

North Star Council on Aging

Senior Needs Assessment



Results, September 2019

Engage Plan Implement



ADLs & IADLs

Activities of Daily Living (ADLs)

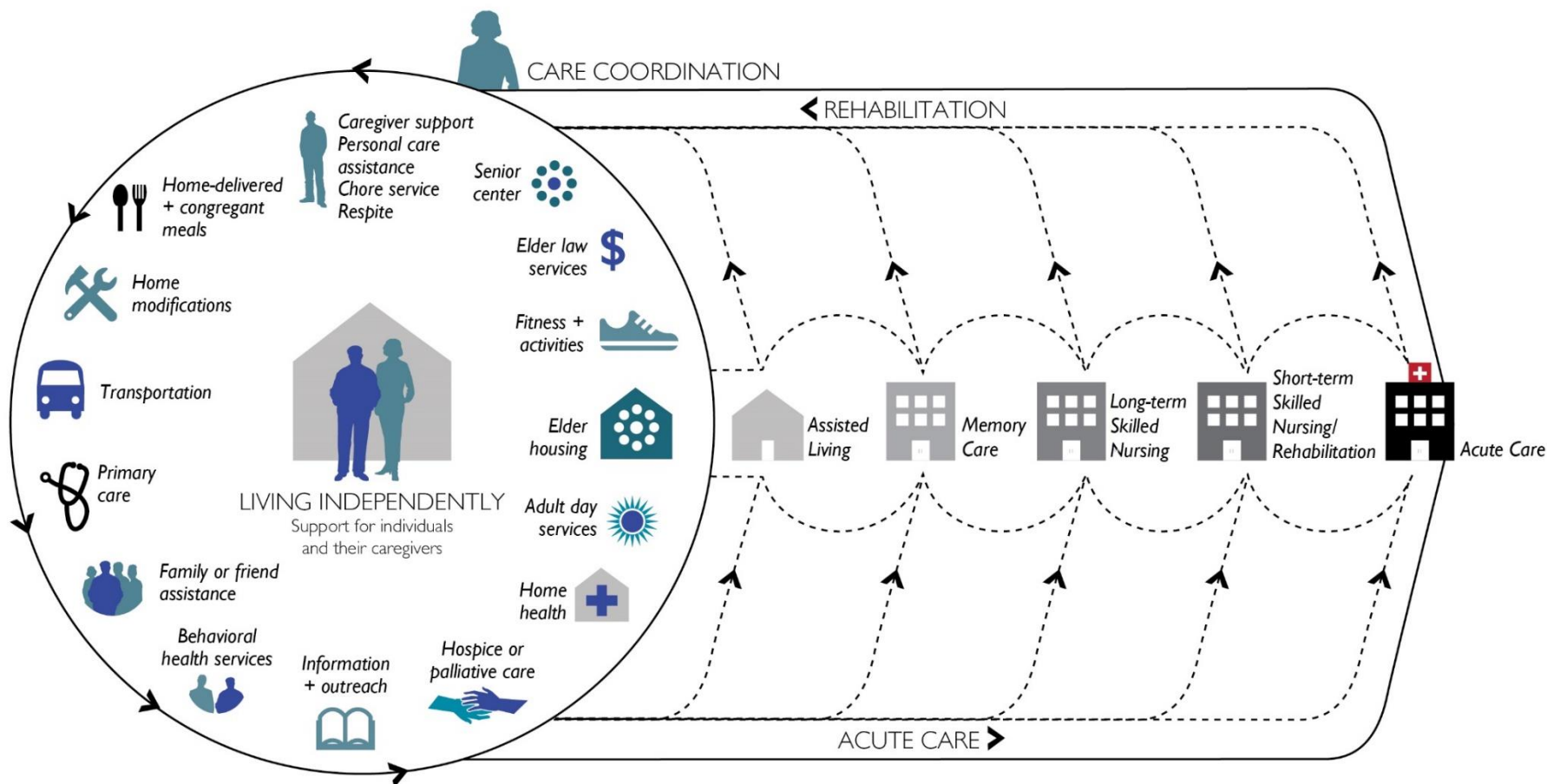
- Eating
- Dressing
- Walking
- Bathing
- Toileting
- Transferring in/out of bed/chair

Instrumental Activities of Daily Living (IADLs)

- Preparing meals
- Shopping for personal items
- Medication Management
- Managing Money
- Using telephone
- Doing heavy housework
- Doing light housework
- Using available transportation

