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I. Executive Summary

Report Purpose + Methods

Through a grant from the Fairbanks North Star Borough (FNSB), the North Star Council on Aging contracted with Agnew::Beck Consulting to assess senior needs in the FNSB. Agnew::Beck analyzed demographic trends, reviewed existing plans and surveys and conducted 26 interviews to characterize the supply and capacity of housing and services targeted for seniors. Agnew::Beck incorporated the Alaska Commission on Aging’s 2018 outreach conducted as input to the Alaska Plan for Senior Services FY20 – FY 2023. The Commission on Aging’s results for the FNSB included 351 surveys of individual seniors, 28 responses to a provider survey and 28 participants in a listening session. At the same time, Fairbanks Neighborhood Housing Services was conducting market research for senior housing in Fairbanks North Star Borough. Agnew::Beck incorporated initial data from this effort into the assessment. Agnew::Beck also reviewed existing plans and studies. Agnew::Beck presented the key findings of the needs assessment to a gathering of 20 people during the monthly Interior Region Senior Provider Network meeting in June 2019. Participants discussed the findings and offered confirmation of the priority needs as well as additional service gaps. This report is intended to help the FNSB community and provider network plan for future service needs, as well as support grant writing and advocacy.

Key Demographic Trends

In 2018, approximately 17,000 seniors age 60 and older lived in the Fairbanks North Star Borough. That number will grow to more than 21,000 in the next 15 years. However, the population of older seniors who require the most intensive services is expected to grow significantly faster. The population age 80 and older will almost triple from around 1,500 today to more than 3,800 in 2030. The portion of the total population that is 60 and older will increase from 17 percent today to 21 percent by 2030. The table below shares population estimates for both the FNSB and the Southeast Fairbanks Census Area, which is partially served by the Fairbanks Senior Center.

Figure 1: Greater Regional Senior Population

<table>
<thead>
<tr>
<th>Item</th>
<th>2018</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fairbanks North Star Borough</td>
<td>Southeast Fairbanks Census Area</td>
</tr>
<tr>
<td>60+</td>
<td>16,743</td>
<td>1,506</td>
</tr>
<tr>
<td>65+</td>
<td>10,698</td>
<td>1,007</td>
</tr>
<tr>
<td>80+</td>
<td>1,587</td>
<td>175</td>
</tr>
</tbody>
</table>

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

1 At the time of the key findings presentation to providers in June 2019, only the 89 online responses to the survey were available for analysis. Since that time, the paper survey results were added to total 351 senior surveys from the FNSB. Those results are included in this report.

2 2018 Alaska Department of Labor and Workforce Development Population Estimates + Population Projections
The Continuum of Care

To help seniors maintain their independence for as long as possible, housing, services and supports for seniors are typically provided along a continuum of care from services provided in homes and communities to more intensive services provided in assisted living and, at the highest level of care, in skilled nursing facilities and acute medical hospitals. Assistance at lower levels of care (shown in the circle wrapping around the senior living independently in Figure 2) can prevent or delay seniors from requiring more costly, institutional levels of care. Aging and Disability Resource Centers (ADRCs) and care coordinators help individuals and caregivers access necessary services. Matching seniors to the right level of care is good for seniors, their caregivers, families, communities and the state. When pieces of the continuum are missing, elders often end up in inappropriate care settings. For example, elders can be placed in nursing facilities or even hospital long-term care "swing beds" in rural hubs because they aren't able to receive a lower level of care in their home communities.

This needs assessment is framed using the continuum of care to identify which components are missing, or overcapacity. See Appendix E for an excerpt from the State Plan for Senior Services that defines each long-term service and support for seniors.

Figure 2: The Long-term Services and Supports Continuum of Care for Seniors
Greatest Senior Needs

This report shares the methodology and detailed analysis related to senior needs in the FNSB. This summary shares the key themes related to senior needs gathered from the surveys, interviews and data analysis.

Services

- Home and community-based services are generally able to expand to meet demand, though they are limited by funding availability.
- The region needs a coordinated transportation plan for seniors. There is only limited door to door service and no accessible taxis. Transportation providers are at or over capacity.
- Care coordinators are at or over capacity and as a result, seniors are having to wait to obtain Medicaid waiver services, such as assisted living.
- While some services (like personal care and home modifications) are available, not all seniors have the availability to pay out of pocket. Medicaid continues to cut eligible hours, and this threatens seniors’ independence.
- The ability to find and retain quality employees in the near the future will be challenging.
- The volunteer workforce is aging.
- More access to more primary care and behavioral health providers who accept Medicare are needed.
- Home modifications are needed and are an effective way to reduce the risk of falls and nursing home placements.
- Free legal service and advocacy providers are over capacity. This service helps seniors stay safe in their home and protects them from abuse. With the recent State budget cuts, there is limited ability to take on additional clients.

Housing and Facility-based Care

- There is a lack of quality, affordable senior housing. In particular, affordable, income-restricted senior independent housing generally has at least a six month to one year wait.
- To keep pace with current utilization of senior housing, an additional 149 units are needed by 2025.
- Senior homelessness is directly connected to the lack of affordable housing options.
- There is a need for transitional housing.
- There is a sense that a lot of the existing multifamily housing is of low quality.
- To keep with current utilization of assisted living, an additional 153 beds are needed by 2025.
- There is a need for more culturally appropriate assisted living for Alaska Native elders.
- Assisted living home quality is varied.
- There is a need for assisted living for people with challenging behaviors, many related to dementia. Both the Pioneer Home and Denali Center neighborhoods that serve this group are full and have waitlists.

Next Steps

- Share needs assessment with key decision makers and stakeholders, such as the Fairbanks North Star Borough and local housing developers, as well as the private sector.
- Hold a strategic planning session with senior providers to prioritize the greatest needs and take action to address needs.
2. Methodology

This chapter shares the methodology used to gather and analyze the main data sources to assess senior needs in the Fairbanks North Star Borough. Data sources include:

- Secondary quantitative data such as the Alaska Department of Labor and Workforce Development and the Alzheimer’s Association (national).
- 26 interviews specific to the 2019 senior needs assessment
- Alaska Commission on Aging’s 2018 Outreach in the Fairbanks North Star Borough
- Other relevant plans and studies

The detailed data sources for the Fairbanks Neighborhood Housing Services senior housing market analysis conducted by NeighborWorks America is included in Appendix C.

Secondary Data Analysis

The table on the following page shares the sources of secondary data and how they are used in the needs assessment. In general, the data was analyzed for trends in the 60 and older population because that is the age limit for services typically provided by the Fairbanks Senior Center, such as meals and transportation. The 80 and older age cohort represents seniors who might need more intensive services such as adult day or
assisted living. The State of Alaska also uses these two age breaks to allocate funding for seniors services as part of the Alaska State Plan for Senior Services Funding Formula.

Figure 4: Data Sources

<table>
<thead>
<tr>
<th>Data Source</th>
<th>Topics Covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alaska Department of Labor and Workforce Development</td>
<td>Recent population estimates, population projections by age published in 2018</td>
</tr>
<tr>
<td>2013 – 2017 American Community Survey Five-Year Estimates</td>
<td>Income, United States population by age, insurance coverage by age group</td>
</tr>
<tr>
<td>Alzheimer’s Disease Facts and Figures 2018, Alzheimer’s Association</td>
<td>Alzheimer’s rates by age group</td>
</tr>
<tr>
<td>Aging.com</td>
<td>Percentage of Alzheimer’s Disease and Related Dementia diagnoses that are Alzheimer’s disease only</td>
</tr>
<tr>
<td>Alaska Department of Health and Social Services</td>
<td>Medicaid waiver rates, licensed assisted living facilities May 2019 bed count, skilled nursing facilities</td>
</tr>
<tr>
<td>Alaska House Finance Corporation</td>
<td>Senior independent living facilities, October 2018</td>
</tr>
<tr>
<td>Fairbanks Resource Agency</td>
<td>Senior services community resource list and assisted living occupancy information, March 2019</td>
</tr>
<tr>
<td>Alaska Commission on Aging 2018 Outreach</td>
<td>Results of the online senior survey and provider survey for the Fairbanks North Star Borough</td>
</tr>
<tr>
<td>Alaska Pioneer Homes</td>
<td>Occupancy, ADRD diagnosis, level of care and waitlist data, January 2019</td>
</tr>
</tbody>
</table>

**Interviews**

Agnew::Beck interviewed two to three providers from each service category to understand the current demand and capacity of the organization and whether they felt their organization could grow to meet the needs of the growing senior population in the Fairbanks North Star Borough. Providers also shared the geographic range of their services as well as their thoughts on senior needs and gaps in the continuum of care. Agnew::Beck also called senior housing providers to understand the waitlist and occupancy for age-restricted housing in the Fairbanks North Star Borough. The following providers were interviewed:

- Access Alaska
- Alaska Housing Finance Corporation
- Alaska Legal Services
- Alzheimer’s Resource of Alaska
- Caring Bridges Assisted Living
Alaska Commission on Aging 2018 Outreach

The Alaska Commission on Aging conducts outreach across the state every four years to inform the State Plan for Senior Services. Summaries of the senior survey, provider survey and elder-senior listening session notes were provided to Agnew::Beck to be included in this report. Three hundred and fifty-one surveys were completed; 89 online via Survey Monkey and 262 via paper. Twenty-eight providers responded to the provider survey and represented services across the continuum of care, except for long-term care skilled nursing. The elder-listening session notes capture the reflections of 28 participants. The full notes are shared as Appendix A.

Other Relevant Plans + Studies

Other planning processes and studies discuss senior needs in the Fairbanks North Star Borough. The findings from these processes are shared below:

- 2019 Salcha-Badger Road Area Plan
- AHFC 2018 Housing Needs Assessment
- City of North Pole Comprehensive Strategic Plan
- 2014 Alaska Senior Needs Assessment
• 2008 Fairbanks North Star Borough Senior Quality of Life Needs Assessment

Salcha-Badger Road Area Plan
As part of the Salcha-Badger Road Area Plan process conducted in 2018-2019, the project team surveyed residents what types of additional housing are needed in the Salcha-Badger Road area. Residents expressed support of the following housing types (respondents could select more than one answer):

- Duplexes and single-family dwellings (43 percent)
- Affordable housing (41 percent)
- Senior housing (39 percent)

City of North Pole Comprehensive Strategic Plan
Based on preliminary project survey results and feedback captured in the City of North Pole Comprehensive Strategic Plan, residents expressed a need for more senior housing in the project area and especially in and around the City of North Pole, including both independent and assisted living.

