Finding Services for Seniors On-Line, Age 60+

The Alaska Commission on Aging

Denise Daniello, ACoA Executive Director &
Lesley Thompson, ACoA Planner

Denise.daniello@alaska.gov
Lesley.thompson@alaska.gov
The Alaska Commission on Aging is a Governor-appointed board within the Department of Health and Social Services that is responsible for planning services for seniors, educating Alaskans about senior issues, and making recommendations directly to elected officials regarding policy and budget items that affect Alaska’s growing senior population.

www.alaskaaging.org
907-465-3250
Projected Alaska Senior Population by Age Category, 2010-2035

Alaska Department of Labor 2015 Population Projections
Do seniors use technology? Yes!

% of U.S. adults in each age group who say they...

- **Use the internet**
  - 65-69: 82%
  - 70-74: 75%
  - 75-79: 60%
  - 80+: 44%

- **Subscribe to home broadband services**
  - 65-69: 66%
  - 70-74: 61%
  - 75-79: 41%
  - 80+: 28%

- **Own a smartphone**
  - 65-69: 59%
  - 70-74: 49%
  - 75-79: 31%
  - 80+: 17%
Resources: State of Alaska, Federal, & where to find more

Find out more

- Aging and Disability Resource Centers
- Your local senior center
- alaska211.org

Alaska.gov

- Dept. of Health and Social Services
  - Long Term Care Ombudsman
  - Alaska Commission on Aging
  - Senior and Disabilities Services
  - Pioneer Homes
  - Public Assistance
  - Medicare/Medicaid
- Alaska Housing Finance Corporation

Federal

- Social Security
alaska.gov
Alaska Commission on Aging

Announcements and Events
- ACoA Meeting Schedule Posted FY2018 Dates
- Letters of Support and Advocacy Priorities 30th Legislative Session

FY2016 Annual Report
- Alaska Commission on Aging: FY2016 Annual Report
- ACoA Senior Snapshot: Older Alaskans in 2015/16

Resource Highlights
- ACoA Newsletter: Summer/Fall 2016 Edition
- Centenarian's Birthday Celebration
- State Plan for Senior Services
- State Plan Implementation Report
- Alaska’s Roadmap to Address Alzheimer’s Disease
- Implementation Guide for Alaska's Roadmap to Address Alzheimer's Disease and Related Dements (ADRD)
- 50 Fabulous Older People from 50 States
  See the feature on Arliss Sturgulewski, Alaska’s outstanding older person representing Alaska, on page 5 of this booklet
- Presentation: Alaska Medicaid Redesign Initiative
- Needs Assessment Report
- Conflict-free Case Management Resources
- 2015 White House Conference on Aging: Summit and resources for communities
- Take the Survey of Alaska Senior Services Providers

How to Report Elder Abuse
How to Report Elder Abuse:
Adult Protective Services

How to Report Elder Abuse

Adult Protective Services (APS)
800-478-9996
Adult Protective Services helps to prevent or stop harm from occurring to vulnerable adults.

Office of the Long Term Care Ombudsman
(800) 730-6393
Office of the Long Term Care Ombudsman that identifies, investigates and resolves complaints relating to seniors in nursing homes and assisted living facilities.
How to Report Elder Abuse
Long Term Care Ombudsman

Complaint Form

Who are you concerned about? *
First name Last name
Senior’s first and last name

Where is the senior located? *
Name of long term care facility or physical address

Complaint details *

What action has anyone taken to resolve the complaint so far?
Health and Social Services

Analysis of Federal Health Care Legislation

Headlines
- View the Governor's FY2018 State of Alaska Budget
- Transforming Child Welfare Outcomes for Alaska Native Children, Strategic Plan 2016-2020. To learn more or become involved, please contact 465-3191 or Christy.Lawton@alaska.gov.
- Watch our new TV PSA about the need for foster homes, filmed in Bethel and Tlek
- Alert: Suspending Inflation Adjustments for Medicaid Rates in SFY 2017
- Medicaid in Alaska Dashboard