Long Term Services & Supports

Continuum of Care for Seniors



Goal is to move back to lowest level of care possible

Living independently

Level of care/need = **LOW**

Level of care/need = **HIGH**



Fairbanks North Star Borough

DEMOGRAPHICS & STATS

Fairbanks North Star Borough

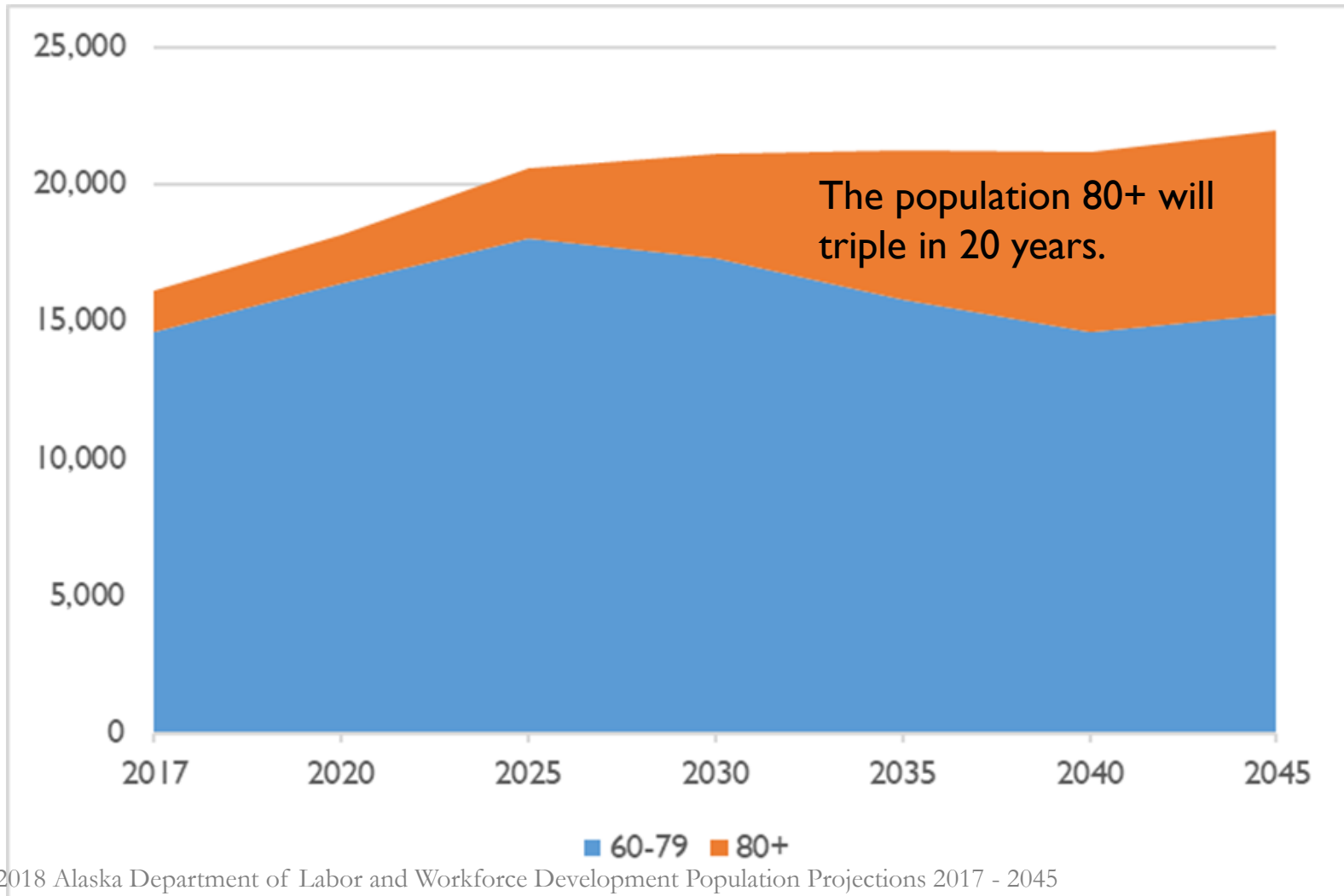
Senior Population

Item	2018	% of Total Population	2035	% of Total Population
Population 60+	16,743	17%	21,200	21%
Most Vulnerable				
Population 80+	1,587	2%	5,402	5%

Growth of 80 and older from 2018 to 2035 is 240%

Population 60+ Peaks in 2025

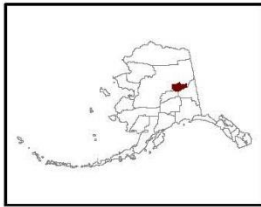
Population 80+, requiring the most supports, will grow through 2040.



Source: 2018 Alaska Department of Labor and Workforce Development Population Projections 2017 - 2045

Where do seniors live?

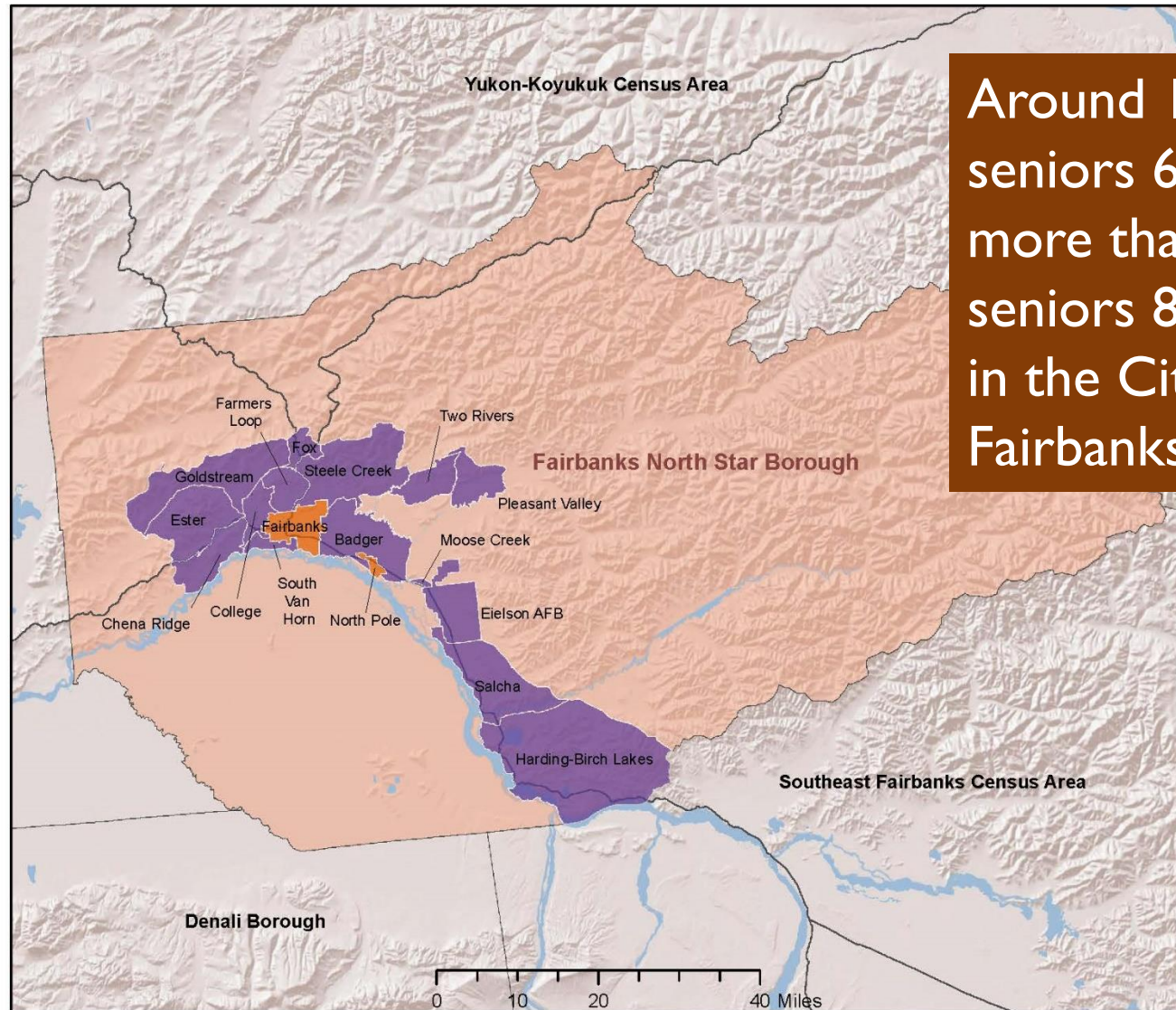
Around 1/3 of seniors 60+ and more than 1/2 of seniors 80+ live in the City of Fairbanks



