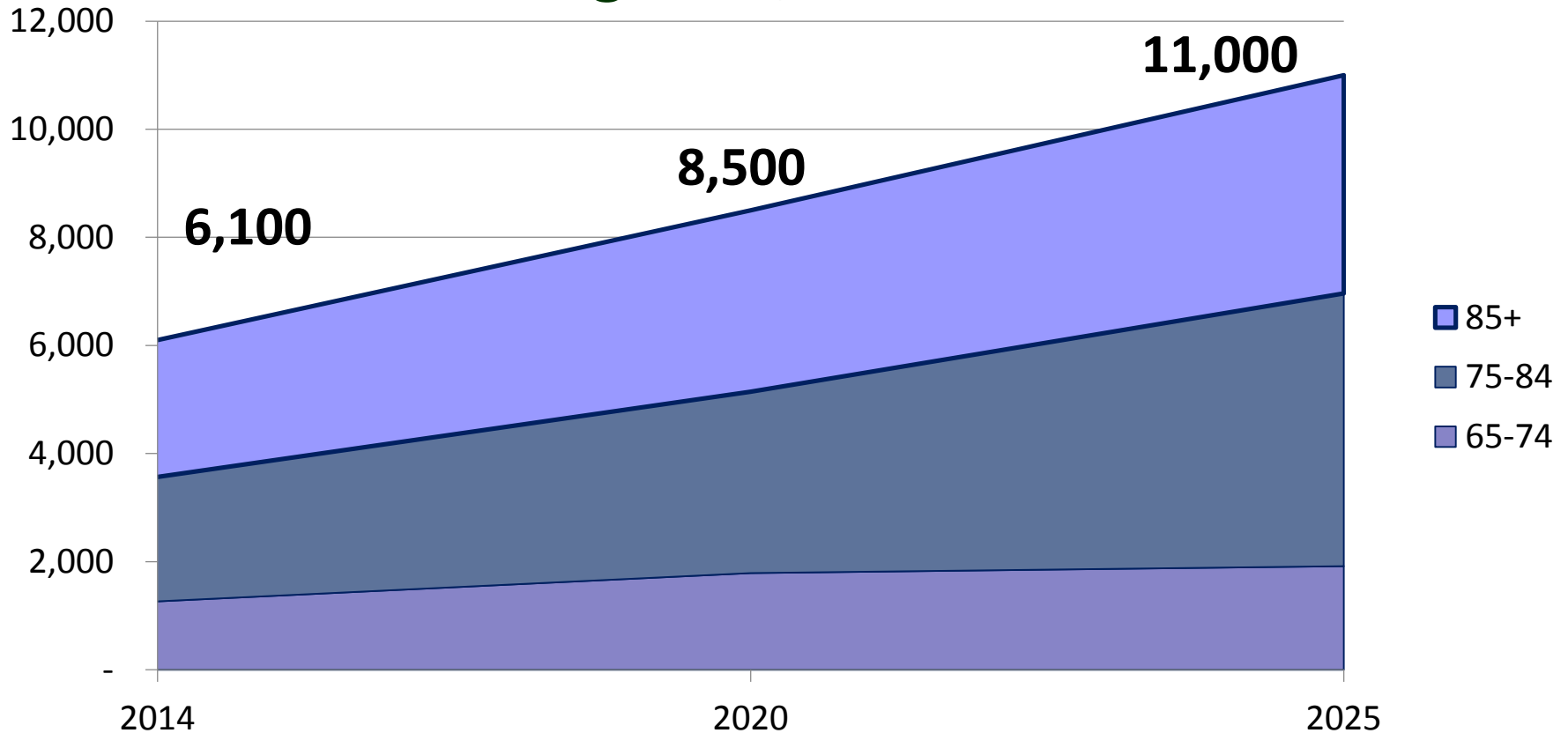
#2 Heart Disease

#3 Chronic Lower Respiratory Diseases

#4 Diabetes Mellitus

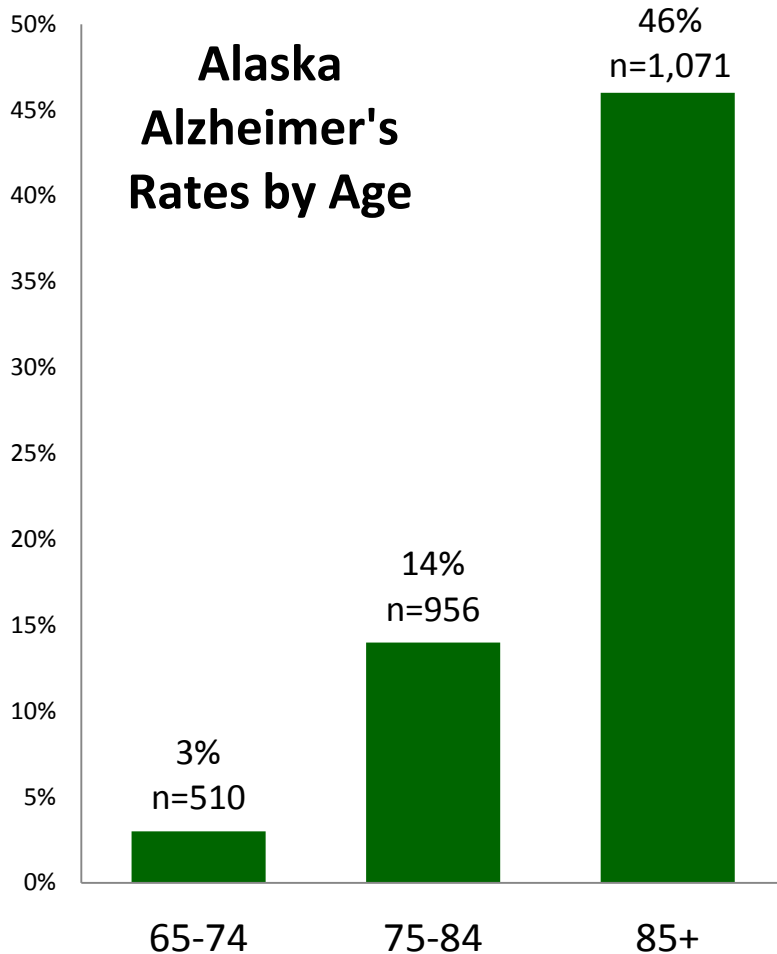
#4 Alzheimer's Disease

Alaska Alzheimer's Disease Prevalence, Age 65+, 2014-2025



The above projections do not include persons with related dementias and those younger than 65.

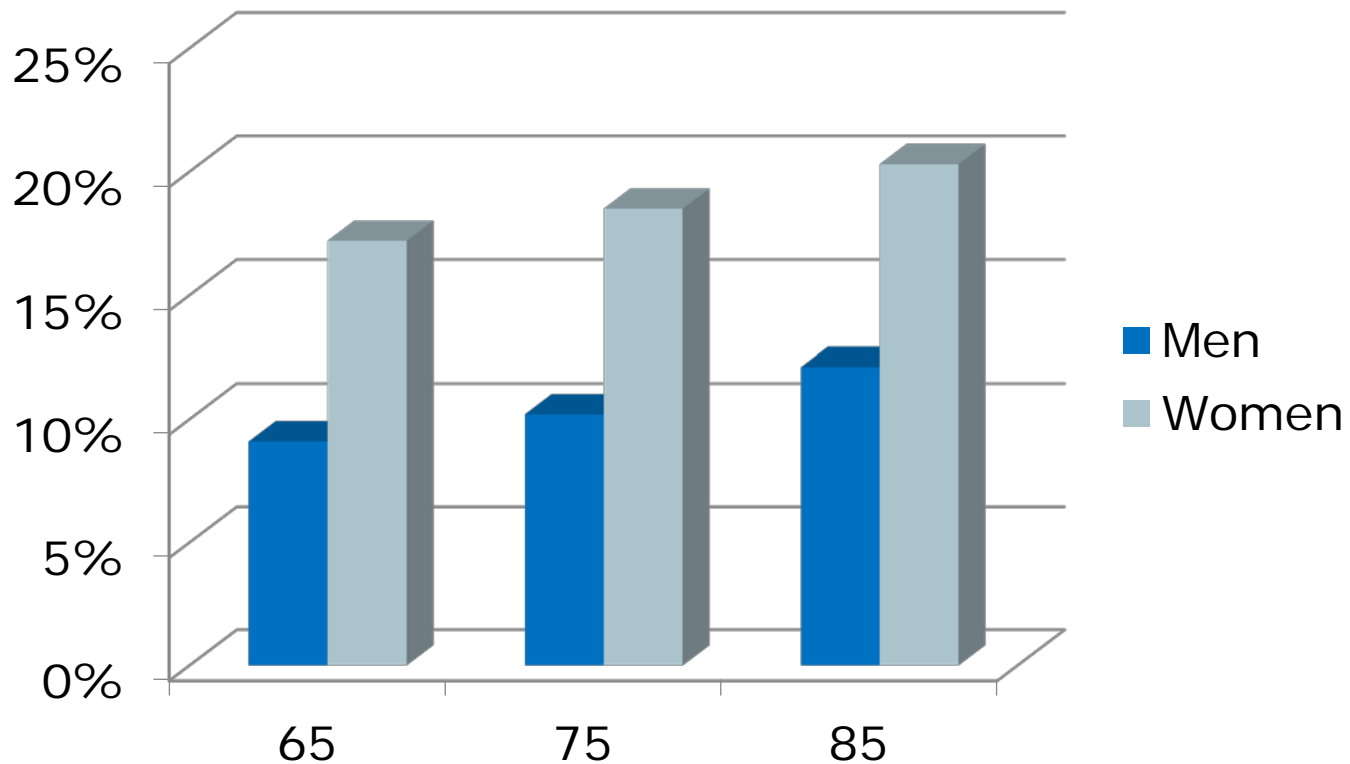
Rates of Alzheimer's Increases with Age



Applying statewide Alzheimer's rates to population estimates for the Municipality of Anchorage indicate that there are approximately:

