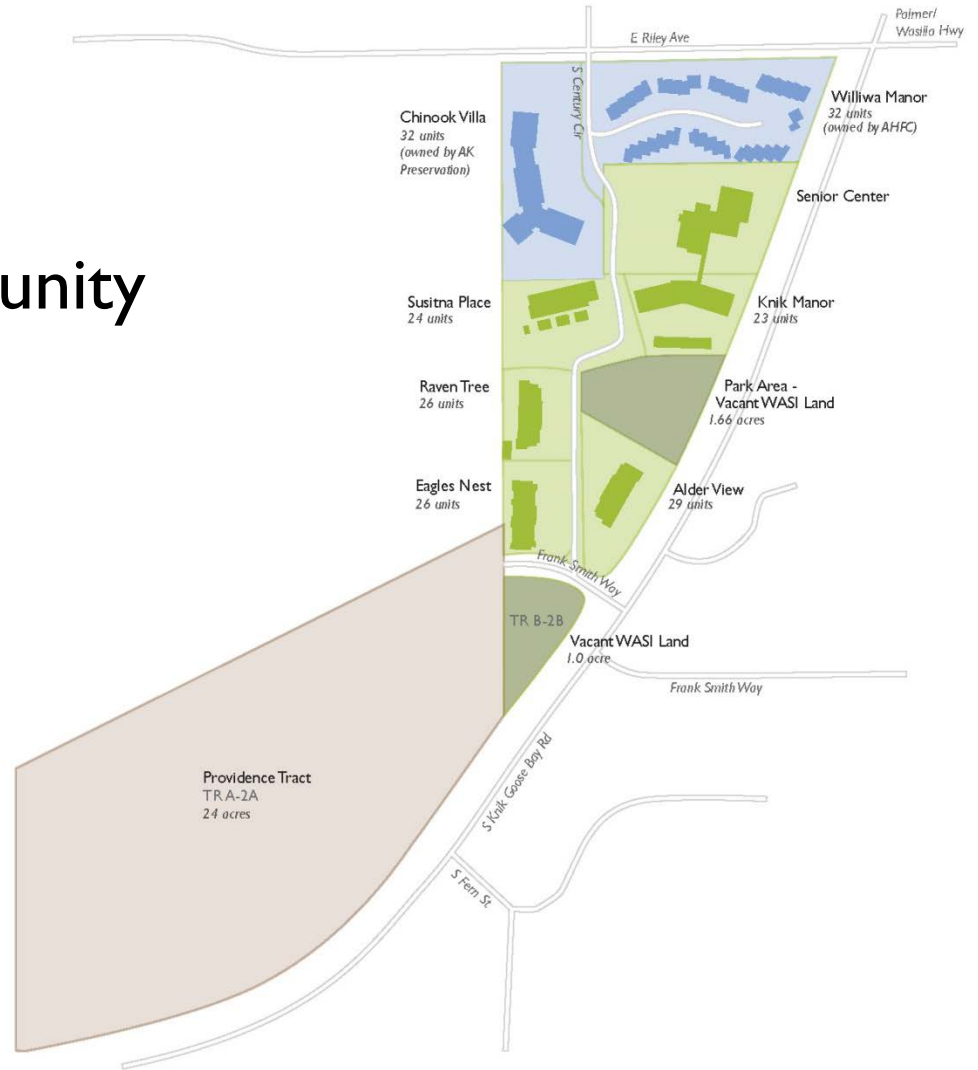


# WASI

## Continuing Care Community Feasibility Study Community Workshop

January 29, 2015



# Purpose of Tonight's Meeting

Discussion of senior service gaps in Mat-Su and potential solutions:

- Informs a Continuing Care Community Feasibility Study for the Wasilla Area Seniors Inc (WASI).
- Continues the community effort to plan for an aging population in the Mat-Su.

# Agenda

- Introduction + Context
- Senior Services in the Mat-Su: What's Missing
- Potential Solutions
- Next Steps

# Feasibility Study: Research Questions

Should WASI develop a continuing care community on their campus?

- A continuing care community is a place where people can age in place and have access to necessary services and supports.

If so, what services should be considered?

What is the feasibility of adding these services?

- Financial
- Regulatory
- Organizational

# WASI Service Options for Evaluation

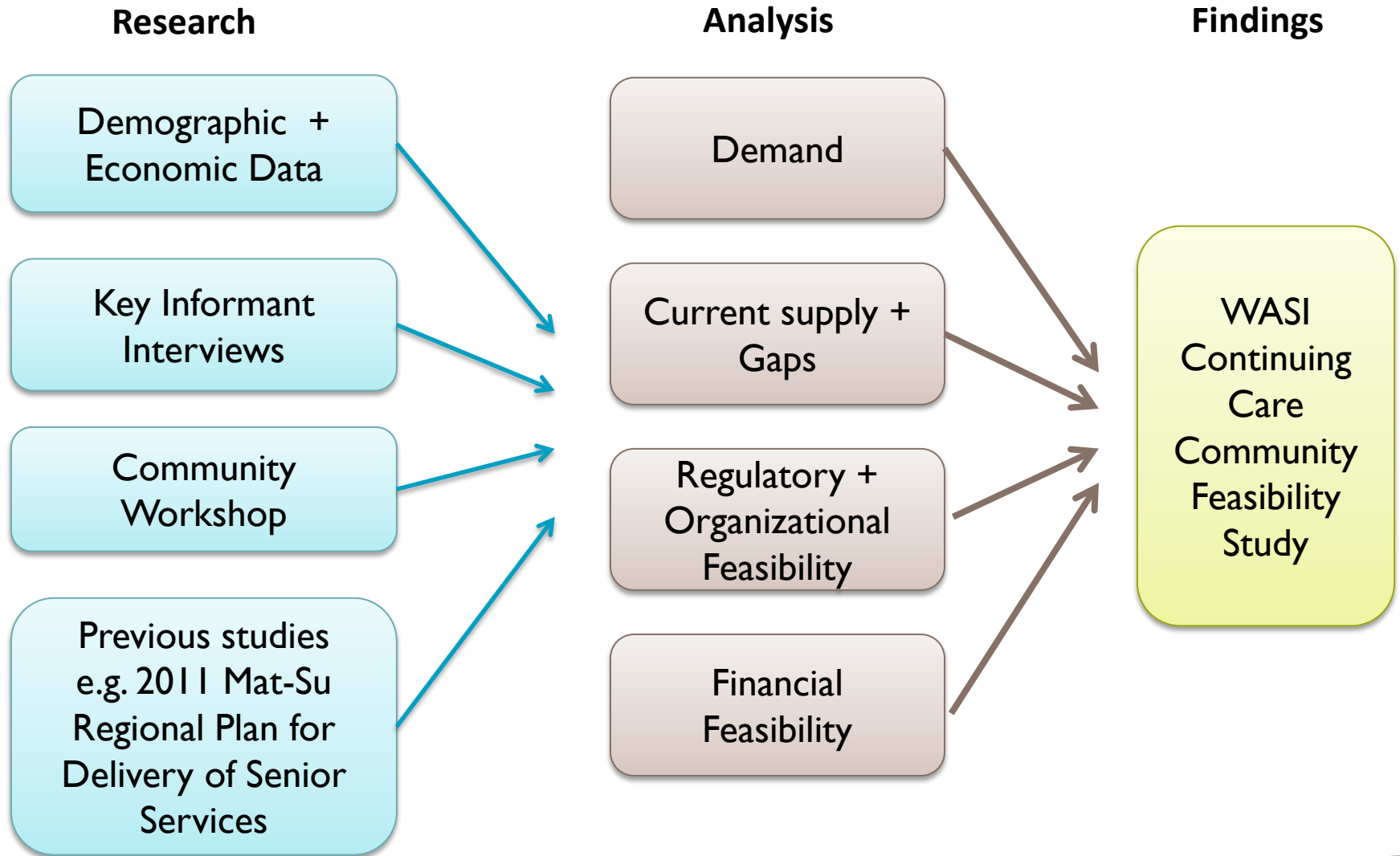
## WASI Current Services

- Senior housing  
(market rate and low income)
- Senior center
- Congregate and home  
delivered meals
- Fall prevention
- Fitness program

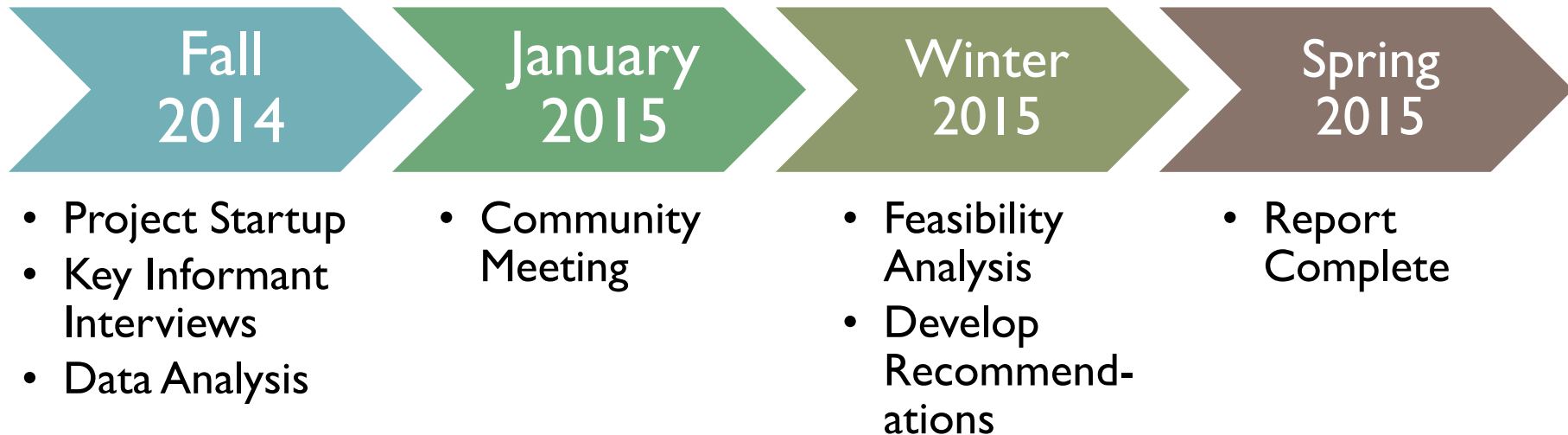
## Potential Services

- Additional senior housing  
both onsite and offsite
- Personal care  
attendants/chore
- Adult day
- Assisted living
- Memory care assisted living
- Skilled nursing

# Study Methodology



# Study Timeline



# Key Informant Interviews

## Policy/Leadership

- Alaska DHSS Health Care Services Office of Rate Review
- Alaska DHSS Senior and Disabilities Services Training
- Alaska DHSS Assisted Living Licensing
- Alaska Housing Finance Corporation
- Mat-Su Council on Aging

## Services

- Palmer Pioneer Home
- Mat-Su Regional Home Health & Hospice
- Mat-Su Health Foundation
- Mat-Su Regional Medical
- Mat-Su Senior Services
- Providence Hospital
- Provider survey (40 providers)



# CONTEXT

# What is the Issue?

## Today:

- 16,000 people 60 and older in Mat-Su Borough (16% of pop)

## Future:

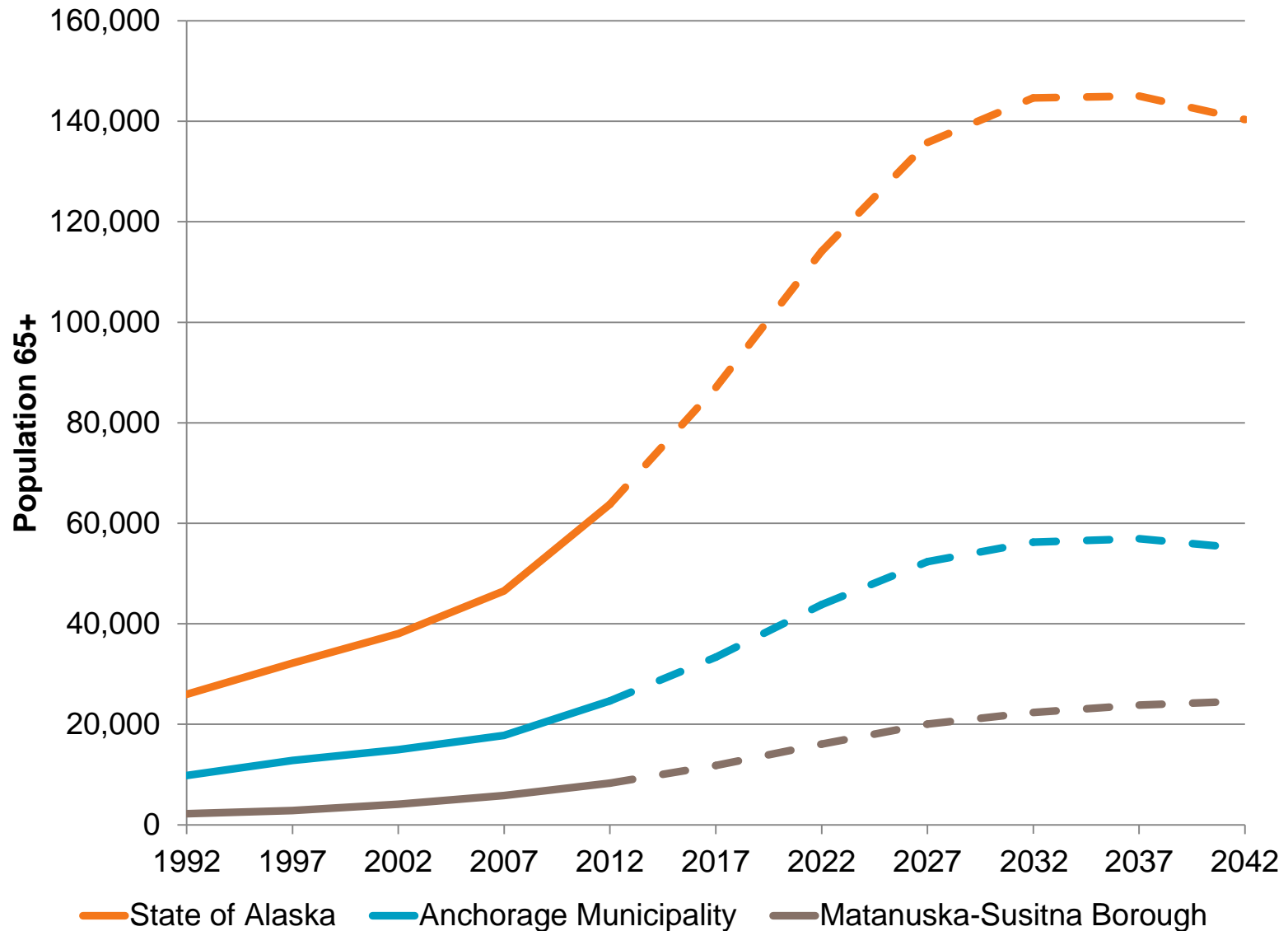
- In 10 years: 26,000 (20% of pop)
- In 20 years: 30,000 (20% of pop)

## Farther in the Future:

- After 2042: senior population growth slows.