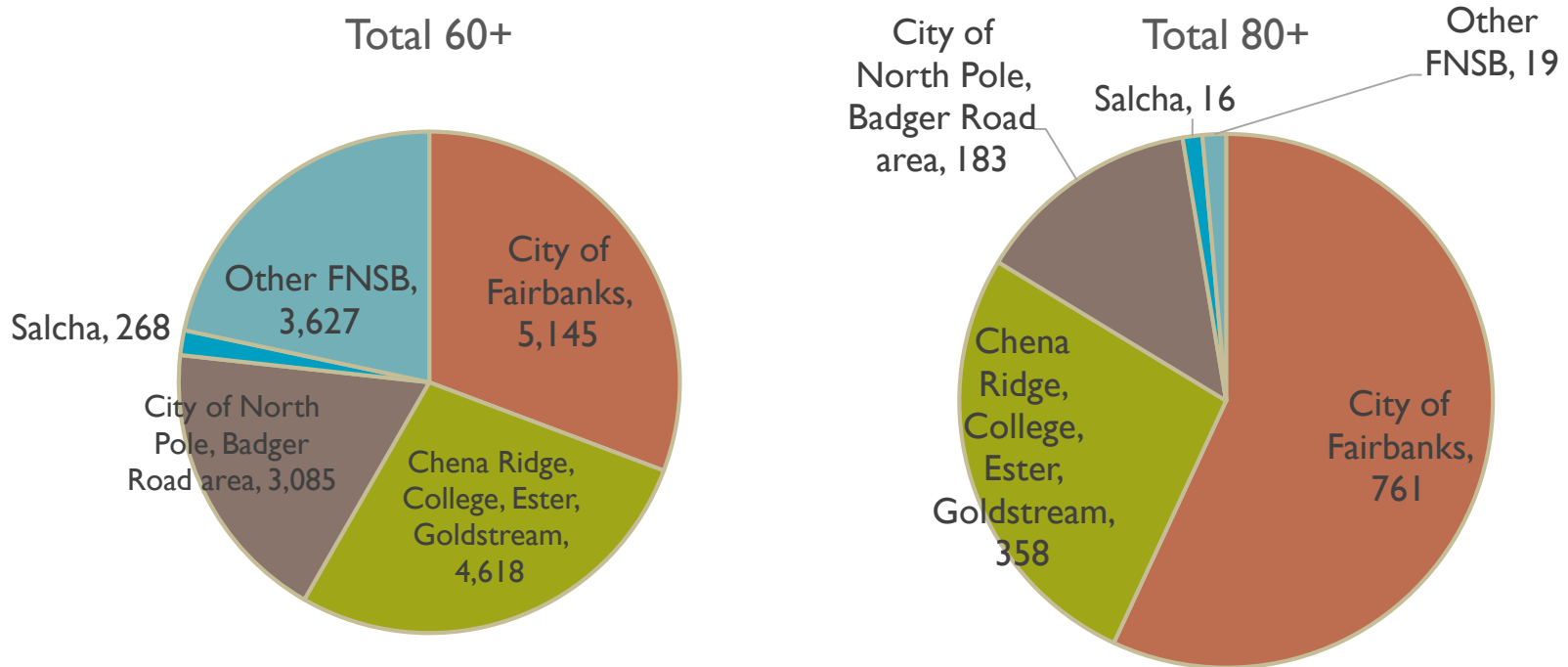
Prepared by:
Alaska Department of Labor
& Workforce Development

September 2011

Source: US Census
2010 TIGERline



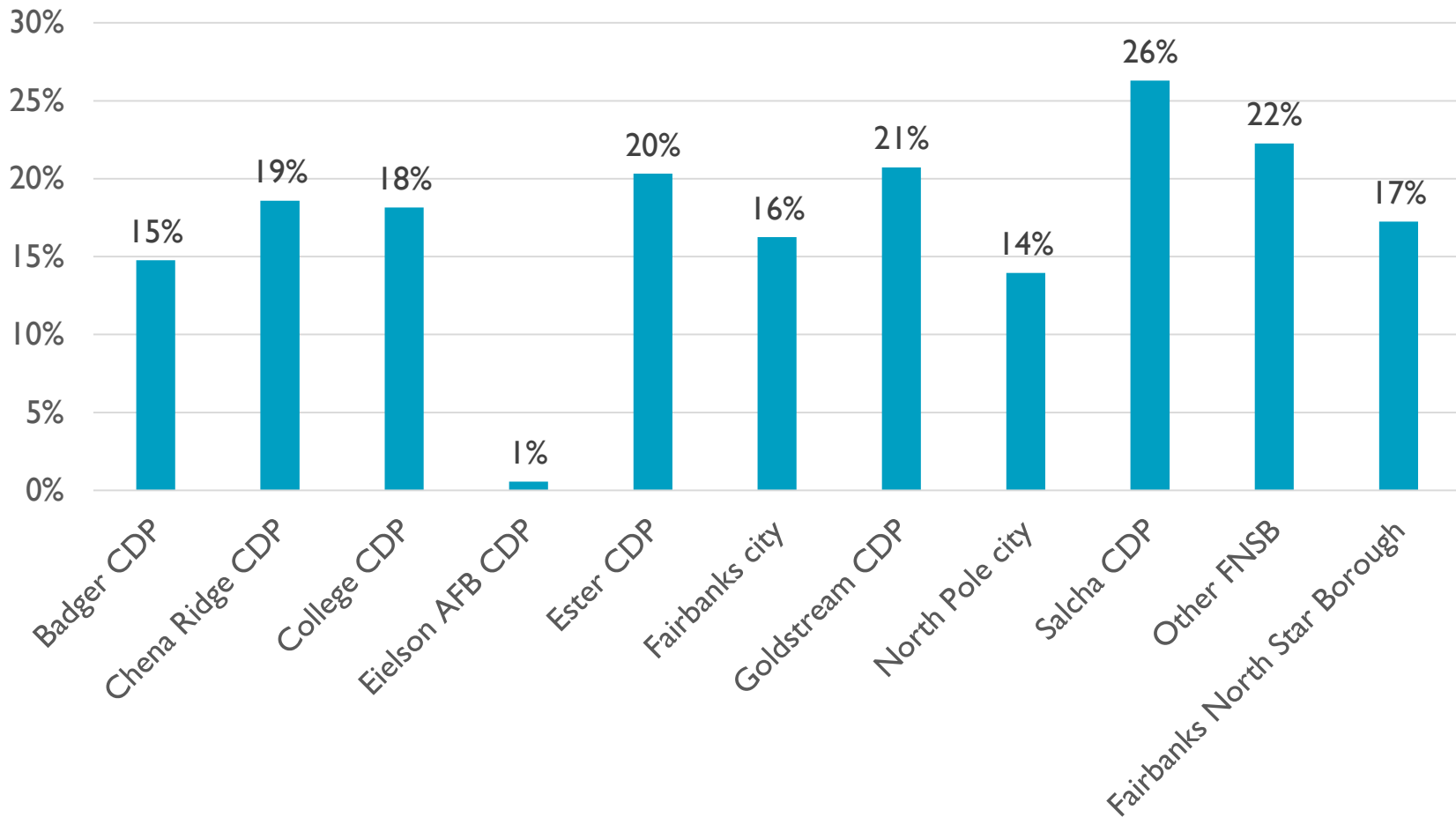
Where do seniors live?