Alaska Housing Finance Corporation 2018 Housing Assessment
The Alaska Housing Finance Corporation conducts an annual housing assessment which includes an analysis of senior housing in each borough or census are in Alaska. The 2018 housing needs assessment calculated that 318 senior housing beds statewide must be added annually to keep up with demand in Alaska. The housing needs assessment considers both assisted living care and age restricted senior housing as senior housing beds. The housing needs assessment also compares utilization rates in the FNSB with national rates:

“In the Fairbanks North Star Borough 2.1 percent of senior citizens are in assisted-care housing. This is lower than the statewide rate of 2.8 percent of senior citizens in assisted-care housing. Nationally, approximately 3.5 percent of senior citizens are in senior living facilities. Comparison of the growth rates in the senior age (65+) segment of the population to the dependent age (0 to 15) population indicate that in the Fairbanks North Star Borough region the primary pressure for new housing over the next 15 years will come from households with elderly people.”

2014 Alaska Senior Needs Assessment
The Alaska Commission on Aging conducts a senior survey, provider survey and senior listening sessions in communities across the state as part of planning for the Alaska State Plan for Senior Services. In the FY2016-2019 State Plan for Senior Services, the ACoA held two sessions in Fairbanks, one at Raven Landing and the FNSB Senior Advisory Commission and one hosted by Denakanaaga.

What’s Working
- Free and low-cost senior transportation services
- Community-based senior services
- Fairbanks Native Association Elder Program Services
- Access to health care
• Services for seniors with dementia
• Fairbanks Senior Center services
• Fairbanks Native Association Elder Program Services
• FNSB Recreation Senior Activities
• Denakkanaga

Needs Improvement

• Limited access to primary care for seniors
• Lack of appropriate affordable senior housing
• Transportation
• Air quality
• High cost of living/economy
• Lack of long-range planning for Native elders
• Long, cold winters
• Lack of inter-agency coordination
• No centralized source of information on services

Fairbanks North Star Borough 2008 Senior Needs Assessment

In 2008, the Fairbanks North Star Borough conducted a senior needs assessment by surveying seniors. Key findings included:

• 75% of “future seniors” (those ages 45-64 in 2009) identified they may need help with household chores in the next 5-10 years.
• The top three issues of importance for seniors and future seniors were:
  o Doctors who take Medicare
  o Doctors who specialize in issues affecting older people
  o Services to help seniors stay in their homes
• Other issues of importance were the cost of heating oil and fuel and the availability of affordable housing.

The needs assessment also included the recommendations listed below.

• Advocate for the addition of a Fairbanks Aging and Disability Resource Center to help coordinate information and referral services (achieved in 2018).
• Expand transportation and home care services by using volunteers to receive mileage reimbursement or other benefits.
• Increase the services available to help seniors remain in their own homes.
• Increase support and funding for services to address the mental health needs of seniors.
• Increase funding for home and community-based care (i.e. PCA and Medicaid waiver programs)
• Attract developers of affordable senior housing including retirement communities and assisted living.
3. Demographic Trends

Key Takeaways

- The senior population age 80 and older that often requires the most supports will more than triple over the next 20 years.
- Around 32 percent of seniors 85 and older experience Alzheimer’s disease.
- The percent of seniors living with unaffordable rental housing costs is growing.
- The ratio of potential caregivers to seniors who are more likely to need care is dropping.

The Senior Population Today

The senior population in the Fairbanks North Star Borough (FNSB) has seen a slow and steady growth since 2010, growing from 10,950 seniors age 60 and older to 16,743 in 2018, or a seven percent average annual increase. In comparison, the total population growth in the FNSB has been flat over the same time period. Around 1/3 of seniors 60 and older live in the City of Fairbanks, which is similar to the City’s share of the general population. Around 25 percent live in the Chena Ridge, College, Ester and Goldstream area and less than 25 percent live in the City of North Pole and Badger Road area. The remaining 25 percent live in other areas of the Borough such as Salcha Farmers Loop, Fox, Steele Creek, Two Rivers, Pleasant Valley, Harding Birch Lakes and Eielson. See Figure 10 at the end of the chapter for a map of these geographies.

More than one half of seniors 80 and older live in the City of Fairbanks, which is a great concentration in the City when compared to the general population. Seniors age 60 and older make up 17 percent or more of the total population in the FNSB. This percent varies from 14 percent in North Pole to 26 percent in Salcha.

Future Population

The senior population age 60 and older peaks in 2035 at 21,209, while the population age 80 and older, requiring the most supports, will grow through 2040. The population age 80 and older will almost triple in 20 years to 6,523 in 2040, up from 1,587 in 2018.

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3 Alaska Department of Labor and Workforce Development Population Estimates, 2010-2018
4 Eielson Airforce Base is just one percent age 60 and older.
5 Alaska Department of Labor and Workforce Development Population Projections 2017 – 2045, Published in 2018.
Population with ADRD

As of 2018, around 1,600 people experience Alzheimer’s Disease and Related Dementias (ADRD) in the Fairbanks North Star Borough.\(^6\) Prevalence varies by age. Three percent of people age 65 to 74 have a diagnosis of Alzheimer’s whereas 32 percent of people age 85 and older have a diagnosis of Alzheimer’s disease.\(^7\) Four percent of people with Alzheimer’s disease are under age 65; there are an additional 65 people with early onset ADRD in the FNSB. When these prevalence numbers are applied to the projected senior population age 65 and older, an estimated 3,000 people will experience ADRD in 2030 in the FSNB. Fifty-seven percent of Fairbanks Pioneer Home residents have a diagnosis of ADRD.\(^8\) Some of the people experiencing ADRD will be able to remain in their homes or with family, while others will need extensive support in specialized memory care neighborhoods, such as exists in the Denali Center at Fairbanks Memorial Hospital and the Fairbanks Pioneer Homes. Each of these memory care neighborhoods have 16 beds each and all 32 beds are full.

Economic Needs

Around four percent of seniors in the FNSB 60 and older live at or below the poverty line, compared to six percent statewide.\(^9\) For almost 42 percent of seniors 60 and older, rental housing costs are more than 30 percent of their income, which is considered “unaffordable” by the Housing and Urban Development (HUD). This percent has increased steadily since 2011, when it was just 24 percent. In contrast, Alaska’s percent of seniors living below the poverty line has remained more stable, between 44 and 47 percent. The percent of seniors 60 and older who have homeowner costs greater than 30 percent of income is stable for both Alaska and the FNSB, at around 20 percent.

Figure 5: Selected Economic Indicators for Seniors 60 and older in the Fairbanks North Star Borough

<table>
<thead>
<tr>
<th>Indicator (for seniors 60+)</th>
<th>Fairbanks North Star Borough</th>
<th>Alaska</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living at or below the poverty line</td>
<td>4%</td>
<td>5.6%</td>
</tr>
<tr>
<td>Rental housing costs are more than 30% of income (unaffordable)</td>
<td>41.9%</td>
<td>38.7%</td>
</tr>
<tr>
<td>Owner costs are more than 30% of income</td>
<td>20.6%</td>
<td>25.7%</td>
</tr>
</tbody>
</table>

Source: American Community Survey 5-Year Estimate

Around 30 percent of seniors 65 and older in the FNSB have household incomes between $25,000 and $60,000 per year. Termed “gap seniors,” these individuals are neither income eligible for Medicaid waiver services such as assisted living, chore and transportation nor are able to pay out of pocket for assisted living care. Assisted living costs at least $60,000 annually in the FNSB. Gap seniors can only be served by grant

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\(^6\) Alzheimer's Disease Facts and Figures 2018, Alzheimer's Association downscaled to FNSB and Agnew::Beck analysis, using 40% of total ADRD as those with related dementia.

\(^7\) Alzheimer's Disease Facts and Figures 2018, Alzheimer's Association

\(^8\) Alaska Pioneer Homes, July 2018

\(^9\) American Community Survey 5-Year Estimates
services and the Fairbanks Pioneer Home. The number of gap seniors as a percent of total senior population varies across the state from a low of 28 percent in Juneau to a high of 39 percent in the Matanuska Susitna Borough.

**Insurance Coverage**

All seniors 65 and older in the FNSB have some form of health insurance and most are covered by both Medicare and another form of insurance. Almost 50 percent have access to private insurance and 67 percent are on Medicare. Six percent of seniors 65 and older are on Medicaid, which pays for some in-home personal care services, home care and skilled nursing care in addition to other medical services.

**Availability of Caregivers**

Unpaid family and friends provide much of the care that seniors need as they age. Unpaid caregivers help with tasks such as shopping and personal care, transportation and medication management. Paid caregivers at assisted living homes, senior centers and seniors’ homes also provide care. These caregivers tend to be between the ages of 40 to 65 and the seniors that need support are often older than 80. The relationship between the total number of people 40 to 65 and the number of seniors 80 and older is called a “caregiver ratio.” The caregiver ratio gives planners and advocates an idea of the number of people available to support older seniors. It does not reflect the actual number of people available for any one senior. The caregiver ratio has been falling across the country and will continue to fall. In the FNSB, there is currently 15 potential caregivers ages 40 to 65 for every senior age 80 and older. This number will drop to 5.6 caregivers for every one older senior by 2030. In the United States, the current ratio is 8.6 to one and will drop to 4 to 1 by 2030.

