

Alaska Commission on Aging Presentation to the Alaska Mental Health Trust Authority

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September 5, 2018

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Gordon Glaser, ACoA Chair

“Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!” ~Ingrid Bergman

Presentation Outline

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- ❑ FY19 budget overview of core services for Senior Trust beneficiaries and other at-risk older Alaskans
- ❑ Advocacy planning for prospective ACoA advocacy priorities for FY2020 legislative session
- ❑ Federal policy items affecting Senior Trust beneficiaries
- ❑ ACoA updates
- ❑ Wrap-up: Questions and discussion



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FY2019 Budget impacts for Senior Trust Beneficiaries and other at-risk older adults

Community Safety Net Services



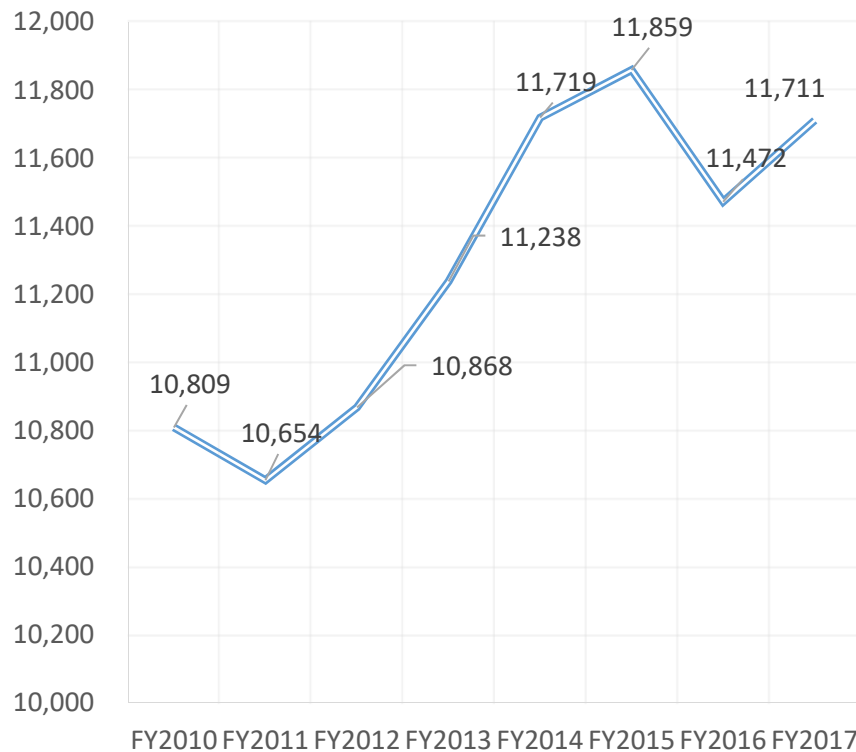
On the horizon... Areas of Concern for Senior Trust Beneficiaries and other at-risk older Alaskans