Other FNSB includes Farmers Loop, Fox, Steele Creek, Two Rivers, Pleasant Valley, Harding Birch Lakes and Eielson

Source: 2018 Alaska Department of Labor and Workforce Development Population Estimates. Age breakdown is only available for census areas and cities greater than 1,000 people

Percent of Total Population Age 60+

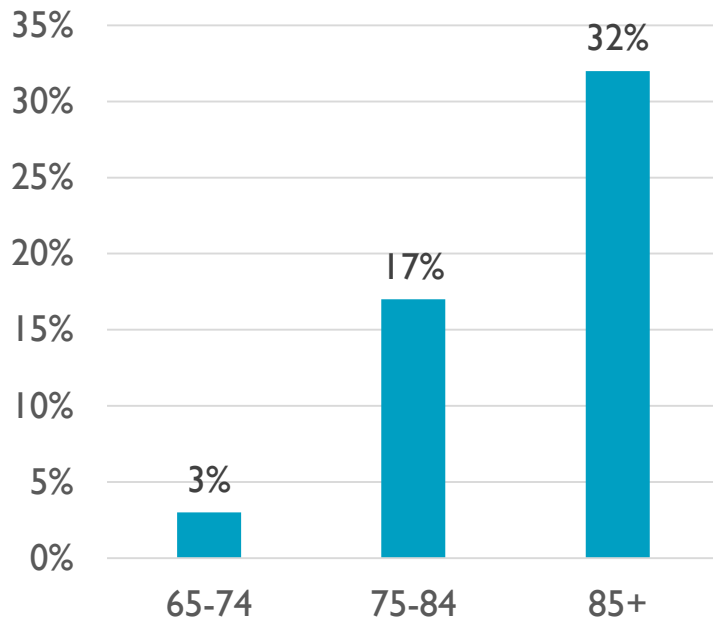


Other FNSB includes Farmers Loop, Fox, Steele Creek, Two Rivers, Pleasant Valley, Harding Birch Lakes and Eielson

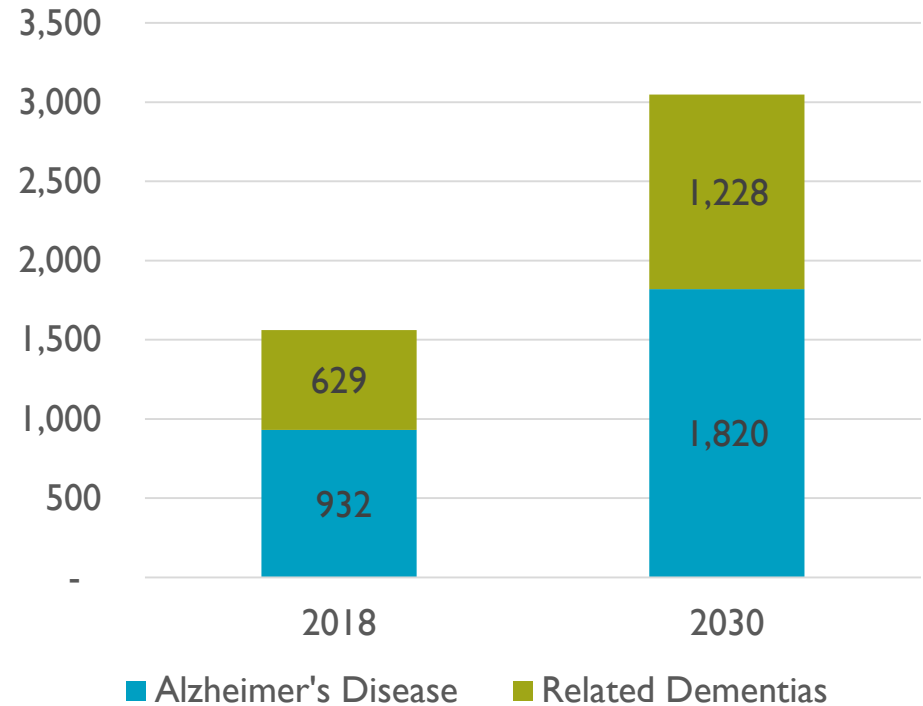
Source: 2018 Alaska Department of Labor and Workforce Development Population Estimates

People experiencing ADRD

Alzheimer's Prevalence by Age Group



Estimated Number of Seniors 65+ in the Fairbanks North Star Borough with ADRD



57% of Fairbanks Pioneer Home residents have a diagnosis of ADRD (July 2018)

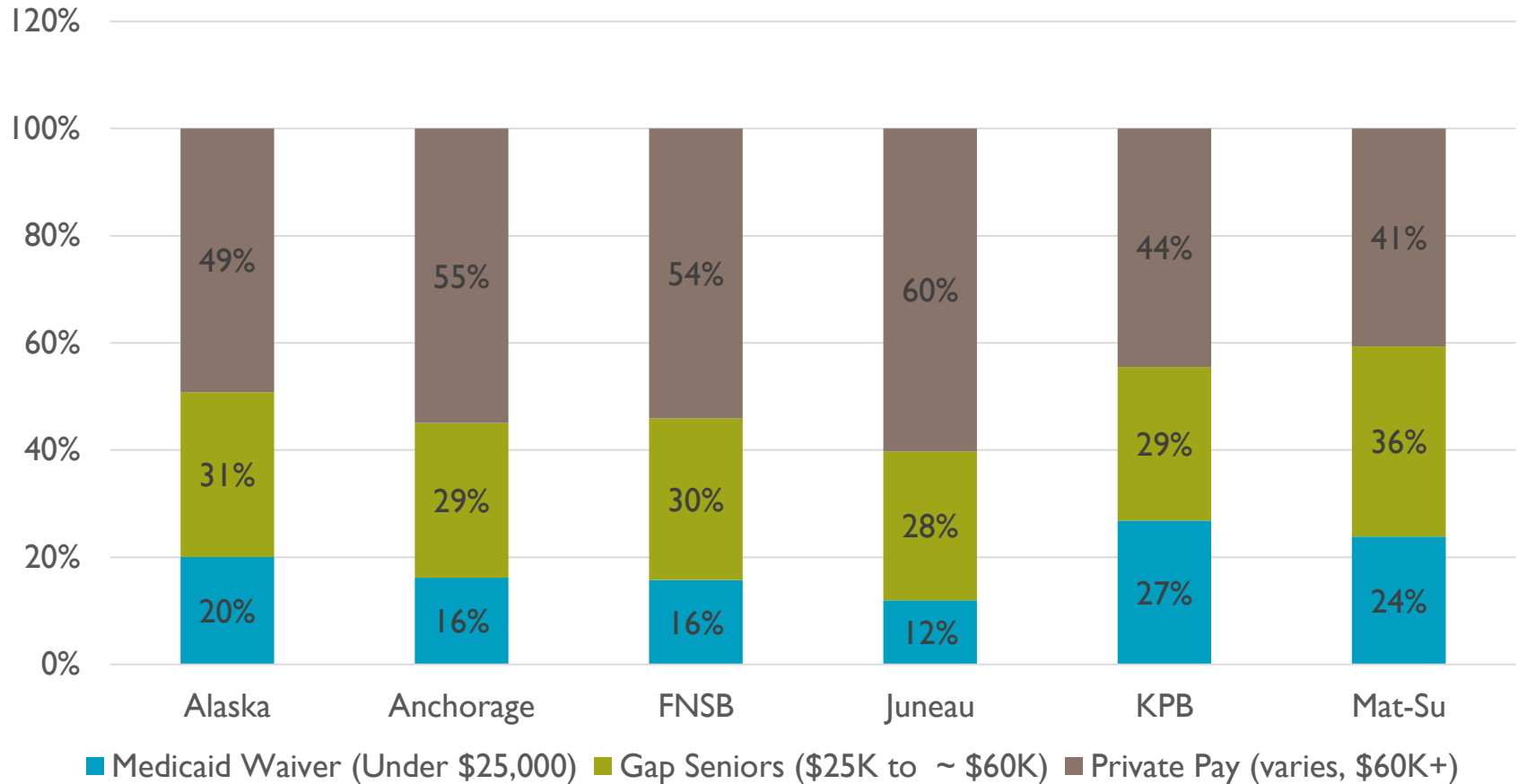
Source: 2018 Alaska Department of Labor and Workforce Development Population Estimates; Alzheimer's Disease Facts and Figures 2018, Alzheimer's Association; Agnew::Beck analysis; 4 percent of people with Alzheimer's disease are under age 65 so there are an additional 65 people with early onset ADRD.