Press releases
- Subscribe to DHSS Press Releases & Newsletters
- 5/23 Alaska Pioneer Homes Start New Apprenticeship Program
- 5/19 Fentanyl linked to recent overdose deaths
- 4/28 Alaska resident contracts Zika virus while out of state
- 4/28 American Ninja Warrior, Nick Hanson, visits Mat-Su schools to challenge kids to obstacle course
- 1/26 State awards $6 million to start three new substance abuse treatment programs
- 1/19 Alaska Opioid Policy Task Force recommends collaborative funding approach

Valerie Davidson
Commissioner

2015 DHSS Update
Boards and Commissions
Careers
Contacts
Newsroom
Priorities
Publications
FY17 Operating Grants
FY17 Capital Grant
Annual Report
Organization Chart

Learn what marijuana means for Alaska and you.

HEALTHY ALASKA
Medicaid Redesign
Click here to get the facts.

Heroin & opioids in the Last Frontier.
Aging and Disability Resource Centers, ADRCs

State of Alaska
Alaska Department of Health and Social Services
Senior and Disabilities Services

Aging and Disability Resource Centers

Alaska's ADRCs connect seniors, people with disabilities, and caregivers with long-term services and supports of their choice. The ADRC network serves Alaskans statewide, regardless of age or income level, through regional sites.

Follow the MAP link for an ADRC CENTER in your REGION

For assistance, call the site nearest you or 1-877-6AK-ADRC (1-877-625-2372) toll-free.

ADRCs are part of a federal effort to help people more easily access the long-term services and supports available in their communities. That might include transportation, assistive technology, or In-home care.

The ADRC goal is to be a trusted resource. ADRC specialists counsel callers and visitors on long-term supports that fit their circumstances. People choose which services they would like, then the ADRC specialists help people access those services.

The State of Alaska administers the ADRC grant through, and in partnership with, the regional sites.

Office locations:

ANCHORAGE
Agency: Municipality of Anchorage
825 L Street, Suite 203
Anchorage, Alaska 99501
Phone: 907-343-7770 | Fax: 907-343-6320

Help starts here.

211 Alaska
Get Connected. Get Answers.

When you need help finding help, dial 2-1-1 or 1-800-478-2221 or www.alaska211.org

State Administrative Contact:

Martin Morris
Aging and Disability Resource Centers Program Manager
Division of Senior & Disabilities Services, Department of Health and Human Services

Senior and Disabilities Services
Home
Our Mission
Contact Us
Centralized Reporting

Units
Adult Protective Services (APS)
CAT Review Unit
Early Intervention/Infant Learning Program
Grant Services
Intake and Assessment Unit
Intellectual & Developmental Disabilities (IDD) Waiver Operations, Training, Transportation & Hearings
Policy & Program Development
Provider Certification & Compliance
Quality Assurance (QA)
Research & Analysis

Programs and Offices
Aging and Disability Resource Centers
Find a Center
Centers for Independent Living
General Relief Program
Home and Community Based Waivers
Long Term Care and PASRR Resources
Medicare Information Office
Nursing Facility Transition Program
Personal Care Services (PCS)
Rural Long-Term Care Development
Aging and Disability Resource Centers

• Statewide: 1-877-625-2372
• Locations:
  • Anchorage
    • www.muni.org/adrc
  • Mat-Su
    • linksprc.org
  • Bristol Bay
    • resources.caregiver.com/listing/bristol-bay-native-association-adrc.html
  • Kenai Peninsula
    • www.peninsulailc.org
  • Southeast
    • www.sailinc.org
alaska211.org
hosted by United Ways of Alaska

Alaska 2-1-1

Changing the Way Alaskans Find Help

No matter where you live in Alaska, Alaska 2-1-1 is your one-stop resource for connecting with a wide variety of vital resources in your community including emergency, food and shelter, disability services, counseling, senior services, healthcare, child care, drug and alcohol programs, legal assistance, transportation needs, educational opportunities, and much more.

Call 2-1-1 or 1-800-475-2221 Monday through Friday from 9:00 am to 5:00 pm or visit our website 24/7 when you need help finding help. It's free and confidential.

Alaska 2-1-1 is a service of the United Ways of Alaska.

View our 2016 Annual Report.