**Figure 6: Caregiver Ratios**

<table>
<thead>
<tr>
<th>Geography</th>
<th>Potential Caregivers Per Senior 80+, 2018</th>
<th>Potential Caregivers Per Senior 80+, 2030</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fairbanks North Star Borough</strong></td>
<td>14.7</td>
<td>5.6</td>
</tr>
<tr>
<td><strong>Alaska</strong></td>
<td>15.9</td>
<td>7</td>
</tr>
<tr>
<td><strong>United States</strong></td>
<td>8.6</td>
<td>4</td>
</tr>
</tbody>
</table>

Source: 2018 Alaska Department of Labor and Workforce Development Population Estimates; U.S. Census Bureau, AARP Public Policy Institute

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10 AARP Public Policy Institute
11 2018 Alaska Department of Labor and Workforce Development Population Estimates
12 U.S. Census Bureau, AARP Public Policy Institute
Charts + Figures

Figure 7: Fairbanks North Star Borough Senior Population in 2018 and 2030

<table>
<thead>
<tr>
<th>Item</th>
<th>2018</th>
<th>% of Total Population</th>
<th>2030</th>
<th>% of Total Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population 60+</td>
<td>16,743</td>
<td>17%</td>
<td>21,110</td>
<td>21%</td>
</tr>
<tr>
<td>Population 65+</td>
<td>10,648</td>
<td>11%</td>
<td>17,134</td>
<td>17%</td>
</tr>
<tr>
<td>Population 80+</td>
<td>1,587</td>
<td>2%</td>
<td>3,824</td>
<td>4%</td>
</tr>
</tbody>
</table>

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

Figure 8: Senior Population Growth in the Last Eight Years

![Graph showing population growth](image)

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

Figure 9: Detailed Recent Senior Population, FNSB

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>60-64</td>
<td>4,575</td>
<td>4,914</td>
<td>5,155</td>
<td>5,504</td>
<td>5,681</td>
<td>5,854</td>
<td>6,009</td>
<td>5,977</td>
<td>6,045</td>
</tr>
<tr>
<td>65-69</td>
<td>2,637</td>
<td>2,833</td>
<td>3,227</td>
<td>3,461</td>
<td>3,714</td>
<td>3,981</td>
<td>4,250</td>
<td>4,356</td>
<td>4,557</td>
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<tr>
<td>70-74</td>
<td>1,533</td>
<td>1,702</td>
<td>1,857</td>
<td>2,081</td>
<td>2,245</td>
<td>2,424</td>
<td>2,566</td>
<td>2,871</td>
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<td>75-79</td>
<td>965</td>
<td>997</td>
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<td>1,116</td>
<td>1,142</td>
<td>1,206</td>
<td>1,332</td>
<td>1,423</td>
<td>1,555</td>
</tr>
<tr>
<td>80-84</td>
<td>719</td>
<td>732</td>
<td>774</td>
<td>754</td>
<td>769</td>
<td>785</td>
<td>784</td>
<td>822</td>
<td>868</td>
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<tr>
<td>85+</td>
<td>521</td>
<td>568</td>
<td>636</td>
<td>673</td>
<td>686</td>
<td>708</td>
<td>704</td>
<td>715</td>
<td>719</td>
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**Subtotals**

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<tr>
<td>60+</td>
<td>10,950</td>
<td>11,746</td>
<td>12,700</td>
<td>13,589</td>
<td>14,237</td>
<td>14,958</td>
<td>15,645</td>
<td>16,164</td>
<td>16,743</td>
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<tr>
<td>65+</td>
<td>6,375</td>
<td>6,832</td>
<td>7,545</td>
<td>8,085</td>
<td>8,556</td>
<td>9,104</td>
<td>9,636</td>
<td>10,187</td>
<td>10,698</td>
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<tr>
<td>80+</td>
<td>1,240</td>
<td>1,300</td>
<td>1,410</td>
<td>1,427</td>
<td>1,455</td>
<td>1,493</td>
<td>1,488</td>
<td>1,537</td>
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<tr>
<td>Total Population</td>
<td>97,581</td>
<td>98,247</td>
<td>100,645</td>
<td>100,038</td>
<td>98,758</td>
<td>98,730</td>
<td>98,999</td>
<td>97,855</td>
<td>97,121</td>
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</table>

Source: 2018 Alaska Department of Labor and Workforce Development Population Estimates
Figure 10: Fairbanks North Star Borough Cities and Census Designated Places

Figure 11: Geography of Where Seniors Live in the Fairbanks North Star Borough

Note: 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
Figure 12: Percent of Total Population Age 60 and Older

Note: 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.

Figure 13: Senior Population Projections 2017 - 2045

Source: 2018 Alaska Department of Labor and Workforce Development Population Projections 2017 - 2045
Figure 14: Senior Population Projections 2017 - 2045 Detail

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2017</th>
<th>2020</th>
<th>2025</th>
<th>2030</th>
<th>2035</th>
<th>2040</th>
<th>2045</th>
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</thead>
<tbody>
<tr>
<td>60-64</td>
<td>5,965</td>
<td>5,911</td>
<td>5,311</td>
<td>3,976</td>
<td>4,087</td>
<td>4,409</td>
<td>5,646</td>
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<tr>
<td>65-69</td>
<td>4,349</td>
<td>5,070</td>
<td>5,278</td>
<td>4,707</td>
<td>3,448</td>
<td>3,535</td>
<td>3,851</td>
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<tr>
<td>70-74</td>
<td>2,866</td>
<td>3,428</td>
<td>4,508</td>
<td>4,708</td>
<td>4,188</td>
<td>3,035</td>
<td>3,110</td>
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<tr>
<td>75-79</td>
<td>1,421</td>
<td>1,997</td>
<td>2,932</td>
<td>3,895</td>
<td>4,084</td>
<td>3,638</td>
<td>2,631</td>
</tr>
<tr>
<td>80-84</td>
<td>821</td>
<td>917</td>
<td>1,567</td>
<td>2,325</td>
<td>3,119</td>
<td>3,288</td>
<td>2,937</td>
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<tr>
<td>85+</td>
<td>713</td>
<td>816</td>
<td>975</td>
<td>1,499</td>
<td>2,283</td>
<td>3,235</td>
<td>3,805</td>
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Subtotals

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2017</th>
<th>2020</th>
<th>2025</th>
<th>2030</th>
<th>2035</th>
<th>2040</th>
<th>2045</th>
</tr>
</thead>
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<tr>
<td>60+</td>
<td>16,135</td>
<td>18,139</td>
<td>20,571</td>
<td>21,110</td>
<td>21,209</td>
<td>21,140</td>
<td>21,980</td>
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<td>65+</td>
<td>10,170</td>
<td>12,228</td>
<td>15,260</td>
<td>17,134</td>
<td>17,122</td>
<td>16,731</td>
<td>16,334</td>
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<tr>
<td>80+</td>
<td>1,534</td>
<td>1,733</td>
<td>2,542</td>
<td>3,824</td>
<td>5,402</td>
<td>6,523</td>
<td>6,742</td>
</tr>
</tbody>
</table>

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

Figure 15: People Experiencing Alzheimer’s Disease and Related Dementia

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.
Figure 16: Household Income of Population 65+

Household Income of Population 65+

Source: 2013 – 2017 American Community Survey 5-Year Estimate

Figure 17: Ratio of Caregivers 40 to 65 to Older Seniors 80+ in the FNSB

Source: 2018 Alaska Department of Labor and Workforce Development Population Estimates; U.S. Census Bureau

Figure 18: Insurance Coverage, Age 65+

<table>
<thead>
<tr>
<th>Coverage Type</th>
<th>Alaska</th>
<th>Fairbanks North Star Borough</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Coverage</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>Medicare Only</td>
<td>21%</td>
<td>17%</td>
</tr>
<tr>
<td>Medicaid</td>
<td>10%</td>
<td>6%</td>
</tr>
<tr>
<td>Private insurance</td>
<td>41%</td>
<td>49%</td>
</tr>
<tr>
<td>VA/TriCare Military Only</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>Medicare</td>
<td>68%</td>
<td>67%</td>
</tr>
</tbody>
</table>

Source: 2013 – 2017 American Community Survey 5-Year Estimate
4. What Seniors Are Saying

**Key Takeaways**
The Alaska Commission on Aging (ACoA) conducted outreach in 2018 to inform the Alaska State Plan for Senior Services. The ACoA shared the following results as part of the Fairbanks North Star Borough (FNSB): 28 participants in a senior/elder listening session, 351 senior survey results, 28 provider survey results.¹³

- Survey respondents value senior centers and senior activities available in the FNSB.
- Access to health care and maintaining good health are the most important issue for seniors in the FNSB, but they are also concerned with the lack for affordable housing and financial resources.
- Thirty-six percent of survey respondents say they have fallen at least once in the last six months.
- More so than seniors, providers highlighted the need for memory care assisted living for seniors.
- The top concerns for providers were decreased sources of government funding and difficulties with recruitment and retention for quality staff members.

**Senior-Elder Listening Sessions**
Top FNSB assets identified in the senior elder listening session included: the senior centers, parks and recreation senior activities, Osher Life Long Learning Institute, intercultural activities and community events, and Fairbanks Resource Agency senior program.¹⁴ The top challenges included: limited transportation services, high cost of living, isolation due to weather (especially in winter), sharing of information among social service organizations, being able to live independently – inaccessibility is a problem and inadequate and insufficient senior housing across the continuum of care. See Appendix A for additional findings from the senior elder listening session.

**Senior Survey**
The Alaska Commission on Aging 2018 senior survey included 52 questions related to respondent demographics, top concerns, caregiving, financial security, housing, transportation, community activities, health (medical + personal care), elder abuse and utilization of senior services. Three hundred and fifty-one surveys were completed; 89 online via Survey Monkey and 262 via paper. The key findings are included in this chapter, with selected figures to follow the narrative. Full results are available from the Fairbanks Senior Center. Because of the nature of the paper survey collection, the full results for certain questions are not available. Those data points indicated by an Asterix (*) include results from 167 total responses, both online and paper copies. The top concerns for seniors related to their community included:

1. Access to health care
2. Maintaining physical health
3. Financial security

¹³ At the time of the key findings presentation to providers in June 2019, only the 89 online responses to the survey were available for analysis. Since that time, the paper survey results were added to total 351 senior surveys from the FNSB. Those results are included in this report.

¹⁴ Alaska Commission on Aging Fairbanks Senior-Elder Listening Session June 22, 2018 Notes
4. Having enough food to eat  
5. Fuel Costs  
6. Affordable and accessible housing

When seniors were asked to reflect on the concerns that were most important to them personally, they added the ability of in-home long-term support services. *

The charts sharing the results of the survey questions discussed in this chapter are included at the end of the chapter.

Respondent Characteristics

Demographics

• Age of respondents was evenly distributed, with around 60 respondents in each five-year age cohort between 55 and 85.  
• Two-thirds of respondents were female.  
• Two-thirds of respondents were white and one fourth were Alaska Native.  
• 22 percent of respondents have less than $25,000 per year in annual household income and 25 percent have $75,000 or more per year in household income. The remaining 50 percent make between $25,000 and $75,000 per year. Those responding to the survey reflect a higher proportion of potential “gap seniors” than is estimated using Census data for the entire population.