Seniors with Economic Needs

Indicator (for seniors 60+)	Fairbanks North Star Borough			Alaska		
	2017	2014	2011	2017	2014	2011
Living at or below the poverty line - \$12,060	4%	5.6%	4.2%	6.0%	5.9%	5.3%
Rental housing costs are more than 30% of income (unaffordable)	41.9%	38.7%	33.9%	43.5%	48.1%	46.6%
Owner costs are more than 30% of income	20.6%	25.7%	21.2%	20.6%	23.0%	24.5%

Gap Seniors

Household Income of Population 65+



Medicare in the FNSB

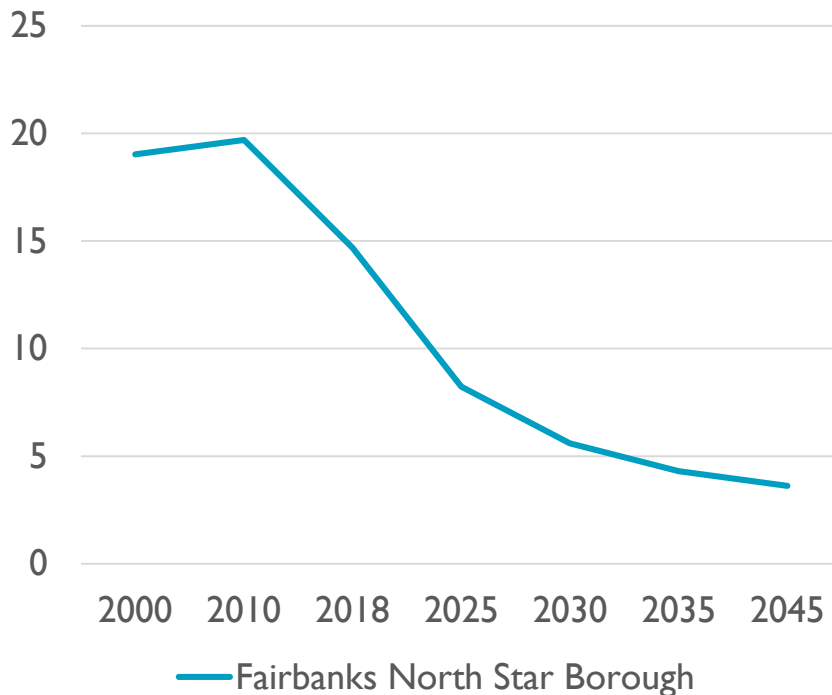
July 2019, 11,535 people 65 years and older receive Medicare.

In 2035 17,122 people 65 years and older will be eligible for Medicare.

That is 5,587 more seniors who will be enrolled in Medicare. That is a 48% increase in 15 years.

Availability of Caregivers

Ratio of Caregivers 40 to 65 to Older Seniors 80+ in the FNSB



Geography	Potential Caregivers Per Senior 80+, 2018	Potential Caregivers Per Senior 80+, 2030
Fairbanks North Star Borough	14.7	5.6
Alaska	15.9	7
United States	8.6	4



Alaska Commission on Aging Fairbanks North Star Borough Outreach:
Senior-Elder Listening Sessions and Senior Survey

WHAT YOUR SENIORS ARE SAYING

Senior Survey - Key Findings

351 Surveys Completed

Top Concerns For Seniors In FNSB

1. Access to health care
2. Maintaining physical health
3. Financial security
4. Having enough food to eat
5. Fuel Costs
6. Affordable and accessible housing

Senior Survey – Housing

- 85% plan to stay in Alaska
- 73% live in a house or condo that they or a family member owns.
- 10% of respondents live with their adult children
- 77% say their homes need some form of modification
- 76% expect to be living in the same home five years from now
- 9% would like to live in a smaller space in 5 years

Senior Survey – Help with Activities of Daily Living

- Top ADL/IADLs Needs
 - Preparing meals (40% find this difficult, or cannot do this themselves)
 - General home maintenance (35% difficult/cannot)
 - Shopping (20% difficult/cannot)
 - Household chores (19% difficult/cannot)
- 23% say they can get help only some of the time or never (6%)
- Top ways of obtaining help
 - Family, friends/neighbors, and agency assistance

Senior Survey – Elder Abuse and Exploitation

- 23% said they or someone they knew experienced elder abuse or exploitation
 - Financial exploitation (86%)
 - Emotional abuse (49%)
 - Neglect (31%)

50% reported the abuse

43% of received help

Senior Survey – Access to Health Care

Top barriers to accessing primary/basic health care

1. Providers do not accept Medicare
2. Shortage of specialists, gerontologists
3. Cost is too high and unable to pay
4. Doctor is not taking new senior patients

Alaska Commission on Aging Senior Provider Survey Key Findings – 28

28 respondents who provide services to seniors in the FNSB

Top concerns: decreased government funding + recruitment and retention of quality staff

Most important issues for older adults

- In-home services
- Assisted living or long-term care facility
- Dementia care
- Financial need