- 2,537 Anchorage seniors may have Alzheimer's today
- 13,013 by 2042

Nationwide Estimated Lifetime Risks for Alzheimer's by Age and Sex



Senior Behavioral Health Indicators, Age 65+

Indicator	Alaska 2005	Alaska 2012	% AK Change	U.S. 2008
Binge Drinking	3.6%	4.2%	+2.4%	5.1%
Heavy Drinking	2.3%	4.8%	+2.5%	4.1%
Smokers	11.5%	10.0%	-1.5%	8.6%
Hospital Admissions, Non-fatal senior falls (65+)	1,369	923	-446	645,570
Seniors whose health is "Fair" or "Poor"	19.1% (2010)	24.5%	+5.4%	19.1%
Alcohol Induced Death Rates (per 100,000)	38.2 (2002-2006)	20.4	--	11.9 (2007)
Senior Suicide Rate	14.7	18.4	+3.7	14.9

Sources: Behavioral Risk Factor Surveillance Survey, Alaska Bureau of Vital Statistics, & the Alaska Trauma Registry for selected years.

Data Conclusions

- Senior population is growing but will begin to decline after 2032.
- 85+ population will peak closer to 2040.
- Senior incomes in Anchorage tend to be higher but many households are also low income.
- People are living longer; many are active.
- There will be more seniors with dementia and more chronic health conditions.
- Senior behavioral health needs are increasing.
- Must plan for a mix of active seniors and people needing assistance with activities of daily living.

**Please pull out your clicker and wait
for instructions.**



How to use the clickers...

1. Press the channel button. A red/green flickering light indicates the transmitter is turned on.
2. When submitting responses, please point your clicker at the laptop.
3. Enter your response by pushing your selected number on the clicker.
4. Please hold on to your clicker until the end of this presentation.
5. Raise your hand if you have questions.

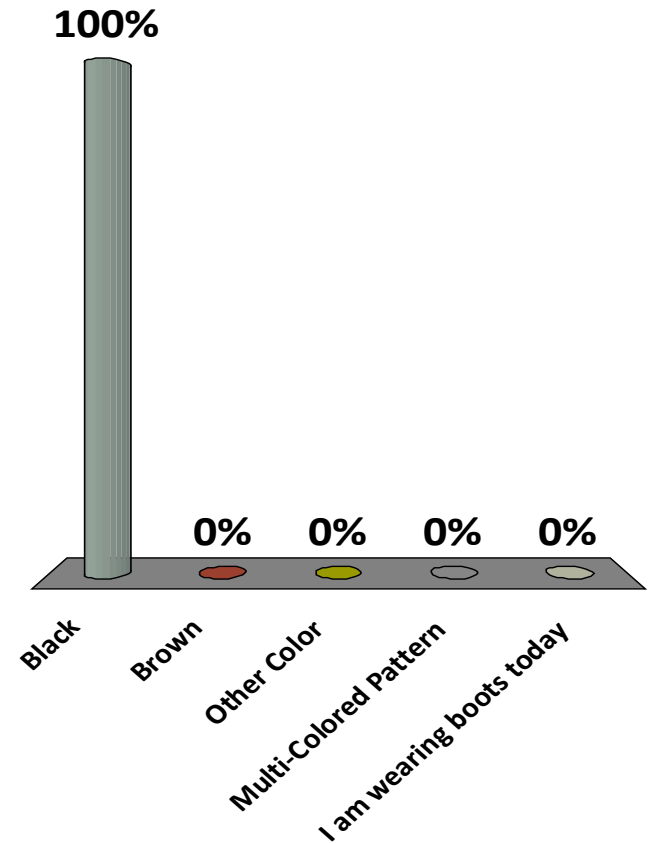


= slide has a question for the audience

Warm-Up

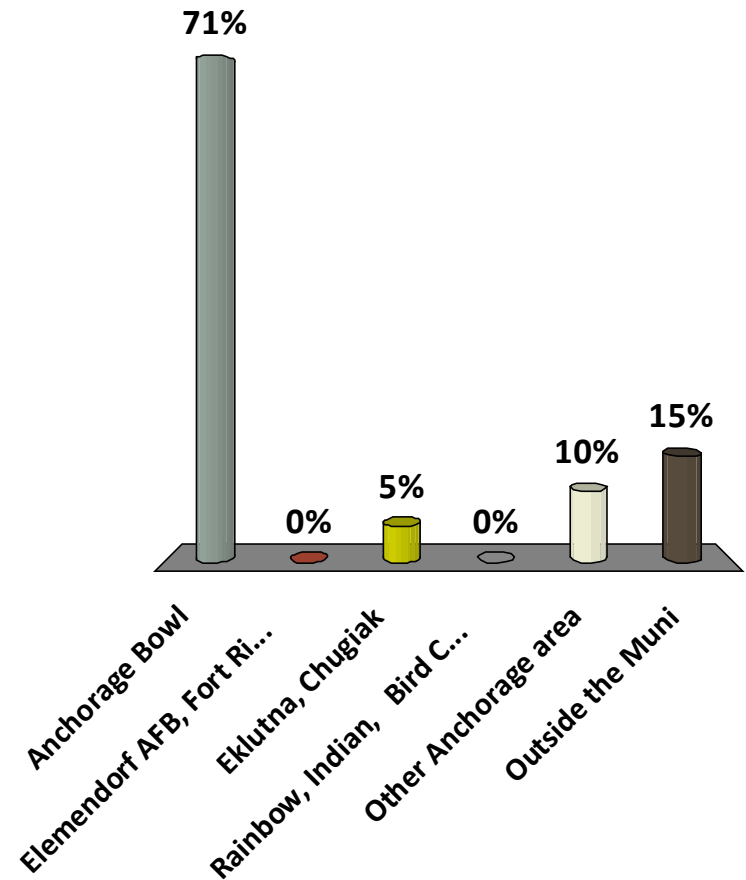
What color are your shoes?

1. Black
2. Brown
3. Other Color
4. Multi-Colored Pattern
5. I am wearing boots today



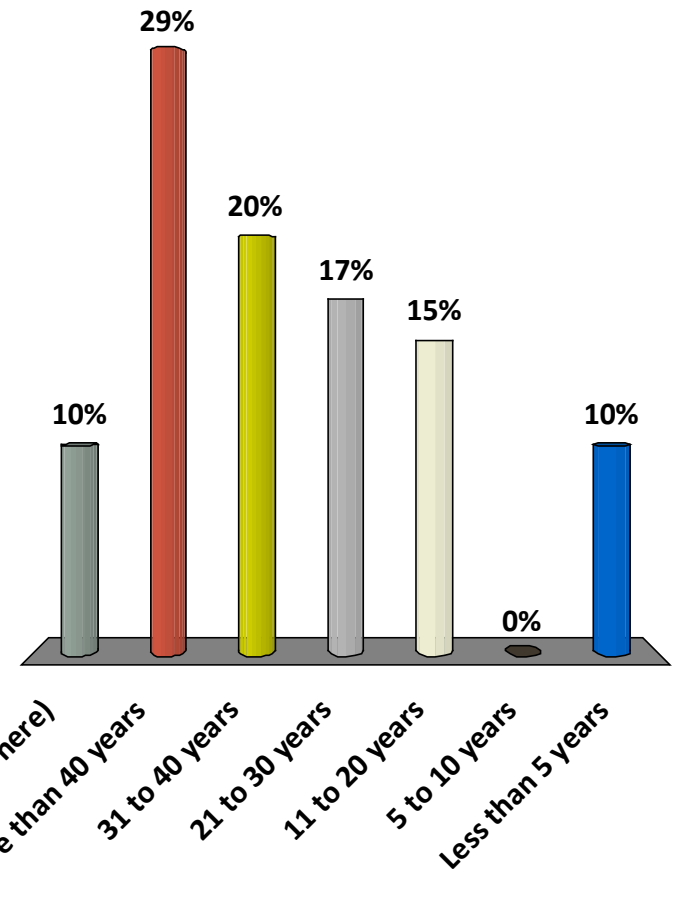
What part of Anchorage do you live?