Alaska 2-1-1 welcomes new agencies, programs and services interested in joining our efforts to serve Alaskans. Find out about how to apply under the Service Provider Tools tab at the left of this page.
alaska211.org

Download the App!

Apple: http://apple.co/1TsztMi
or
alaska211.org

Friday, August 04, 2017

Browse Service Category

This search is restricted to community resources serving 99620. Service providers will display by distance.

Start Over  Search Hints

This allows you to scroll through different Category Topics. Sometimes it is difficult to know what Keyword is best to use during a search. This method helps the user become familiar with the terminology used in the Alaska 2-1-1 database. Click on a category to see additional subcategories.

Remember that this system has three tiers to each category. If you do not see what you are looking for, simply try another category. Remember, there are always several ways to find each service, program or agency.

IF YOU ARE HAVING DIFFICULTY FINDING A SERVICE, DO NOT HESITATE TO CALL 2-1-1.

Find the help you need > Housing/Utilities

Housing/Utilities
(Click the + to see services.)

+ Housing/Shelter
+ Landlord/Tenant Assistance
+ Mortgage Delinquency and Default Counseling
+ Utilities

Browse Service Category
(Click to choose a new category.)

- AK Insurance Marketplace
- Arts, Culture and Recreation
- Clothing/Personal/Household Needs
- Disaster Services
- Education
- Employment
- Food/Meals
- Health Care
- Housing/Utilities
- Income Support/Assistance/Tax
- Individual, Family and Community Support
- Information Services
- Legal, Consumer and Public Safety
- Long Term Care
- Low Income Programs and Resources
- Mental and Behavioral Health Services
- Nutrition
- Pets
- Political
- Public Housing
- Recreation
- Religious
- Safety/Security
- Special Needs
- Transportation
- Volunteering
- Volunteer Resources
- Waste Management
- Work and Learning

Contact Us
Senior Grant Funded Services
Senior Grant-Funded Services

Grant Services

The Division of Senior and Disabilities Services makes grants to nonprofit organizational partners across Alaska. These partners use the funds to provide vital community-based supportive services to families and individuals experiencing Developmental Disabilities (DD), Alzheimer’s Disease and related Disorders (ADRD), family caregivers of seniors aged 60 and over, grandparents raising grandchildren aged 55 or over, seniors aged 60 and over, and/or frail or disabled seniors who need assistance in the home.

These services are available to individuals who are waiting or do not qualify for Home and Community Based services under the Medicaid Waiver program, or who only require minimal supports that can be provided by the grant services. These grants are awarded to agencies every three or four years through a competitive process. Funding for these programs comes from the U.S. Administration on Aging, the Alaska Mental Health Trust Authority, and state general funds.

Grant Programs

For Seniors and Caregivers

- Adult Day Services
- ADRD Education, Support, and Mini-Grants
- Health Promotion/Disease prevention
- National Family Caregiver Support Program
- Nutrition, Transportation and Support Services
- Senior Residential Services
- Senior In-Home Services

For Providers:

- Grants and Contract Support Team
- Grant Regulations 7 AAC 78 and 7 AAC 8
- Waiver Regulations and Conditions of Participation
- SDDS Grants SAMS Data Entry Manual

Information, Referral and Independent Living

- Aging and Disabilities Resource Center
  (Information, Assistance and Referral)
- Centers for Independent Living
- Statewide Independent Living Council
- Nursing Facility Transition Program
- Grants Providers by Region & Community
- DSDS Grants Unit Brochure
- Alaska 2-1-1
- Deaf Navigator
- Traumatic and Acquired Brain Injury
- Medicare Information Office

Senior and Disabilities Services Units

- Adult Protective Services (APS)
- CAT Review Unit
- Early Intervention/Infant Learning Program
- Grant Services
- Intake and Assessment Unit
- Intellectual & Developmental Disabilities (IDD) Waiver
- Operations, Training, Transportation & Hearings
- Policy & Program Development
- Provider Certification & Compliance
- Quality Assurance (QA)
- Research & Analysis