Most important services missing/insufficient in the continuum

- Independent senior housing
- Transportation
- Family caregiver supports
- Home modifications
- Behavioral health/mental health services
- Chore/homemaker services



SERVICES SUPPLY + GAPS

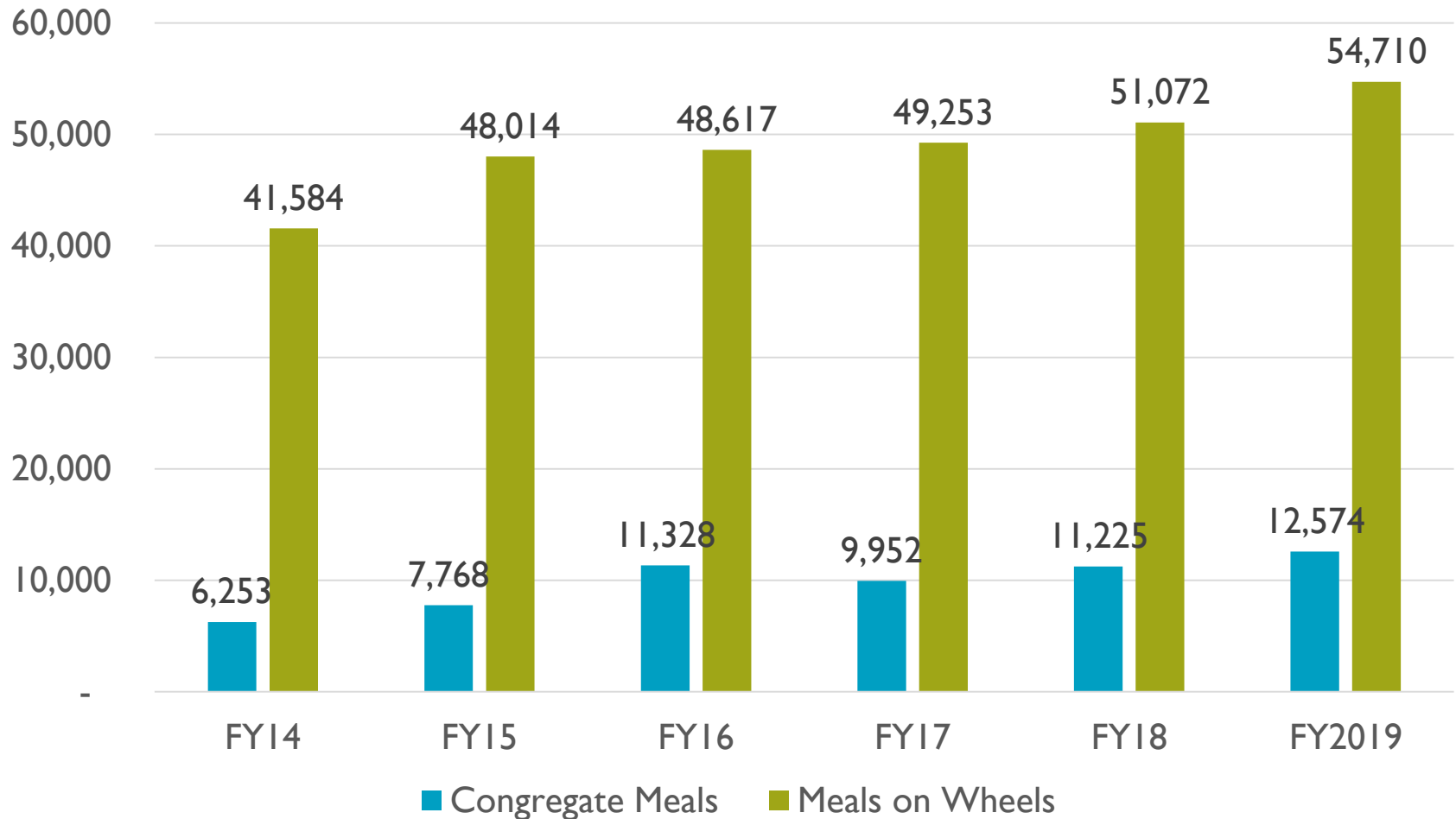
In-home Services Capacity + Needs

Category	Current Service	Ability to Expand Services	Needs
Care Coordination	10 providers for seniors	None. At capacity.	More care coordinators.They are the gateway to Medicaid waiver services.
Chore, Home Visitor + Volunteer	Approx. 5 providers	Capacity to expand	Concern about aging volunteer population
PCA, Chore + Respite	Approx. 3 providers	Capacity to expand	Funding for additional hours, workforce development
Home Health	2 providers	TCC has interest in expanding in villages	
Home Modification	4 providers (Interior Regional Housing Authority; Love Inc, Helping Hands, Interior Weatherization as listed)	Capacity to expand	Contractors who are aware of seniors' needs
Hospice	1 provider;ADC: ~32	Yes, through use of on-call nurses	Outreach to connect with people earlier

