

## Alaska Commission on Aging (ACoA) Senior Snapshot: Older Alaskans in 2015/16

Annually, the ACoA gathers data to provide a sketch of the health and well-being of Alaskan residents, age 60 years and older. Below are highlights from the 2015/2016 Senior Snapshot:

- 🌸 Alaska continues to be the fastest growing senior population per capita for the seventh year in a row. From 2004 to 2014, the 65+ population increased in Alaska by 61.5%, followed by Nevada (52%) and Colorado (50%), the only states to experience an increase by 50% or more. **Note 2**
- 🌸 The number of Alaskan seniors age 60+ continues to increase. From the 2010 census to the 2016 projected population data, the Alaska senior population increased by 38.5% statewide. The highest regional growth rate over this period was in Southcentral (46.4%) followed by the Aleutians (44.2%) and the Interior (41.4%). Southeast Alaska continues to have the highest concentration of seniors at 25.7% where one in four residents in the region is an adult age 60 years and older. **Note 1**
- 🌸 The number of Alaskans age 60 to 64 has grown to 46,906 in 2016 from 35,938 in 2010, a 30.5% increase. **Note 1**
- 🌸 The 85-and-older Alaskan cohort is increasing at a rapid pace. These seniors are generally frail, at risk for developing Alzheimer's disease and related dementias (ARD), and are the most likely to depend on home- and community-based and long-term support services. The 85-and-older cohort grew from 4,711 in 2010 to 6,281 in 2016, for an increase of 33.3% over the past six years. **Note 1**
- 🌸 Retired seniors as a whole contribute at least \$2.4 billion annually to Alaska's economy from their retirement income, health care spending and revenue from other sources. The retirement industry, one of the State's top economic sectors, creates approximately 13,000 jobs in health care, long-term support services, housing, and other employment sectors. Employed seniors (23.8% of the 65+ population) contribute an additional \$633 million. More than half of employed seniors work in health care, education, public administration, and retail. The cumulative senior economic impact of \$3 billion compares favorably to other industries including fishing (\$2.2 billion), construction (\$2.1 billion) and retail trade (\$2.1 billion). In addition, Alaskan seniors volunteer and provide unpaid caregiving to family members and friends (UA Institute of Social and Economic Research, Power of Aging in Alaska Symposium, 2014). **Note 3**

- ☼ In 2015, 4.8% of Alaskans age 65 and older lived below poverty level, 1.6% lived below 50 percent of poverty level, and 9.1% lived at 125 percent of poverty level. **Note 7**
- ☼ The number of seniors (age 65+) receiving monthly cash supplemental payments from the Adult Public Assistance has increased by 56 recipients, the average benefit has decreased by \$2.31. **Note 7**
- ☼ The percent of seniors receiving assistance from the Alaska Supplemental Nutrition Assistance Program (SNAP), also referred to as the “Food Stamp” program, from 2015 to 2016 has remained steady. The amount of SNAP assistance provided to each senior is based on the need and income of the entire household. **Note 8**
- ☼ The number of Alaskans age 65 and older receiving monthly cash supplemental payments from the Senior Benefits Program increased by 244 recipients. To qualify for this program, seniors must be 65 or older and have incomes below 175% of the federal poverty level for Alaska. **Note 9**
- ☼ The number of households with a senior member (age 60+ years) that received heating assistance decreased by 177 households between FY2015 and FY2016. **Note 10**
- ☼ There were 368 applicants on the Pioneer Home active waitlist in 2016. To be eligible for the Pioneer Homes, one must be 65 years or older, be a resident for at least one year, and complete an application. To qualify for the active wait list, the senior must be willing and ready to move into a Pioneer Home within 30 days of an offer. **Note 21**
- ☼ Alaska continues to have the highest nursing home costs in the country at \$816 per day or \$297,840 per year in 2016. The average annual cost in the United States is \$92,378. **Note 22**
- ☼ Alaska has the second highest median cost for assisted living facility care at \$69,000 per year as compared to the national average of \$43,539 per year. Washington D.C. has the highest cost for assisted living in the nation at \$80,400 annually. **Note 22**
- ☼ The 2016 median daily rate for Adult Day Services in Alaska is \$100 per day; the national median daily rate is \$68. **Note 22**
- ☼ In SFY2016, Adult Protective Services received 703 reports of harm of which involved older adults, age 60+. **Note 29**

The Senior Snapshot incorporates the latest data available however not all items are updated on an annual basis.

