Healthy Living Lecture Series

The Link to Aging Successfully

July 16, 2013
Introduction to Guest Panel

Emily Ennis, Panel Moderator

Karen Perdue, Panel Guest

Vickie Wilson, Panel Guest

Banarsi Lal, Panel Guest
Ideal Elements of Assisted Living

- Recognizing and valuing individuality of elders and staff
- Supporting individual routines for elders
- Honoring choice
- Supporting elder’s dignity
- Providing privacy
- Promoting functional ability
- Facilitating physical comfort
- Creating an atmosphere of security
- Offering meaningful activities
- Fostering emotional and spiritual well-being
- Offering comprehensive care for “aging in place”
Key Elements of Assisted Living Residences

- Community-based residence
- Home-like setting
- Full-time support staff
- Assistance with activities of daily living (ADL)
- Accommodations for Alzheimer’s disease and related dementia (ADRD)
- Social, recreational and therapeutic services
- Age-in-place living
Assisted Living Service Levels

- **Level I:** Housing, meals, emergency assistance with ADL, medication administration, assistance and opportunities for recreation.

- **Level II:** Like Level I, plus assistance with health-related services. Resident performs majority of effort with supervision and hands-on assistance. During the night shift, the resident is independent and capable of self supervision.

- **Level III:** Like Level II, but with staff member assisting by performing the majority of effort. The resident may receive assistance throughout a 24-hour day, including the provision of care in a transitional setting.

- **Level III+:** Like Level III, plus additional services for risk of repeated falls, behavior management, ADRD.
FRA Senior Services

- Care Coordination
- Respite Care
- Adult Day Center
- Chore Services
- National Family Caregiver Support
- Senior Outreach, Assessment and Referral (SOAR)
Population Age 65+  Alaska 2010 - 2035

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section
Fairbanks Senior Population Growth

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section
# Fairbanks Assisted Living Residences

<table>
<thead>
<tr>
<th>Residences</th>
<th>Capacity</th>
<th>Occupancy</th>
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<tbody>
<tr>
<td>Pioneer Home</td>
<td>93</td>
<td>full</td>
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<tr>
<td>Caring Bridges</td>
<td>16</td>
<td>13</td>
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<tr>
<td>Eagles Wings LLC</td>
<td>5</td>
<td>full</td>
</tr>
<tr>
<td>Hope Haven</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>Let Us Care</td>
<td>5</td>
<td>full</td>
</tr>
<tr>
<td>Lilley Lodge</td>
<td>5</td>
<td>full</td>
</tr>
<tr>
<td>Rocking Years I</td>
<td>5</td>
<td>full</td>
</tr>
<tr>
<td>Rocking Years II</td>
<td>10</td>
<td>9</td>
</tr>
<tr>
<td>Serenity Home</td>
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<tr>
<td>Wild Iris Comfort Care</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>156</strong></td>
<td></td>
</tr>
<tr>
<td>Borealis Assisted Living Home</td>
<td>10</td>
<td>8</td>
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<tr>
<td>Agewise Alaska</td>
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</tbody>
</table>

**majority of vacancies are private pay

07/01/13
The Fairbanks Area Picture

- 2012 estimated need for assisted living: 1,100
- 2020 projected need: 2,000
- Current assisted living units: 175
Challenges to Assisted Living Development

- Economic risks to developers / owners
- High cost of construction and renovation
- Workforce shortages
- State public rates are considered inadequate
- Private pay costs are extremely high
- Careful mix of private and public funding is essential
I attended the *Healthy Living* lecture series, *Assisted Living: The missing link to aging successfully* lecture on Tuesday, July 16, 2013. I would be interested in more information about the development of assisted living services in Fairbanks.

Name

Email address

Mailing Address

Phone

Comments
Assisted Living – The Link to Aging Successfully

Karen Perdue, Panel Guest

- Role of the Hospital and Nursing Services in Long-Term Care
- Need for Assisted Living
- Long-Term Care Planning
- How to Pay for Long-Term Care
- Challenges and How You Can Help
Assisted Living – The Link to Aging Successfully

Vickie Wilson, Panel Guest

- Alaska Pioneer Home System, History and Purpose
- Description of Assisted Living Services at Pioneer Home
- Best Practices and Contemporary Service Models
- Eligibility and Pioneer Home Waiting List
- How to Pay for Pioneer Home Services
Assisted Living – The Link to Aging Successfully

Banarsi Lal, Panel Guest

- History and Purpose of Alaska Commission on Aging (ACoA)
- Current Planning and Goals for Alaska Seniors
- Alaska’s Senior Housing Summit, December 2012
- ACoA’s Recent Senior “Facts and Figures”
- Challenges and How You Can Help
“THERE ARE ONLY FOUR KINDS OF PEOPLE IN THIS WORLD. THOSE WHO HAVE BEEN CAREGIVERS, THOSE WHO ARE CAREGIVERS, THOSE WHO WILL BE CAREGIVERS, AND THOSE WHO WILL NEED CAREGIVERS.”

ROSALYNN CARTER, FORMER FIRST LADY