Community-based Services Capacity + Needs

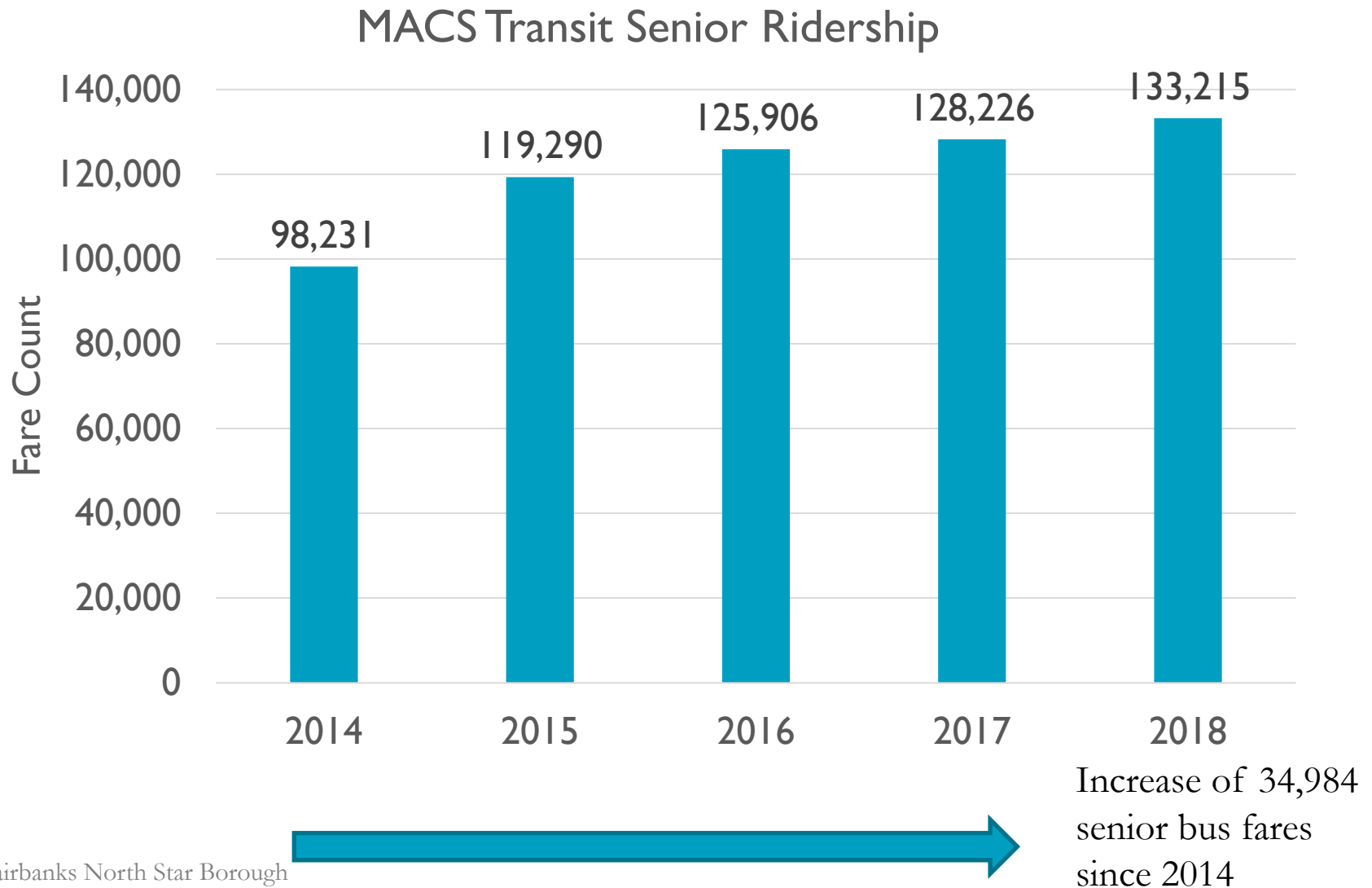
Category	Current Service	Ability to Expand Services	Needs
Adult Day	1 provider;ADC: 8;Total clients: 19	Current capacity for 5-6 more seniors	Additional funding will be needed to expand beyond 25 clients
Activities + Recreation	4 senior centers, 3 pools, 2 libraries, Parks + Rec Senior Program	Mostly limited by funding	Stable funding
Information + Referral	Multiple providers:Access Alaska; 211;ADRC; Love Inc.;	ADRC limited by space, Love Inc. limited by volunteer capacity	Continued coordination between provider agency; State websites for Medicaid + Care Coord. Need updates
Meals	2 congregant meal locations (FNA+FSC); 1 home delivered meal provider; food boxes delivery, food bank; social meals at Santa's Senior Center	Yes, with facility expansion	Larger kitchen for meals beyond an additional 30
Transportation	5 providers; FSNB MACS and Van Trans, NSCoA, FNA, Love Inc., Aging at Home Fairbanks	Not with current resources.	Afternoon transport, better coordination between transport providers, accessible taxis, need to better use Van Trans
Legal	3 providers	Not with current resources	Hard to keep up with demand.

Meals Provided by NSCoA



~258 meals are prepared per day, M-F in FY2019

Senior Bus Fares on MACS Fixed Route



Fairbanks Native Association

- ~300 seniors
- Congregant meals 5 days/week (prepared by FSC)
- Transportation
- Home visiting
- Information and referrals
- Elder abuse awareness and prevention services
- Women's support group, caregiver classes

Hospice + Home Health serves ~26 mile radius

Transportation: FNSB Fixed route and door to door scheduled service available in Fairbanks and North Pole

Santa's Senior Center

- ~50 seniors
- Lunch 3 days/week
- Occasional festive meals, dinners, weekly potlucks
- Pick-up location for Salcha Meals-on-Wheels delivery
- Pick-up location for food boxes
- Information
- Exercise + activities

Fairbanks Senior Center

- ~1,200 seniors
- Congregant meals 5 days/week
- Meals on Wheels delivery to Fairbanks, Chena Hot Springs, Delta Junction, North Pole
- ADRC
- Transportation
- Home modifications
- Senior Companions
- Exercise + activities

Salcha Senior Center

- Exercise + activities



HOUSING + FACILITY-BASED SUPPLY + GAPS

Supply Of Senior Housing And Facility Based

Category	Facilities	Beds/Units	FAI	NP	Notes
Senior Housing	10	349	325	24	Subsidized senior housing is full with waitlists of ~1 – 2 years;
Assisted Living	14	206	177	29	Includes new home opening in August 2019; most are full
Memory Care Assisted Living	2	32	32	0	100% occupied (Pioneer Home + Denali Center); duplicated in SNF and ALH totals
Skilled Nursing Facility	1	90	90	0	ADC 70-75; 90 bed facility with a waitlist; Unable to use all beds due to acuity on dementia unit. 16/20 are full. 31 person active waitlist About 1/3 of residents are under 65. Number of younger clients seems to be growing.

Assisted Living

- 4 open Pioneer Home Beds; 53 people on FPH waitlist, almost all level 3, 73% ADRD (Jan 2019);
- 12 open beds in other homes
- Growing demand with senior population rapid growth
- General relief – waitlist of 200+ statewide to get access to this funding source while people are waiting for Medicaid waiver assessment
- Lack of care coordinators to get Medicaid waiver assessment
- Shortage of dementia care for people with behavioral challenges, even hard to serve in Denali Center



FUTURE NEEDS PROJECTIONS

Services Projections

Service	Population served	Unit	2018	2025	2035	2045	Capacity Notes
Meals	60+	Meals per day ^[1]	239	294	303	314	Can only do 30 more meals per day with current kitchen capacity, have design for expansion
Transit	60+	RT senior ride per day	182	224	231	240	Unable to expand
Adult day	65+	Average daily census	8	11	13	12	Limited by budget, not by facility space, may need a waitlist
Hospice	65+	Average daily census	32	46	51	49	Can expand to meet projected demand

[1] Congregant and home delivered per day from kitchen (five days/week, includes frozen meals for weekend)

Source: Provider Interviews; Alaska Department of Labor Population Projections

Senior Independent Living Utilization

Geography	Seniors 65+	Units	Units Per 1000 Seniors 65+
Kenai Peninsula Borough	10,248	280	27
Fairbanks North Star Borough	10,698	349	33
Alaska	87,304	3,273	37
Municipality of Anchorage	32,892	1,265	38
Mat-Su Borough	12,645	583	46

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates; Alaska Housing Finance Corporation July 2018 Independent Senior Living Housing List

Projected Senior Independent Housing Need

Additional Units Needed (Total Needed – Existing Supply of 349 (2018))