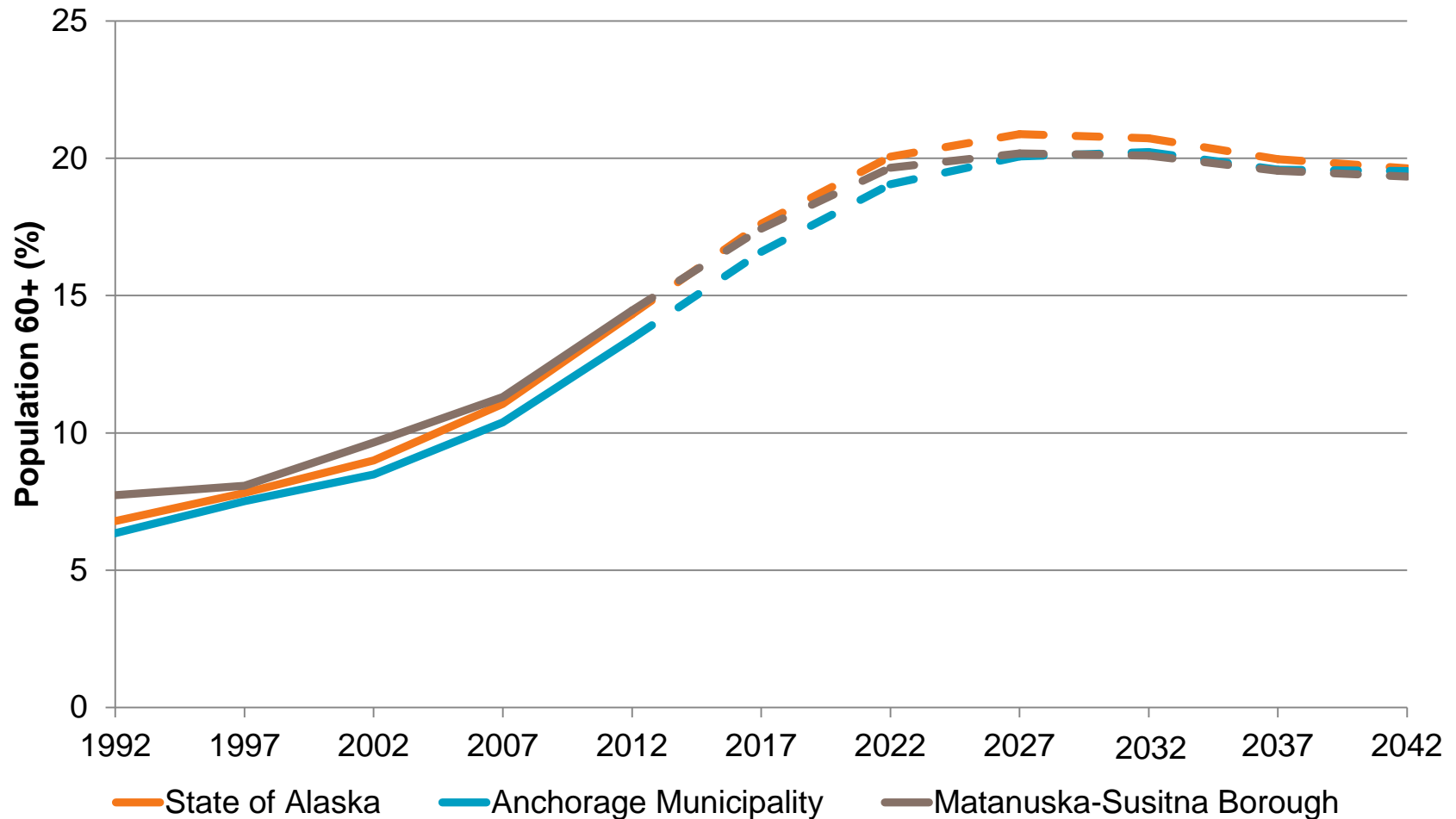
How does the Mat-Su plan for this significant but temporary demographic shift?