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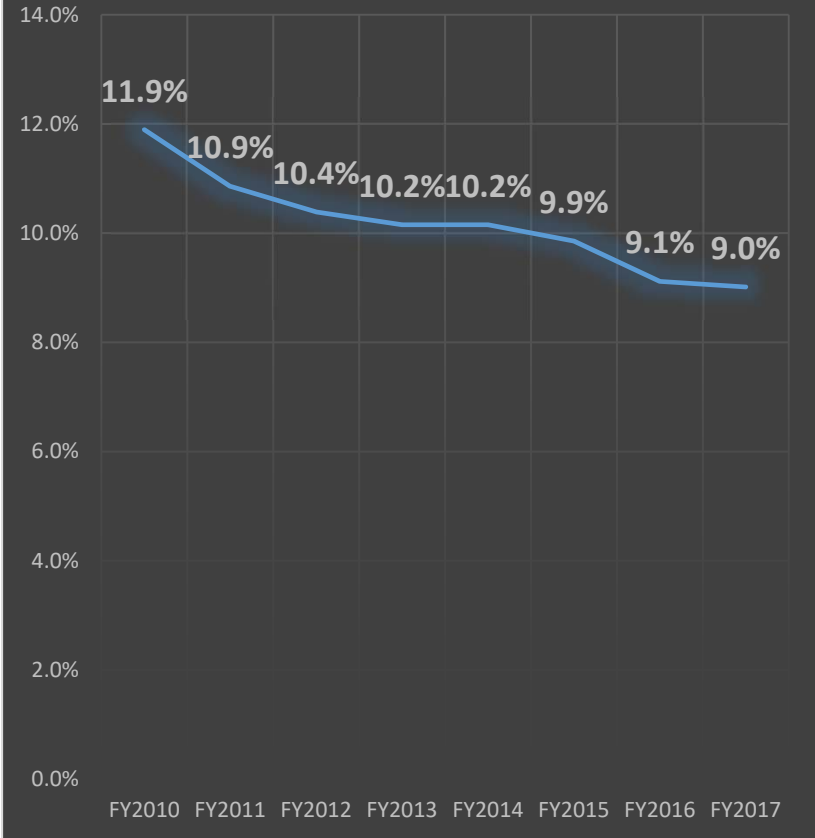
- ❑ Level funding for grant-funded senior services is no longer sufficient to maintain service capacity for an increasing senior population, particularly those at high risk, in order to reduce the need for higher cost care.
- ❑ Family caregivers of people with dementia without adequate supports and coaching are in danger of burnout, poor health, and diminished quality of life while their loved ones with dementia become at greater risk of institutional care.
- ❑ Older adults with mental illness, depression, alcohol, and substance misuse have limited treatment and placement options.
- ❑ Falls continue to be the leading cause of serious injury and deaths for older adults. The related costs for serious falls is increasing, as Alaska's population ages and health care costs continue to climb.

Utilization of Nutrition, Transportation, Support Services by Alaska Seniors, FY2011-FY2017