Scenario	Units Per 1000 people 65+	New Units Needed in 2025	New Units Needed in 2035	New Units Needed in 2045
Low (KPB)	27	68	119	97
Mid (FNSB)	33	149	210	184
High (MOA)	38	238	309	279

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates, 2017 – 2045 Population Projections; Alaska Housing Finance Corporation; Doesn't account for waitlist

Assisted Living Bed Utilization

Geography	Seniors 75+	Licensed Beds	Beds Per 1000 Seniors 75+
United States			40
Kenai Peninsula Borough	3,424	166	48
Fairbanks North Star Borough	3,142	206	66
Alaska	28,004	2,063	74
Mat-Su Borough	3,949	307	78
Municipality of Anchorage	11,022	1,171	106

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates; DHSS Assisted Living List Oct. 2018; CDC, 2014

Projected Assisted Living Need

Additional Beds Needed (Total Needed – Existing Supply (198) in 2018)

Scenario	Beds Per 1000 people 75+	New Beds Needed in 2025	New Beds Needed in 2035	New Beds Needed in 2045
Low (KPB)	48	59	254	248
Mid (FNSB)	66	153	416	409
High (MSB)	78	220	531	523

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates, 2017 – 2045 Population Projections;
Alaska Department of Health and Social Services

Skilled Nursing Bed Utilization

Geography	Seniors 75 +	Beds	Units Per 1 000 Seniors 75+
Mat-Su Borough	3,949	0	0
Municipality of Anchorage	11,022	248	23
Fairbanks North Star Borough	3,142	90	29
Kenai Peninsula Borough	3,424	128	37
United States			58

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates; Skilled Nursing Facility Websites; CDC, 2014

Potential Need for Skilled Nursing Beds

Community based services can absorb most of this demand

Additional Beds Needed (Total Needed – Existing Supply of 90)

Scenario	Beds Per 1000 people	New Beds Needed in 2025	New Beds Needed in 2035	New Beds Needed in 2045
Low (MOA)	23	33	123	121
Mid (FNSB)	29	67	182	178
High (KPB)	37	115	265	260

Note: Not all beds are occupied by seniors, currently, not all beds are able to be filled because of acuity in memory care neighborhood.

Care Coordination

- People must have a care coordinator to get access to Medicaid waiver services
- 10 providers; all are full
- ADRC has seen 200 people since opening in October 2018 who needed PCI prescreen (person-centered intake) for Medicaid waiver, 10 have got a care coordinator

Barriers

- Must be certified by State of Alaska
- Required to have three months operating reserves
- Must be “conflict-free”
- 1-year training program

Key Findings

- FNSB has the entire continuum of care, but within the borough there are gaps
- Greatest needs:
 - Quality, affordable senior housing
 - Long waitlists for subsidized, income-restricted senior housing
 - ~149 units by 2025
 - Coordinated transportation plan for seniors
 - Care coordination
 - Assisted living for people with challenging behaviors, many related to dementia
 - ~153 beds by 2025
 - Funding for in-home services to keep seniors living independently. While some services (like personal care, meal preparations, chore services and respite) are available, limited seniors have the availability to pay out of pocket.
 - Workforce development for personal care providers
 - Primary care doctors who accept Medicare
 - Home modifications
 - Legal resources + advocacy services

Fairbanks Senior Center In-House Supports



Nutrition, Transportation, and Support Services (NTS)

Fairbanks Senior Center is a non-profit organization established in January 1973. Our vision is to promote the independence of Alaskan seniors while assisting them in leading productive and meaningful lives. We strive to meet the needs of 60+ older adults by providing services such as Meals-On-Wheels, nutrition, transportation, and home chore services. A congregate meal program is lunch and social activities to meet new people, one big family.

Homemaker/Chore Services

We served 5,717 transportation units, 12,574 congregate meals, and 3,232 homes with chore services. Let's talk exercise classes! The Senior Center offers 8 different exercise classes to keep seniors strong and had a grand total of 8,156 exercise units.



Meals-on-Wheels Program

Meals-On-Wheels Program offers meal services to people 60+ and older who are in need or facing the threat of hunger. Our community-based Senior Nutrition Program delivers a daily hot meal to those whose mobility is limited and are eligible to receive them. We strive to make a difference in the lives of our neighbors, our growing senior population, and our local Fairbanks and North Pole and Delta Junction communities. Last year we delivered 53,767 meals.



Senior Companion Program (SCP)

Senior Companion Program is open to volunteers age 55 and over who can serve between 5 and 40 hours a week, assisting other adults in our community with daily living tasks. Some of the services the volunteer may provide are light house chores, meal preparation, transportation to doctor appointments, shopping or running errands, respite care, and most importantly, companionship. Our volunteers receive a stipend, meal and mileage reimbursement, holiday pay and accrue paid time off, all 100% tax free income. We provide training and other start up costs, and our services are free to the clients we serve. Our goal is to assist the clients we serve so they may remain in their own homes living independently for as long as possible. Last year, SCP volunteers served a total of 15,062 hours..

Fairbanks Senior Center In-House Supports



Aging at Home (AAH)

Aging at Home Fairbanks (AAH Fairbanks) is a membership organization for older adults in the Fairbanks area. Members help each other remain independent and engaged as they age. For an annual membership fee, members will have one-call access to services and support to help them stay in their homes as they grow older. Most services are provided by volunteers. For services that are beyond volunteer capacity, such as major home repairs and home health-care needs, members have access to a list of screened paid providers. Social opportunities, lectures, and educational workshops are added benefits!



Aging and Disability Resource Center (ADRC)

Alaska's Aging and Disability Resource Centers (ADRC) connect seniors, people living with disabilities, their families, and caregivers with long-term support services to help them live independently. The ADRC network serves Alaskans statewide, regardless of age or income level, through regional sites. Local ADRC specialists counsel individuals regarding care options and help facilitate access to community services. ADRC North is housed in the Fairbanks Senior Center, and provides services for residents of the Denali Borough, Fairbanks North Star Borough, Southeast Fairbanks Region, Yukon Koyukuk Region, and the North Slope Borough. ADRC specialists help identify long-term support needs, explore options for meeting those needs, connect individuals with resources, and follow up to ensure needs are met.

Fairbanks Senior Center In-House Supports



Helping Hands- Home Modifications

Helping Hands Home Modifications is a new vital community service program at the Fairbanks Senior Center. If you are a senior or someone with a disability who needs help with small, but necessary, home repairs that you cannot do yourself and cannot find anyone else to do them. We focus on small, simple projects that improve accessibility, support safety and security, and help keep your independence while living in your home. Let us set up a time, estimate cost for parts and materials, and get permission from the landlord to work on your rental apartment, if needed. To support our costs, any financial contribution, in-kind supply of tools, common home repair parts, and safety gear is truly appreciated.