Programs and Offices

- Aging and Disability Resource Centers
- Centers for Independent Living
- General Relief Program
- Home and Community Based Waivers
- Long Term Care and PASRR Resources
- Medicare Information Office
- Nursing Facility Transition Program
Adult Day Services

Day care services at a center for adults with impairments, primarily Alzheimer's Disease or Related Disorders, provided in a protective group setting that is facility-based. Therapeutic and social activities are designed to meet and promote the client's level of functioning through individual plans of care. 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. **Adult Day Provider List**

Senior In-Home Services:
Services that provide 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. **SIH Provider List**

National Family Caregiver Support Program Services:
Services provided to the caregiver of anyone 60 and over or grandparents who are 55 and over raising grandchildren. Services include information and assistance accessing services, respite, caregiver support groups, caregiver training and supplemental services. **NFCSP Provider List**

ADRD Education and Support:
A statewide grant program providing outreach, information and referral, education, consultation and support provided to individuals with ADRD (Alzheimer's disease and related disorders), 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. [www.alaskads.org](http://www.alaskads.org)
## Adult Day Services

<table>
<thead>
<tr>
<th>Region</th>
<th>Community</th>
<th>Grantee</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>II</td>
<td>Fairbanks</td>
<td>Fairbanks Resource Agency Adult Day Services</td>
<td>805 Airport Way, Ste 1 Fairbanks, AK 99701</td>
<td>456-3901</td>
</tr>
<tr>
<td>IV</td>
<td>Anchorage</td>
<td>Anchorage Community Mental Health Services Daybreak Adult Day Services</td>
<td>9210 Jupiter Drive Anchorage, AK 99516</td>
<td>563-1000</td>
</tr>
<tr>
<td></td>
<td>Anchorage</td>
<td>Salvation Army Serendipity Adult Day Services</td>
<td>3550 E. 20th Ave. Anchorage, AK 99501</td>
<td>279-0501</td>
</tr>
<tr>
<td></td>
<td>Chugiak</td>
<td>Chugiak Senior Citizens, Inc. Adult Day Services</td>
<td>22424 N. Birchwood Lp. Rd., Chugiak, AK 99567</td>
<td>688-2677</td>
</tr>
<tr>
<td>V</td>
<td>Homer</td>
<td>Homer Senior Citizens, Inc. Friendship Center Adult Day Services</td>
<td>3935 Svendlund, Homer, AK 999803</td>
<td>235-7555</td>
</tr>
<tr>
<td></td>
<td>Kenai</td>
<td>Frontier Community Services Forget-Me-Not Adult Day Services</td>
<td>43335 K-Beach st., Ste. 30, Soldotna, AK 99660</td>
<td>262-8331</td>
</tr>
<tr>
<td></td>
<td>Wasilla</td>
<td>Palmer Senior Citizens Center, Inc. (Palmer -Big Lake/Wasilla) Adult Day Services</td>
<td>1132 Chugach st., Palmer, AK 99645</td>
<td>745-5464</td>
</tr>
<tr>
<td></td>
<td>Palmer</td>
<td>Palmer Senior Citizens Center, Inc. Adult Day Services</td>
<td>1132 S. Chugach St., Palmer, AK 99645</td>
<td>745-5464</td>
</tr>
<tr>
<td>VII</td>
<td>Kodiak</td>
<td>Senior Citizens of Kodiak, Inc. Island Cove Adult Day Services</td>
<td>302 Erskine Kodiak, AK 99616</td>
<td>486-2203</td>
</tr>
<tr>
<td>VIII</td>
<td>Nome</td>
<td>Nome Community Services, Inc. Munaqsri Adult Day Services</td>
<td>P.O. Box 98 Nome, AK 99762</td>
<td>443-5238</td>
</tr>
<tr>
<td>IX</td>
<td>Juneau</td>
<td>Catholic Community Services, dba Southeast Senior Services - The Bridge Adult Day Services</td>
<td>419 Sixth St., Juneau, AK 99801</td>
<td>463-8100</td>
</tr>
<tr>
<td></td>
<td>Ketchikan</td>
<td>Rendezvous Senior Day Services</td>
<td>2441 First Avenue Ketchikan, AK 99901</td>
<td>247-1962</td>
</tr>
</tbody>
</table>
Home and Community Based Waiver Programs

Overview

Waiver programs offer a choice between home and community-based services and institutional care for people who meet a nursing facility level of care (NFLOC). In order to access programs, a person must be eligible for Medicaid. This involves meeting financial and resource limits, as found through an interview and application process with the Division of Public Assistance (DPA). Once eligible for waiver, examples of possible services include respite care, chore, residential living, care coordination, environmental modifications and various other services.