# Population Growth Among Seniors



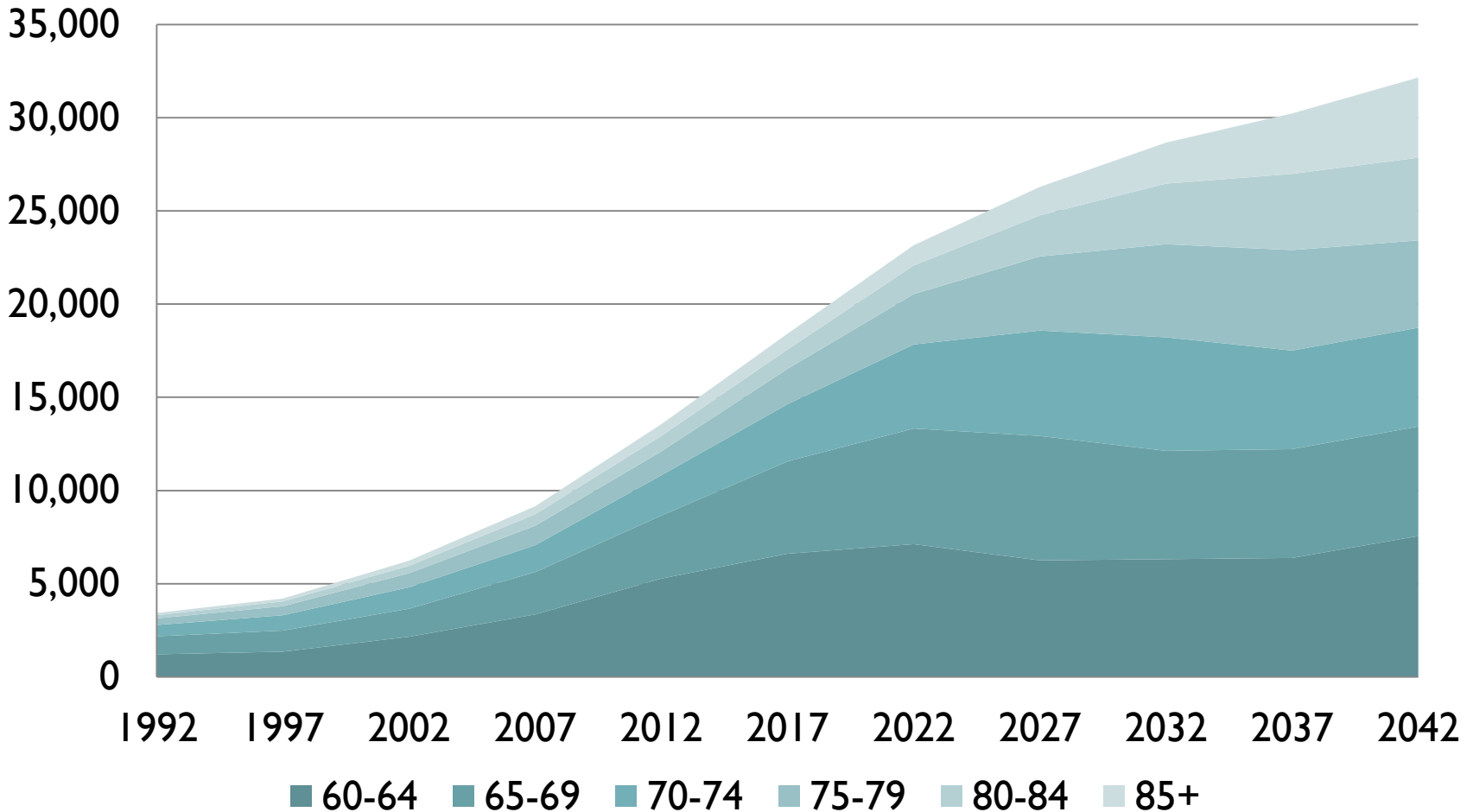
# 60+ as Share of Population

projected to increase, then taper off



# 85+ Cohort

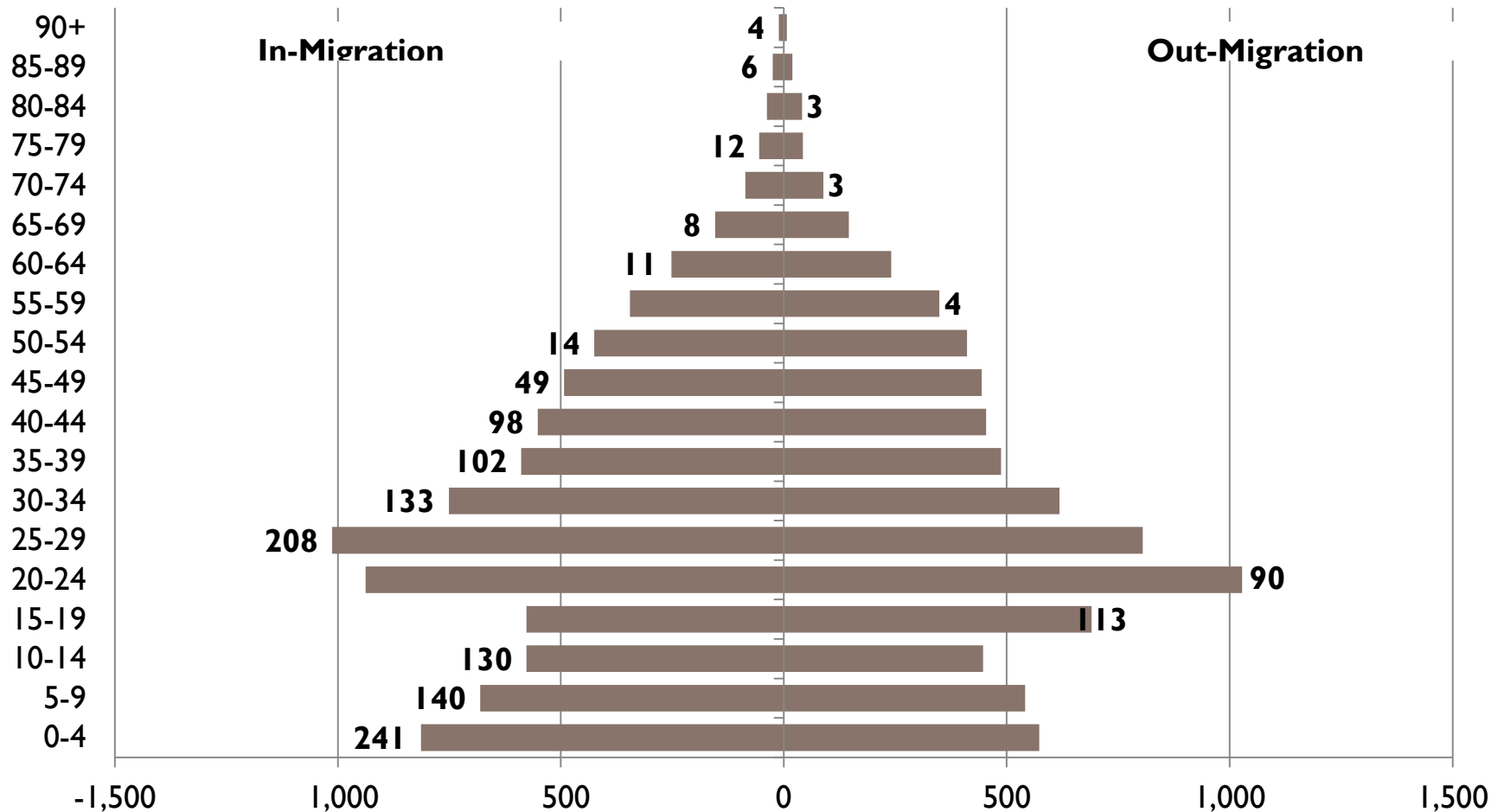
continues to grow beyond 2042: MSB



Source: State DOL&WD, April 2014

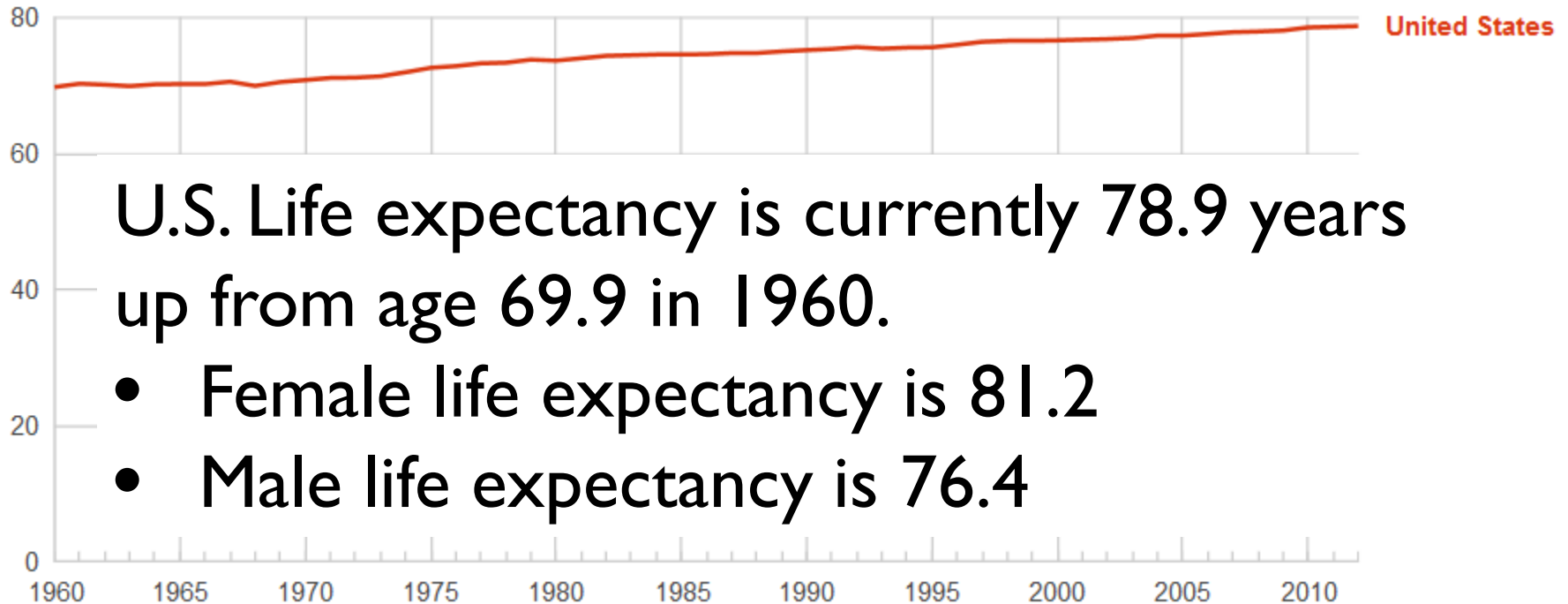
# Net In-Migration to MSB

is minimal among seniors



Average annual migration data from 2008 to 2013. Source: State DOL&WD, April 2014

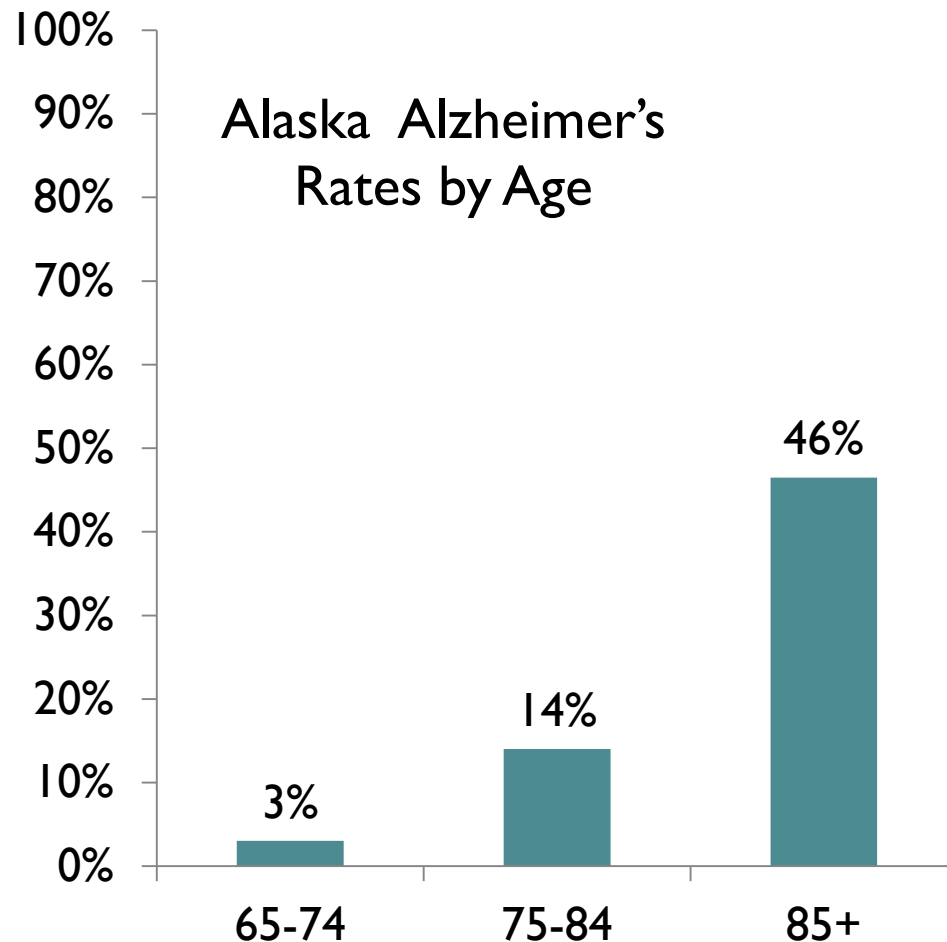
# Americans are Living Longer as are Alaskans



In Alaska, life expectancy has increased from 72.1 in 1980 to 78.1 currently

# Alzheimer's Prevalence

increases with age



Applying Statewide Alzheimer's rates to population estimates and forecasts for MSB indicate:

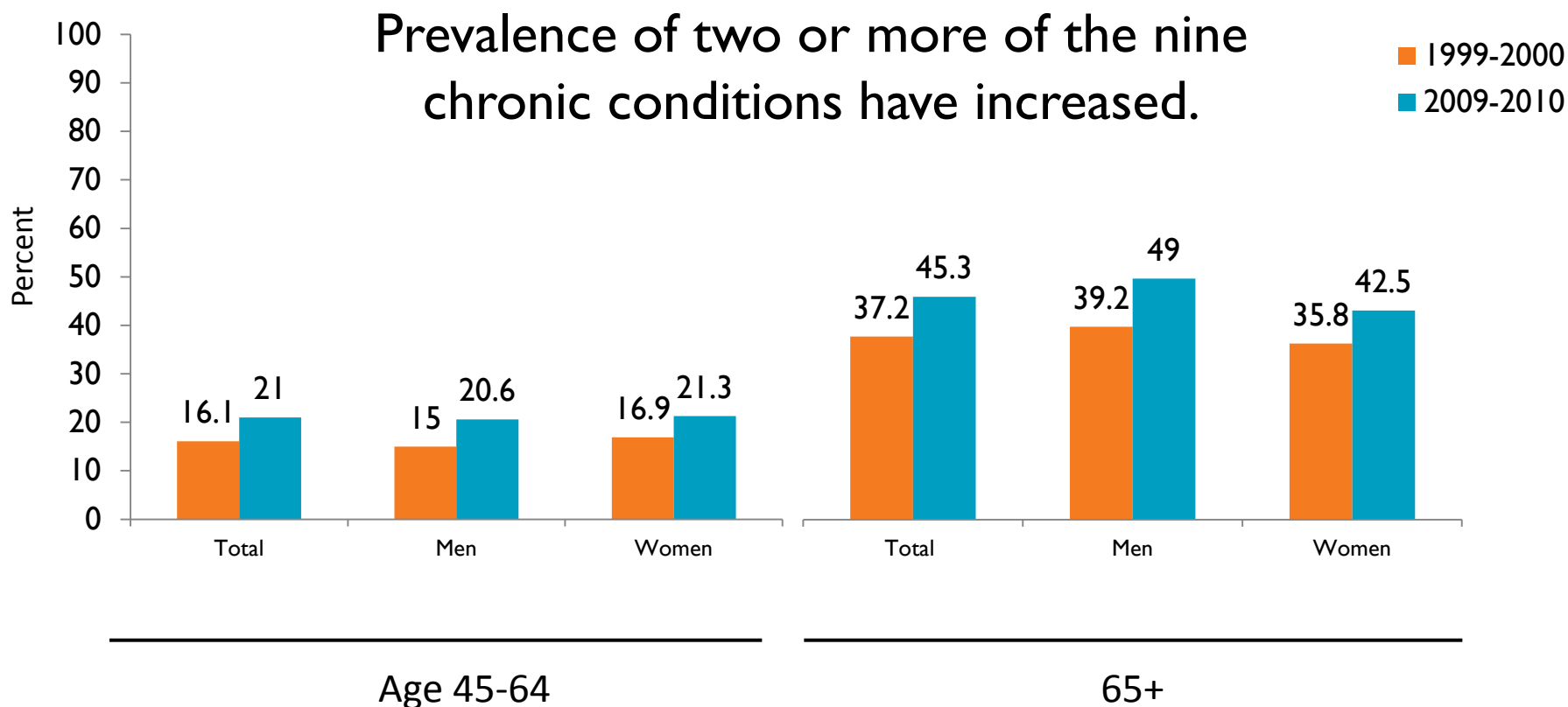
- 1,148 seniors with Alzheimer's today in MSB.
- 3,212 in MSB by 2032

Source: Alzheimer's Association, 2014 Alaska Alzheimer's Statistics. 2014 State DOL&WD Population Projections  
Note: Estimates do not include the related dementia that is not considered Alzheimer's.



# Older Americans

have more chronic conditions



Chronic conditions include hypertension, heart disease, diabetes, cancer, stroke, chronic bronchitis, emphysema, current asthma, and kidney disease.

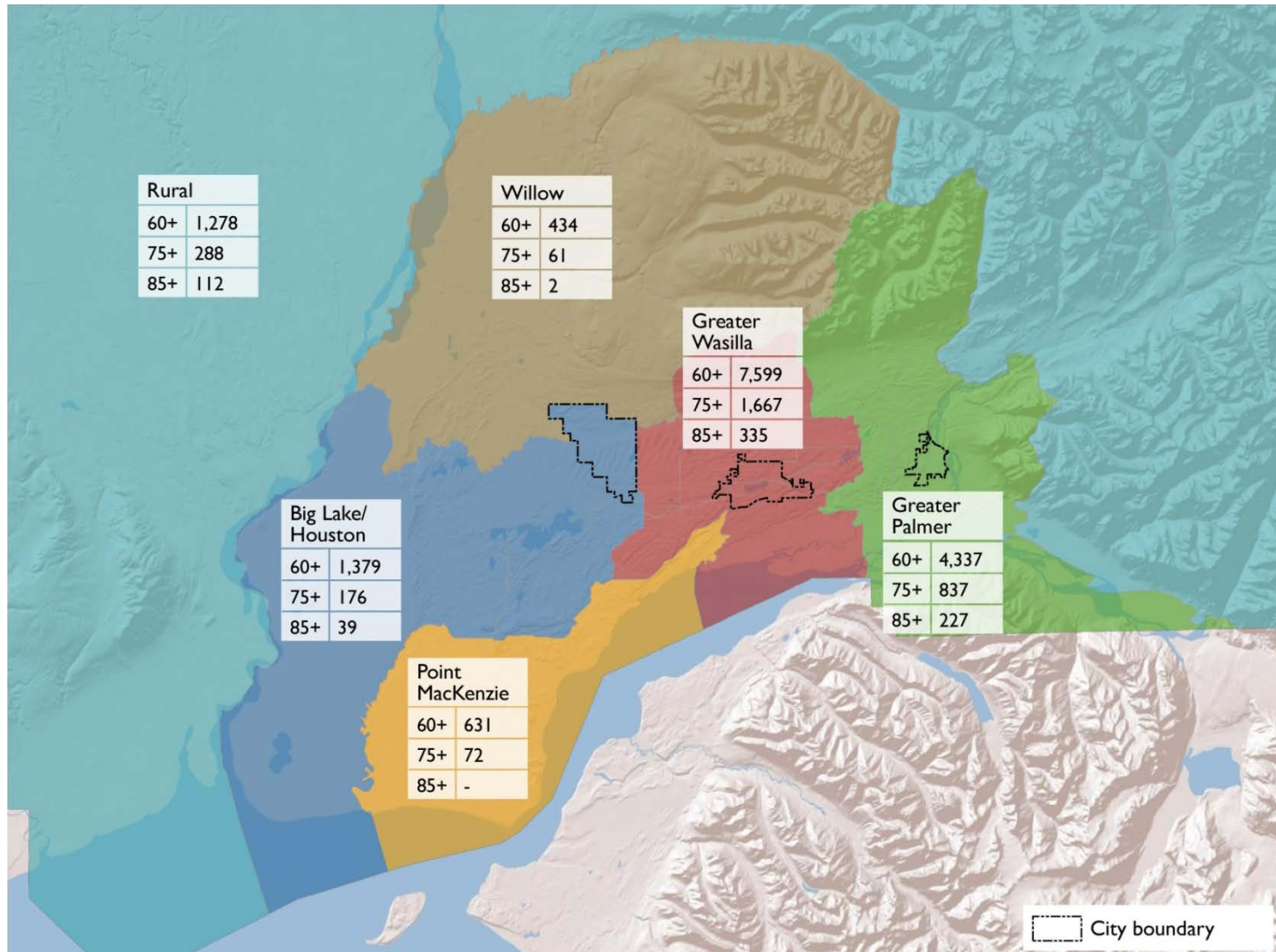
Source: CDC, National Health Interview Survey, July 2012