1. Anchorage Bowl
2. Elemendorf AFB, Fort Richardson
3. Eklutna, Chugiak
4. Rainbow, Indian, Bird Creek, Girdwood
5. Other Anchorage area
6. Outside the Muni



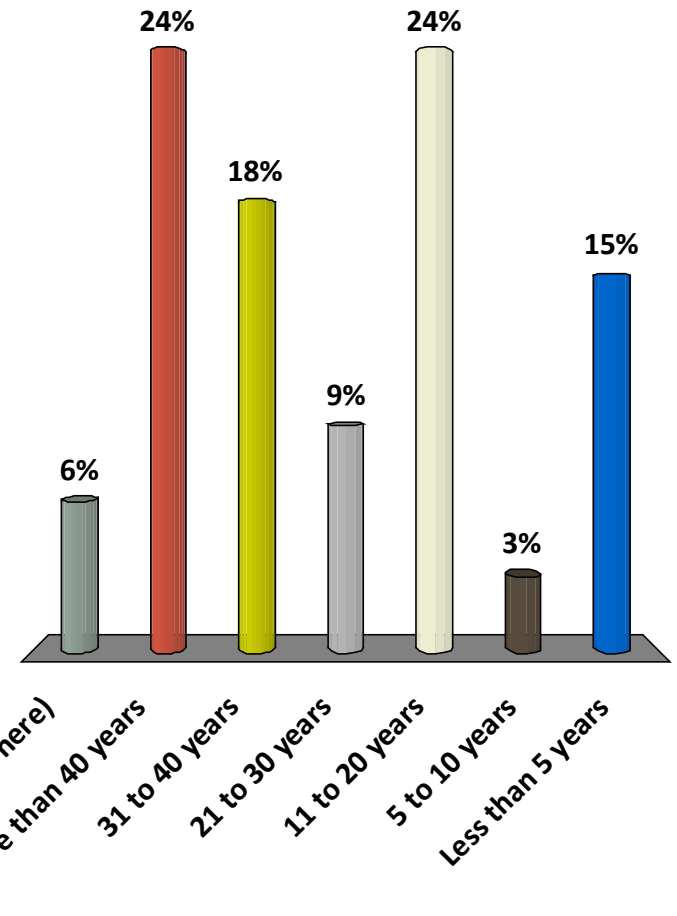
How long have you lived in Alaska?

1. All my life (born here)
2. More than 40 years
3. 31 to 40 years
4. 21 to 30 years
5. 11 to 20 years
6. 5 to 10 years
7. Less than 5 years



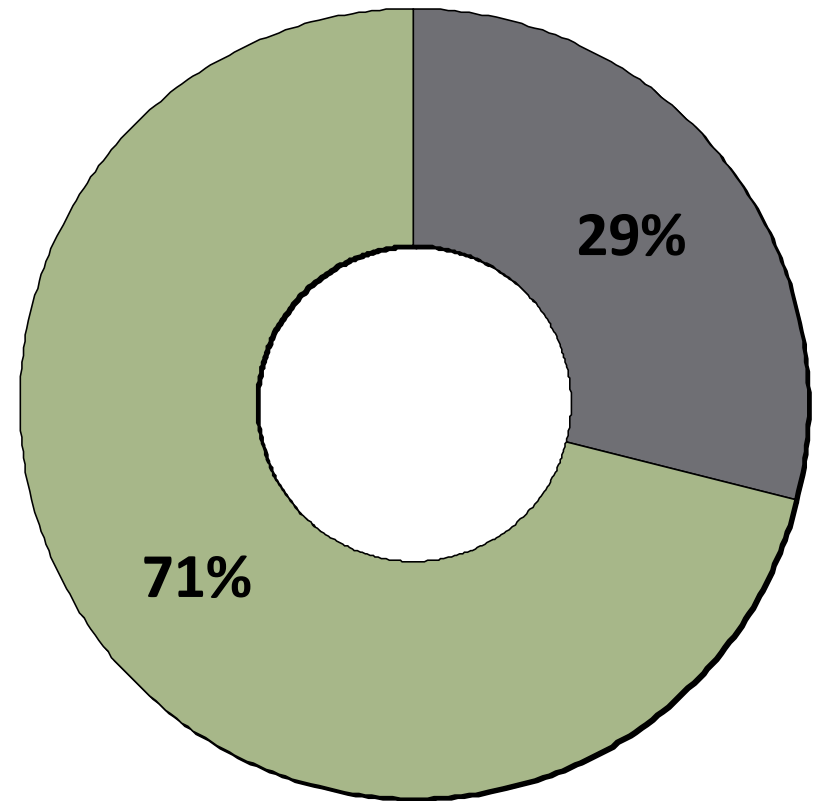
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1. All my life (born here)
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7. Less than 5 years



What is your gender?

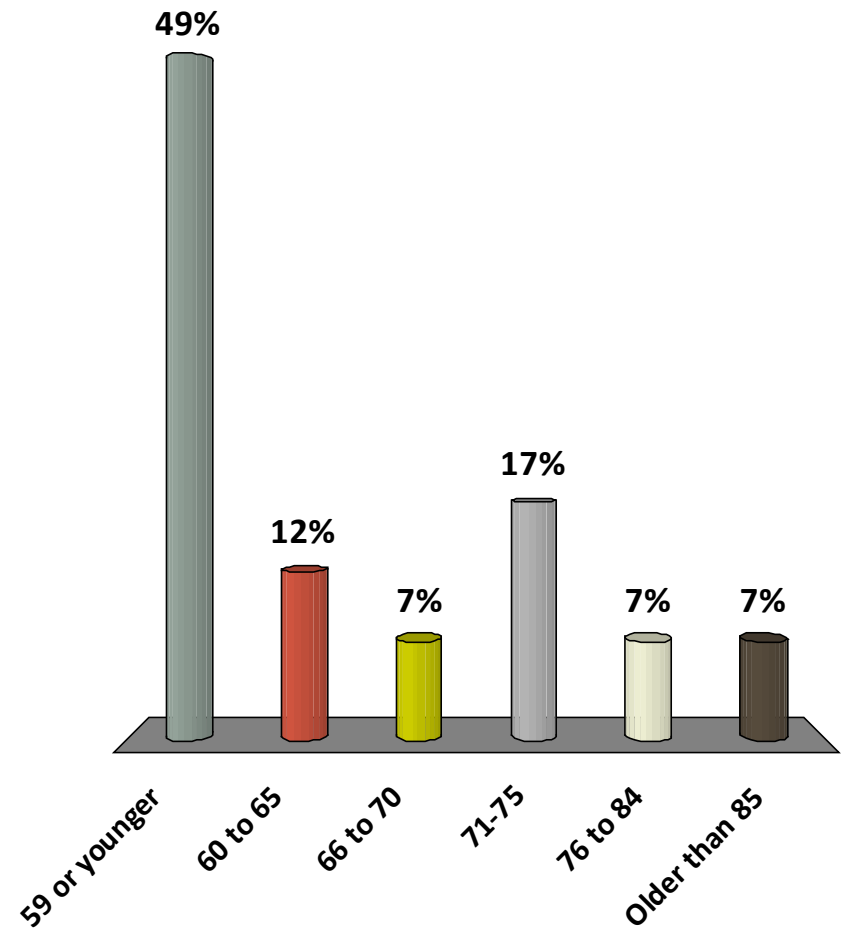
1. Male
2. Female



■ Male ■ Female

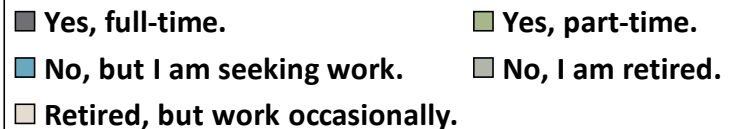
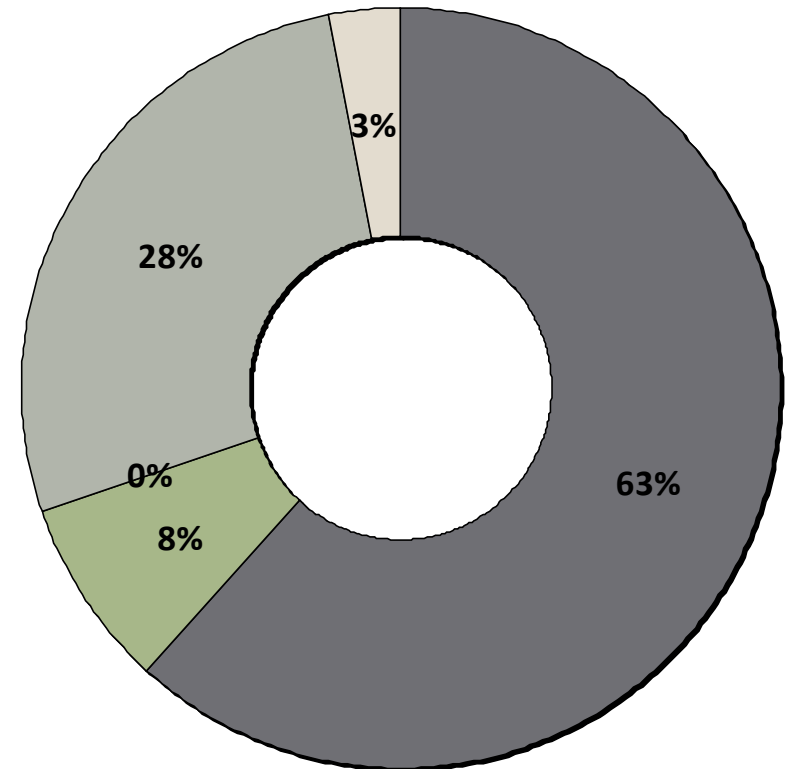
What is your age?