## Population by Region and Age Group

### Senior Snapshot: Older Alaskans in 2015/2016

Population Age 60+ By Region	Percentage of Regions 2016 Pop.	Seniors in CY2016	Seniors in CY2015	Seniors in CY2014	Seniors in CY2010	Change in Population 2010-2016	Comments
<b>Statewide</b>	<b>17.0%</b>	<b>125,886</b>	<b>120,444</b>	<b>115,280</b>	<b>90,876</b>	<b>38.5%</b>	Over a 7-year period. <b>Note 1</b>
I. Bethel Area	10.8%	2,841	2,754	2,635	2,306	23.2%	Bethel, Kusilvak Census Area
II. Interior	16.4%	18,565	17,757	16,853	13,134	41.4%	Fairbanks NSB, Yukon-Koyukuk, Denali, SE Fairbanks
III. North Slope	11.1%	1,086	1,057	1,001	856	26.9%	North Slope Borough
IV. Anchorage	15.9%	47,532	45,492	43,727	35,079	35.4%	Municipality of Anchorage
V. Southcentral	19.6%	33,328	31,651	30,179	22,760	46.4%	Kenai Peninsula, Mat-Su, Valdez- Cordova
VI. Northwest	11.7%	2,109	2,036	1,996	1,681	25.5%	Nome, Northwest Arctic
VII. Southwest	15.8%	3,312	2,928	2,919	2,440	37.5%	Bristol Bay, Dillingham, Kodiak, Lake & Peninsula
VIII. Aleutians	14.4%	1,221	1,201	1,166	847	44.2%	Aleutians East, Aleutians West
IX. Southeast	25.7%	15,890	15,282	14,675	11,764	35.1%	Haines, Juneau, Ketchikan, Prince of Wales, Sitka, Skagway-Hoonah-Angoon, Wrangell-Petersburg, Yakutat
Population Age 60+ By Age Group	Percentage of senior population	Seniors in CY2016	Seniors in CY2015	Seniors in CY2014	Seniors in CY2010	% Seniors Change 2010-2016	
Age 60-64	37.3%	46,906	45,491	44,200	35,938	30.5%	
Age 65-74	42.6%	53,668	50,592	47,605	33,139	61.9%	
Age 75-84	15.1%	19,031	18,177	17,615	14,877	27.9%	
Age 85+	5.0%	6,281	6,084	5,860	4,711	33.3%	

## Senior Population Growth

### Senior Snapshot: Older Alaskans in 2015/2016

Population Growth	2016 & 2015 US Ranking	AK Growth, 2004-2014	US Average Growth, 2004-2014	Comments
Alaska's Senior Population, Age 65+	#1	61.7%	24.7%	<b>Note 2</b>

## Economic Factors

### Senior Snapshot: Older Alaskans in 2015/2016

Economic Contribution	CY2014	CY2013	CY2012	CY2010	Comments
Seniors' economic contribution to Alaska	\$2.5 billion**	\$2.4 billion**	\$2.1 billion**	\$1.7 billion	<b>Note 3</b>
Economic Status Indicators	2016	2015	2014	2013	Comments
Average monthly Social Security payment for Alaska seniors age 65+	\$1,306 (December)	\$1,328 (December)	\$1,341 (December)	\$1,180 (December)	<b>Note 4</b>
Average monthly PERS payments for Alaska seniors	\$1,759 (September)	\$1,729 (September)	\$1,676 (September)	\$1,605 (September)	Average payment per person for retirement PERS payments. <b>Note 5</b>
Number of Alaska seniors receiving PERS payments	16,318 (September)	15,421 (September)	14,377 (September)	13,568 (September)	
Average monthly Teachers Retirement System (TRS) Payment	\$2,861 (October)	\$2,855 (October)	\$2,831 (October)	\$2,756 (October)	Teachers Retirement System: Information includes average payment per person. <b>Note 6</b>
Number of Alaska seniors receiving TRS payments	5,715 (October)	5,517 (October)	5,217 (October)	5,046 (October)	

\*\* Rates based on fewer than 6 occurrences are not reported.