# Share of Senior Population

## by MSB community, 2014

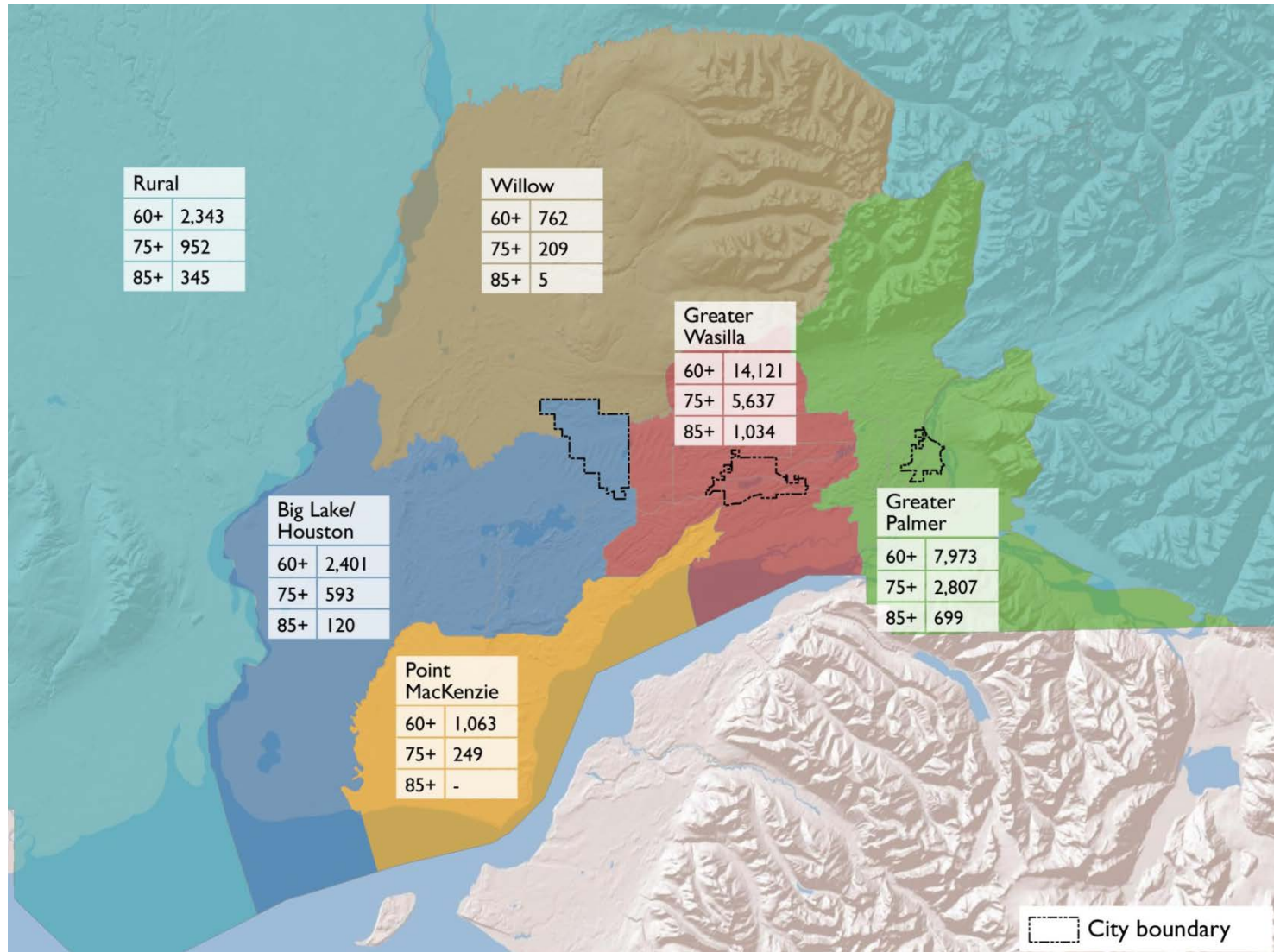
	60+	75+	85+
Greater Palmer	28%	27%	32%
Greater Wasilla	49%	54%	47%
Big Lake / Houston	9%	6%	5%
Point MacKenzie	4%	2%	0%
Willow	3%	2%	0%
Rural	8%	9%	16%
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

# Map of Seniors by Age, 2014



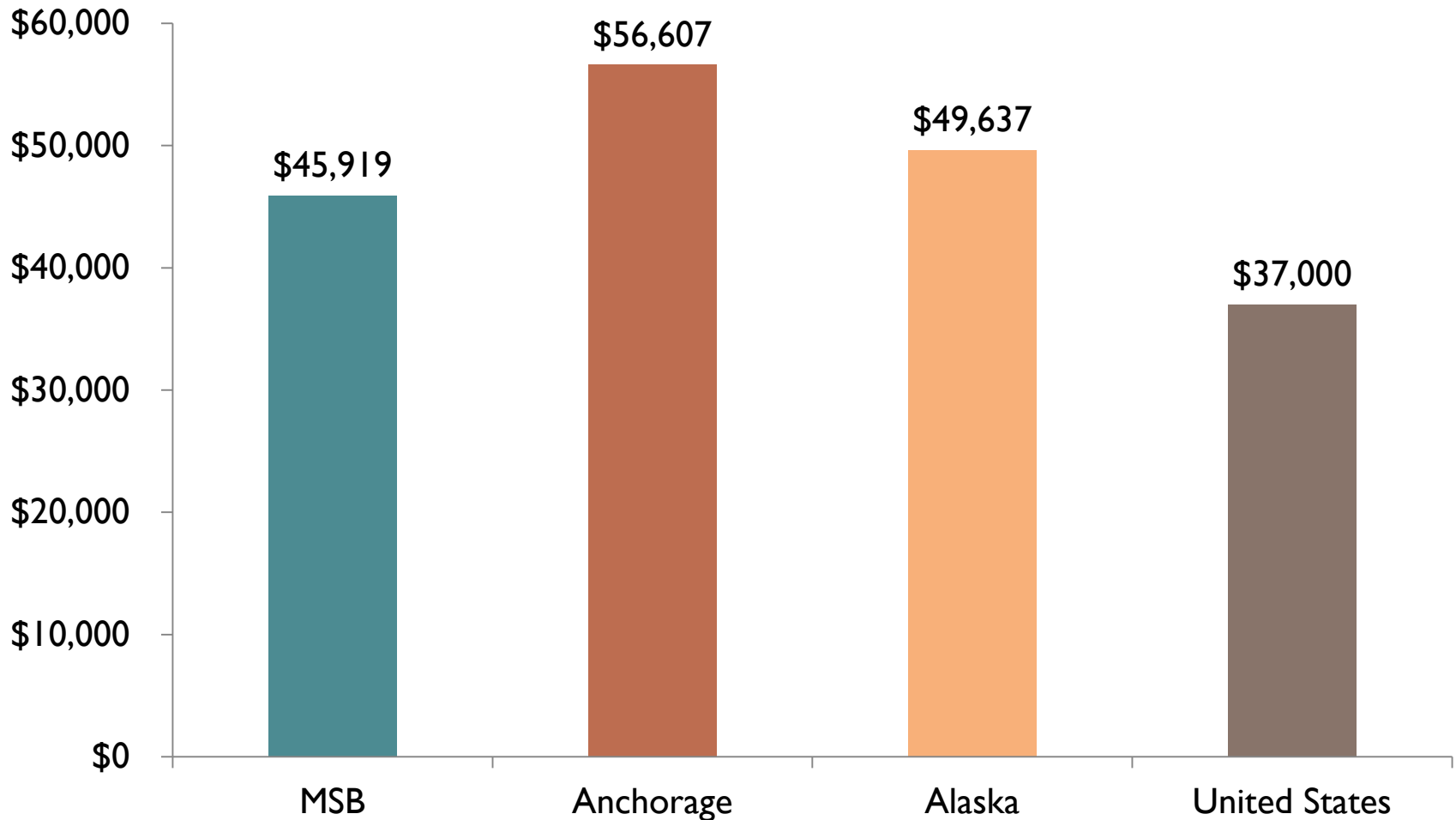
Source: State DOL&WD, April 2014 + American Community Survey, 5-Year Survey, 2013

# Map of Seniors by Age, 2032



Source: State DOL&WD, April 2014 + American Community Survey, 5-Year Survey, 2013

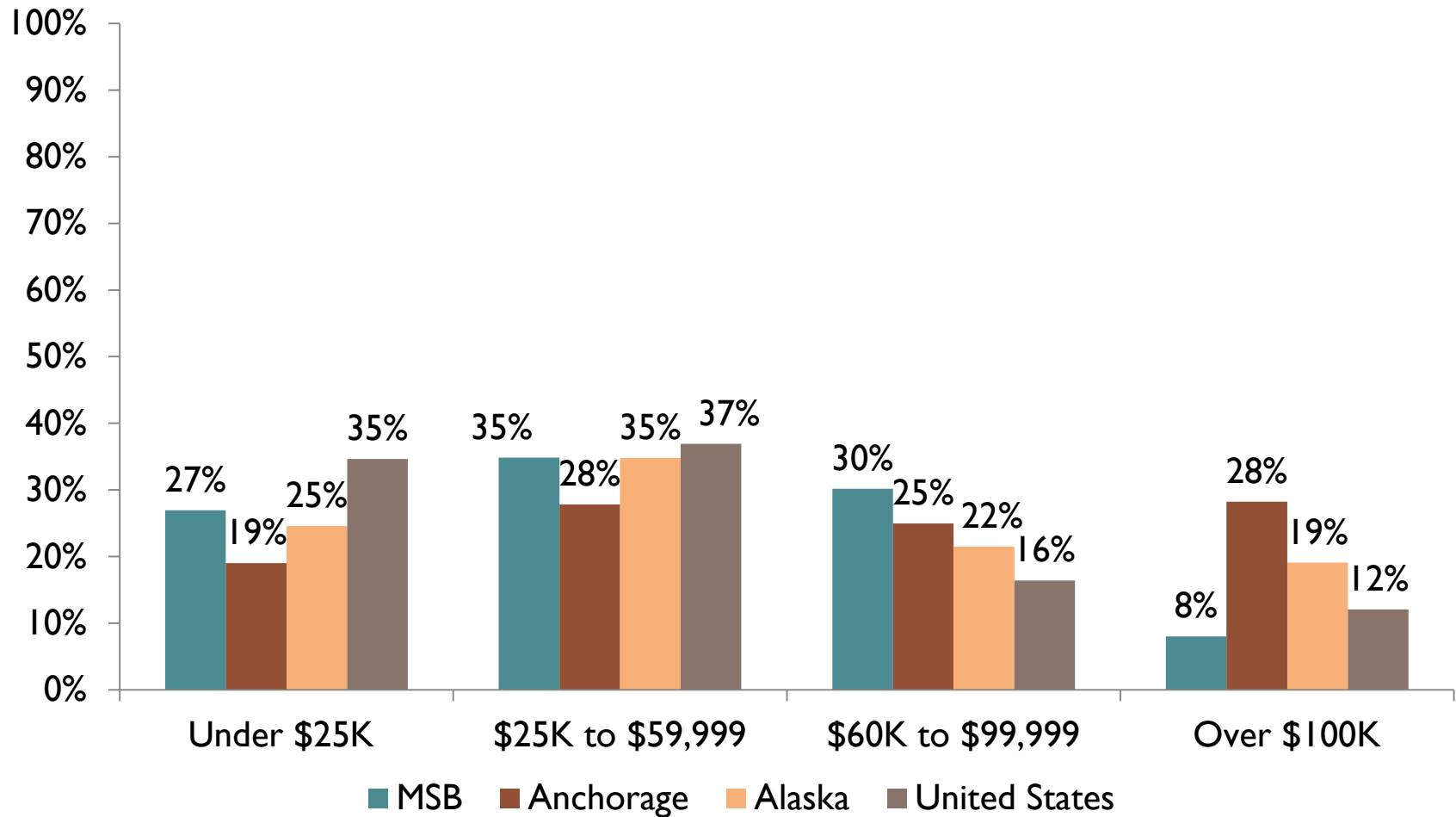
# Median Household Income for 65+



Source: American Community Survey, 2013 5-Year

# Income Distribution

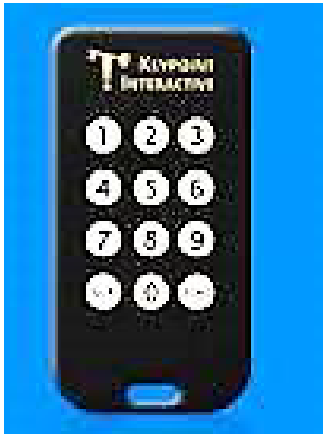
## 65+ Older Household



Source: American Community Survey, 2013 5-Year

# Data Conclusions

- Senior population is growing but will slow after 2042.
- 85+ population continues to grow after 2042.
- Incomes among MSB seniors are mostly moderate.
- People are living longer; many are active.
- There will be more seniors with dementia and more chronic health conditions.
- Must plan for a mix of active seniors and people needing assistance with activities of daily living.



Please pull out your clicker  
and wait for instructions!



# How to Use the Clickers

1. When submitting responses, please point your clicker at the laptop.
2. After entering your response, hit “Send.”
3. If the question asks for more than one response, hit send after each response.
4. Raise your hand if you have questions.