Purpose

The purpose of the waiver is to offer a choice between home and community-based services and institutional care for people who meet waiver service criteria.

The Alaskans Living Independently (ALI) Waiver is available to adults age 21 and over.

The Adults with Physical and Developmental Disability (APDD) waiver is available to persons age 21 and over who have been determined to be developmentally and physically Disabled.

The Children with Complex Medical Conditions (CCMC) waiver serves children and young adults under the age of 22 years. Children who receive services from this waiver experience medical fragility and are often dependent on frequent lifesaving treatments or interventions and/or are dependent on medical technology. A registered nurse employed by an SDS grantee agency completes a screening process for the child and submits it to Senior and Disabilities Services.

OTHER PROGRAMS YOU MAY BE INTERESTED IN:

Personal Care Assistance (PCA) 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.

Grants Services - This service assists families and individuals experiencing Intellectual and developmental disabilities, dementia and related disorders, family caregivers of seniors aged 60 and over, grandparents raising grandchildren aged 55 or over, seniors aged 60 and over or frail/disabled seniors in need of assistance in the home.
Personal Care Services (PCS)

Personal Care Services (formerly Personal Care Assistance) provides support for about 4,000 Alaskan seniors and individuals with disabilities. PCS 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). PCS is provided statewide in Alaska through private agencies. The administration of the PCS program is overseen by the PCS Unit of Senior and Disabilities Services, Department of Health and Social Services.

- **Agency-Based PCS Program (ABPCA)** - Consumers may receive services through an agency that oversees, manages and supervises their care. ABPCA has been operational for over 10 years.

- **Consumer-Directed PCS Program (CDPCA)** - Each consumer 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. CDPCA became operational October 1, 2001.

Both Agency-Based PCS and Consumer-Directed PCS services are available in most communities in Alaska.

**Changes in the Approval of Instrumental Activities of Daily Living (IADL) Under 7 AAC 43.755 (14)**

- IADL Shared Living Explanation
- Clarification Regarding Reinstatement of PCS Hours

For additional information about the Personal Care Assistance Program use one of the following links:
Medicare Information Office

About us
We are funded through two programs: State Health Insurance Assistance Programs (SHIP) and Senior Medicare Patrol (SMP).
SHIP and SMP grants are programs under the Administration for Community Living (ACL).
SHIP funds personalized counseling, education and outreach to Medicare beneficiaries and their families. This allows people to better understand and utilize their Medicare benefits.
SMP funds education for Medicare beneficiaries and others on how to spot and report potential Medicare errors, fraud, waste and abuse.

In the process of moving? On Medicare? Click here for an important check list!

In the news
SCAM ADVISORY: Pink postcards and telephone calls for a "free" back brace have been reported.

Heads up, Alaskans! If you suspect fraud, contact Alaska’s SMP (health fraud prevention) program in Alaska’s Medicare Information Office, medicare.alaska.gov, 907-269-3680 in Anchorage or 800-478-6065 toll-free within Alaska.
Scam prevention info from the NY SMP HERE.

For more info on other scams and fraud alerts go to: >> Medicare Fraud and Scam Updates<<

11/23/16 Listen to a radio interview with Jeanne Larson and William Dill about Medicare on station 650KENT/Heart. Click HERE.