Number of Persons, age 60+ receiving NTS Services

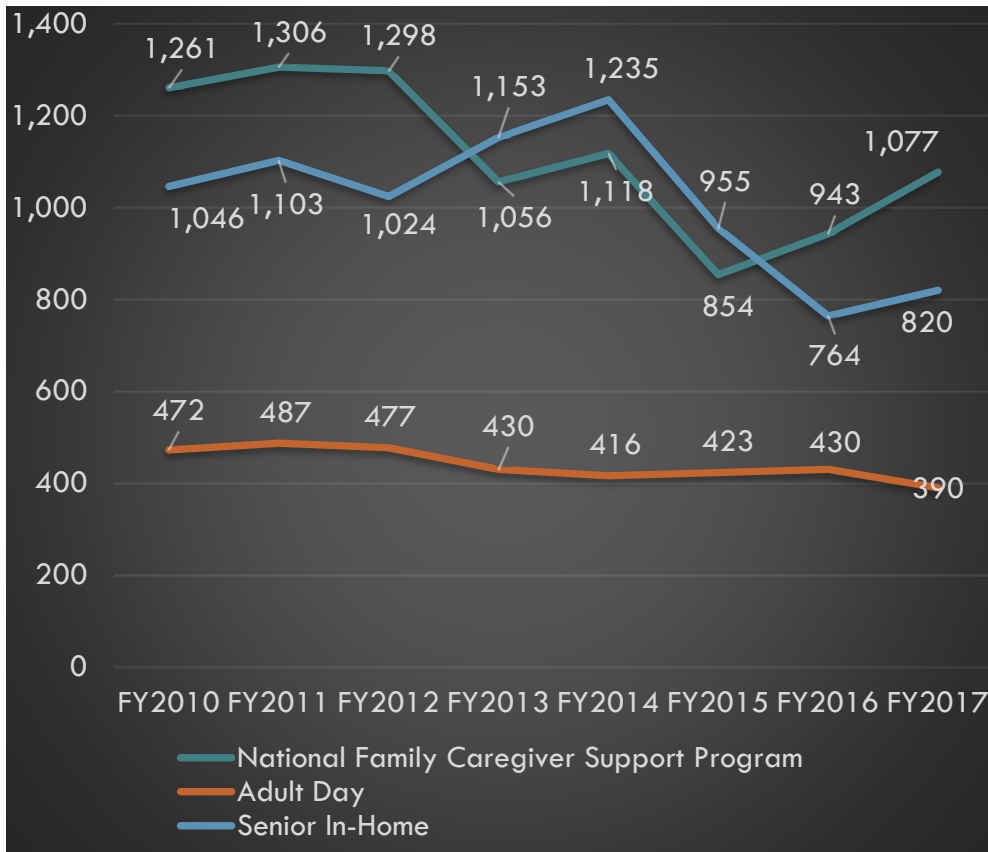


Percentage of Persons, age 60+ receiving NTS services

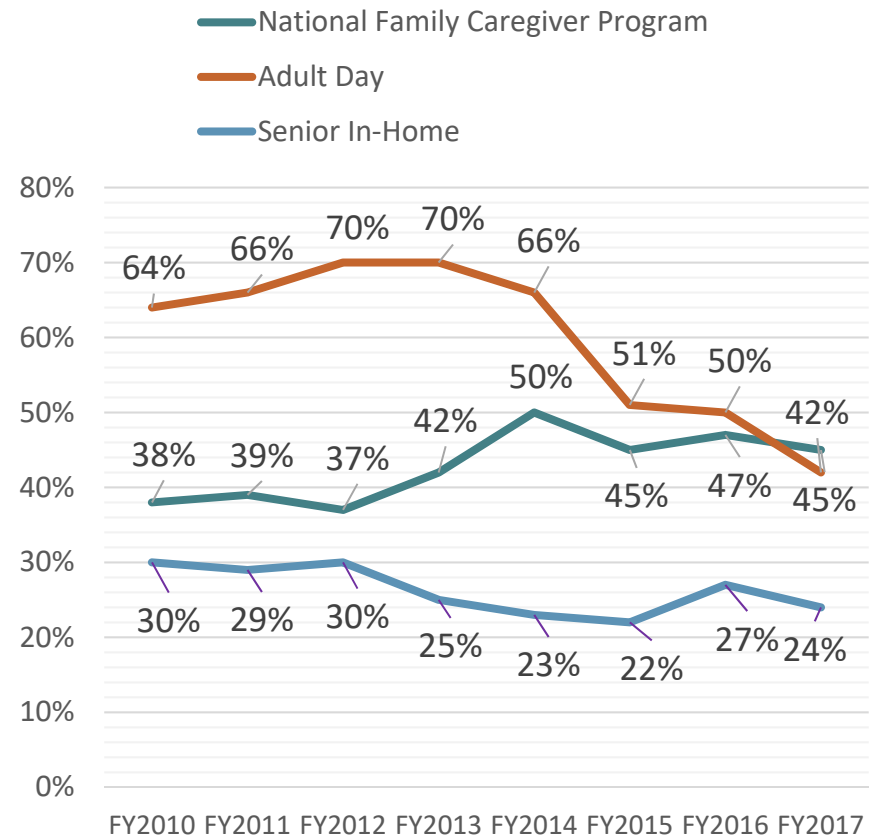


Home- and Community-Based Grant-Funded Services

Number of Senior Recipients, Age 60+



Percentage of Seniors w/ADRD Receiving Services

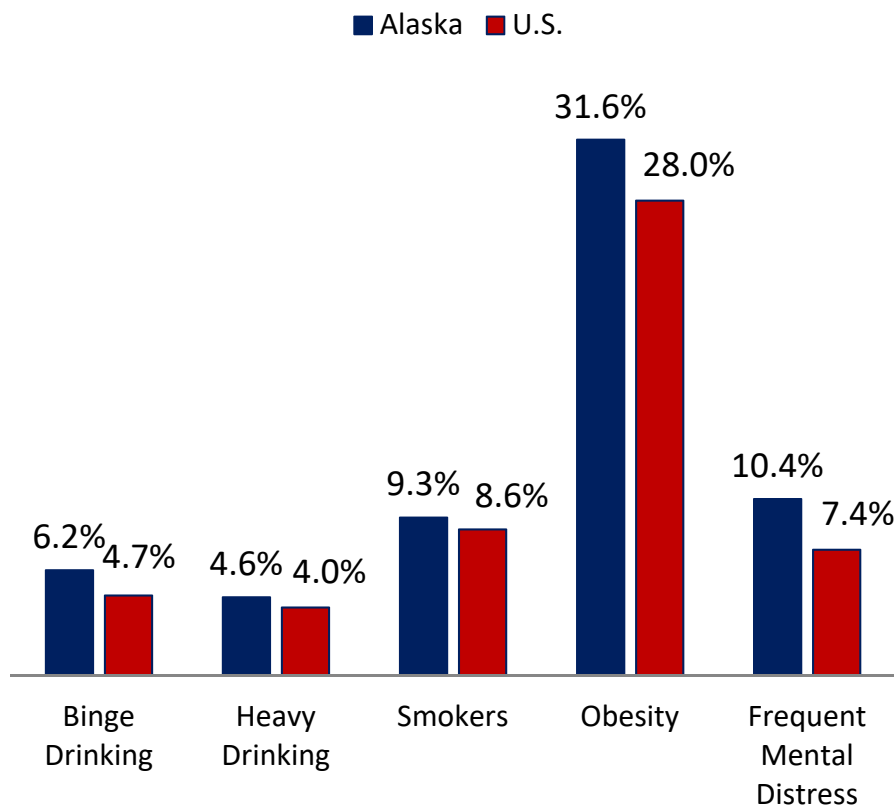