= slide has a question for the audience

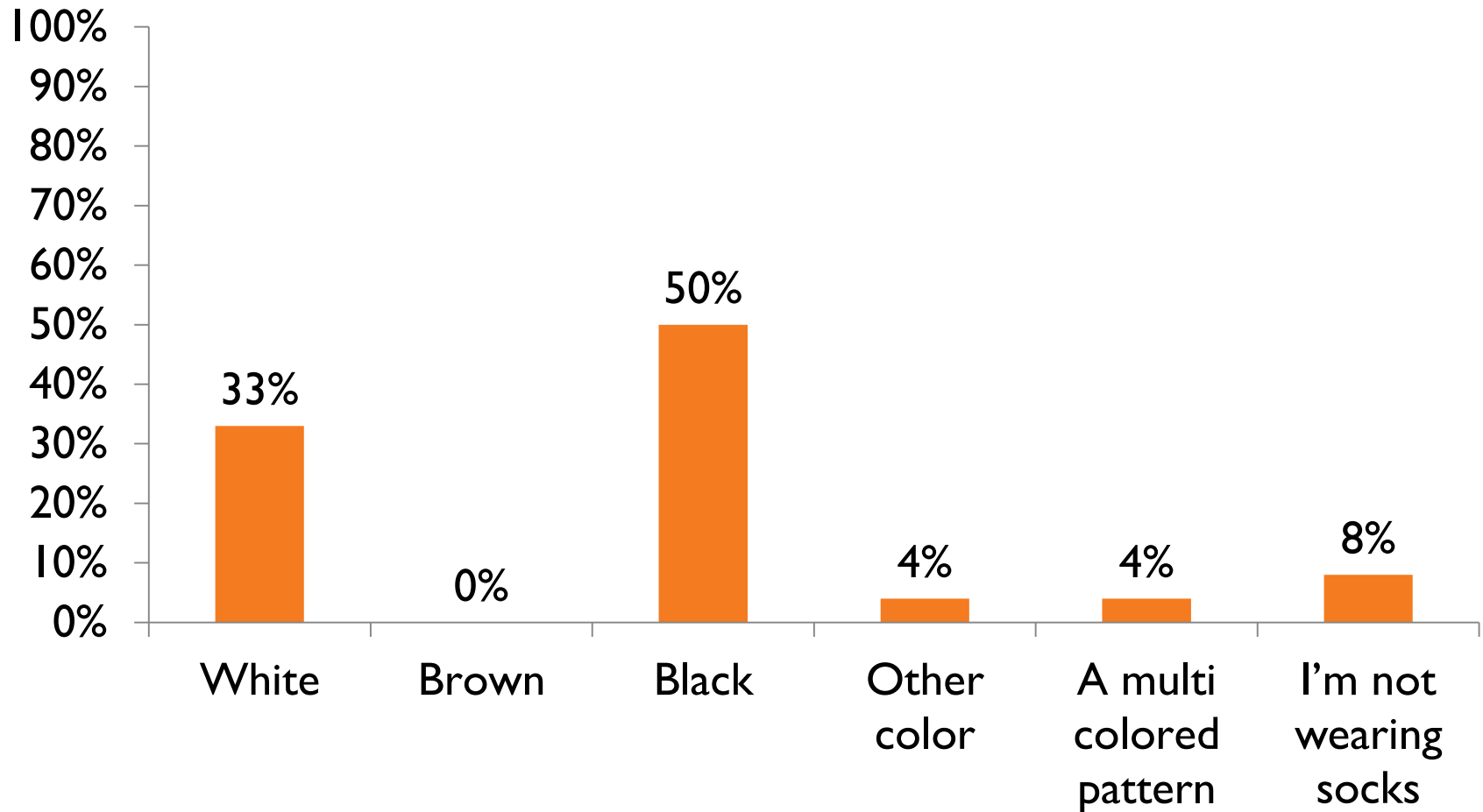
# Warm-up



What color socks are you wearing?

1. White
2. Brown
3. Black
4. Other color
5. A multi colored pattern
6. I'm not wearing socks

# Sock Colors in the Room



# Where we live



## Where do you live?

1. Big Lake
2. Butte
3. Chickaloon
4. Knik-Fairview
5. Houston
6. Meadow Lakes
7. Palmer (*includes Buffalo Soapstone/Farm Loop/Fishhook/Lazy Mountain/Sutton*)
8. Point MacKenzie
9. Talkeetna or Trapper Creek
10. Wasilla (*including Tanaina*)
11. Willow
12. Other Rural MSB (*Eureka Roadhouse, Glacier View, Lake Louise, Petersville, Skwentna, Susitna*)
13. Anchorage or Eagle River
14. Other

# Where we live

- 16 Wasilla (including Tanaina)
- 1 Knik-Fairview
- 1 Big Lake
- 1 Palmer (includes Buffalo Soapstone/Farm Loop/Fishhook/Lazy Mountain/Sutton)
- 1 Willow

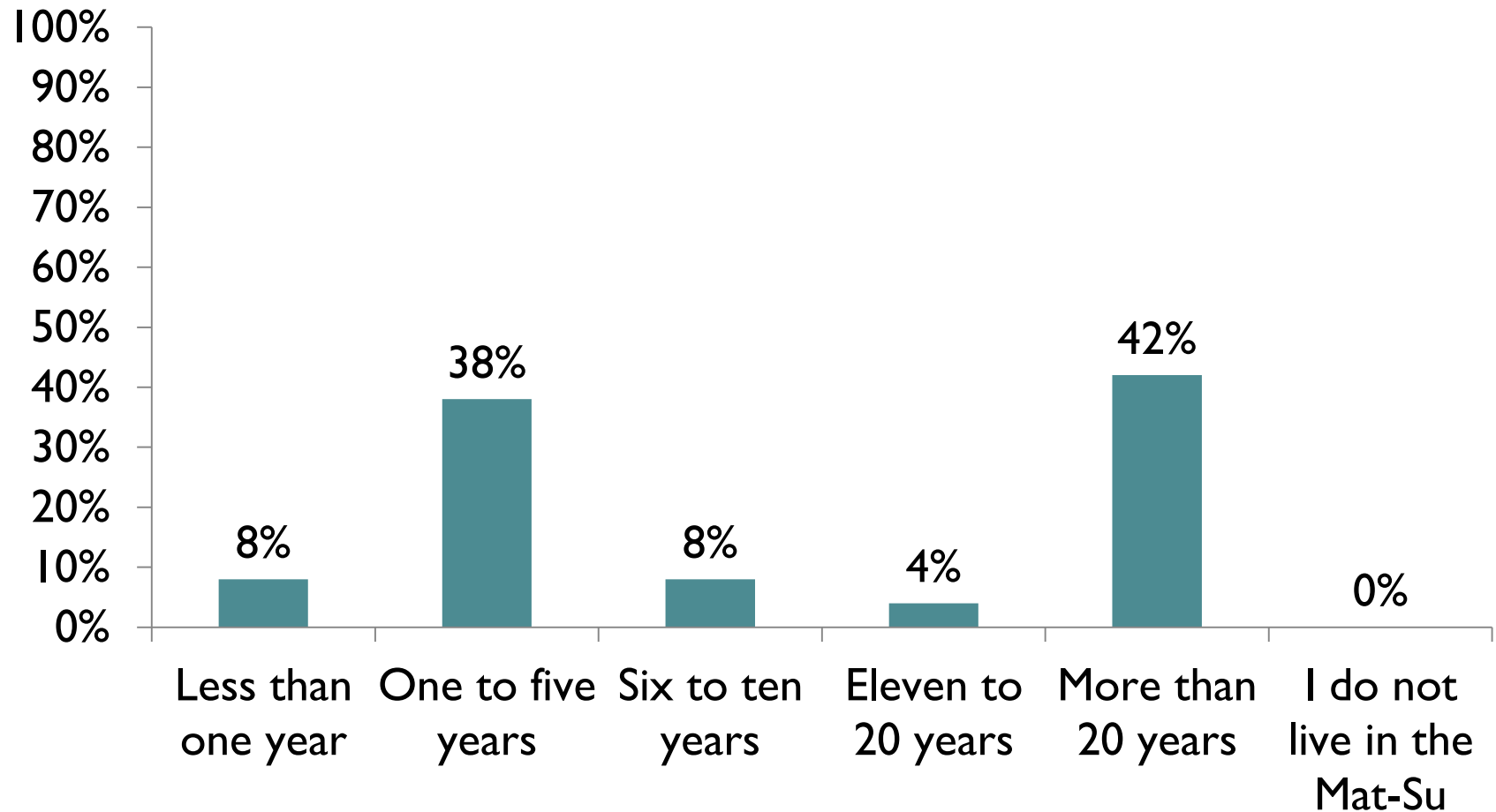


# Length of time in the Mat-Su

How long have you lived in the Mat-Su?

1. Less than one year
2. One to five years
3. Six to ten years
4. Eleven to 20 years
5. More than 20 years
6. I do not live in the Mat-Su

# Length of time in the Mat-Su



# Gender

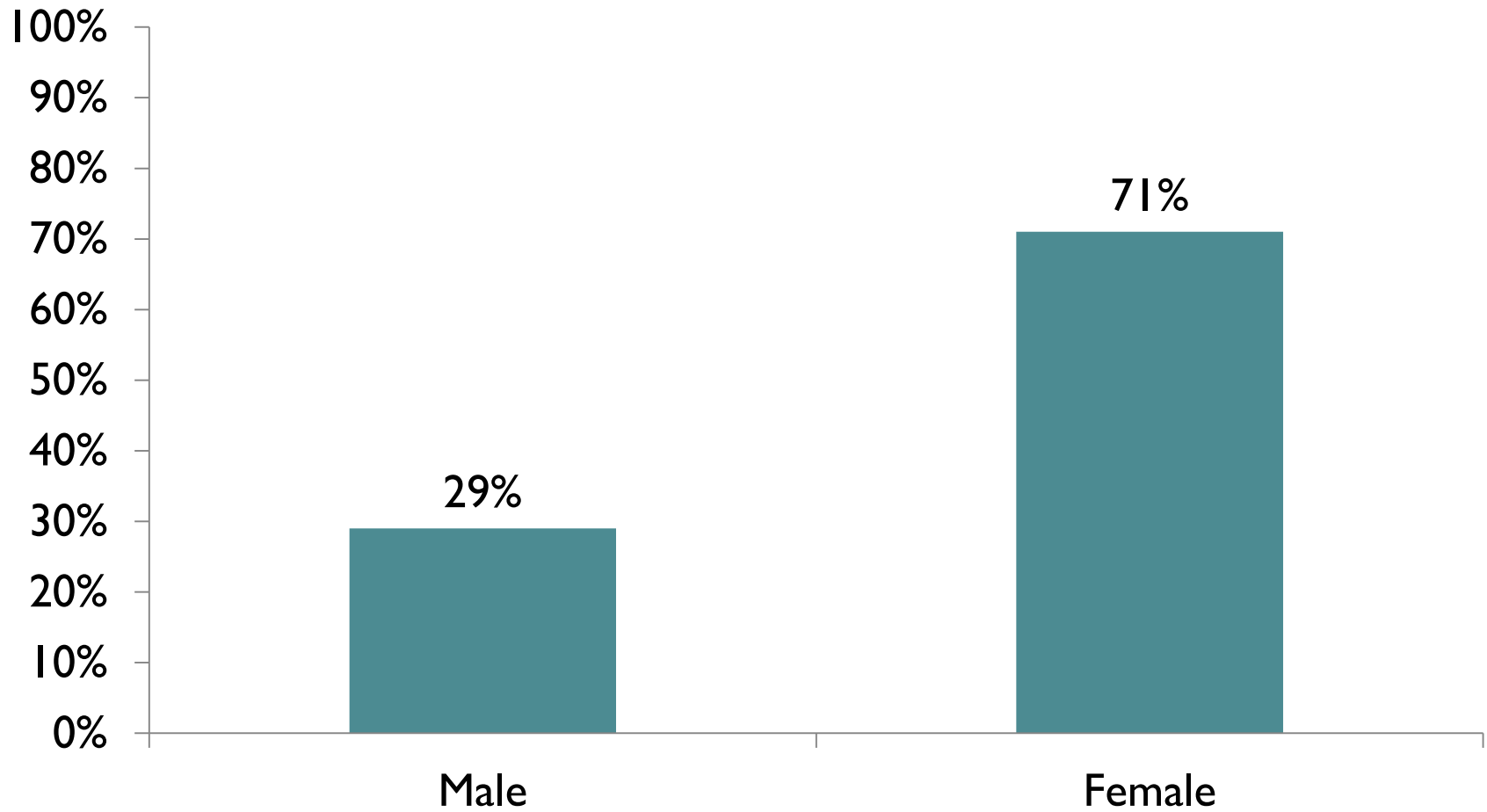


What is your gender?