Lifestyle

• 54% have lived in Alaska for over 30 years  
• 32% have lived in their current home for more than 30 years  
• 44% live alone  
• 23% provide care for a family member or friend in some capacity  
• 38% are retired and 21% are employed full-time  
• 22% are veterans  
• 56% do volunteer work at least once a month in their community  
• 28% participate in subsistence activities, and 19% have someone else who provides meat, fish and berries to them* 

(Questions 6, 7, 8, 12, 20, 30, 32 & 42)

Services Used

Forty-three percent of respondents ate senior meals at the senior center. Other popular activities with respondents include: senior exercise (34%); senior center recreation activities (33%) and transportation (30%). Approximately 19 percent receive home delivered meals (Question 47). When senior respondents have questions about accessing long-term services and supports, they most often contact their senior center (49%), ask a friend or relative (37%), or do an internet search (35%) (Question 34). Only nine percent contact an Aging and Disability Resource Center (ADRC). However, the Interior ADRC in the Fairbanks Senior Center was new in in October 2018, so this percent will likely increase in coming years. Seventy-six percent of respondents regularly drive themselves (Question 29). Five to seven percent use each of the following
transportation options: taxi, bus or uber, walk or ride a bike, senior center transportation, and family or friends.

**Housing**

Seniors’ current or future plans for housing include:

- 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.

(Questions 22, 23, 26, 27 & 31)

**Health + Wellbeing**

*Help with Activities of Daily Living*

Top needs related to activities of daily living (ADLs) or incidental activities of daily living (AIDLS) include:

- 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)

Over 85 percent of respondents indicate that they can manage finances, take care of personal tasks, manage medications and get to appointments on their own. Twenty-three percent say they can get help only some of the time or never (6%). The top ways of obtaining help include family, friends/neighbors, and agency assistance.

(Questions 43, 44 & 45)
Health Status
Fifty-four percent of respondents report very good or excellent health. Thirty-six percent have fallen at least once in the last six months.
(Questions 35 & 37)

Access to Health Care
Respondents indicated the top barriers to accessing primary/basic health care include:

- Providers do not accept Medicare
- Shortage of specialists, gerontologists
- Cost is too high and unable to pay
- Doctor is not taking new senior patients

Sixty-five percent of respondents have access to dental insurance, though only thirty-six percent of respondents received dental care in the last year.
(Questions 38, 39 & 41)

Elder Abuse
Twenty-three percent have, or know someone who has, experienced elder abuse or exploitation. Of these twenty-three percent, the top reasons include:

- Financial exploitation (86%)
- Emotional abuse (49%)
- Neglect (31%)

Fifty percent reported the abuse and 43 percent received help.
(Questions 48, 49 (only 167 results), 50 & 51)

Finances
Respondents’ top concerns related to finances include:

1. Costs of daily essentials including food, housing, medicine, utilities and transportation
2. Cost of health care
3. Budget reductions to senior serving programs

Sixty-two percent of respondents support someone other than themselves with their income.
(Question 18 + 19*)

Respondent Concerns and Priorities
Respondents top concerns regarding staying independent include:

1. Declining health
2. Limited income to afford necessities
3. Affordable health care
4. Declining mental abilities
5. Falls
The most important services and programs for seniors in their community are:

1. Health Care services
2. Affordable and accessible housing
3. Transportation
4. Services for seniors with dementia
5. Assisted living facilities
6. Senior center programs and activities

Survey Charts + Figures

The following charts represent results from the Alaska Commission on Aging Fairbanks North Star Borough 2018 Senior Survey that are shared in this chapter.

Figure 19: Respondent Age

Figure 20: Respondent Sex
Figure 21: Respondent Race

- White, 243
- Alaska Native, 88
- Asian, 3
- Black, 5
- Other, 7
- Two or More races, 10

Figure 22: Respondent Income (all sources)

- Less than $15,000: 9.1%
- $15,000 - $24,999: 22.7%
- $25,000 - $49,999: 28.3%
- $50,000 - $74,999: 15.7%
- $75,000 or more: 24.1%
Figure 23: Percent of Respondents Using Services

- Senior meals served at a senior center: 43%
- Senior exercise: 34%
- Senior Center recreation activities: 33%
- Transportation: 30%
- Home Delivered Meals: 19%
- Managing finances, paying bills: 16%
- Homemaker/chore services: 15%
- Personal care services: 14%
- Care coordination: 12%
- Family caregiver respite: 11%
- Adult day: 7%

Figure 24: Where do you go when you have questions about the services available for seniors? (check all that apply)

- Local senior center: 49%
- Ask a friend or relative: 37%
- Internet search: 35%
- Pamphlets and handouts: 27%
- Check phone book: 18%
- Check directory providing services: 12%
- Aging and Disability Resource Center: 9%
- Ask care coordinator/case manager: 8%
- Other (please specify): 6%
Figure 25: What Transportation do you Use Regularly?

- I drive myself: 76%
- Taxi, bus, Uber: 7%
- I walk or ride by bike: 5%
- I use the senior center or facility van for transportation: 7%
- Door to door ride service (e.g., AnchorRIDEs, VanTran, CareLift): 2%
- Family/friends: 7%
- I do not have access to transportation: 1%
- Other (please specify): 0%

Figure 26: Self-Reported Health Status

- Excellent: 14.3%
- Very Good: 39.3%
- Good: 29.9%
- Fair: 14.3%
- Poor: 2.2%
The Alaska Commission on Aging (ACoA) distributed an online survey to community-based senior service provider agencies, the Alaska Pioneer Homes, assisted living and long-term care facilities and community health centers. This online survey was distributed via the Survey Monkey online platform from November 9 to December 1, 2018. There were 26 questions in the survey, including four open-ended questions. The survey asked providers about the types and amount of services they provide for seniors, their projections of service needs over the next five years, their perceptions of senior concerns, their evaluations of unmet needs of seniors in their service areas, and other information pertinent to primary health care and home and community-based services. The survey was distributed as part of the Statewide Senior Services Assessment, however 28 responses from providers located in the Fairbanks North Star Borough have been pulled out to inform this assessment.
Key Findings

Providers in the area are serving more senior patients than they were five years ago and expect this trend to continue. Seventy-five percent of providers who responded to the survey believe that the number of seniors served will be somewhat or considerably higher than today.

The top concerns for providers were decreased sources of government funding and difficulties with recruitment and retention for quality staff members.

Providers identified the issues they perceived were most important for older adults in the area, which included:

- In-home services
- Assisted living and/or long-term care facilities
- Dementia care
- Financial need
- Access to primary health care services
- Health care costs
- Respite for caregivers

The most important services that were missing or insufficient in the continuum of care are:

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

Providers in the FNSB area identified the following issues as the largest barriers to healthcare access in the region.

- Affordable, accessible senior housing (89 percent of respondents)
- Transportation, behavioral health services and caregiver supports (86 percent of respondents)
- Assisted living homes and dementia care (82 percent of respondents)

Respondents indicated that additional funding would help them hire additional staff, expand services, add new programs, and provide services to a larger number of seniors.
5. Services: Supply + Gaps

Key Takeaways

- The Fairbanks North Star Borough has all of the services and care settings in the continuum of care, however, not all services and housing are available throughout the borough.
- Home and community-based services are generally able to expand to meet demand, though providers are sometimes limited by funding.
- Greatest needs for services include: coordinated transportation, care coordination and legal resources and advocacy.
- While some services (like personal care + home modifications) are available, not all seniors have the availability to pay out of pocket. Medicaid continues to cut eligible hours, and this threatens seniors independence.
- Workforce development and an aging volunteer population is a concern.

The assessment of the supply of seniors services and housing is conducted for the complete continuum of care for seniors. When asked, the majority of seniors in the Fairbanks North Star Borough (FNSB) say that they would like to stay in their home as they age. Services in the community help to support seniors and their caregivers to reach this goal through a suite of services like transportation, meals, chore service and home modifications. When there are gaps in the continuum, seniors can end up living in a higher care setting than might otherwise be best for them. This section shares the current availability of senior services providers, how many people they are serving, if available, and the capacity to expand to meet the projected increase in seniors. Agnew Beck conducted interviews of two to three providers in each category. Additional information from Fairbanks Resource Agency about senior providers is included as Appendix B. A list of the definitions of the care settings is included as Appendix E.

Figure 29: The Long-term Services and Support Continuum of Care for Seniors
Geography

The table below shares the geographic reach of the home and community-based services for seniors. There are four senior centers the Fairbanks Senior Center (run by the North Star Council on Aging), Fairbanks Native Association, Santa’s Senior Center in North Pole and the Salcha Senior Center.

Figure 30: Geographic Reach of Home and Community-based Services for Seniors

<table>
<thead>
<tr>
<th>Service</th>
<th>Geography Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information + Outreach</td>
<td>Borough-wide</td>
</tr>
<tr>
<td>Legal Services for Elders</td>
<td>Borough-wide</td>
</tr>
<tr>
<td>Care Coordination</td>
<td>Borough-wide</td>
</tr>
<tr>
<td>Home Modification</td>
<td>Borough-wide</td>
</tr>
<tr>
<td>Caregiver support, Personal Care Assistance (PCA), Chore Service + Respite</td>
<td>Some PCA providers serve all areas of borough; Some just Fairbanks, North Pole and Ester</td>
</tr>
<tr>
<td>Home Health</td>
<td>26-mile radius of Fairbanks Memorial Hospital</td>
</tr>
<tr>
<td>Hospice or Palliative Care</td>
<td>26-mile radius of Fairbanks Memorial Hospital</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Fairbanks, North Pole, Salcha</td>
</tr>
<tr>
<td>Fitness + Activities</td>
<td>Fairbanks, North Pole, Salcha</td>
</tr>
<tr>
<td>Home-Delivered + Congregant Meals</td>
<td>Congregant meals are served at the Fairbanks Senior Center and Fairbanks Native Association. Meals on Wheels (run by the NSCoA) delivers to homes in Fairbanks + North Pole and one day per week to Ester, Chena Hot Springs and Delta Junction. Salcha residents pick up meals at the North Pole Senior Center.</td>
</tr>
<tr>
<td>Transportation</td>
<td>Fixed routes exist in the City of Fairbanks, North Pole, Airport, Farmers Loop Rd. Van Trans (run by the FNSB) offers door to door service within ¼ mile of bus stop and must be schedule in advance. Fairbanks Native Association offers door to door transit between Fairbanks and North Pole; NSCoA offers door to door transit in Fairbank. The Delta Senior Center offers one schedule round-trip to Fairbanks weekly.</td>
</tr>
<tr>
<td>Adult Day</td>
<td>Fairbanks</td>
</tr>
</tbody>
</table>
Summary of Services Capacity + Needs

The table below summarizes the capacity and needs related to each long-term service or supports category. The chapter includes the details of each category in the section that follows.