Source: Division of Senior and Disabilities Services, Grants Unit, July 2018

Senior Behavioral Health Indicators (age 65+)

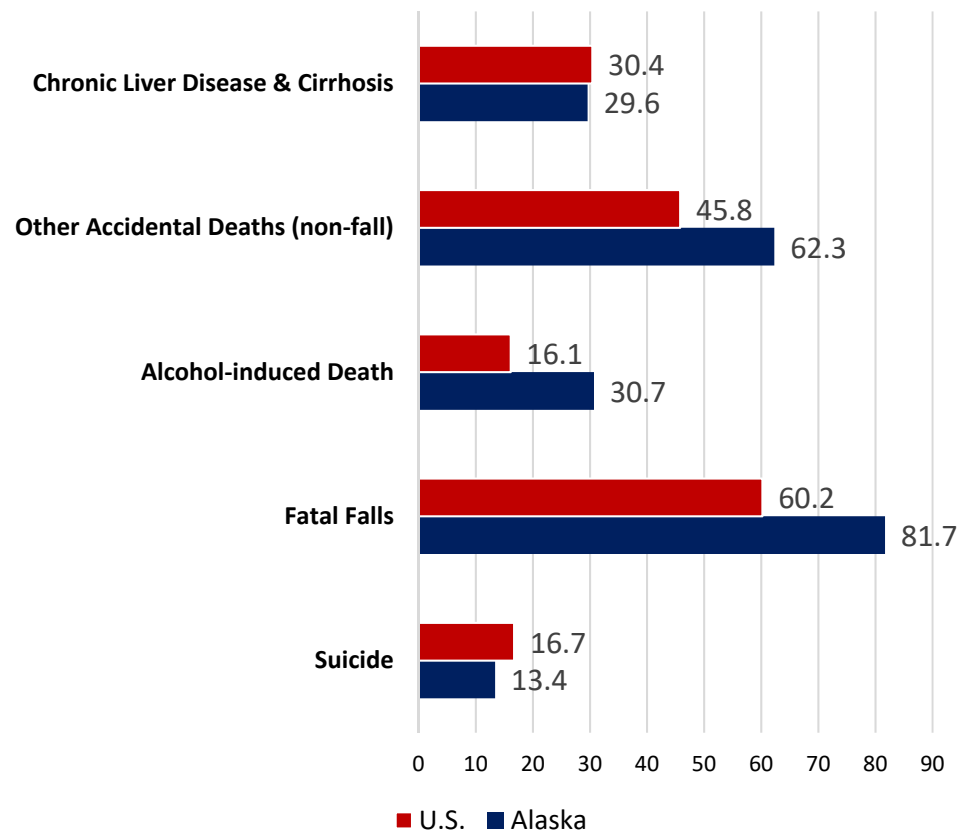
Alaska and U.S. Comparison, 2016

Behavioral Risk Factor Surveillance Survey Indicators, Alaska and U.S.



Source: BRFSS, Division of Public Health, Chronic Disease Prevention and Health Promotion, July 2018

Age-Adjusted Mortality Rates, Alaska and U.S.