1. 59 or younger
2. 60 to 65
3. 66 to 70
4. 71-75
5. 76 to 84
6. Older than 85



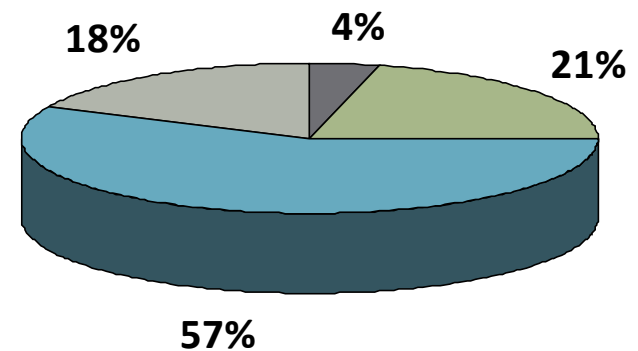
Are you currently employed or self-employed?

1. Yes, full-time.
2. Yes, part-time.
3. No, but I am seeking work.
4. No, I am retired.
5. Retired, but work occasionally.



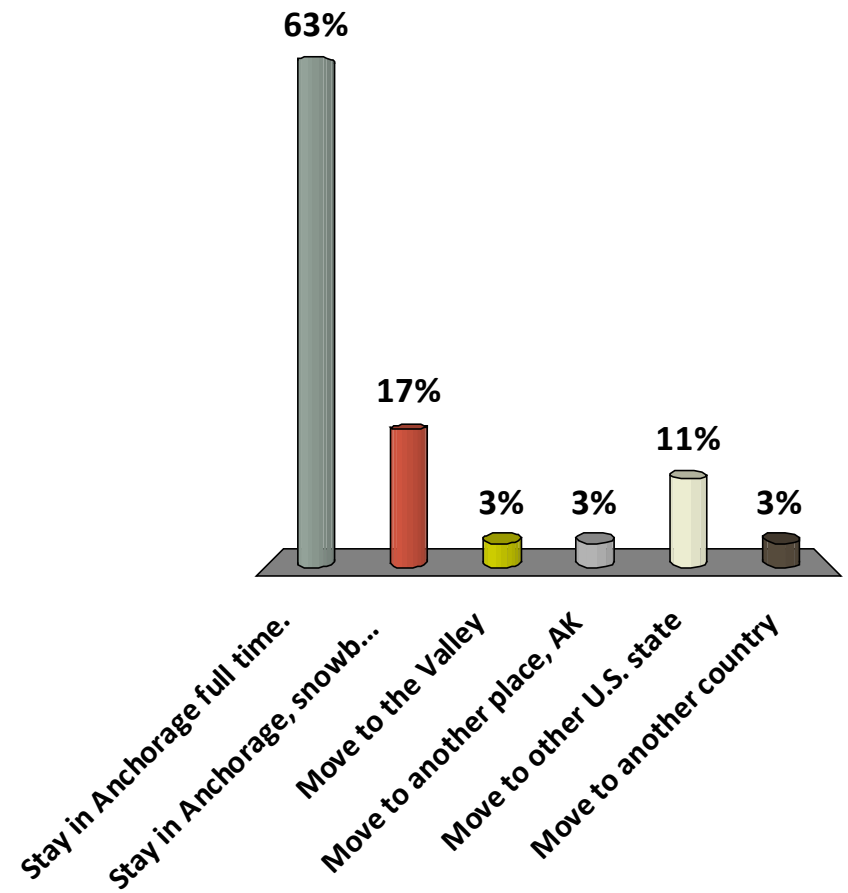
If still working, when do you plan to retire?

1. Within 1 year
2. Within 2-5 years
3. More than 5 years
4. Do not plan to retire



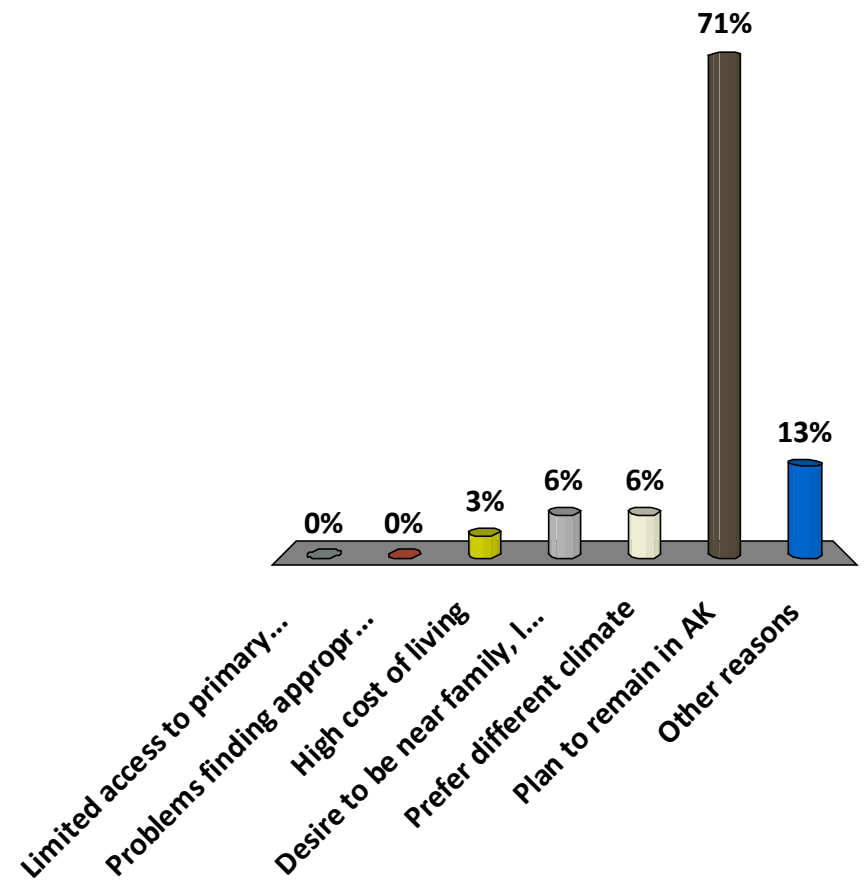
Where do you expect to be living five years from now?

1. Stay in Anchorage full time.
2. Stay in Anchorage, snowbird.
3. Move to the Valley
4. Move to another place, AK
5. Move to other U.S. state
6. Move to another country



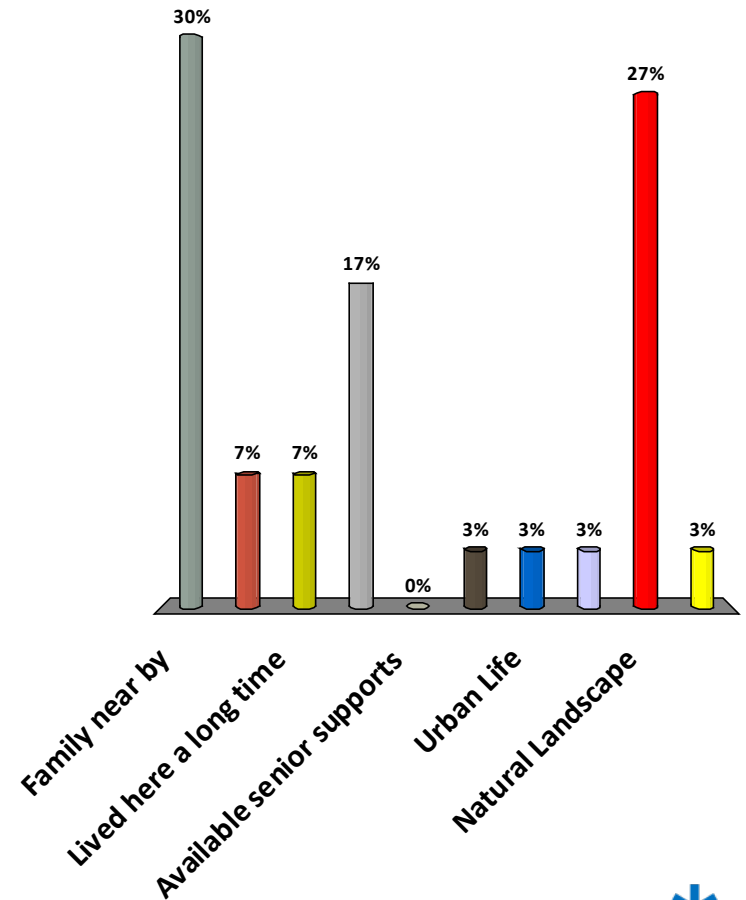
If you are planning to move out of Alaska, what is the reason?