10/19/16 The annual sign-up window for Medicare Part D is open, running Oct. 15-Dec. 7. Plans change and people’s needs change, so it’s a good idea to review plan options each year. To get more information, visit www.medicare.gov/part-d/ and click the button at left “Find health & drug plans”, or click here for a chart of Alaska plans. For help, call your fabulous local Medicare counselors:
- Anchorage, 770-2070
Medicare Information Offices

- Anchorage, 770-2070
- Fairbanks, 479-7940
- Haines, 766-3297
- Juneau, 523-4431
- Kenai/Soldotna, 262-6333
- Mat-Su, 373-3632

Questions? Please email daniel.cornwall@alaska.gov
Alaska Pioneer Homes

Admissions Forms

You can download an application from the following list. It can be printed, filled out, and mailed to:
Department of Health & Social Services - Division of Alaska Pioneer Homes
PO Box 110690
Juneau, AK 99811-0690

- Alaska Pioneer Homes Application
- Application Instructions
- Alaska Veteran and Pioneer Home-Veteran's Addendum
- Admissions & Discharge Information Booklet
- History and Physical Form
- Certificate of Need Form
- MOST (Medical Orders for Scope of Treatment) form
- Waitlist Transfer Request Form
- VA Form 10-EZ

Click here for information regarding the Payment Assistance Program.

Also available online are the Alaska Pioneer Home System Statutes and Regulations.

For more Information contact:

Central Office
PO Box 110690
Juneau, AK 99811
Phone: 907.465.4416
Fax: 907.465.4108
Email: alaskapioneerhomes@alaska.gov
# Alaska Pioneer Homes Application

<table>
<thead>
<tr>
<th>Location/Date/Time Received</th>
<th>ALASKA PIONEER HOMES APPLICATION FOR ADMISSION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Department of Health &amp; Social Services - Division of Alaska Pioneer Homes</td>
</tr>
<tr>
<td></td>
<td>PO Box 110690 Juneau, AK 99811-0690 (907) 465-4416</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Initials</th>
<th>Date of Birth(Month/Day/Year)*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>*Proof of age must be submitted with this application. Please send a copy of one of the following: driver's license, passport, ID card, or birth certificate</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Wait List Preference</th>
<th>PLEASE CHECK ONE BOX ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTIVE WAIT LIST</td>
<td>Check the ACTIVE Box if you wish to be considered for admission IMMEDIATELY and you are prepared to enter a Pioneer Home within 30 days of invitation. You will be contacted by mail for further information regarding your medical status and your need for services.</td>
</tr>
<tr>
<td>INACTIVE WAIT LIST</td>
<td>Check the INACTIVE Box if you DO NOT wish to enter a Pioneer Home at this time. You may change your status to ACTIVE at any time without a change in your original application date.</td>
</tr>
</tbody>
</table>

**PIONEER HOME PREFERENCE:** Indicate your FIRST choice of home by placing the appropriate letter in the box (If you are applying to more than one home, indicate your second, third, fourth, fifth, and sixth choices in the
Public Assistance Programs Used by Alaska Seniors

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Adult Public Assistance (Age 21+)</td>
<td>18,720</td>
<td>19,100</td>
<td>18,774</td>
<td>18,636</td>
<td>18,851</td>
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<tr>
<td>Adult Public Assistance (Age 65+)</td>
<td>5,241</td>
<td>10,566</td>
<td>10,882</td>
<td>11,123</td>
<td>11,298</td>
</tr>
<tr>
<td>Senior Benefits (Age 65+)</td>
<td>5,395</td>
<td>5,395</td>
<td>5,395</td>
<td>5,546</td>
<td>5,657</td>
</tr>
</tbody>
</table>
Public Assistance
Alaska’s Adult Public Assistance

Alaska’s Adult Public Assistance (APA) program provides cash assistance to needy aged, blind, and disabled Alaskans to help them remain independent. The APA program gives cash to Supplemental Security Income (SSI) recipients and others who have income and resources within APA income and resource limits. APA recipients are also eligible for Medicaid benefits.
Senior Benefits

7/1/16 - Senior Benefits Fact Sheet

The Senior Benefits program is being funded at the same level as Fiscal Year 2016. Payment levels for the highest wage earning group will be increased from its current $47 monthly amount to $76 per month effective August 1st, 2016.

The Senior Benefits Program was established on August 1, 2007. It pays cash benefits to Alaskan seniors who are age 65 or older and have low to moderate income. Cash payments are $76, $175, or $250 each month depending on income. The income limits for each payment level are tied to the Alaska Federal Poverty Guidelines and change each year as the poverty level changes.