Source: Division of Public Health, Alaska Bureau of Health Analytics & Vital Records

Client Status Review, FY2017 AKAIMS Findings

| Reporting 30 out of 30 days | Under 65 | 65 and Older |
|---|----------|---------------|
| How many days during the past 30 days was your physical health (including physical illness and/or injury) not good? | 6.49% | 18.71% |
| How many days during the past 30 days was your mental health (including depression and/or problems with emotions, behavior, or thinking) not good? | 7.68% | 11.69% |
| How many days during the past 30 days did poor physical or mental health keep you from doing your usual activities, such as taking care of yourself, work, or recreation? | 4.72% | 11.83% |

Source: Division of Behavioral Health, CSR FY2017 Data Combined
March 2018

The Cost of Senior Falls in Alaska

- ❑ Falls are the #1 cause of serious injury requiring acute care among Alaskans age 55+ as well as being a leading cause for traumatic brain injury and death.
- ❑ Data suggests that certain factors can increase the incidence of senior fall-related injuries such as age, gender, race/ethnicity, and region of residence.
- ❑ Excessive alcohol consumption, use of multiple prescription medications, and other drug use may increase the risk of senior falls and fall-related injury.
- ❑ An average of 74% of acute trauma cases for seniors was related to serious injuries from falls, between 2012 and 2016.
- ❑ In 2016, the average cost of acute care per person due to a fall incident was \$80,000. The total amount billed for acute care was \$135 million in 2016, more than triple the amount charged in 2012 (\$45 million).

Source: Alaska Department of Health and Social Services. *Alaska Injury Facts Report – 2018*. Anchorage, Alaska: Section of Chronic Disease Prevention and Health Promotion, Division of Public Health, Alaska Department of Health and Social Services; June 2018.

Stay Independent: Falls are the main reason why older people lose their independence.

Check Your Risk for Falling

| Please circle "Yes" or "No" for each statement below. | | Why it matters | |
|---|--------|--|---|
| Yes (2) | No (0) | I have fallen in the past year. | People who have fallen once are likely to fall again. |
| Yes (2) | No (0) | I use or have been advised to use a cane or walker to get around safely. | People who have been advised to use a cane or walker may already be more likely to fall. |
| Yes (1) | No (0) | Sometimes I feel unsteady when I am walking. | Unsteadiness or needing support while walking are signs of poor balance. |
| Yes (1) | No (0) | I steady myself by holding onto furniture when walking at home. | This is also a sign of poor balance. |
| Yes (1) | No (0) | I am worried about falling. | People who are worried about falling are more likely to fall. |
| Yes (1) | No (0) | I need to push with my hands to stand up from a chair. | This is a sign of weak leg muscles, a major reason for falling. |
| Yes (1) | No (0) | I have some trouble stepping up onto a curb. | This is also a sign of weak leg muscles. |
| Yes (1) | No (0) | I often have to rush to the toilet. | Rushing to the bathroom, especially at night, increases your chance of falling. |
| Yes (1) | No (0) | I have lost some feeling in my feet. | Numbness in your feet can cause stumbles and lead to falls. |
| Yes (1) | No (0) | I take medicine that sometimes makes me feel light-headed or more tired than usual. | Side effects from medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I take medicine to help me sleep or improve my mood. | These medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I often feel sad or depressed. | Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls. |
| Total _____ | | Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor. | |

Falls can be prevented

1. Begin an exercise program to improve your leg strength & balance
2. Ask your doctor or pharmacist to review your medicines
3. Get annual eye check-ups & update your eyeglasses
4. Make your home safer by:
 - ❑ Removing clutter & tripping hazards
 - ❑ Putting railings on all stairs & adding grab bars in the bathroom
 - ❑ Having good lighting, especially on stairs

Note: This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. *J Safety Res*; 2011;42(6)493-499).

ACoA Advocacy Planning Going Forward...