1. Limited access to primary health care
2. Problems finding appropriate housing
3. High cost of living
4. Desire to be near family, living out of AK
5. Prefer different climate
6. Plan to remain in AK
7. Other reasons



What is the most important factor to your decision to continue living in Anchorage as you age?

1. Family near by
2. Work
3. Lived here a long time
4. Want to live in my own home
5. Available senior supports
6. Available medical services
7. Urban Life
8. Recreational opportunities
9. Natural Landscape
10. Other



Small Group Break-Out #1



- Topic #2 Long-Term Support Services
 - Topic #3 Senior Housing
 - Topic #4 Elder Safety & Protection

Continuum of Care

Community-Based Services	Home-Based Services	Intensive Home and Community-Based Services	Services in a Residential Care Setting	Most Intensive Institutional Services
<ul style="list-style-type: none"> * Congregate Meals * Public Transportation * Information/Referral/Personal Advocacy * Physical Fitness * Health Promotion Activities * Senior Employment Services (MASST) * Independent Living * ADRCs and Options Counseling * Senior Centers * RSVP/Foster Grandparent Volunteers * Legal Services 	<ul style="list-style-type: none"> * Home Delivered Meals * Assisted Transportation * Shopping Assistance * Home Repair * Senior Companion Volunteers *Homemaker/Chore 	<ul style="list-style-type: none"> * Adult Day Services * Counseling * Family Caregiver Support * In-Home Respite Care * Home Health Care * Hospice Care * Personal Care 	<ul style="list-style-type: none"> * Assisted Living Homes * Pioneers' Homes 	<ul style="list-style-type: none"> * Acute Care (aka Hospital) * Nursing Home Care (aka Skilled Nursing Facility) * Residential Hospice Care
			Long-Term Care Ombudsman: Advocacy for Residents of Long-Term Care Facilities	
		Care Coordination (Case Management): Personal Assessment/Plan of Care/Follow-Up		
		Adult Protective Services: Investigation and Service to Abuse/Neglect Victims		

What are Community-Based Long-Term Support Services?

- Nutritious Home-delivered & Congregate Meals
- Assisted & Unassisted Transportation
- Information & Referral
- Social, Recreational & Educational Activities
- Senior Center Activities
- Health Promotion & Disease Prevention Activities
- Age Appropriate Exercises
- Care Coordination
- Legal Services
- Family Caregiver Support Programs
- Adult Day Services
- In-home Services (Chore & Homemaker Services)
- Personal Care Assistance
- In-home Health Care



What is independent senior housing?

- Communities where all, or most, of the residents have to be over age 55 or 60 years old.
- Often provides activities and a sense of community.
- Can provide services like transportation, meals, and housekeeping.
- Can be targeted toward moderate to high-income households at market rent.
- Can include affordable housing for lower income seniors.
- Does not provide assistance with activities of daily living.



What is Assisted Living?

- Assisted living homes provide 24-hour care for those not able to live independently in their own homes.
- Provides help with activities of daily living.
- Provides meals and other services.
- Nationally, the fastest growing segment of long-term care.
 - 25% of Medicare recipients in a long-term care setting are living in assisted living. Up from 15% in 1992.
 - Majority are female (70%).
 - Majority are older (75% over age 75).
- Alaska has 269 assisted living facilities for seniors with 2,394 beds.
- Anchorage has 171 licensed facilities for senior assisted living that provides a total of 1,106 beds



What is a Skilled Nursing Facility?

- Typically near by or associated with a hospital.
- Provides 24 hour medical care by nursing staff.
- Use of skilled nursing facilities has decreased from 4.5% to 3.1% nationally.



3 Skilled Nursing Home Facilities in Anchorage providing 368 beds.

Prestige Care (102 beds),
Providence Transitional Care
Center (170 beds), and

Providence Extended Care (96 beds)

Provides services to all ages but
majority of residents are seniors.

Elder Safety & Protection

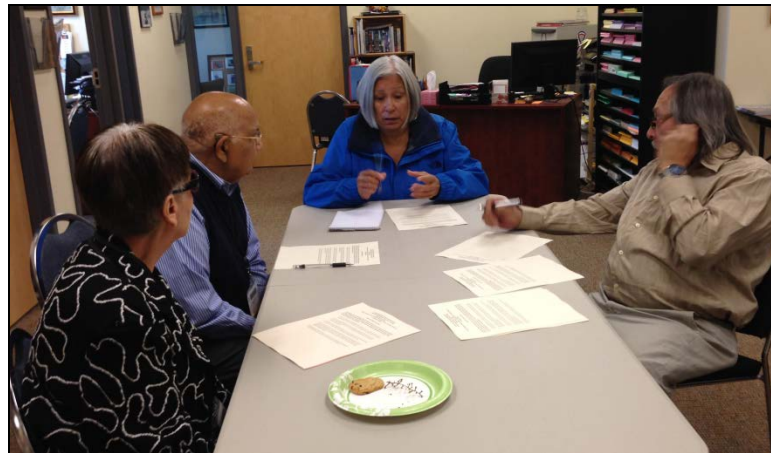
- Elder abuse can take many forms. Some common forms include physical/emotional abuse, abandonment, exploitation, & self abuse.
- Elder abuse occurs in all communities and affects people of all backgrounds.
- Most victims are women, but men can be harmed too.
- Reports of elder abuse are rising in Alaska.
- Office of the Long-Term Care Ombudsman, Adult Protective Services, and the Office of Elder Fraud and Assistance are state agencies that investigate reports of elder abuse and exploitation.



Breakout Sessions: Small Group Discussion

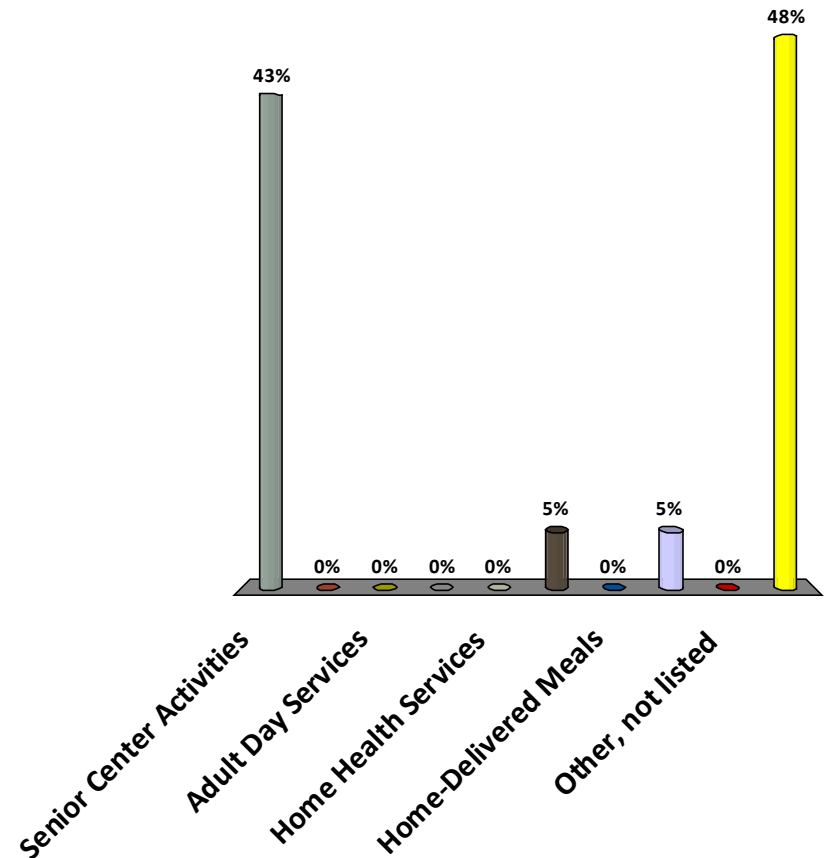
20 minutes, then report back

- Group 1: Long-Term Support Services
 - Group 2: Senior Housing
- Group 3: Elder Safety & Protection