Figure 31: Summary of Services Capacity + Needs

<table>
<thead>
<tr>
<th>Category</th>
<th>Current Service</th>
<th>Ability to Expand Services</th>
<th>Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activities + Recreation</td>
<td>4 senior centers, 3 pools, 2 libraries, Parks + Rec Senior Program</td>
<td>Mostly limited by funding</td>
<td>Stable funding</td>
</tr>
<tr>
<td>Adult Day</td>
<td>1 provider; ADC: 8; Total clients: 19</td>
<td>Current capacity for 5-6 more seniors</td>
<td>Additional funding will be needed to expand beyond 25 clients</td>
</tr>
<tr>
<td>Care Coordination</td>
<td>10 providers for seniors</td>
<td>None. At capacity.</td>
<td>More care coordinators. They are the gateway to Medicaid waiver services.</td>
</tr>
<tr>
<td>Home Health</td>
<td>2 providers</td>
<td>TCC has interest in expanding in villages</td>
<td></td>
</tr>
<tr>
<td>Home Modification</td>
<td>4 providers -Interior Regional Housing Authority; Love Inc, Helping Hands, Interior Weatherization as listed</td>
<td>Capacity to expand</td>
<td>Contractors who are aware of seniors’ needs</td>
</tr>
<tr>
<td>Hospice</td>
<td>1 provider; average daily census of: ~32</td>
<td>Yes, through use of on-call nurses</td>
<td>Outreach to connect with people earlier</td>
</tr>
<tr>
<td>Information + Referral</td>
<td>Multiple providers: Access Alaska; 211; ADRC; Love Inc.; Fairbanks Resource Agency</td>
<td>ADRC limited by space, Love Inc. limited by volunteer capacity</td>
<td>Continued coordination between provider agency; State websites for Medicaid + Care Coord. Need updates</td>
</tr>
<tr>
<td>Legal</td>
<td>3 providers</td>
<td>Not with current resources</td>
<td>Hard to keep up with demand.</td>
</tr>
<tr>
<td>Meals</td>
<td>2 congregant meal locations (Fairbanks Native Association and Fairbanks Senior Center)</td>
<td>Yes, with facility expansion</td>
<td>Larger kitchen for meals beyond an additional 30, which will likely occur within the next five years, or sooner</td>
</tr>
<tr>
<td></td>
<td>1 home delivered meal provider; food boxes delivery, food bank; social meals 3 days week at Santa’s Senior Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PCA, Chore + Respite, In-home Volunteers</td>
<td>Approx. 8 providers</td>
<td>Capacity to expand</td>
<td>Funding for additional hours, workforce development, concern about aging volunteer population</td>
</tr>
<tr>
<td>Transportation</td>
<td>5 providers; FNSB MACS and Van Trans, NSCoA, FNA, Love Inc., Aging at Home Fairbanks</td>
<td>Not with current resources.</td>
<td>Afternoon transport, better coordination between transport providers, accessible taxis, need to better use Van Trans</td>
</tr>
</tbody>
</table>
### Services

#### Information + Outreach

There are multiple providers of information and outreach in the FNSB. The Interior Aging and Disability Resource Center (ADRC) is based out of the Fairbanks Senior Center and offers the Medicaid waiver pre-screening which seniors must complete before finding a care coordinator. The ADRC is federally funded and serves Northern, Northwestern and all of Interior Alaska, including the Fairbanks North Star Borough. The ADRC receives phone calls and walk-in questions about availability of services. The ADRC reports they are at capacity and needs additional office space to expand beyond their current service level. There is funding to expand the program as need grows as long as there is no significant changes at the state level to Medicaid.

Access Alaska provided 865 Medicare counseling appointments in 2018. The Fairbanks Resource Agency sends out a list updated monthly of assisted living home openings. Love Inc gave 365 referrals for senior services in 2018 and does not have the capacity to expand. “211” offers information services. The State of Alaska has a website where seniors and family members can look up Medicaid providers, such as care coordinators, but it lacks the functionality of other databases available. The Fairbanks Native Association offers information resources about their own programs and others in the community. There is a Fairbanks office of Alzheimer’s Resource of Alaska.

**Needs:** Providers need to continue to integrate information about available resources. A searchable website, similar to Mat-Su Links, might be helpful to allow people using the internet as a primary search tool access to an initial set of resources.

#### Legal Services for Elder

There are three senior specific legal service providers. The Fairbanks office of Alaska Legal Services (ALS) serves 200 seniors each year with setting up Miller Trusts, wills/estate planning and executorships of estates. Even before Governor Dunleavy vetoed the funding for ALS, they were at capacity. Legal services are important for establishing conservatorships and guardianship as well as Miller Trusts, which help seniors income qualify for Medicaid and Medicaid waiver.

**Needs:** Funding for Alaska Legal Services

#### Care Coordination

There are 10 care coordinators serving the FNSB. Care coordinators can be sole-proprietors or corporations. Two of the businesses interviewed serve 35 to 40 seniors each. They are all at capacity, according to care coordinators and others interviewed. On interviewee said they receive an average of one to three calls per week and do not even have time to call them back.
People must have a care coordinator to get access to Medicaid waiver services. Medicaid waiver services help seniors and people with disabilities live safely in their homes and communities instead of a nursing home. The lack of care coordinators acts as a bottleneck for diverting people from nursing homes into more appropriate care settings. Since opening in October 2018, the Interior ADRC has conducted 200 prescreens (person-centered intake) for Medicaid waiver. Of those, 10 found a care coordinator and less than that have received a waiver and have gotten into assisted living. The barriers to adding more care coordinators include:

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

The Trust Training Cooperative offers the training program. Another opportunity is the F-35 Beddown at the Eielson Airforce Base might result in more potential care coordinators due to the influx of military personnel spouses who may be interested in this type of work.

Needs: More care coordinators to respond to current and future demand.

Home Modification

There are four home modification providers:

- Helping Hands is a program of the North Star Council on Aging (NSCoA) and is located in the Fairbanks Senior Center. It currently serves only Meals-on-Wheels participants.
- Love Inc does screenings of seniors to connect them with private retailers who provide pro bono home modifications.
- Interior Regional Housing Authority has three home modification programs serving Alaska Native elders in Fairbanks and the villages.
- Interior Weatherization (small business)
- Lifespan Home Modifications provided around 50 designs per year, but the owner has closed their business to work with Helping Hands.

Needs: Skilled contractors who are comfortable working with seniors and who can do the work of modifying homes. There are no Medicaid waiver providers who offer home modifications.

Personal Care Assistance (PCA), Care Giver Support Chore Service + Respite

There are approximately eight in-home PCA/chore providers in the FNSB, not including those providers who are solely private pay.

- Access Alaska and ResCare offer Medicaid/VA/Private Pay and Long-term care insurance services
- TLC serves 20 seniors and is expanding to Medicaid/Medicare soon. They serve Fairbanks, Ester and North Pole
- Fairbanks Resource Agency serves 80-90 people for all services. They are currently able to expand, but might need to go to a waitlist soon.
- Fairbanks Native Association serves 300 people for all programs combined (not just in-home support, includes also transportation, outreach and meals)
• NSCoA homemaker program serves 50 individuals per year.
• Consumer Direct offers Medicaid/VA/Private Pay services
• Preferred Care at Home offers private pay and long-term care insurance services

There are also organizations such as Senior Companions and Aging at Home that are volunteer based. Interviews with providers indicated capacity to expand, however there might be a lack of funding as the State of Alaska reduces hours for Medicaid PCA recipients and chore service as part of the Waiver.

**Needs:** Additional funding for Medicaid PCA or grant funded in-home services for low-income seniors; workforce development.

**Home Health**

There are two home health providers: Tanana Chiefs Conference serves 60 people in the interior villages and has capacity to expand to the Yukon Koyukuk area only. They are not looking to expand to Fairbanks. Foundation Health / Fairbanks Memorial Hospital provides home health within a 26-mile radius of the hospital.

**Needs:** None

**Hospice or Palliative Care**

Foundation Health/Fairbanks Memorial Hospital (FMH) provides Medicare-funded hospice within a 26-mile radius of Fairbanks Memorial Hospital. They have an average daily census of 29 to 45 people, with an average of around 32. If the current utilization of hospice continues, there will be a demand for an average daily census of 51 by 2035 (Figure 35). The FMH is able to expand services through the use of on-call nurses. They would like to reach seniors and their families earlier in the dying process.

**Needs:** Further education and outreach to providers about the value and function of a medical hospice program.

**Senior Center**

There are four senior centers serving the FNSB. The senior center at the Fairbanks Native Association and the Fairbanks Senior Center both offer congregant meals, transportation, information and outreach and home visits. The Fairbanks Senior Center runs the Meals on Wheels Programs. The Senior Companion program, run by the Fairbanks Senior Center, reimburses volunteers for their mileage driven transporting seniors or helping out in the home. This program could be expanded and help to fill the gap in senior transportation, especially in outlying areas. Santa’s Senior Center in North Pole offers lunch to seniors three days per week and activities and occasional festive meals. The Salcha Senior Center offers exercise and activities.

“Hospice is really lifted up by our community, and the community feels that” – Audrey, Fairbanks Memorial Hospital
Figure 32: Geography of Senior Services in the Fairbanks North Star Borough

Needs: The is the potential to offer a more robust congregant meal program at Santa’s Senior Center in North Pole. One way would be to advocate for additional funding through the Alaska State Plan for Senior Service which allocates federal and state funding for meals. The Fairbanks North Star Borough currently receives no allocation on the basis of the formula and how it defines with a is rural. This definition will be revisited in 2021, so the Santa’s Senior Center could help make the case for the need for additional funds to serve rural FNSB residents.

There is a limited opportunity for growth across NSCoA/Fairbanks Senior Center programs with current funding/resources. They indicated they could withstand 5 percent growth in each program for 2 years. In addition, the kitchen can serve up 30 additional meals per day. They currently need more office spaces.

Fitness + Activities

The 2018 survey of seniors and senior listening sessions in the FNSB indicated the seniors appreciated and used the activities and recreation opportunities available for seniors in the Borough, which include:

- Activities at four senior centers
- Three pools
- Two libraries
- FNSB Parks and Recreation Senior Program
Needs: A stable funding source or increased funding is needed to continue to provide these services. They provide physical, mental and social benefits.

Meals: Home-Delivered + Congregant

The North Star Council on Aging prepared an average of 260 meals per day Monday through Friday in FY2019, up 20 meals per day from FY2018. The NSCoA provided around 54,000 home delivered meals and 13,000 congregant meals in total in FY2019. These meals are provided as congregant meals at the Fairbanks Senior Center and the Fairbanks Native Association and as home-delivered meals (both and hot and frozen for the weekend) to Fairbanks, Chena Hot Springs, Ester, Delta Junction and North Pole. Salcha residents pick up meals at Santa’s Senior Center in North Pole. Santa’s Senior Center also offers lunch by donation three days per week and regular festive meals and potlucks. The Food Bank also creates food boxes for seniors that organizations such as Love Inc. delivers.