TO BE ELIGIBLE YOU MUST:

- **Age:**
  - Be age 65 or older

- **Alaska Residency:**
  - Live in Alaska voluntarily
  - Not be in Alaska for a temporary purpose such as a vacation or business trip
  - Intend to make Alaska your home

- **Have a Social Security number**
  - Have a Social Security Number or show that one has been applied for

**Financial Need**

- Have countable income that does not exceed the income limits for Senior Benefits.
- Resources, such as savings, do not count for Senior Benefits.

**Payment Amounts**

- Eligibility and payment amounts are based on gross annual income.

Click here for current income limits and payment amounts.
Supplemental Nutrition Assistance Program (SNAP)

Food Stamp Benefits

The Alaska Food Stamp Program provides food benefits to low-income households. The federal government funds 100% of the Food Stamp benefit. The state pays half the costs of operating the Food Stamp Program in Alaska.

The Division of Public Assistance issues Food Stamp benefits via the Alaska Quest card. The amount a household receives each month depends on the household's countable income and size of the household. Eligible households use the Food Stamp benefits to buy food products from authorized stores statewide.

Eligible applicants must pass income and assets tests. The gross monthly income test is based on 130% of the current Alaska poverty standard.

Alaska has special rules that allow for higher Food Stamp benefits in rural areas, and the use of benefits to purchase certain hunting and fishing subsistence supplies.

Learn more about Food Stamps:
Heating Assistance Program (HAP)

Request for Public Comments on the FY 2018 Low Income Home Energy Assistance Program Block Grant Application

The State of Alaska, Department of Health and Social Services invites the public to comment on the state plan for the proposed use of the 2017-2018 federal Low-Income Home Energy Assistance Program (LIHEAP) block grant funds. A link to a copy of the block grant application is attached at the bottom of this notice.

This proposed plan describes the procedures used by the Heating Assistance Program. The plan includes the proposed allocation of funds for heating and weatherization assistance, a description of the method for determining eligibility and the amount of the heating assistance benefit, and the proposed benefit rate for the 2017-2018 Program.

Any interested person may send in comments on the proposed LIHEAP plan to the Heating Assistance Program, Attn: Susan Marshall, P.O. Box 110640, Juneau, Alaska 99811-9640; fax (907) 465-5154, or email LIHEAP@alaska.gov. Written comments must be received no later than 4:30 p.m. on Friday, August 18, 2017.

If you need a special accommodation in order to comment on the proposed LIHEAP plan, please contact Susan Marshall at (907) 465-3009 by August 14, 2017 to make necessary arrangements.

Draft FY 2018 LIHEAP Plan for Public Comments

The Heating Assistance Program (HAP) is designed to promote the general welfare and safeguard the health and well-being of Alaska’s population by offsetting the cost of home heating for eligible Alaskan residents.

How To Complete Your State of Alaska Heating Assistance Application
Temporary Assistance (ATAP)

Alaska Temporary Assistance Program (ATAP)

The Alaska Temporary Assistance Program (ATAP) provides cash assistance and work services to low-income families with children to help them with basic needs while they work toward becoming self-sufficient. This program is provided under the federal Temporary Assistance for Needy Families (TANF) block grant.

ATAP changed the traditional focus of the state’s public assistance program for needy families to an employment-focused program from an entitlement under the Aid to Families with Dependent Children (AFDC) program. Temporary Assistance stresses family self-sufficiency through employment.

Learn more about Temporary Assistance:
Medicaid began as a program to pay for health care for people in need who were unable to work. It covered the aged, the blind, the disabled, and single-parent families. Over the years, Medicaid has expanded to cover more people. For instance, children and pregnant women may qualify under higher income limits and without asset limits. Families with unemployed parents may qualify, and families who lose regular Family Medicaid because a parent returns to work may continue to be covered for up to one year.

There have also been changes in the eligibility rules for people who need the level of care provided in an institution, such as a nursing home. Now, most Alaskans who need — but cannot afford — this expensive care may qualify for Medicaid. In addition, recent changes within the Alaska Medicaid program give some people who need an institutional level of care the opportunity to stay at home to receive that care.