## Senior Benefits by Region

### Senior Snapshot: Older Alaskans in 2015/2016

Region	October 2016	October 2015	October 2014	October 2012	Comments
Statewide	11,784	11,540	11,298	11,123	Number of seniors 65+ on Senior Benefits. <b>Note 9</b>
I. Bethel Area	804	808	775	778	Bethel, Kusilvak Census Area
II. Interior	1,406	1,354	1,306	1,311	Fairbanks NSB, Yukon-Koyukuk, Denali, SE Fairbanks
III. North Slope	35	38	36	40	North Slope Borough
IV. Anchorage	4,340	4,231	4,154	4,053	Municipality of Anchorage
V. Southcentral	2,948	2,850	2,795	2,687	Kenai Peninsula, Mat-Su, Valdez-Cordova
VI. Northwest	422	441	425	395	Nome, Northwest Arctic
VII. Southwest	413	407	415	449	Bristol Bay, Dillingham, Kodiak, Lake & Peninsula
VIII. Aleutians	60	65	60	61	Aleutians East, Aleutians West
IX. Southeast	1,356	1,346	1,332	1,341	Haines, Juneau, Ketchikan, Prince of Wales, Sitka, Skagway-Hoonah-Angoon, Wrangell-Petersburg, Yakutat
Unknown Region	0	0	0	8	

## Food Stamps and Other Senior Assistance Programs

### Senior Snapshot: Older Alaskans in 2015/2016

Other assistance	FY2016	FY2015	FY2014	Comments
Seniors in Alaska (age 60+) receiving SNAP	3,229 (60-64) 4,334 (65+) Total 7,563 (November)	2,995 (60-64) 4,047 (65+) Total 7,042 (November)	2,802 (60-64) 3,746 (65+) Total 6,548 (November)	SNAP: Supplemental Nutrition Assistance Program (formerly known as Food Stamps). <b>Note 8</b>
Average dollar monthly benefit for Alaskan seniors on SNAP	\$309 (60-64) \$206 (65+)	\$261 (60-64) \$186 (65+)	\$168 (60-64) \$91 (65+)	SNAP: Supplemental Nutrition Assistance Program (formerly known as Food Stamps). <b>Note 8</b>
Seniors receiving Adult Public Assistance age 65+	\$232 (65+)	\$235 (65+)	\$239 (65+)	<b>Note 9</b>
Households with a senior member (age 65+) receiving heating assistance	3,669 total: 3,020 LIHEAP 649 AKAHP	3,846 total: LIHEAP: 3,031 AKAHP: 815	4,055 total: 3,213 LIHEAP 842 AKAHP	LIHEAP: Low Income Home Energy Assistance Program. AKAHP: Alaska Affordable Heating Program. <b>Note 10</b>

## AHFC and Senior Housing

### Senior Snapshot: Older Alaskans in 2015/2016

Housing	2016	2015	2014	Comments
AHFC total units of senior/disabled housing (statewide)	610 units (December)	610 units (December)	610 units (December)	AHFC: Alaska Housing Finance Corporation. <b>Note 11</b>
AHFC wait list for senior/disabled housing (statewide)	873 (November)	663 (November)	567 (November)	AHFC: Alaska Housing Finance Corporation. <b>Note 12</b>
AHFC wait list for housing vouchers	2,952 families (November)	2,782 families (November)	2,448 families (November)	AHFC: Alaska Housing Finance Corporation. <b>Note 13</b>
Housing Development	FY2016	FY2015	FY2014	Comments
AHFC senior housing units funded for development	47 units	95 units	40 units	AHFC: Alaska Housing Finance Corporation. From FY01 thru FY16, 1,008 senior housing units in total were developed with AHFC and other funding sources.