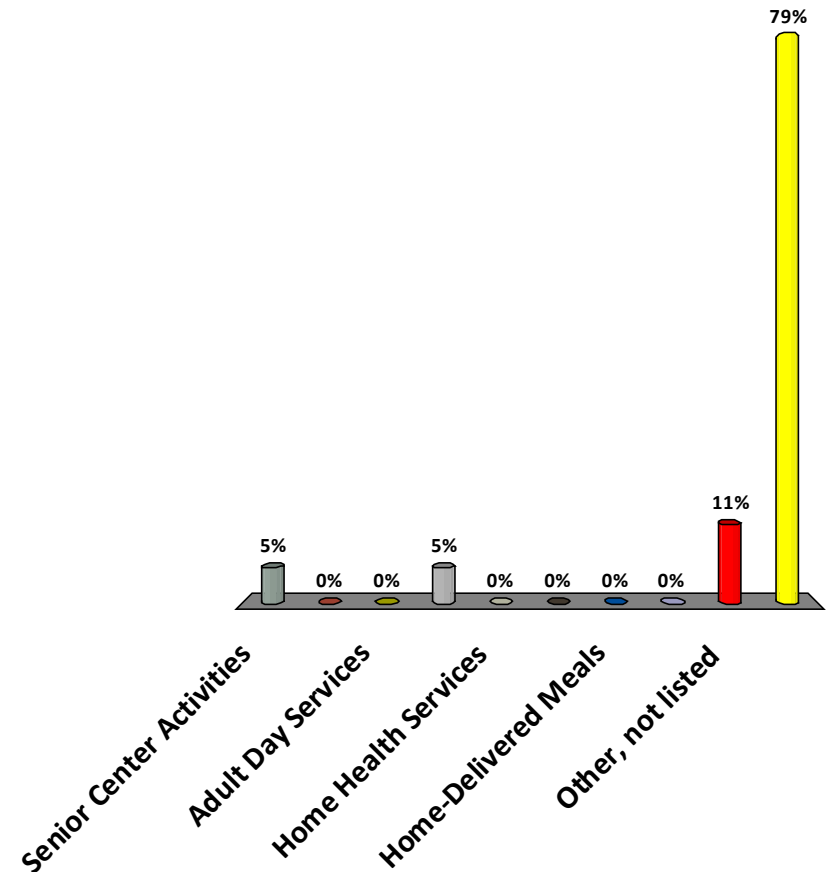
Which of the following services have you used the most?

1. Senior Center Activities
2. Senior Transportation
3. Adult Day Services
4. Care Coordination
5. Home Health Services
6. Personal Care Assistance
7. Home-Delivered Meals
8. Alzheimer's Support Groups
9. Other, not listed
10. None



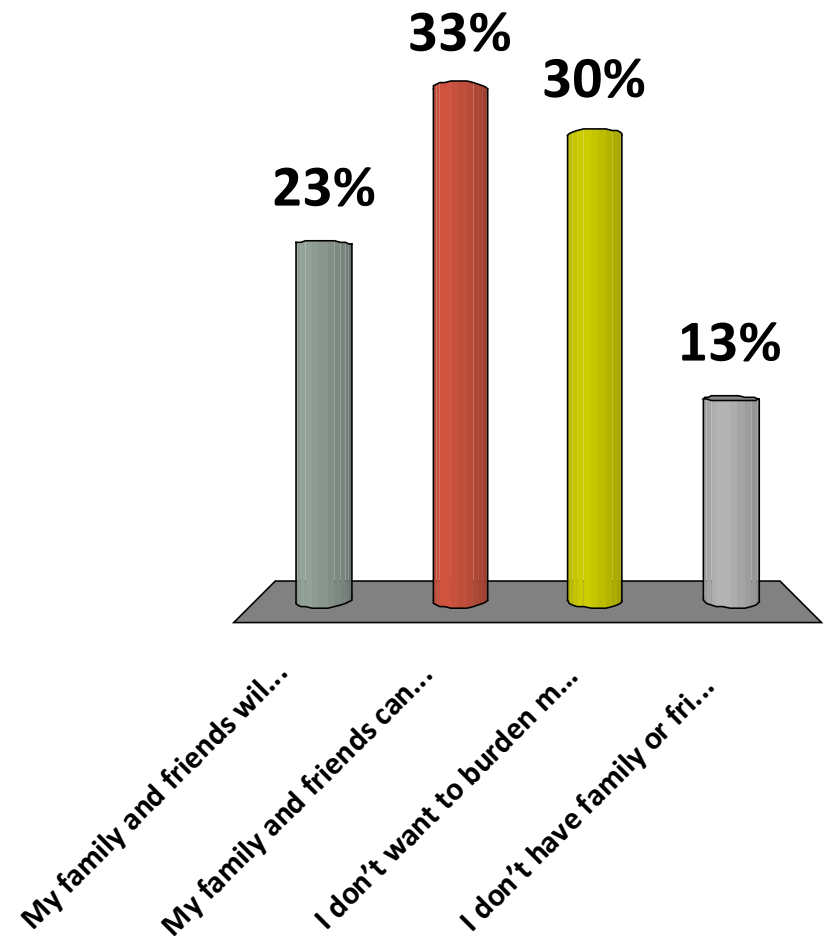
Is there another service that you use often?

1. Senior Center Activities
2. Senior Transportation
3. Adult Day Services
4. Care Coordination
5. Home Health Services
6. Personal Care Assistance
7. Home-Delivered Meals
8. Alzheimer's Support Groups
9. Other, not listed
10. None



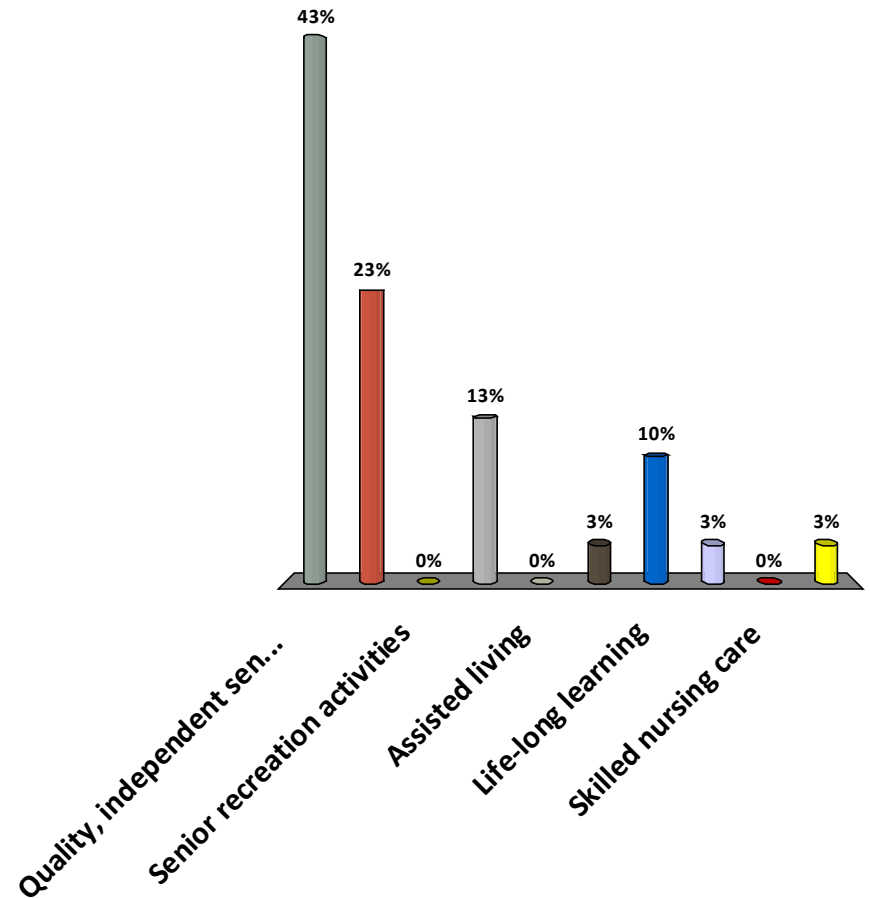
Which statement below most closely captures your opinion about the role of family and friend caregivers?

1. My family and friends will be my main source of support as I age.
2. My family and friends can provide some services and supports but do not have the resources or time to do everything that could be required.
3. I don't want to burden my family and friends with care and would rather hire caregivers.
4. I don't have family or friends who can provide services and supports as I age.