To apply for Medicaid services please contact the Division of Public Assistance. Applications, office locations, and useful information can be found on their web site.

Useful Links:
- Local offices for getting help with Medicaid
- Eligibility Requirements: Current Medical Assistance Income Standards
- Denali KidCare - Health insurance for low-income pregnant women and children/teens
- Help and Resources Beyond Medicaid
- Medicaid State Plan
Social Security
Welcome to Retirement and Benefits

ATTENTION!

Changes to the 2017 AlaskaCare Employee Health Plan could affect you financially. Click here to learn more about these changes effective January 1, 2017.

ALASKACARE
Employee Health Plan

Resources & Information for...
- Employees...
- Retiring...
- Retirees...
- Disabled...
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- Sign Up

Leadership
- Alaie Davis, Division Director
- Cathy Lue, Deputy Director
- Michele Michael, Deputy Director
- Emily Brady, Chief Health Policy Advisor
- Kevin Wolovik, Chief Finance Officer

Changes
- Address Changes
- Apply for Retirement
- Insurance Enrollment
- Holidays
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Seminars
- Make an Appointment
- EMPOWER
- Account Info Online
- RnB
- Seminars
- AlaskaCare Talks
- Focuses
- Brochures
- Headlines
- Get My PIN
- ADA Accessibility
Social Security

Social Security Administration Links

Disclaimer
The following provided information is specific to federal guidelines and is provided here as a convenience to our users. If at any time a discrepancy exists between the federal guidelines and State of Alaska retirement system law, Alaska law prevails.

SSA Links
- SSA Web site
- Get or replace a Social Security Card
- Apply online for retirement benefits
- Apply online for Medicare
- Estimate your retirement benefits
- Get a form
- Get a publication
- Government Pension Offset (GPO)
- Windfall Elimination Provision (WEP)
- Benefits affected by GPO and WEP FAQs
- Social Security Number Verification Service Handbook

SSA Contact
- Patricia Lightholder
Browse Service Category

This search is restricted to community resources serving 99820. Service providers will display by distance.

Start Over | Search Hints

This allows you to scroll through different Category Topics. Sometimes it is difficult to know what Keyword is best to use during a search. This method helps the user become familiar with the terminology used in the Alaska 2-1-1 database. Click on a category to see additional subcategories.

Remember that this system has three tiers to each category. If you do not see what you are looking for, simply try another category. Remember, there are always several ways to find each service, program or agency.

IF YOU ARE HAVING DIFFICULTY FINDING A SERVICE, DO NOT HESITATE TO CALL 2-1-1.

Find the help you need > Housing/Utilities

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<tr>
<th>Browse Service Category</th>
<th>Housing/Utilities</th>
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<td>(Click the + to see services)</td>
</tr>
<tr>
<td>AK Insurance Marketplace</td>
<td>+ Housing/Shelter</td>
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<td>Arts, Culture and Recreation</td>
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<td>Clothing/Personal/Household Needs</td>
<td>+ Mortgage Delinquency and Default Counseling</td>
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<td>Food/Meals</td>
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<td>Housing/Utilities</td>
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<td>Information Services</td>
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<td>Legal, Government and Public Safety</td>
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Senior Support

AHFC is focused on ensuring Alaska’s seniors have access to affordable and accessible homes and supportive services. We work with Alaska’s Commission on Aging to offer research, information and solutions to provide the best housing options and support for aging Alaskans across the state.

Housing Solutions for Alaska’s Seniors

AHFC SENIOR HOUSING CONTACT

For questions regarding senior housing options, please contact AHFC’s Senior Housing Office.

Jim B. McCall
Officer of Housing Relations
Email: jmccall@ahfc.us
907-330-8436 or
800-478-2432 (toll-free outside Anchorage, but within Alaska)

Alaska Housing Finance Corporation
4300 Boniface Parkway
P.O. Box 101020
Anchorage, AK 99510-1020
Finding Services for Seniors On-line, Age 60+

The Alaska Commission on Aging

Questions, Comments?

Thank You!