The NSCoA makes around 260 meals per day in the Fairbanks Senior Center kitchen (FY2019). These meals are served as congregant meals at the Fairbanks Senior Center and the Fairbanks Native Association and delivered to seniors’ homes through the Meals on Wheels program. Seniors 60 and older are eligible for these meals. This population will reach its peak around 2025 and grow slowly through 2045. If NSCoA continues to serve the same proportion of FNSB seniors as they do now, they will need to increase the meals produced per day to 294 by 2025 (Figure 35). This is another 36 meals beyond what was served in FY2019.

According to interviews, a larger kitchen at the Fairbanks Senior Center is needed to make more than an additional 30 meals per day. Design drawings have already been procured. The NSCoA has increased the number of meals provided every year since FY2014, which is rising faster than the increase of the senior population. Additionally, if the NSCoA expands its geographic reach, for instance to provide congregant meals to North Pole, a larger kitchen will also be needed. Another factor is that the population 80 and older will continue to increase rapidly through 2045. This population has a greater need for Meals on Wheels, especially for seniors living outside of the City of Fairbanks who do not have access to transportation. In FY2019, seniors 75 and older made up around 50 percent of Meals on Wheels clients or 132 seniors out of 267 total senior clients.

Need: An expanded kitchen will likely be necessary to provide meals at the current or an expanded level. Further analysis is needed to estimate the size needed to serve the projected population. Additional funding will also likely be needed to keep pace with need.
Transportation

In addition to private taxis, there are five transportation providers for seniors in the FNSB.

- The FNSB provides ~133,000 MACS senior trips per year (182/day) and ~1,000 Van Trans trips per year (incl. disabilities + seniors).
- The NSCoA provides ~2,000 trips per year.
- Fairbanks Native Association serves 300 elders per year, but this includes other services such as chore and meals.
- Love Inc
- Fairbanks Resource Agency

Transportation was identified as one of the highest needs by interviewees. There is some ability to expand, but more budget is needed. There are a large number of requests for afternoon transportation and more transportation between North Pole and Fairbanks is needed. There are no accessible taxis and though drivers can take a folding wheel chair, they cannot help transferring the rider into a vehicle. There are around 150 to 300 active riders of Van Trans. MAC senior trips have also been increasing faster than the senior population; there has been an increase of 34,984 senior bus fares since 2014.

One interviewee suggested a central phone number seniors could call for transportation who could schedule the trip with the organization that is available in that area.

Seniors ages 60 and older are eligible for transportation through the Older Americans Act funding used by NSCoA to provide door to door transportation. The FNA also provides transportation for Alaska Native elders. The FNSB transportation senior fares also begin at age 60. This population will reach its peak around 2025 and grow slowly through 2045. If the utilization continues, the average senior rides for MACS will
increase to 231 by 2035, up from 182 today. (Figure 35). This increase might be able to be served on the existing MACS system, but there is no additional capacity for the door to door Van Trans service.

**Needs:** Identify the specific gaps in transportation and discuss how they could be filled. Interview the taxi companies to determine options for accessible taxis in the future.

**Figure 34: MACS Transit Senior Ridership**

![Graph showing MACS Transit Senior Ridership from 2014 to 2018](image)

**Adult Day**

Fairbanks Resource Agency runs the only senior adult day program in Fairbanks. They serve around 19 clients and have an average daily census of eight. They have capacity for an additional five to six seniors.

Seniors age 65 and older are eligible for a Medicaid waiver, which is one funding source of adult day services. If the current utilization of adult day by the population age 65 plus continues, there will be demand for an average daily census of 13 by 2035 (Figure 35). This number can be served in the current facility. Another factor is that as the population that is 80 or older grows faster than the general population of seniors 65 and older, there might be additional demand above what is currently projected for 2035.

**Needs:** None at this time.

**Primary Care + Behavioral Health**

Access to primary and behavioral health care are vital components of the continuum of care, but outside the scope of this particular project.

**Needs:** More focused needs assessment related to medical and behavioral health care for seniors.

**Need Forecast**

We applied the current rate of utilization of services by seniors today to the projected number of seniors in the future to quantify the demand for senior services during the peak of the senior population boom. See each section above for relevant analysis of Figure 35.
<table>
<thead>
<tr>
<th>Service</th>
<th>Population served</th>
<th>Unit</th>
<th>2018</th>
<th>2025</th>
<th>2035</th>
<th>2045</th>
<th>Capacity Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals 60+</td>
<td>Meals per day[1]</td>
<td>239</td>
<td>294</td>
<td>303</td>
<td>314</td>
<td>At their current working capacity five days/week, the Fairbanks Senior Center can make up to 290 meals per day. A new kitchen will be likely be needed, as the senior center is on track to meet that target within the next five years or sooner. There is an existing design for an expansion.</td>
<td></td>
</tr>
<tr>
<td>Transit 60+</td>
<td>RT senior ride per day</td>
<td>182</td>
<td>224</td>
<td>231</td>
<td>240</td>
<td>Unable to expand</td>
<td></td>
</tr>
<tr>
<td>Adult day 65+</td>
<td>Average daily census</td>
<td>8</td>
<td>11</td>
<td>13</td>
<td>12</td>
<td>Limited by budget, not by facility space, may need a waitlist</td>
<td></td>
</tr>
<tr>
<td>Hospice 65+</td>
<td>Average daily census</td>
<td>32</td>
<td>46</td>
<td>51</td>
<td>49</td>
<td>Can expand to meet projected demand</td>
<td></td>
</tr>
</tbody>
</table>
6. Housing + Facility Based Care: Supply + Gaps

**Key Findings**

- Senior independent housing is in high demand; but new housing construction faces financial feasibility limitations.
- To keep pace with current utilization of senior housing, an additional 149 units are needed by 2025.
- The waitlists at the Fairbanks Pioneer Home (53 people as of January 2019) and the Denali Center memory care neighborhood (30 people as of March 2019) indicate a need for assisted living serving people with dementia and behavioral challenges.
- To keep with current utilization of assisted living, an additional 153 beds are needed by 2025.
- While it is possible to show that additional skilled nursing beds will be needed as the senior population grows, we do not recommend a focused effort on expanding this type of care. Due to the cost of providing skilled nursing, it makes more sense to focus on in-home and/or lower levels of care to support seniors as they age.

This needs assessment includes four housing settings: senior housing, assisted living and memory care assisted living and skilled nursing facility, defined below. There are 349 units of senior housing, 206 beds of assisted living and 90 beds of skilled nursing. There are 32 beds of memory case assisted living, which are also included in the assisted living and skilled nursing totals.

**Figure 36: Housing and Facility-based Care Supply**

<table>
<thead>
<tr>
<th>Category</th>
<th>Facilities</th>
<th>Beds/Units</th>
<th>FAI</th>
<th>NP</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Housing</td>
<td>10</td>
<td>349</td>
<td>325</td>
<td>24</td>
<td>Subsidized senior housing is full with waitlists of ~1 – 2 years;</td>
</tr>
<tr>
<td>Assisted Living</td>
<td>14</td>
<td>206</td>
<td>177</td>
<td>29</td>
<td>Includes new home opening in August 2019; most are full</td>
</tr>
<tr>
<td>Memory Care Assisted Living</td>
<td>2</td>
<td>32</td>
<td>32</td>
<td>0</td>
<td>100% occupied (Pioneer Home + Denali Center); duplicated in SNF and ALH totals</td>
</tr>
<tr>
<td>Skilled Nursing Facility</td>
<td>1</td>
<td>90</td>
<td>90</td>
<td>0</td>
<td>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.</td>
</tr>
</tbody>
</table>

**Senior Housing / Independent Living**

- Age-restricted housing for elders
- Typically, little to no services available from the provider
- Elders can receive in-home services separately. Some independent living provides meals, housecleaning, etc. for a fee.
**Assisted Living**

- 24/7 help with activities like bathing, eating, going to the bathroom, as necessary
- Three meals per day, all utilities included

**Memory Care Assisted Living**

- Additional staff for supervision, cueing
- Building designs such as easy access to outdoors, doors that are painted to blend in with walls or locked to prevent wandering

**Skilled Nursing**

- 24/7 skilled nursing care in addition to help with activities of daily living
- Often paid with Medicare for the first 100 days, then Medicaid.

**Senior Housing**

There are ten senior housing facilities in the FNSB, with 349 units total. All data sources including the American Community Survey, Alaska Commission on Aging Senior Survey, Provider Survey and Elder-Senior Listening Sessions, interviews with stakeholders and discussion of key findings with senior providers in July of 2019 indicated a high need for senior housing, specifically income restricted, subsidized, accessible rental housing.

The FNSB currently has 33 units of senior independent rental housing for every 1,000 seniors 65 and older (Figure 39). This is average for Alaska and is similar to Anchorage’s 37 units per 1,000 people 65 and older. To keep pace with current utilization of senior housing in the FNSB, an additional 149 units are needed by 2025 (Figure 40).

Fairbanks Neighborhood Housing Services, an affiliate of NeighborWorks America conducted a market assessment of senior housing in Fairbanks, the full results are included as Appendix C. Key findings included:

- Four out of nine (does not include Golden Tours) senior housing providers currently have a waitlist, and these four locations account for 69.1% of the accessible senior housing units surveyed - 175 out of 253 units total

- The two largest rental providers currently have no units available to seniors, and have waitlists that are months to years long

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15 Source: NFHS Survey of Fairbanks Area Independent Senior Housing Locations, May 2019; Lindsay Augustine, Senior Manager, Business Intelligence Services; Does not include Golden Towers, which is 96 units for both seniors and people with disabilities.
The analysis also found: “Downtown Fairbanks has the highest percentage of seniors age 65 or older, with 25.6% of the tract’s population, this is 2.5 times higher than the state average of 10.1 percent. Raven Landing and Southhall Manor, the two largest providers of units accessible to seniors, have waitlists and are located in or near Downtown. MLH Manor, the third rental housing provider located Downtown with a high concentration of seniors, only had five vacancies as of May 2019.”