## Senior Health

### Senior Snapshot: Older Alaskans in 2015/2016

Leading Causes of Death 65+	Alaska 2015 Deaths	Alaska 2015 Rate (per 100,000)	Alaska 2014 Deaths	Alaska 2014 Rate (per 100,000)	U.S. 2014 Deaths	U.S. 2014 Rate (per 100,000)	Comments
Suicides	11	14.6*	8	11.2*	7,693	16.6	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Fatal falls (accidental)	36	48.0	17	23.8*	27,044	58.4	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Other accidental deaths	55	73.4	49	68.7	21,251	45.9	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Alcohol-induced deaths	19	25.3*	19	26.6*	6,437	13.9	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Drug-induced deaths	7	9.3*	4	**	2,920	6.3	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Cancer	581	776.1	590	828.1	413,885	895.0	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Heart Diseases	549	733.4	492	690.6	489,722	1,059.0	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Stroke	133	176.4	120	168.4	113,308	245.0	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Influenza & Pneumonia	32	42.7	53	74.3	44,836	96.9	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Chronic Lower Respiratory Diseases	28	37.4	153	214.7	124,693	269.6	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Alzheimer's Disease	66	94.0	67	94.0	92,604	200.2	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Diabetes Mellitus	89	94.0	67	94.0	54,161	117.1	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Chronic Liver Disease and Cirrhosis	156	208.4	153	214.7	N/A	N/A	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Parkinson's Disease	35	46.7	22	30.8	25,482	55.1	Alaska Bureau of Vital Statistics. <b>Note 15</b>
Accident/ Unintentional Injuries	91	121.5	66	92.6	48,295	104.4	Alaska Bureau of Vital Statistics. <b>Note 15</b>

\* Rates based on fewer than 20 occurrences are statistically unreliable and should be used with caution.

\*\* Rates based on fewer than 6 occurrences are not reported.

## Senior Health (continued)

### Senior Snapshot: Older Alaskans in 2015/2016

ADRD Estimates	2016, Alaska	2015, Alaska	2010, Alaska	2000, Alaska	2016, US	Comments
Number with Alzheimer's Disease & Related Dementia (ADRD)	6,800	6,400	5,000	3,400	5.4 million	Alaska's ADRD estimates are based on national prevalence rates by age group. An estimated 9% of Alaska seniors age 65+ have Alzheimer's disease. Alzheimer's disease rates increase with age and directly affect almost half of Alaskans over 85. <b>Note 14</b>

## Senior Behavioral Health

### Senior Snapshot: Older Alaskans in 2015/2016

Behavioral Health, Seniors Age 65+	2015, Alaska	2014, Alaska	2015, U.S.	Comments
Binge drinkers	6.9%	6.2%	4.3%	<b>Note 16</b>
Heavy drinkers	6.1%	6.2%	3.9%	<b>Note 17</b>
Smokers	9.3%	10.0%	8.8%	<b>Note 18</b>
Disabled seniors	31.6%	29.5%	32.6%	<b>Note 19</b>
Obese seniors	30.5%	28.8%	28.5%	<b>Note 20</b>

## Long Term Care

### Senior Snapshot: Older Alaskans in 2015/2016

Long Term Care	2016, Alaska	2015, Alaska	2014, Alaska	2013, Alaska	Alaska Baseline	Comments
Percent of Pioneer Home residents at Level III	54.3% (December)	56.11% (November)	55.9% (October)	56% (October)	46.1% (December 2004)	Level III is the most advanced level of care. Division of Pioneer Homes. <b>Note 21</b>
Pioneer Home Applicants on Active Wait List	361	332	276	369	374 (2008)	Total number of beds available is 542. <b>Note 21</b>
Average age of Pioneer Home resident	86.2 years (November)	86.4 years (November)	86.2 years (October)	86.2 years (October)	76 years (1998)	Applicants must be 65 years or older, a resident for at least one year, and submit an application. Active wait list is defined by the number of seniors who are willing and ready to move into a Pioneer Home within 30 days of an offer. <b>Note 21</b>