1. Male
2. Female



# Gender



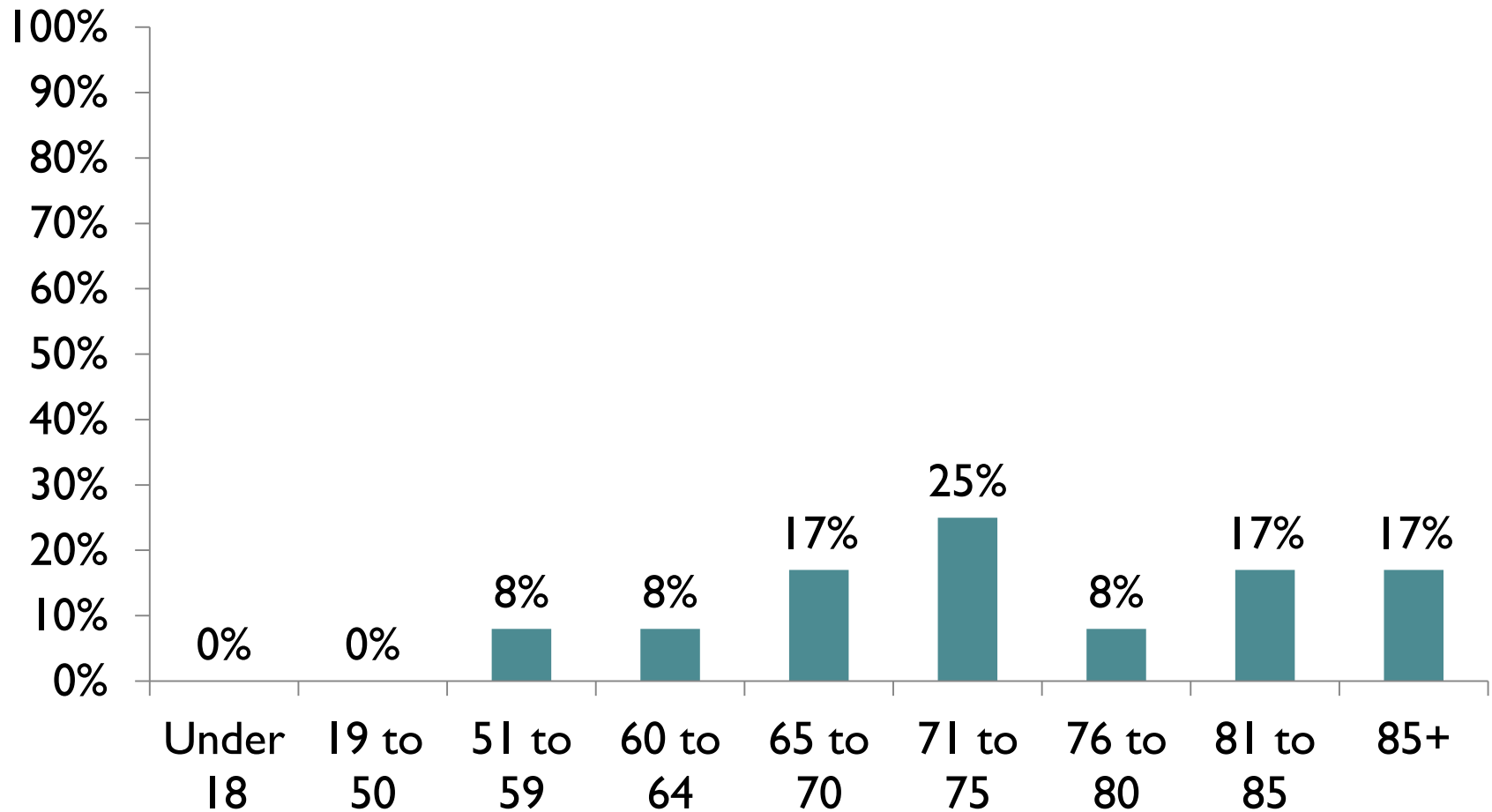
# Ages Here Today



Which age bracket are you in?

1. Under 18
2. 19 to 50
3. 51 to 59
4. 60 to 64
5. 65 to 70
6. 71 to 75
7. 76 to 80
8. 81 to 85
9. 85+

# Ages Here Today



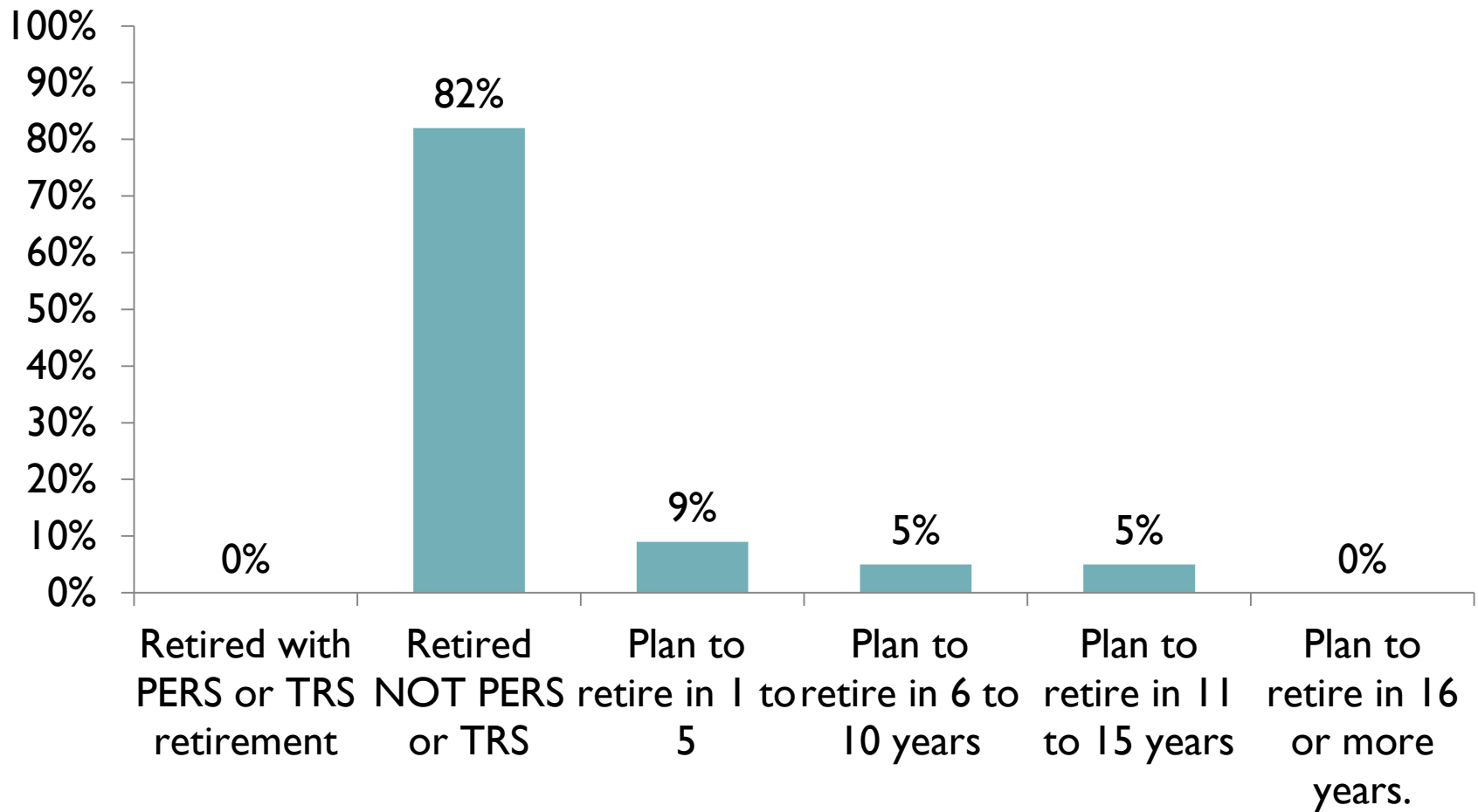
# Retirement Status



What is your retirement status?

1. I am retired with a PERS or TRS retirement.
2. I am retired but not through PERS or TRS.
3. I am not retired but plan to retire in 1 to 5 years.
4. I am not retired but plan to retire in 6 to 10 years.
5. I am not retired but plan to retire in 11 to 15 years.
6. I am not retired but plan to retire in 16 or more years.

# Retirement Status



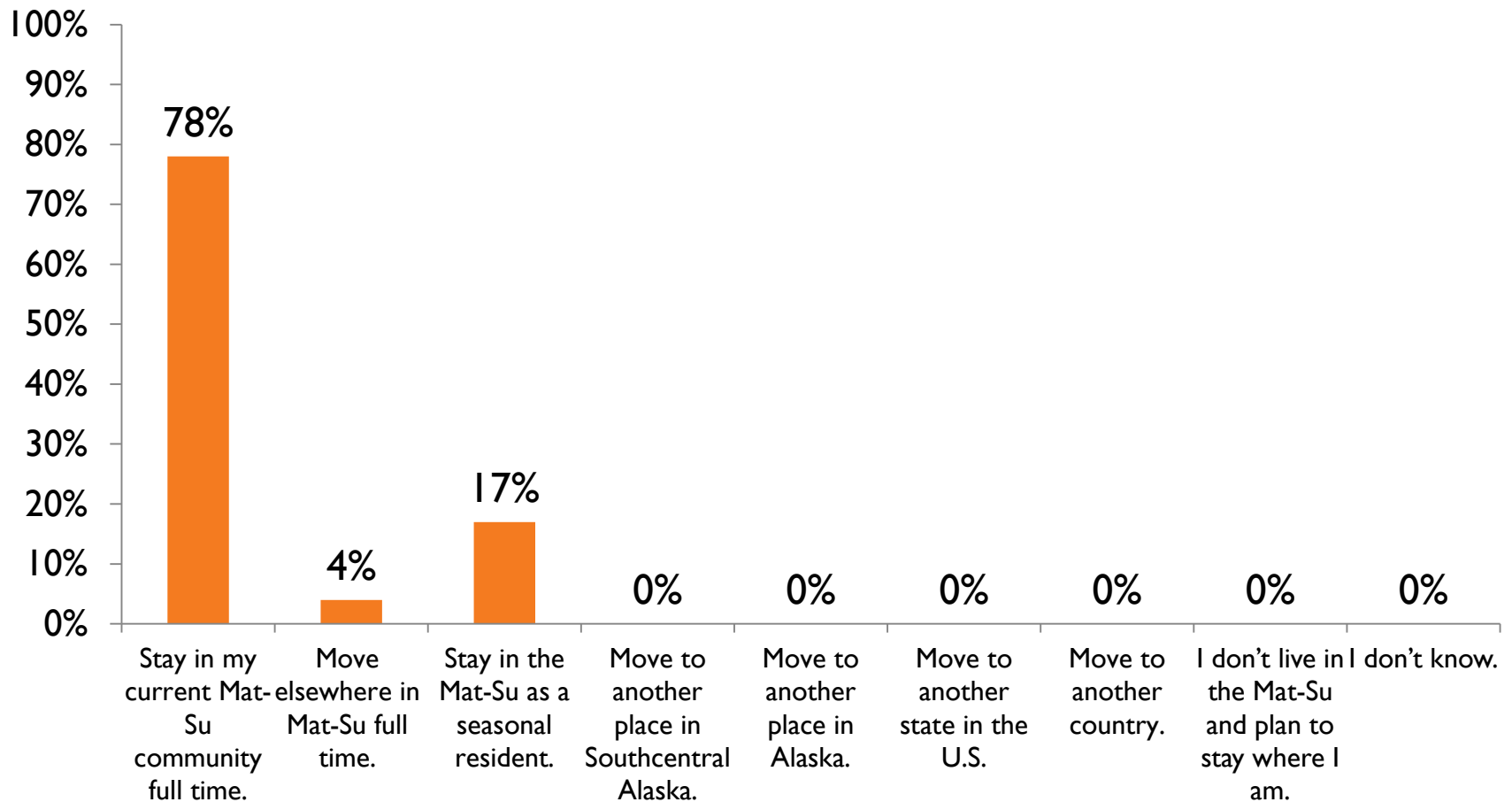
# Retirement Plans



When you retire, or if you are already retired, do you plan to:

1. Stay in my current Mat-Su community full time.
2. Move elsewhere in Mat-Su full time.
3. Stay in the Mat-Su as a seasonal resident.
4. Move to another place in Southcentral Alaska.
5. Move to another place in Alaska.
6. Move to another state in the U.S.
7. Move to another country.
8. I don't live in the Mat-Su and plan to stay where I am.
9. I don't know.

# Retirement Plans



# Reasons we live in the Mat-Su



How important are the following to your decision to live in the Mat-Su as you age? **Please choose three: select one choice (press send), select another choice (press send), select a third (press send).**

1. Family nearby
2. Work
3. Lived here since childhood
4. I want to stay in my home
5. Available support services for seniors
6. Available medical services
7. Sense of community
8. Affordability
9. Cultural and recreation opportunities
10. Climate
11. Other, not listed



# Why we live in the Mat-Su

- 12 Family nearby
- 10 Sense of community
- 8 Available support services for seniors
- 7 Available medical services
- 6 Affordability
- 5 Cultural and recreation opportunities
- 5 I want to stay in my home
- 3 Climate
- 2 Work
- 2 Other, not listed

# WASI Membership



Select the statement that most closely reflects your affiliation with WASI.

1. Currently live at WASI (*resident*).
2. Do not live at WASI but participate in services here (*member*).
3. Live at WASI and receive services here (*resident + member*).
4. Would like to live at WASI or receive services here in the future (*prospective resident or member*).
5. Do not live at WASI and do not receive services here.
6. Have family who lives at WASI or participates in services.
7. Other

# WASI Membership

- 9 Currently live at WASI (resident).
- 8 Do not live at WASI but participate in services here (member).
- 4 Live at WASI and receive services here (resident + member).
- 1 Have family who lives at WASI or participates in services.
- 1 Would like to live at WASI or receive services here in the future (prospective resident or member).
- 1 Do not live at WASI and do not receive services here.