In addition, the poverty rate for seniors in Fairbanks, particularly those in northern Fairbanks is higher than the rest of the state. Another trend of note was that the relative portion of Alaska Natives as a percentage of seniors living under the poverty level grew from seven percent in 2012 to 27 percent in 2017. This means there could be a greater demand for affordable housing for Alaska Native elders.
In addition to the rental housing available to seniors, there are two key voucher programs worth identifying. Interior Regional Housing Authority provides around 80 housing vouchers to Alaska Native elders, Alaska Housing Finance Corporation (AHFC) offers 306 housing vouchers, though these are not specifically for seniors. There is a three year wait for the AHFC housing voucher program.

**Need:** Approximately 149 new units of subsidized, income-restricted, senior rental housing are needed by 2025. Additional home modifications to support seniors aging in place.

**Seniors Experiencing Homelessness**

In 2018, 79 seniors age 62 and older experienced homelessness. There are resources available to seniors that are similar to others experiencing homelessness including: emergency shelter, rapid re-housing (available for assisted living), permanent supportive housing; and food boxes. Interviewees noted that senior homelessness is the result of the lack of affordable senior housing to prevent homelessness from occurring.

**Need:** More affordable senior rental housing.

**Assisted Living**

There are 14 assisted living homes in the Fairbanks North Star Borough, with 206 beds total. This included a new home opening in August 2019. Six of the homes have 12 or more beds, including the Pioneer Home, with 91 beds. Most assisted living homes are full (See Appendix D). The Fairbanks Pioneer Home provides for aging in place with one neighborhood dedicated to independent living, one dedicated to higher acuity memory care patients and one higher medical care neighborhood. As of January 2019, there were four open Pioneer Home beds, due to lack of demand for lower level care and budget for additional staff for higher level care. There were 53 people on the active waitlist, meaning they were ready and willing to move in with 30 days’ notice. Almost all require level 3 care which is 24/7 help with activities of daily living (ADLs). Seventy-three percent of the waitlist had indication of ADRD. The State of Alaska provides General Funds to support the Pioneer Homes at all levels of care. Given the current fiscal situation, there may be changes to the way Pioneer Homes will be funded, though most agree that the Pioneer Homes are a valuable and needed component of the communities they serve.

As of March 2019, there were 12 open assisted living beds in other homes. Interviewees shared that there was a growing demand for assisted living and that more were opening in response to the demand. One concern was the growing waitlist for general relief funding for assisted living. There is a waitlist of more than 200 seniors to access this funding source which provides a daily rate to providers that is less than the Medicaid waiver but is often useful while care coordinators help to match seniors with the Medicaid waiver process. However, the lack of care coordinators is also a barrier to accessing Waiver services, including assisted living.

The FNSB currently has 66 beds of assisted living for every 1,000 seniors 75 and older (Figure 41). This is lower than Alaska’s average of 74 beds per 1,000 seniors 75 and older; and higher than the Kenai Peninsula Borough’s 48 beds per 1,000 seniors 75 and older. It is also a higher rate than the national rate of 40. Nationally, the United States has more skilled nursing beds than assisted living homes, due to the history of institutional care. Because Alaska developed long-term care systems after this trend, more of Alaska’s seniors are housed in home and community-based settings. To keep pace with current utilization of assisted living

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18 Fairbanks Housing and Homelessness Coalition
beds in the FNSB, an additional 153 beds are needed by 2025 (Figure 42). Because the projection is based on utilization by older seniors, age 75 and older, the number of beds needed could increase. Developing assisted living is also based on financial feasibility and it depends on the provider, the cost of labor and the cost of operations.

Need: More care coordinators and more beds for people with behavioral challenges who need dementia care are needed. These individuals can be hard to serve in even the Denali Center, which is skilled nursing. An additional 153 beds are needed by 2025 (Figure 42).

Skilled Nursing Facilities

The Denali Center in Fairbanks Memorial Hospital is a 90-bed skilled nursing facility. While medical care was not a focus of this needs assessment, seniors needing support with dementia care often end up in skilled nursing facilities due to the lack of adequate home and community-based services. Additionally, seniors who experience an acute medical episode rely on skilled nursing for rehabilitation; the first 100 days of skilled nursing can be covered through Medicare. The Denali Center has an average daily census of 70 to 75. About 1/3 of residents are under 65. The Denali Center is unable to fill all beds due to acuity on the dementia unit. Sixteen of the 20 beds are full and there is a 31-person active waitlist.

There are approximately 29 beds of skilled nursing per 1,000 seniors age 75 and older (Figure 43) in the FNSB. The Municipality of Anchorage has approximately 23 beds of skilled nursing per 1,000 seniors age 75 and older. The growth in the senior population will result in some additional need for skilled nursing, though most of this could be met by home and community-based services (Figure 44). As the Denali Center is not full, it is not recommended to plan for additional skilled nursing beds at this time. Due to the cost of providing skilled nursing, it makes more sense to focus on in-home and/or lower levels of care to support seniors as they age.

Need: Additional memory care beds or beds for people with complex conditions and behavioral challenges. An assessment of potential changes to the Denali Center to better serve this population.

Utilization + Estimated Future Demand Tables

The estimated future demand for each care setting was conducted by applying the current utilization of senior housing, assisted living and skilled nursing to the Alaska Department of Labor and Workforce Development’s Population Projections. Then then the number of current units or beds was netted out and the remaining number is the total of new units/beds needed. Because it is expensive to build in Alaska and the population projection for seniors will peak and decline, we do not recommend building to the highest number projected at this time.

Figure 39: Senior Independent Housing Utilization

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

Figure 40: Projected Senior Independent Housing Need

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Units Per 1000 people 65+</th>
<th>New Units Needed in 2025</th>
<th>New Units Needed in 2035</th>
<th>New Units Needed in 2045</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low (KPB)</td>
<td>27</td>
<td>68</td>
<td>119</td>
<td>97</td>
</tr>
<tr>
<td>Mid (FNSB)</td>
<td>33</td>
<td>149</td>
<td>210</td>
<td>184</td>
</tr>
<tr>
<td>High (MOA)</td>
<td>38</td>
<td>238</td>
<td>309</td>
<td>279</td>
</tr>
</tbody>
</table>


Figure 41: Assisted Living Bed Utilization

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


Figure 42: Projected Assisted Living Need

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Beds Per 1000 people 75+</th>
<th>New Beds Needed in 2025</th>
<th>New Beds Needed in 2035</th>
<th>New Beds Needed in 2045</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low (KPB)</td>
<td>48</td>
<td>59</td>
<td>254</td>
<td>248</td>
</tr>
<tr>
<td>Mid (FNSB)</td>
<td>66</td>
<td>153</td>
<td>416</td>
<td>409</td>
</tr>
<tr>
<td>High (MSB)</td>
<td>78</td>
<td>220</td>
<td>531</td>
<td>523</td>
</tr>
</tbody>
</table>

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

Figure 43: Skilled Nursing Bed Utilization

<table>
<thead>
<tr>
<th>Geography</th>
<th>Seniors 75+</th>
<th>Beds</th>
<th>Units Per 1000 Seniors 75+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mat-Su Borough</td>
<td>3,949</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Municipality of Anchorage</td>
<td>11,022</td>
<td>248</td>
<td>23</td>
</tr>
<tr>
<td><strong>Fairbanks North Star Borough</strong></td>
<td>3,142</td>
<td>90</td>
<td>29</td>
</tr>
<tr>
<td>Kenai Peninsula Borough</td>
<td>3,424</td>
<td>128</td>
<td>37</td>
</tr>
<tr>
<td>United States</td>
<td></td>
<td>58</td>
<td></td>
</tr>
</tbody>
</table>

Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates; Skilled Nursing Facility Websites; CDC, 2014
Figure 44: Potential Need for Skilled Nursing Beds

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Beds Per 1,000 people 75+</th>
<th>New Beds Needed in 2025</th>
<th>New Beds Needed in 2035</th>
<th>New Beds Needed in 2045</th>
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<td>Low (MOA)</td>
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<td>33</td>
<td>123</td>
<td>121</td>
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<td>Mid (FNSB)</td>
<td>29</td>
<td>67</td>
<td>182</td>
<td>178</td>
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<td>High (KPB)</td>
<td>37</td>
<td>115</td>
<td>265</td>
<td>260</td>
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Note: Community based services can absorb most of this demand. Not all beds are occupied by seniors, currently, not all beds are able to be filled because of acuity in memory care neighborhood. Source: Alaska Department of Labor and Workforce Development 2018 Population Estimates, 2017 – 2045 Population Projections; Alaska Department of Health and Social Services
Appendix A: Senior-Elder Listening Sessions

FNSB Elder-Senior Listening Session Participant Discussion Notes
North Star Council on Aging, Fairbanks Senior Center
June 22, 2018
N=28 Participants

Overview

1. Do you think Fairbanks North Star Borough is a good place to live and grow old?
A. Positive Attributes:
   • Small town, friendly people
   • Lots of things to do - UAF, Senior Center, plays (theater)
   • Alzheimer’s Resource Agency – Kudos to Joan
   • Fairbanks Senior Providers and other nonprofits – “Very caring”

B. Areas in need of improvement
   • Transportation – Van Tran took over Parks and Rec transportation and as a result fewer seniors are getting rides.
   • Aggressive driving has increased.
   • Move to demolish Mary Siah community pool. Swimming is a very important exercise, social place, and therapeutic for seniors. Limited senior recreational activities.
   • Policymakers not protecting FNSB assets.
   • Gyms too expensive.
   • Need a Fairbanks-based assisted living home that is tribally owned.
   • Housing for seniors across the continuum – independent senior housing, assisted living, and nursing homes.
   • Alzheimer’s care
   • Air quality
   • Reduced budget for senior services

2. What services work especially well in the FNSB for seniors?
   • Fairbanks senior center
   • Alzheimer’s Association – Providing training and counseling for people with Alzheimer’s and their families. Care coordination.
   • Lifelong Learning Program – UAF Osher Lifelong Learning Institute
   • Aging at Home in Fairbanks
   • Raven Landing
   • FNSB Parks and Recreation Exercise Program
   • FNA Elders Program / Denakkanaaga
   • FRA Adult Day and Family Caregiver Support
   • Fairbanks Hospice program
   • Foodbank

3. What services used by FNSB seniors need improvement?
• Transportation – Public transit and VanTran. No transit services on weekends. Limited access to weekend activities and Church services.

• Senior Housing
  o Need resources for homes owned by seniors to improve energy efficiency.
  o Seniors moving out of senior housing properties because of influx of other people using drugs.
  o Senior housing is aging (Golden Towers, Golden Ages, etc.) Properties require better upkeep and maintenance.
  o Seniors with mental health needs do not have a place to live that is safe and secure.

• Lack of mental health/behavioral health services for seniors.