## Long Term Care (continued)

### Senior Snapshot: Older Alaskans in 2015/2016

Long Term Care	2016, Alaska	2015, Alaska	2016, U.S.	Comments
Nursing home costs – private room, median daily rate	\$816/day	\$771/day	\$253/day	Amount is based on a private room. Alaska has the highest cost of skilled nursing facility care in the country, and costs over 3 times as much as the national average. <b>Note 22</b>
Nursing home costs – private room, median yearly rate	\$297,840/year	\$281,415/year	\$92,378/year	Amount is based on a private room. <b>Note 22</b>
Assisted Living Home costs – average median daily rate	\$189/day	\$187/day	\$119/day	<b>Note 22</b>
Assisted Living Home costs – average annual median rate	\$69,000/year	\$68,430/year	\$43,539/year	Alaska is in the top 10 highest median cost per year, Washington, DC has this highest cost at \$80,400. <b>Note 22</b>
Home Health Care Costs: Home Health Aide – median daily rate	\$169/day	\$163/day	\$127/day	<b>Note 22</b>
Home Health Care Costs: Home Health Aide – annual median rate	\$61,776/year	\$59,488/year	\$46,332/year	Alaska has the highest cost per year. Average cost of care based on 44 hours per week by 52 weeks. <b>Note 22</b>
Adult Day Services Costs – median daily rate	\$100/day	\$122/day	\$68/day	Alaska has the highest cost for adult day services. This amount is based on 5 days per week for 52 weeks. <b>Note 23</b>
Adult Day Services Costs – annual median rate	\$36,582/year	\$31,829/year	\$17,680/year	

Waivers	FY2016	FY2015	FY2014	FY2013	FY2012	FY2011	Comments
Alaskans Living Independently Waiver, Seniors Recipients, Age 65+	1,428	1,678	1,884	2,044	1,992	1,758	To qualify for services under the Alaskans Living Independently Waiver, individuals must be age 21 years or older, income-eligible, and must meet nursing home level-of-care requirements. <b>Note 23</b>



## Long Term Care (continued)

### Senior Snapshot: Older Alaskans in 2015/2016

	FY2016	FY2015	FY2014	
Senior grant services through Division of Senior & Disabilities Services	26,885 Total cost: \$13,714,273 Per Client: \$510	25,671 Total cost: \$14,367,957 Per Client: \$560	31,679 Total cost: \$14,894,610 Per Client: \$470	Excludes TABI management & mini-grant services. FY2016 financial total was funded the following way: Federal 37%, State 62% and MHTAAR 1%. The recipient count includes the total number of seniors receiving registered and non-registered services targeting persons age 60+ only. <b>Note 24</b>
Alaskans on Medicare	80,836 (CY 2015)	73,434 (CY 2013)	68,417 (CY 2011)	The number of Alaskans on Medicare continues to increase as the senior population grows. Approximately 20 percent of Medicare recipients are under the age of 65. <b>Note 25</b>
Aging and Disability Resource Center	3,979	N/A	3,608	Counts for FY14 and FY16 are unduplicated. <b>Note 26</b>
Personal Care Services, Age 60+	3,261	3,496	3,776	<b>Note 27</b>

## Senior Safety

### Senior Snapshot: Older Alaskans in 2015/2016

Senior Safety	2016	2015	Comments
Long-Term Care Ombudsman: Number of unannounced visits to senior assisted living homes	740	434	In 2016 the Office of Long-Term Care Ombudsman began reporting the number of facility visits and number of volunteers in order to adequately reflect any changes/progress in the program. <b>Note 28</b>
Long-Term Care Ombudsman: Number of active volunteer ombudsman	33	16	<b>Note 28</b>
	<b>FY2016</b>	<b>FY2015</b>	
Adult Protective Services: Reports of harm	70	835	Senior and Disabilities Services reports that the number of reports may be dropping due to budget reductions constraints. APS continues to respond to reports of harm within 10 days, as mandated by the federal government. <b>Note 29</b>