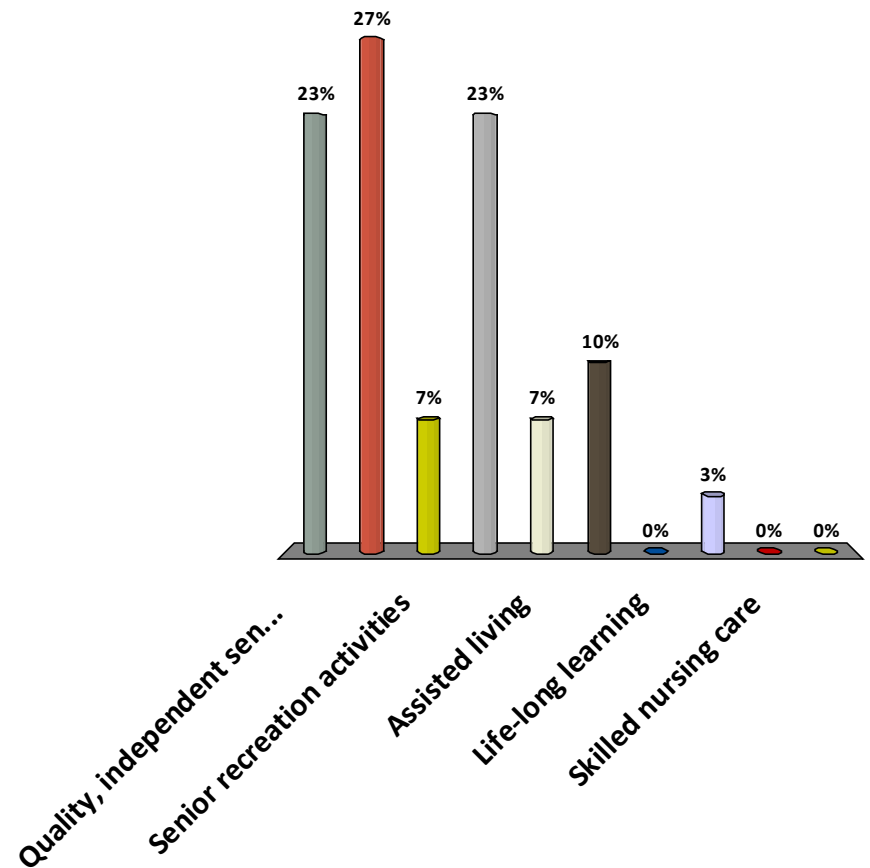
What do you think is the **most important** service & support for Anchorage seniors as they age?

1. Quality, independent senior housing
2. Services such as meals, rides, & homemaker
3. Senior recreation activities
4. Services for older people with dementia
5. Assisted living
6. Housing close to services/activities
7. Life-long learning
8. Information services
9. Skilled nursing care
10. Other, not listed



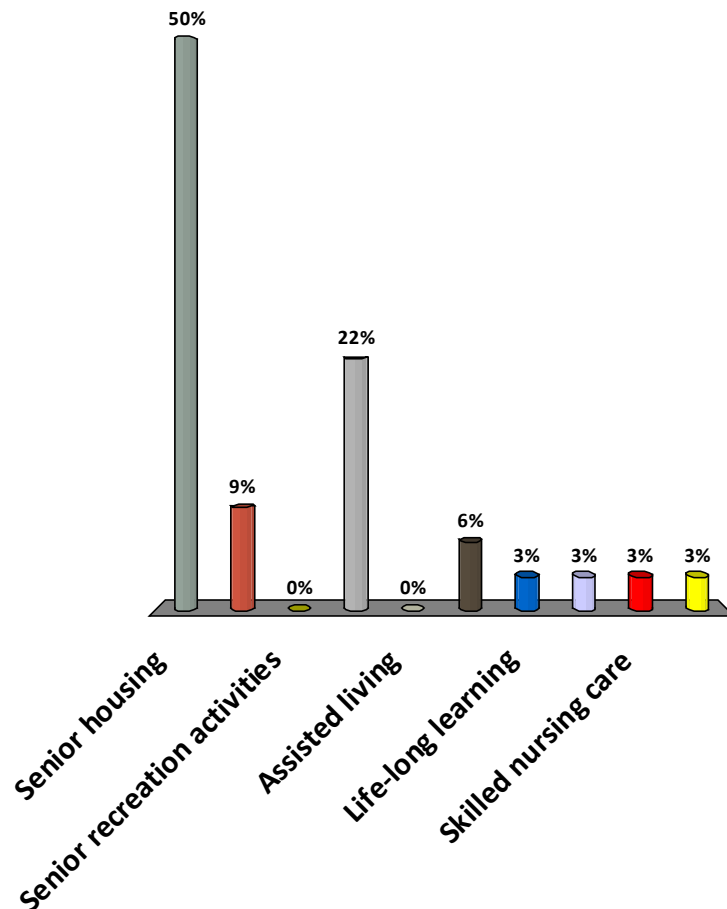
What do you think is the **second** most important service & support for Anchorage seniors as they age?

1. Quality, independent senior housing
2. Services such as meals, rides, homemaker
3. Senior recreation activities
4. Services for older people with dementia
5. Assisted living
6. Housing close to services/activities
7. Life-long learning
8. Information services
9. Skilled nursing care
10. Other, not listed



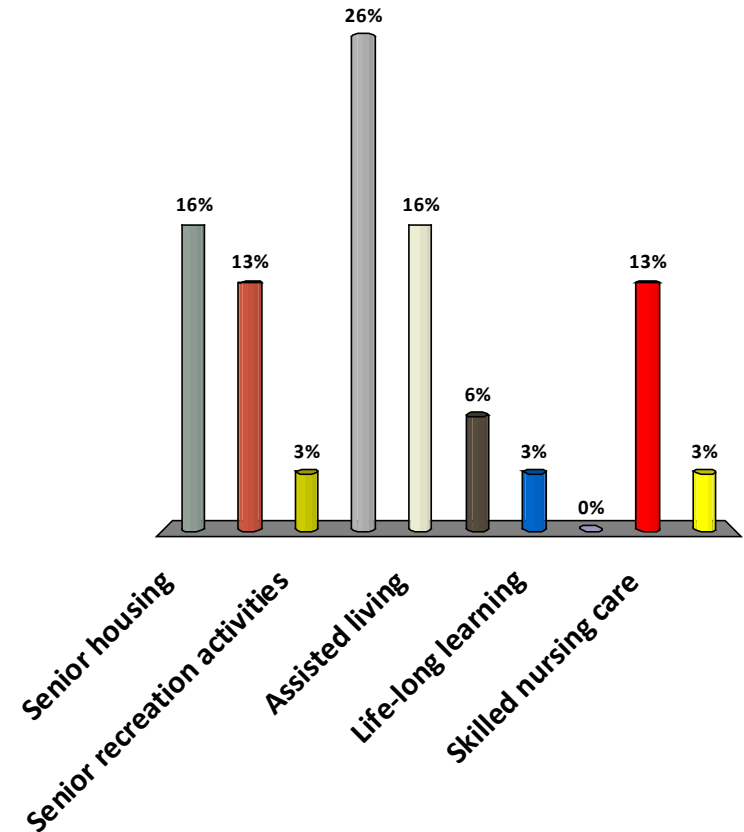
What is the **biggest** gap in services for Anchorage seniors?

1. Senior housing
2. Services such as meals, rides, homemaker
3. Senior recreation activities
4. Services for older people with dementia
5. Assisted living
6. Housing close to services/activities
7. Life-long learning
8. Information services
9. Skilled nursing care
10. Other, not listed



What is the **next biggest** service gap for Anchorage seniors?

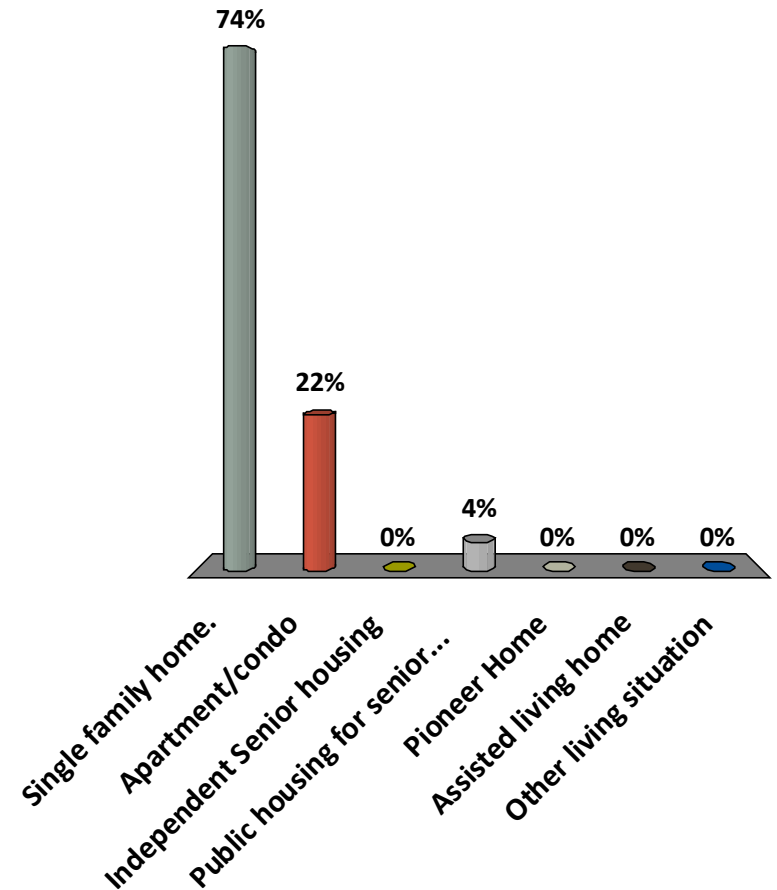
1. Senior housing
2. Services such as meals, rides, homemaker
3. Senior recreation activities
4. Services for older people with dementia
5. Assisted living
6. Housing close to services/activities
7. Life-long learning
8. Information services
9. Skilled nursing care
10. Other, not listed



What is your current housing situation?