• Lack of geriatric health care providers.

• Access to primary health care continues to be a major problem for FNSB seniors insured by Medicare. Seniors need “patient navigators” to help them find providers who accept Medicare.

• Seniors with limited incomes not qualifying for senior services and senior housing. This includes seniors with low incomes and those who are middle income. Middle income seniors fall between the cracks because their incomes are low but too high to qualify for subsidized senior housing and services.

• Need affordable assisted living in Fairbanks. Personally know seniors who had to move outside to find affordable assisted living.

• People of all ages require more education about aging and financially preparing for retirement.

• Need greater support for family caregivers, especially the “sandwich caregivers.”

Housing

1. Based on your observations, do the majority of FNSB seniors live in warm, comfortable, and accessible homes?
   • Some have problems due to high cost of living and senior incomes are fixed.
   • Struggle for seniors who own homes being able to afford heating fuel costs.
   • Aging senior homes – Need roof repairs and require upkeep. Seniors on fixed incomes can’t afford to make these improvements.
   • Inaccessible homes – When people were younger, stairs were not a problem. Now they are. Seniors sell their homes but because they are old, they have to sell them at a reduced cost.

2. Do you personally know anyone who has a problem paying their heating bill?
   • Cost of energy high. Some seniors make too much to qualify for heating assistance but have limited incomes (middle income seniors).
   • Interior Weatherization is a valued program. They have programs for home maintenance and their income eligibility requirements are higher than other programs. They can replace furnaces and windows – much needed for older homes and energy efficiency.
   • Many seniors desire ranch homes (no stairs) but they are usually more expensive than bi-level homes.
   • Interior Regional Housing now administers funding for AHFC’s Senior Access Program. They can install ramps.

Elder Respect and Dignity

1. For the most part, do you think older people in Fairbanks are treated with dignity and respect?
   • Elders being respected has changed over the years. Less respect than in earlier times.
• Observe less respect shown for people of all ages.
• Need more education and awareness about the importance of respect for everybody – not just older people.
• Too much emphasis on “me” than “we.”
• Lack of awareness about others. Too much focus on technology for companionship. Now, there is less talking and more texting. No communication context in texting – Lose the nonverbal communication. Young people don’t understand the value of “talking.” Limited consequences for texting.
• Ageism in the workplace – Older workers’ opinions are not valued as important. Experience comes with age.
• Doctor-Older Patient visits. Doctors make older patients wait longer to get seen. Doctors talk down to patient or over their heads. Refer to them in third person. Older patient is not acknowledged even though they are physically present. (Occurs in situations where there is another person with patient.)

2. What do you think should be done (if anything) to ensure that older people’s rights and safety are protected so that they are not neglected, abused, or exploited?
• Advocacy and education for people of all ages about the importance of treating others with respect.
• Provide more intergenerational activities bringing together the young and old.
• North Pole has a “Senior to Senior Event” where older adults attend senior high school football games and give the players flowers. There is a 1920’s song: “Why can’t they be like we were?” What’s the matter with kids today?
• Teaching respect needs to begin at home. Parents need to do a better job of teaching their kids about the importance of respect. It’s important for kids to respect their elders however, that does not mean that elders are always right.
• Banks are becoming more aware about financial exploitation. They are on the look-out for financial scams and double-checking checks as financial exploitation is a real and growing problem for older people.
• Banks are good advocates for seniors to make sure their finances are protected.

Successful Aging

1. What suggestions do you have to promote more opportunities for aging successfully in Fairbanks?
• Build more intergenerational programs linking seniors with youth.
• Providing greater access to information about services and other opportunities around town.
• Advertise information about services and event in multiple media formats.
• Improve coordination among nonprofit organizations to increase public exposure to the services they offer. Participant noted that this is not a problem for United Way agencies.
• Increase information about volunteer opportunities. Update information on the Internet.
• Increase information about activities and recreation offered in town.

2. Do seniors that you know living in Fairbanks experience loneliness, isolation and/or depression? What do seniors do when they feel that way?
• Need more transportation to get seniors to activities during the week and on weekends.
• Promote pet therapy groups.
• Provide companion services for homebound seniors.
• Establish a “Senior Peer Support” group.
• Provide more respite for family caregivers at night and on weekends.
• Conduct community-wide education about mental health and aid for older adults.
Community Assets and Challenges

1. What are the top “5” community assets for seniors living in the FNSB?
   - All of the Senior Centers – North Star Council on Aging Fairbanks Senior Center, Fairbanks Native Association (FNA), Salcha Senior Center, and North Pole Santa Seniors.
   - FNSB Parks and Recreation programs for seniors.
   - Potlatches and community events
   - UAF Osher Lifelong Learning Institute
   - FNA’s intercultural activities
   - Fairbanks Resource Agency senior program for seniors living with disabilities and respite for their caregivers, especially those who are working.

2. What are the top “5” challenges for seniors living in the FNSB?
   - Limited transportation services
   - High cost of living
   - Isolation due to weather (especially in winter)
   - Sharing of information among social service organizations
   - Being able to live independently – inaccessibility is a problem
   - Inadequate and insufficient senior housing across the continuum of care.
Appendix B: Fairbanks Resource Agency Senior Resource List
Appendix C: Senior Housing Needs Detail
<table>
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<tr>
<th>Assisted Living Home</th>
<th>Owner / Administrator</th>
<th>E-Mail</th>
<th>Phone Number</th>
<th>Street Address</th>
<th>Mailing Address</th>
<th>Availability &amp; Accepted Payment</th>
<th>Smoking</th>
<th>Beds in Home</th>
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<tr>
<td>Caring Bridges Assisted Living Home, Inc.*</td>
<td>Sandi Doyle, LPN</td>
<td><a href="mailto:sandid@juno.com">sandid@juno.com</a></td>
<td>479-0367</td>
<td>107 1st Ave Fairbanks, AK 99701</td>
<td>107 1st Ave Fairbanks, AK 99701</td>
<td>1 Private Room, 1 Shared/Room (as of February): Private Pay, Waiver</td>
<td>No</td>
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<td>Chaga Aurora Inn, LLC</td>
<td>John Luchansky, RN</td>
<td><a href="mailto:yukonpinto@yahoo.com">yukonpinto@yahoo.com</a></td>
<td>907-576-3453</td>
<td>651 Eastside Dr, Fairbanks, AK 99712</td>
<td>PO Box 10491 Fairbanks, AK 99701</td>
<td>2 Private Rooms Private Pay</td>
<td>No</td>
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<td>Eagles Wings I, LLC</td>
<td>Tim Opperman</td>
<td><a href="mailto:admin@eagleswingalaska.com">admin@eagleswingalaska.com</a></td>
<td>479-568-0457 cell, (office) 479-573-0457 305-267-4716 landline</td>
<td>209 Ina St, Fairbanks, AK 99701</td>
<td>PO Box 10713 Fairbanks, AK 99701</td>
<td>FULL, Waiver, Private Pay, GR, Waiver: Accepting mental health patients, ADRO or DD waiver</td>
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<tr>
<td>Eagles Wings II, LLC</td>
<td>Tim Opperman</td>
<td><a href="mailto:admin@eagleswingalaska.com">admin@eagleswingalaska.com</a></td>
<td>479-568-0457 cell, (office) 479-573-0457 305-267-4716 landline</td>
<td>209 Ina St, Fairbanks, AK 99701</td>
<td>PO Box 10713 Fairbanks, AK 99701</td>
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<td>Emmanuel Residential Care</td>
<td>Les Castro</td>
<td><a href="mailto:emmanuelresidentialcare@gmail.com">emmanuelresidentialcare@gmail.com</a></td>
<td>907-679-663 cell, 479-327-0633 office, 314-320-3424 landline</td>
<td>70 Steelehead Rd, Fairbanks, AK 99701</td>
<td>70 Steelehead Rd, Fairbanks, AK 99701</td>
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<td>Emmanuel Residential Care (West)</td>
<td>Les Castro</td>
<td><a href="mailto:emmanuelresidentialcare@gmail.com">emmanuelresidentialcare@gmail.com</a></td>
<td>907-679-663 cell, 479-327-0633 office, 314-320-3424 landline</td>
<td>1015 Evergreen St Fairbanks, AK 99709</td>
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<td>Frontier Assisted Living, LLC</td>
<td>Peggy Hankerson</td>
<td><a href="mailto:peg@frontierseniors.com">peg@frontierseniors.com</a></td>
<td>907-228-0002 cell, (office) 907-228-2033 landline</td>
<td>907-228-0002 cell, (office) 907-228-2033 landline</td>
<td>907-228-0002 cell, (office) 907-228-2033 landline</td>
<td>1 Private Room Private Pay, GR, Waiver</td>
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<td>Frontier University West</td>
<td>Peggy Hankerson</td>
<td><a href="mailto:peg@frontierseniors.com">peg@frontierseniors.com</a></td>
<td>907-228-0002 cell, (office) 907-228-2033 landline</td>
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<td>Hope Haven Assisted Living, LLC</td>
<td>Gladys Egger</td>
<td><a href="mailto:gladysneger@yahoo.com">gladysneger@yahoo.com</a></td>
<td>750-775-5186 home, 750-775-7686 cell</td>
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<td>Let Us Care Assisted Living Home</td>
<td>Marion Griffin</td>
<td><a href="mailto:maril@3000.com">maril@3000.com</a></td>
<td>907-621-1709 cell, #3002</td>
<td>907-621-1709 cell, #3002</td>
<td>907-621-1709 cell, #3002</td>
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<td>Pioneers’ Home Fairbanks</td>
<td>Angie Howard</td>
<td><a href="mailto:angie.howard@alaska.gov">angie.howard@alaska.gov</a></td>
<td>907-621-1709 cell, #3002</td>
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<td>1 Private Room Private Pay, Waiver, GR, Outside with available no 1000</td>
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<td>Rocking Years One</td>
<td>Nicole Mason</td>
<td><a href="mailto:rockingyears@hotmail.com">rockingyears@hotmail.com</a></td>
<td>907-621-1709 cell, #3002</td>
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<td>Rocking Years Two</td>
<td>Nicole Mason</td>
<td><a href="mailto:rockingyears@hotmail.com">rockingyears@hotmail.com</a></td>
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<td>Wild Iris Comfort Care</td>
<td>Candace Carroll</td>
<td><a href="mailto:candace_carroll@yahoo.com">candace_carroll@yahoo.com</a></td>
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Appendix E: Long-term Services + Supports

This appendix is excerpted from the Alaska State Plan for Senior Services FFY 2020-2023.