# Services Currently Used



Which of the following programs do you use or have you used? **Choose all that apply; press send after each choice.**

1. WASI meals program
2. WASI Club 50 fitness center
3. WASI social events/programs
4. WASI equipment assistance
5. WASI housing
6. None

# Services currently used

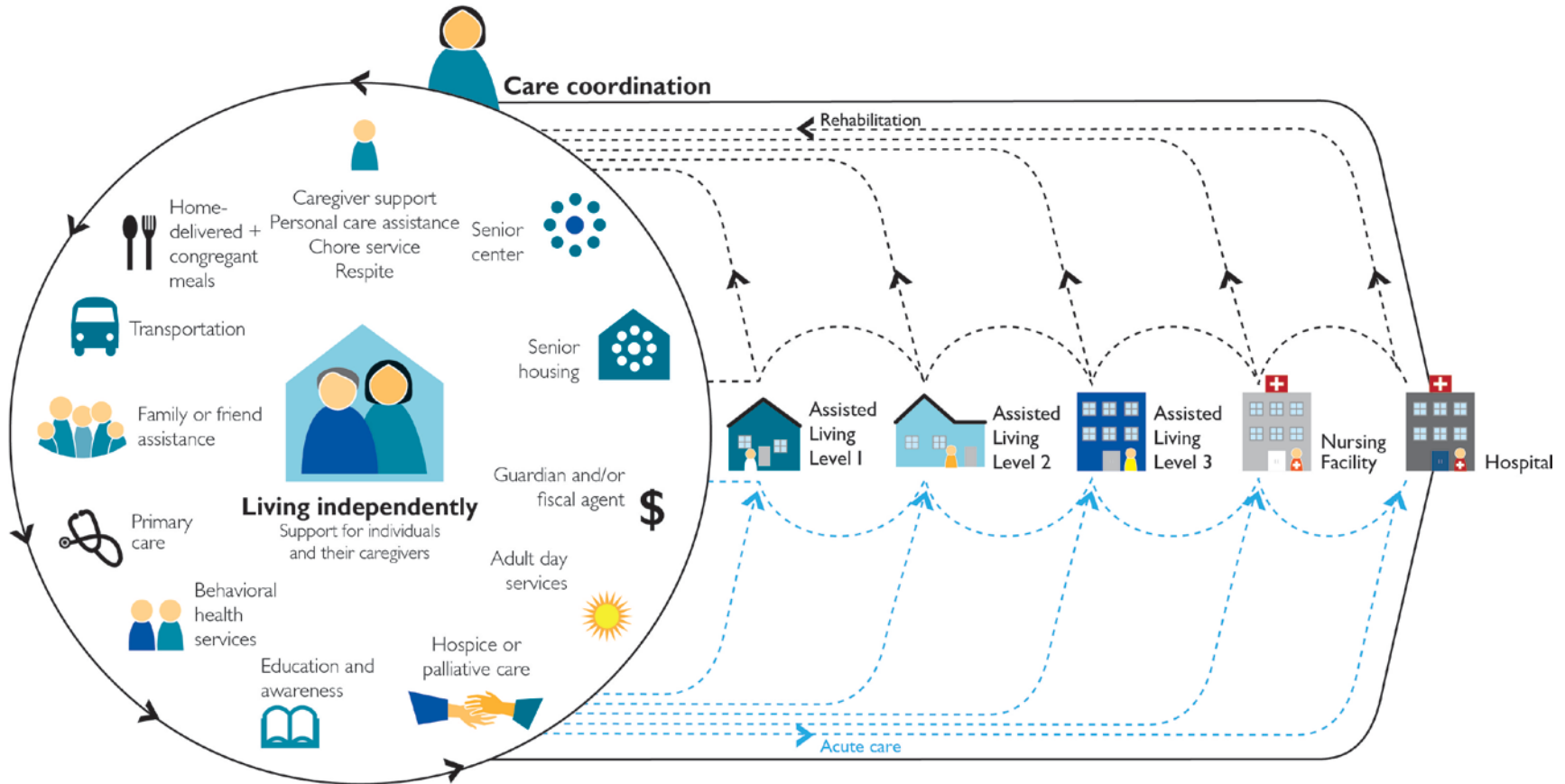
18	WASI meals program
17	WASI social events/programs
12	WASI Club 50 fitness center
9	WASI housing
3	WASI equipment assistance
2	None

# **CURRENT OPTIONS FOR SENIORS**

# What are the Options as You Age?

- Continue to live on your own
- Move into age restricted senior housing
- Move in with family
- Determine you need help with activities of daily living (dressing, bathing, chores, cooking, etc.)
  - Seek care in your home (family or paid)
  - Seek services in the community (meals, rides, adult day)
  - Seek care in assisted living
  - Seek care in skilled nursing

# What does a sustainable system of long-term services and supports look like?

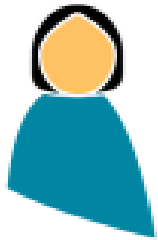


Goal is to move back to lowest level of care possible

Living independently      Level of care/need = **LOW**      Level of care/need = **HIGH**



# What are Community Based and In-Home Services?



Care Coordination (41 providers)  
Personal Care Attendants (25 providers)



Senior Centers: Mid-Valley, WASI, Upper Susitna, Palmer, Chickaloon Village Elder Outreach



Senior Information and Referrals at Senior Centers, Benefits counseling, Aging and Disability Resource Center (Mat-Su Links)



Meals on Wheels, Congregate meals at senior centers



Mat-Su Senior Services Transportation, Redi Rides, Taxi Voucher Program, Valley Mover, MASCOT



Mat-Su Regional Home Health & Hospice



Adult Day: Mat-Su Senior Services (Palmer + Big Lake), Respect Your Elders, Hearts and Hands



# What is Senior Housing?

- Communities where all, or most, of the residents have to be over 55 or 60 years old.
- Often provides activities and a sense of community.
- Can provide services like transportation, meals and housekeeping.
- Can include units restricted to seniors with lower incomes.
- Does not provide assistance with activities of daily living.

# Senior Housing in the Mat-Su

Location	Units	Waitlist
Wasilla	296	315
Palmer	83	168
Houston	18	30
Talkeetna	6	0
Willow	12	0
Sutton	8	0
<b>Total</b>	<b>423</b>	<b>513</b>



Susitna Senior Village, Talkeetna



Susitna Place,  
Wasilla



Chugach Estates, Palmer

# Costs

for senior housing and community based services

Location	Cost	Notes
Senior Housing	\$700 to \$2,800 per month	Depends on income level and services / amenities provided.
Personal Care Assistance / Chore Service	\$10 to \$25 per hour	Depends on provider
Adult Day	\$160 per day	Medicaid rate

# What is Assisted Living?

- Assisted Living is a residential setting for individuals with need for 24 hour supportive services.
  - Provides help with activities of daily living.
  - Provides food and other services.
- Nationally, fastest growing segment of long term care.
  - 25 percent of Medicare recipients in a long term care setting are living in assisted living. Up from 15 percent in 1992.<sup>2</sup>
  - Majority are female (70%)
  - Majority are older (75% over age 75)
- As of 2014, Alaska had 269 assisted living facilities for seniors with 2,394 beds.

# Assisted Living in the Mat-Su

Location	Homes	Beds	Waitlist
Wasilla	14	130	28
Palmer	7	120	270*
Houston	1	5	0
<b>Total</b>	<b>22</b>	<b>255</b>	<b>298</b>

*\* Includes 121 on the active wait list for the Alaska Veterans and Pioneers Home in Palmer*



Northern Comfort,  
Wasilla



Primrose  
Retirement  
Community, Wasilla



Colony Manor, Palmer



Tranquility Manor Estates, Palmer

# Assisted Living Costs

	Monthly Median	Yearly Median
Alaska	\$5,500	\$66,000
Arizona	\$3,150	\$37,800
California	\$3,750	\$45,000
Colorado	\$3,313	\$39,750
Idaho	\$3,275	\$39,300
Oregon	\$4,000	\$48,000
Washington	\$4,250	\$51,000

Source: Genworth cost of care survey, 2014 for one bed, single occupancy

# What is a Skilled Nursing Facility?

- Typically near by or associated with a hospital.
- Provides 24 hour medical care by nursing staff.
- Skilled nursing levels have decreased from 4.5% to 3.1% nationally.<sup>1</sup>



Providence Extended Care,  
Anchorage

- 96 beds
- Long-term skilled nursing and rehabilitation

[1] US Census Bureau, 65+ in the United States: 2010



# Skilled Nursing Facility Cost

Location	Monthly Median	Yearly Median
Alaska	\$20,000	\$240,000
Arizona	\$7,080	\$84,960
California	\$8,666	\$103,992
Colorado	\$7,665	\$91,980
Idaho	\$7,094	\$85,128
Oregon	\$8,060	\$96,720
Washington	\$8,500	\$102,000

\*Source: Genworth Annual Care Costs in 2014, State median cost, private room

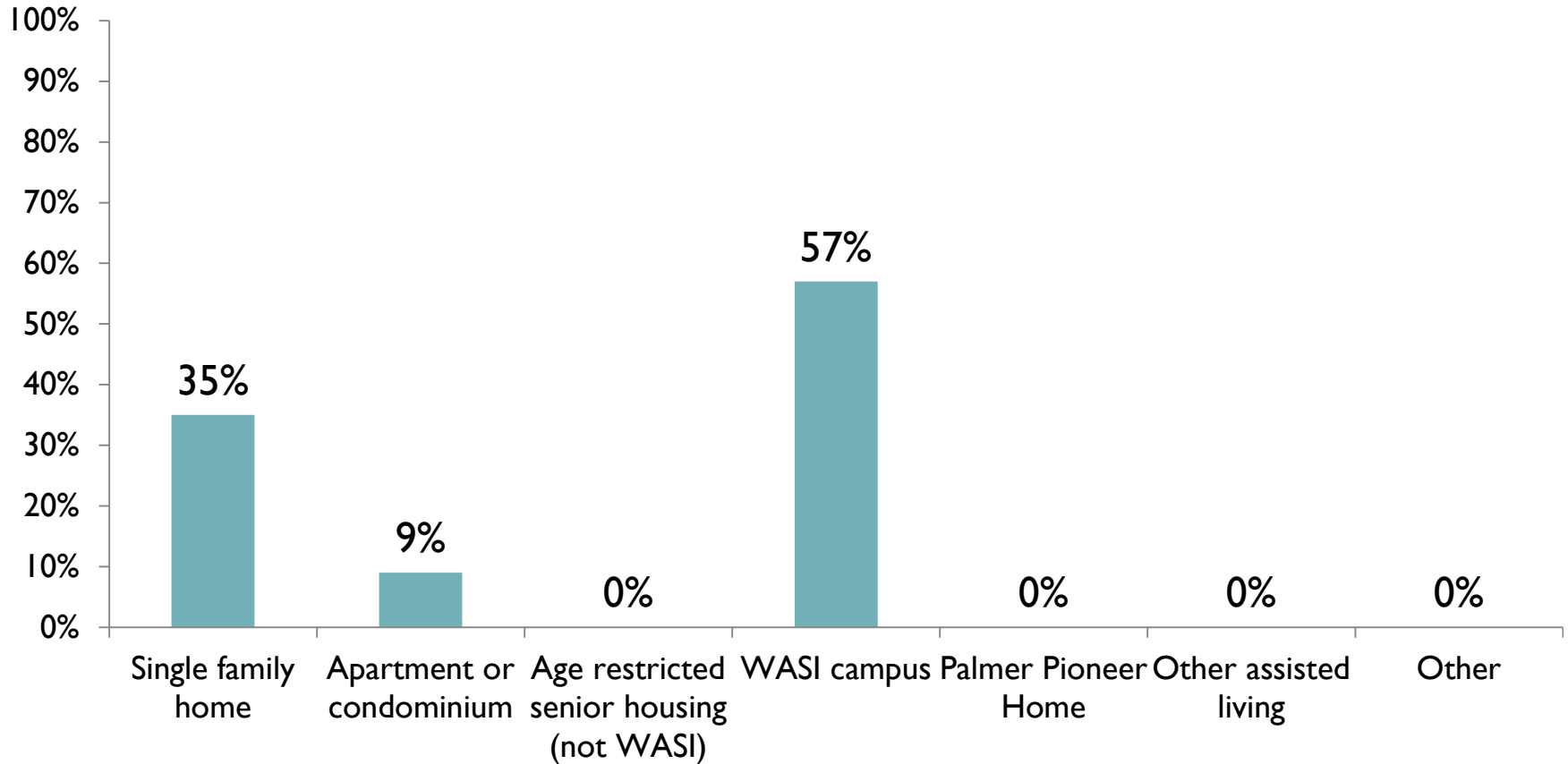
# Current Housing Situation



Which option below most closely reflects your current living situation? **Please only answer if you are 60 or over.**

1. I live in a single family home.
2. I live in an apartment or condominium.
3. I live in age restricted senior housing (not WASI).
4. I live on the WASI campus.
5. I live at the Palmer Pioneer Home.
6. I live at assisted living.
7. I have a different living situation than those listed above.

# Current Housing Situation



# Current Living Situation



Which option most closely reflects your living situation?

Please only answer if you are 60 or over.

1. I live alone.
2. I live with my spouse or partner.
3. I live with my adult children because I need assistance with bathing, cooking, or other activities of daily living.
4. I live with other family or friends because I need assistance with bathing, cooking, or other activities of daily living.
5. I live with family or friends because I enjoy the companionship.
6. I live with my family part-time.
7. I live with family or friends for other reasons not listed.

# Current living situation

- 67% I live alone.
- 30% I live with my spouse or partner.
- 4% I live with family or friends for other reasons not listed.

