Essential community-based service networks provide opportunities for Alaskans, across the lifespan, to receive services in their own home or community rather than in institutions or other isolated settings.

Community-based services are critical for Alaskans with intellectual and/or developmental disabilities, behavioral health disorders, dementia, and traumatic brain injuries. Some of these services are provided via telehealth or are distance delivered.

These services might include:

- Personal care services and respite
- Mental health treatment and recovery services
- Addiction treatment and recovery services
- Case management
- Job coaching and employment assistance
- Peer support
- Reentry and transition services
- Home-delivered and congregate meals
- Transportation
- Day habilitation
- Assisted living

Community-based services are more cost effective than institutional care for people with disabilities.

- Community behavioral health treatment costs for Alaskans experiencing mental illness are 88% less than placement in the Alaska Psychiatric Institute.¹

![Average Cost per Day per Person of Outpatient Support and Inpatient Support](chart.png)
• Community supports for Alaska’s seniors can cost 45% to 90% less than nursing home care.\(^2\)

• Home and Community-Based Services (HCBS) Intellectual and/or Developmental Disability (IDD) waiver services cost on average 59% less than services received through Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICF/IID).\(^3\)

• When funding for community-based services is reduced or eliminated, Alaska’s most vulnerable citizens are more likely to ‘fall through the cracks.’ When this happens, they can end up in more expensive institutional care — hospital emergency rooms, nursing homes, out-of-state residential care, or prison — usually at state expense.

• Without community support services, a family can lose their ability to care for a loved one at home.

• A justice-involved individual who experiences addiction or mental illness is at risk for relapse and committing new crimes without access to community recovery and reentry supports.

**Key Points**

- Community-based services are person-centered and promote independence, choice, and inclusion.

- People with disabilities report that they overwhelmingly prefer services in their home and community.

- Community-based services and supports cost significantly less than institutional care for all payers, including state and federal government.

- These services are funded through Medicaid or other health insurance, out-of-pocket payments, and through grants.

---

1 Comparing outpatient mental health services provided by community behavioral health centers, clinics, and psychologists (average cost per day of $174 per person) to inpatient psychiatric treatment at the Alaska Psychiatric Institute (average cost per day of $1,445 per person) Source: Department of Health and Social Services Division of Behavioral Health Overview, Presentation to the Alaska Legislature, March 11, 2019.

2 Comparing home and community-based services like personal care attendants (average FY18 annual cost $14,744 per person) and Medicaid waiver services (average FY18 annual cost ranging from $36,598 to $90,173 per person) to skilled nursing facility costs (average FY18 annual cost $163,090 per person). Source: Alaska Department of Health and Social Services Division of Senior and Disabilities Services, Presentation to the Alaska Legislature, March 8, 2019.

3 State of Alaska Automated Budget System, Final Auth20 report, Harmony and COGNOS.