## Senior Snapshot Notes and Resources

- (1) Data from Alaska Department of Labor and Workforce Development's 2015 population estimates. Regions are those used by the Alaska Department of Health and Social Services. "The Alaska State Plan for Senior Services, FY2016 – FY2019 Revised Funding Formula" prescribes funding by region for senior grant programs which include federal Older Americans Act money.
- (2) Data from "A Profile of Older Americans: 2015," Administration on Aging, U.S. Department of Health and Human Services.
- (3) The University of Alaska Anchorage's Institute for Social and Economic Research (ISER) estimated the 2004 cash contribution of Alaska retirees age 60 and older at \$1.461 billion. The estimate is contained in the 2007 ACoA-commissioned "Report on the Economic Well-Being of Alaska Seniors" available on the Commission's website at: <http://dhss.alaska.gov/acoa/Documents/documents/seniorWellbeingReport.pdf>. This estimate was updated by the UA Institute of Social and Economic Research for the Power of in Alaska Symposium, 2014.
- (4) Information from the Social Security Administration, Social Security Fact Sheet, accessed 12/14/2016 at: <https://www.ssa.gov/news/press/factsheets/colafacts2016.html>. The Alaska average monthly payment may be lower because of the high percentage of Alaska retirees who are subject to the "Windfall Elimination Provision," which limits Social Security retirement benefits for many individuals receiving public employee pensions.
- (5) Figures on PERS (Public Employee Retirement System) benefits include PERS retirees age 60 and older who currently reside in Alaska. Information from the Alaska Division of Retirement and Benefits (via e-mail 11/21/2015).
- (6) Figures on TRS (Teachers Retirement System) benefits include TRS retirees age 60 and older who currently reside in Alaska. AK Dept. of Administration, Div. of Retirement & Benefits (via e-mail 11/21/2015).
- (7) "Poverty Status in the Last 12 Months" Information from the U.S. Census Bureau, 2011-2015 American Community Survey 5-Year Estimates, accessed 12/20/2016. Information may be found at <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>.
- (8) The Alaska Supplemental Nutrition Assistance Program (SNAP), also referred to as the Food Stamp Program, provides food benefits to low-income households. Eligible applicants must pass income and assets tests. The gross monthly income test is based on 130% of the current Alaska poverty standard. Information from the Alaska Division of Public Assistance, via email 11/23/2016.

- (9) Adult Public Assistance is a supplement to SSI, so recipients must be either certified as disabled by the Social Security Administration (with severe long-term disabilities that impose mental or physical limitations on their day-to-day functioning) or be age 65 and older. There are income limits for the program, which is intended to assist aged or disabled individuals in attaining self-support or self-care.
- (10) Information from the Alaska Division of Public Assistance. The Alaska Affordable Heating Program (AKAHP) provides heating assistance to households between 151% to 221% federal poverty level (FPL). The federally-funded Low Income Heating and Energy Assistance Program (LIHEAP) provides heating assistance to households below 151% FPL.
- (11) Information from the Alaska Housing Finance Corporation (AHFC). Includes only HUD properties managed by AHFC. The total number of units has not changed for many years.
- (12) Information from the Alaska Housing Finance Corporation (AHFC). Includes individuals age 62+ as well as individuals of any age with a disability.
- (13) information from the Alaska Housing Finance Corporation (AHFC). All families, regardless of age, are in this wait list count.
- (14) Data from Alaska's Roadmap to Address ADRD, 2014 and the 2016 Alzheimer's Disease Facts and Figures report.
- (15) Alaska Bureau of Health Analytics & Vital Records via email 12/19/2016. Crude rates are per 100,000 U.S. population, Age 65+. \*Rates based on fewer than 20 occurrences are statistically unreliable and should be used with caution. \*\* Rates based on fewer than 6 occurrences are not reported.
- (16) The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing multi-state phone survey conducted in Alaska by the Division of Public Health. The 2013-14 data include cell phone data and use a new weighting methodology that allows adjustment for more demographic variables. Because of this – current data is not directly comparable to past years that did not use these methods. Binge drinking is defined as males having five or more drinks on one occasion and females having four or more drinks on one occasion.
- (17) The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing multi-state phone survey conducted in Alaska by the Division of Public Health. The 2013-14 data include cell phone data and use a new weighting methodology that allows adjustment for more demographic variables. Because of this – current data is not directly comparable to past years that did not use these methods. Heavy drinking is defined as adult men having more than two drinks per day and adult women having more than one drink per day.