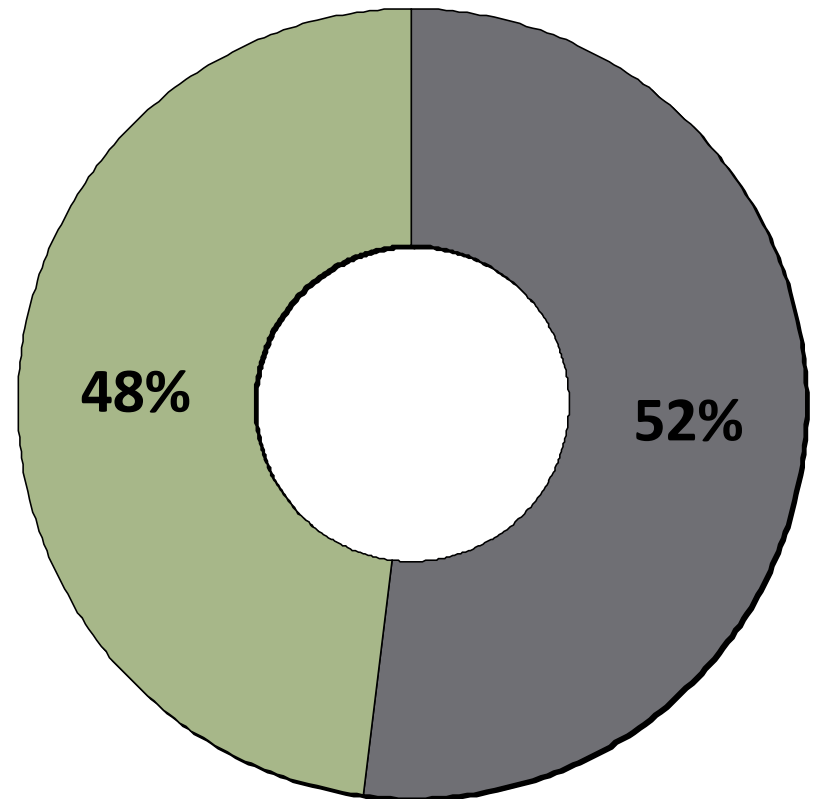
Only answer if you are 55 or over.

1. Single family home.
2. Apartment/condo
3. Independent Senior housing
4. Public housing for seniors/disabled persons
5. Pioneer Home
6. Assisted living home
7. Other living situation



Have you or someone you know experienced elder abuse?

1. Yes
2. No

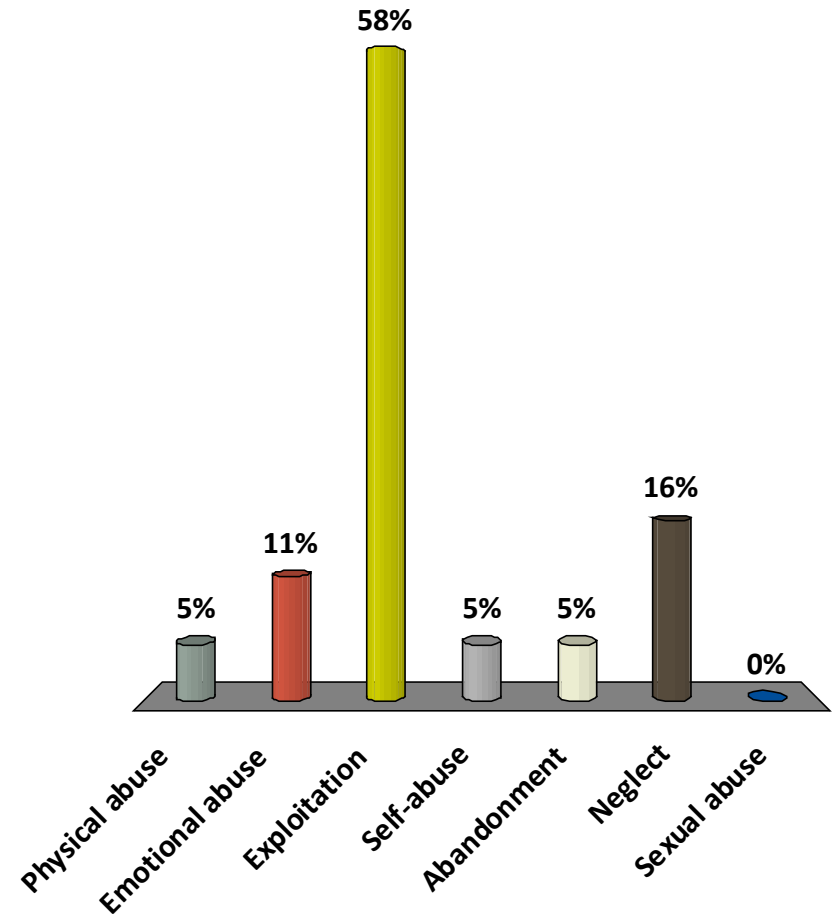


■ Yes ■ No



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

1. Physical abuse
2. Emotional abuse
3. Exploitation
4. Self-abuse
5. Abandonment
6. Neglect
7. Sexual abuse



Small Group Break-Out #2



- Topic #5 Economic Security
- Topic #6 Healthy Aging

Economic Security for Seniors

- Retirement is not “golden” for all older adults.
- Almost 75% of Social Security recipients aged 65+ depend on Social Security for all or most of their monthly income.
- Seniors of color are more likely to have fewer resources to cover their expenses.
- Average monthly Social Security Payment in Alaska for persons age 65+ was \$1,116 received by 55,585 retired workers, 2012.
- In FY2013, the Alaska Senior Benefits program provided benefits to approximately 11,000 seniors age 65+ (almost 20% of the senior population).

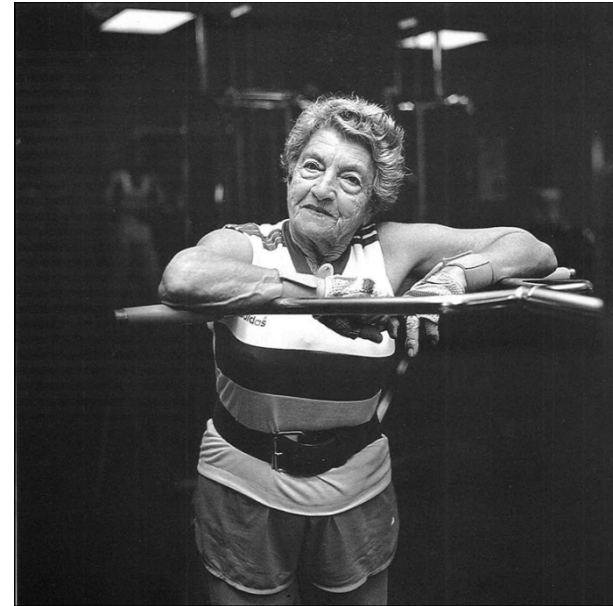
Ways to Promote Healthy Aging

- Protect your DNA
- Be conscientious
- Make friends
- Quit smoking
- Take naps regularly
- Follow a Mediterranean diet
- Keep moving
- Drink in moderation
- Get spiritual
- Forgive
- Make sleep a priority
- Use safety gear
- Maintain a sense of purpose



Small Group Break-Out #2

15 minutes, then report back



- Topic #5 Economic Security for Seniors
- Topic #6 Healthy Aging

What are the top 5 community assets for older adults living in Anchorage?

Let's identify them together...

- 1.
- 2.
- 3.
- 4.
- 5.



What are the top 5 challenges for older adults living in Anchorage?

Let's identify them together.

1. Long, cold winters
- 2.
- 3.
- 4.
- 5.



Wrap-Up

- Did you learn anything new from the presentation about demographic trends and the senior care continuum? Do you have any remaining questions?
- What surprised you most about the answers from the audience?
- Are there other things we are missing about services for seniors in Anchorage that should be considered?
- Stay tuned for a release of the Alaska State Plan for Senior Services, FY2016-2019 in June 2015.
- Contact the Alaska Commission on Aging, 907-465-3250 or www.alaskaaging.org for more information about the State Plan process. For information about senior services in Anchorage, please contact the Muni Aging and Disability Resource Center, 343-7770, Anchorage Senior Activity Center, 770-2000, or 211.
- **THANK YOU FOR PARTICIPATING TODAY!**

Thank You!



***Anchorage Senior Citizens Advisory Commission
& the Alaska Commission on Aging***