- Increase funding for senior grant-funded services to build capacity for these low-cost services to keep pace with a growing older adult population and divert the need for higher cost care.
- Add “companion services” as a new service category in the continuum of care for seniors and persons with intellectual and developmental disabilities.
- Improve supports for unpaid family caregivers to reduce their burden and prevent/delay the need for out-of-home placement.
- Promote education/awareness about the cost of senior falls and the value of senior fall prevention efforts.
- Continue advocacy in support of AHFC’s Senior Housing Development Fund for new construction/renovation of senior housing projects and home accessibility/weatherization improvements for seniors.
- Educate newly elected officials about the needs of older Alaskans and the benefits they bring to the state.

Federal Policy/Budget Items of Interest to Senior Trust Beneficiaries

“Alzheimer’s is the most under-recognized threat to public health in the 21st century,”

-Dr. David Satcher, former U.S. Surgeon General and former Centers for Disease Control and Prevention (CDC) Director



Promising Developments for Alzheimer's Patients and their Families at the Federal Level

- **FY2019 Budget:** Pending increase in base funding for Alzheimer's research, National Institutes of Health
 - \$425 million approved by Senate Appropriations
 - \$401 million approved by House Appropriations

- **Palliative Care and Hospice Education and Training Act (PCHETA):** S. 693, Senator Tammy Baldwin, Wisconsin / H.R. 1676, Representative Eliot Engel, New York

- **Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act:** S. 2076, Senator Susan Collins, Maine / H.R. 4256 Rep Brett Guthrie, New York

ACoA Updates

Alaska State Plan for Senior Services,
FY2020-2013 Needs Assessment Efforts

ACoA Rural Outreach to Nome,
September 12-15 and 18, 2018

ACoA Commissioners



State Plan for Senior Services, FY2020-FY2023

Needs Assessment Efforts

- **Elder Senior Listening Sessions:** Completed in Wrangell, Anchorage, Fairbanks North Star Borough, and the Matanuska-Susitna Borough.
 - Each session identified concerns held in common as well as those unique to the community where the session was held.
- **Senior Survey, May 1 – July 13, 2018:**
 - A total of 3,091 surveys have been received through on-line (710) and paper surveys (2,381).
 - Of those completing the on-line survey, 31% were age 60-64 with 84% reporting being Caucasian and 74% were women.
 - Fifty-five percent have lived in Alaska for 30+ years and only 4% lived in Alaska for 6 years or less.
 - More than one-third of the respondents identified Anchorage as their place of residence (35%) followed by 19% from the MatSu.
- **Provider Survey:** To be distributed in fall, will focus on provider perceived gaps in the continuum of senior care and barriers for older people accessing services.

Top Concerns Identified by 2018 and 2014 Senior Survey Respondents, Preliminary Comparison


2018 Senior Survey

- #1 Access to Health Care
- #2 Financial Security
- #3 Maintaining Health
- #4 Affordable and Accessible housing

2014 Senior Survey

- #1 Access to Health Care
- #2 Financial Security
- #3 Affordable and accessible housing
- #4 Having enough food to eat

Please rate the importance of the following concerns based on how much you think they affect seniors in your community.



| Concerns held by other seniors living in my community | “Very Important” |
|--|-------------------------|
| Access to health care services | 89% |
| Affordable and accessible housing | 73% |
| Services for seniors with dementia and their families | 61% |
| Elder Protection | 58% |

Source: Alaska Commission on Aging, 2018 On-Line Senior Survey Preliminary Analysis

Other ACoA Updates...

- National Association of States United for Aging and Disabilities (NASUAD) Home and Community Based Services (HCBS) Conference, August 27-30, Baltimore.
- ACoA Rural Outreach Meeting in Nome, September 12-September 15, with visit to Shishmaref.
- ACoA welcomes new Commission members! Rosemary Hagevig of Juneau, was recently elected as Pioneer Home Advisory Board Chair. Bob Sivertsen, Ketchikan, was appointed by Governor Walker in July 2018 to serve in the public member seat.
- In memory of Marie Darlin, ACoA Commissioner from 6.1.2010 through 6.6.2018. ... *Marie was a citizen activist, historian, and political advocate who personifies the power of aging and the importance of elders through her demonstration of leadership, skills, and passion for helping Alaskans of all ages... (from the Alaska Legislature In Memoriam of Marie Darlin, April 23, 2018)*

Thank You!



September 22, 2018 is Senior Falls Prevention Awareness Day!