- (18) The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing multi-state phone survey conducted in Alaska by the Division of Public Health. The 2013-14 data include cell phone data and use a new weighting methodology that allows adjustment for more demographic variables. Because of this – they are not directly comparable to past years that did not use these methods. Smokers are defined as current smokers.
- (19) The definition of disabled has changed. Before 2013, disabled was defined as either an activity limitation and/or use of special equipment. Starting in 2013, the Behavioral Risk Factor Surveillance System (BRFSS) starting using the Affordable Care Act definition using 5 of the 6 conditions of vision, cognition, mobility, self-care, and independent living. The measure of hearing was not felt appropriate to ask on a telephone survey. See <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6429a2.htm> for a further explanation.
- (20) The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing multi-state phone survey conducted in Alaska by the Division of Public Health. The 2013-14 data include cell phone data and use a new weighting methodology that allows adjustment for more demographic variables. Because of this – they are not directly comparable to past years that did not use these methods. “Obese” individuals are defined as those with a body mass index (BMI) of 30.0 or greater.
- (21) Information from the Division of Alaska Pioneer Homes, via email 12/15/2016.
- (22) Information from the Genworth Long Term Care Cost Survey Across the United States, 2016. Available at <https://www.genworth.com/about-us/industry-expertise/cost-of-care.html>.
- (23) According to the Division of Senior and Disabilities Services, the decrease in the number of Alaskans Living Independently (ALI) waiver recipients (regardless of age) may be due to one or more of the following reasons: (1) A lawsuit that required SDS to actively provide services to individuals who were denied level of care until the division implemented the “Material Improvement Process” and “third level external review process,” both of which have been accomplished by SDS; (2) employing tools and practices that better align with program eligibility criteria in the distribution of limited program funds; and (3) re-directing individuals with minimal support needs to alternative programs such as Personal Care Assistance, senior grant-funded services, and natural supports.
- (24) Information from Senior & Disabilities Services via email 10/20/2016. Senior grant programs include Nutrition, Transportation and Support Services (NTS), Senior In-Home Services, Adult Day Services, Family Caregiver, and ADRD Education and Support. The senior grant programs are available to individuals age 60 and older. Seniors (age 60+) need not be Medicaid-eligible in order to receive grant services. Over the past four years, this number has also included seniors served by ADRCs.

- (25) Information from the Medicare Information Office, via phone interview 12/15/2016.
- (26) Information from Senior & Disabilities Services, Senior Grants Unit, via email, 10/20/2016.
- (27) Personal Care Services (also known as Personal Care Assistance) provides support for Alaskan seniors and individuals with disabilities. PCS 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). PCA is provided statewide in Alaska through private agencies. The administration of the PCA program is overseen by the PCA Unit of Senior and Disabilities Services, Department of Health and Social Services.
- (28) There are 18 nursing facilities with 692 residents, 654 assisted living homes with 3,880 residents (273 are licensed to serve seniors with 2492 residents) in long term care facilities in 34 communities across the state. As the number of seniors continues to grow, the ability to respond to complaints will become increasingly difficult with the current staffing levels. The OLTCO plans to work with experienced volunteer ombudsmen, (who operate under the direct supervision of staff ombudsmen, especially in rural communities, to be able to respond to complaints. Adult protective Services continues to respond to reports of harm within 10 days as mandated by the federal government.
- (29) Information from Adult Protective Services, State of Alaska Department of Health and Social Services.

### **For questions:**

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**Please call the Alaska Commission on Aging, 907-465-3250.**

**For additional information**

Please see the Alaska Commission on Aging FY2016 Annual Report at <http://alaskaaging.org/>.