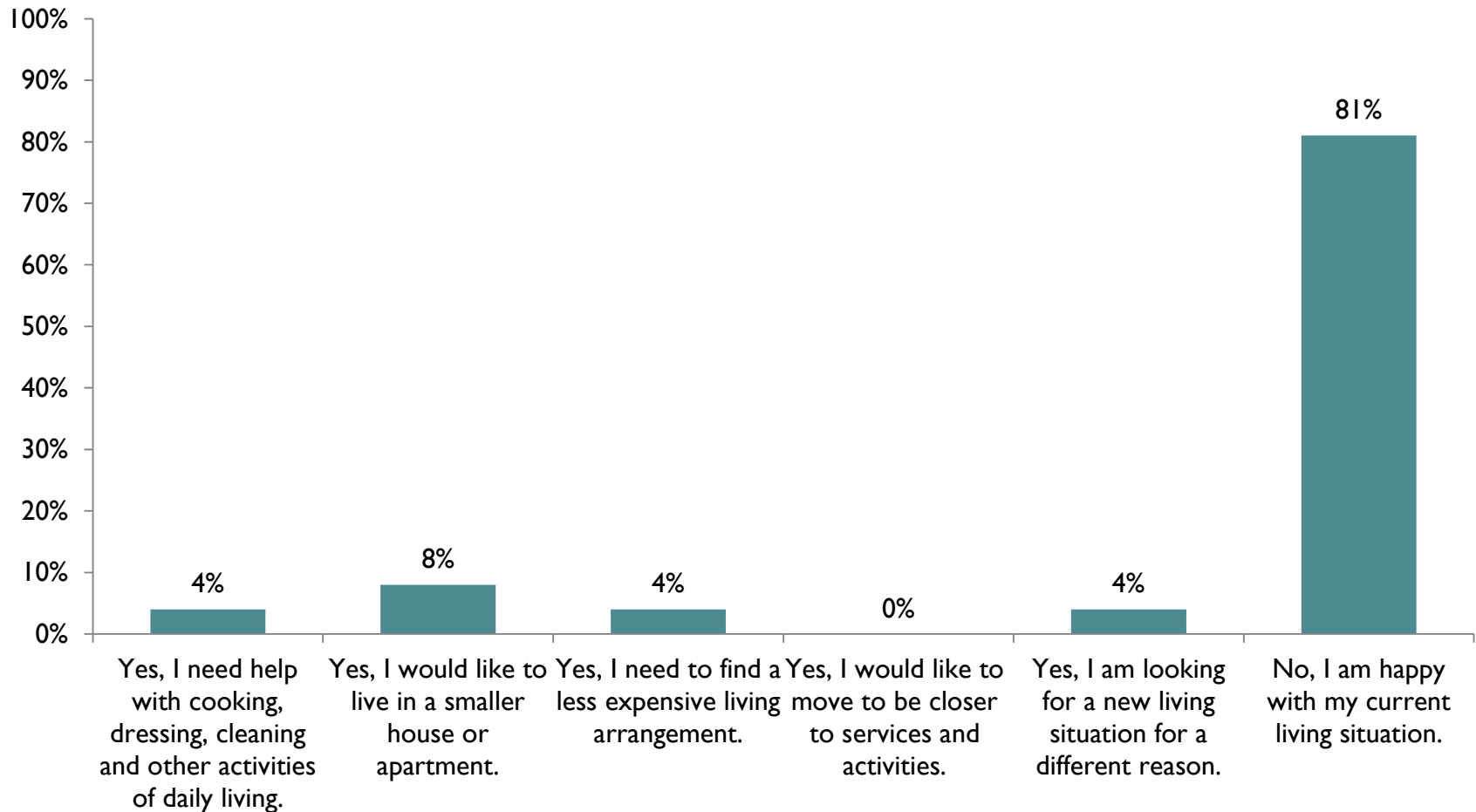


# New Living Situation

Are you seeking a new living situation; if so, for what reason? **Please only answer if you are 60 or over.**

1. Yes, I need help with cooking, dressing, cleaning and other activities of daily living.
2. Yes, I would like to live in a smaller house or apartment.
3. Yes, I need to find a less expensive living arrangement.
4. Yes, I would like to move to be closer to services and activities.
5. Yes, I am looking for a new living situation for a different reason.
6. No, I am happy with my current living situation.

# New Living Situation



# Family Caregivers



Which statement below most closely captures your opinion about the role of family and friend caregivers?

1. My family and friends will be my main source of support as I age.
2. My family and friends can provide some services and supports but do not have the resources or time to do everything that could be required.
3. I don't want to burden my family and friends with care and would rather hire caregivers.
4. I don't have family or friends who can provide services and supports as I age.



# Family Caregivers

- 37% My family and friends can provide some services and supports but do not have the resources or time to do everything that could be required.
- 27% I don't have family or friends who can provide services and supports as I age.
- 23% My family and friends will be my main source of support as I age.
- 13% I don't want to burden my family and friends with care and would rather hire caregivers.

# Most Important Services/Supports



What do you think are the two (2) most important services and supports for older residents as they age? **Pick two (2) and press send after each.**

1. Age restricted senior housing
2. Housing closer to services + activities
3. Apartments or condominiums
4. Help with household chores
5. Services such as meals, rides, respite, etc.
6. Senior social, recreation opportunities and events
7. Mental health services for older residents, especially those with dementia
8. Information services
9. Assisted living
10. Skilled nursing
11. Adult Day
12. Other not listed

# Most Important Services/Supports

- 10 Services such as meals, rides, respite, etc.
- 8 Senior social, recreation opportunities and events
- 6 Housing closer to services + activities
- 5 Help with household chores
- 5 Assisted living
- 5 Age restricted senior housing
- 2 Skilled nursing
- 2 Information services
- 2 Other not listed
- 1 Mental health services for older residents, especially those with dementia

# Service Gaps in the MSB



Which two (2) services/supports do you think are the biggest gaps in the MSB? **Pick two (2) and press send after each.**

1. Age restricted senior housing
2. Housing closer to services + activities
3. Apartments or condominiums
4. Help with household chores
5. Services such as meals, rides, respite, etc.
6. Senior social, recreation opportunities and events
7. Mental health services for older residents, especially those with dementia
8. Information services
9. Assisted living
10. Skilled nursing
11. Adult Day
12. Other not listed

# Service Gaps in the MSB

- 7 Services such as meals, rides, respite, etc.
- 6 Age restricted senior housing
- 5 Housing closer to services + activities
- 4 Skilled nursing
- 4 Assisted living
- 3 Apartments or condominiums
- 3 Mental health services for older residents, especially those with dementia
- 2 Help with household chores
- 2 Senior social, recreation opportunities and events
- 2 Other not listed
- 2 Information services

# POTENTIAL SOLUTIONS

# Small Group Break Out Session

20 minutes, then report back

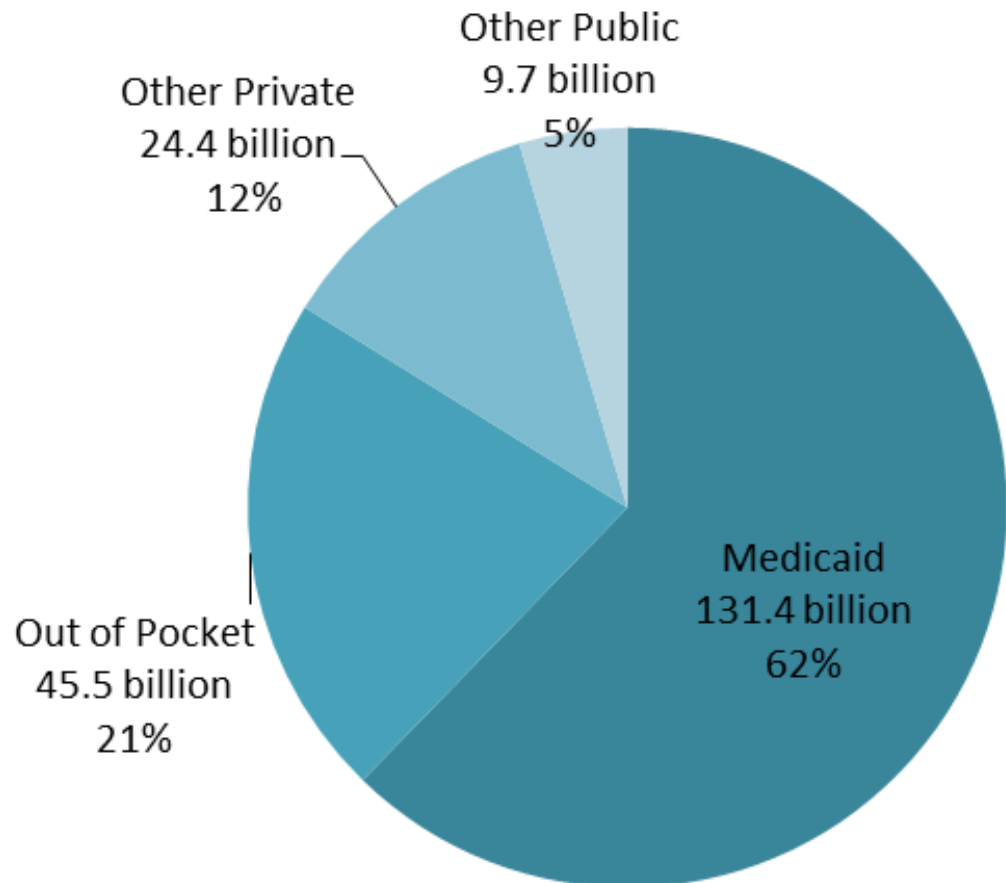
- What are the biggest gaps that you see in the continuum of care for seniors in the Mat-Su?
- What potential solutions should be considered?
- How can WASI be part of the solution? What services should they provide on campus? What services should they provide off campus?
  - Please identify the top 3 services that WASI should provide on the campus on the map.

# How Long Term Care is Paid For

Share of Funding for Long-term Services and Supports  
(National), 2011

## Common Sources:

- Medicaid
- Medicare
- Family Caregivers
- Private Pay
- Long Term Care Insurance

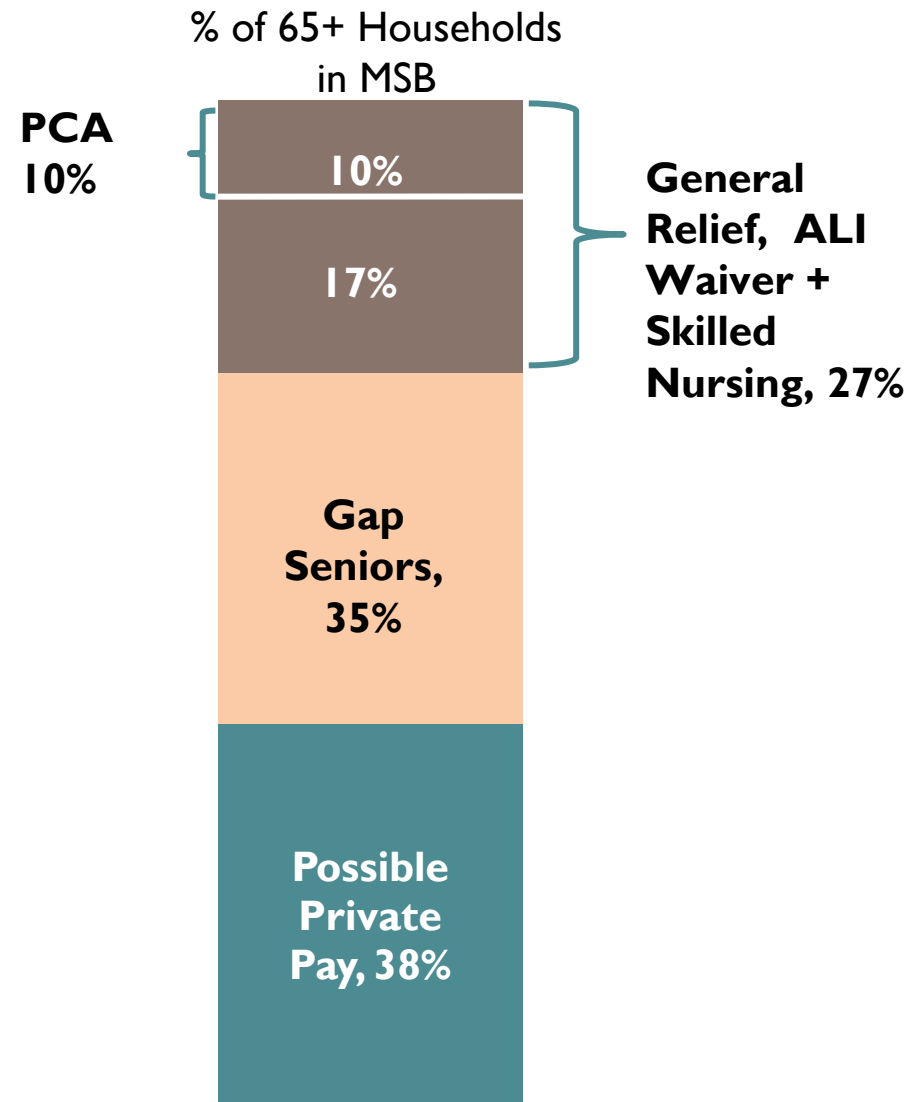


Source: Health Policy Institute, Georgetown University, 2011.



# MSB Possible Payer Mix in MSB Based on Income Levels

<b>Medicaid PCA</b>	<b>65+ Households under \$15,000 in income</b>
<b>General Relief, Medicaid Waiver, Medicaid Skilled Nursing</b>	<b>65+ Households under \$25,000 in income</b>
<b>Gap Seniors</b>	<b>65+ Households between \$25,001 and \$59,999 in income</b>
<b>Possible Private Pay</b>	<b>65+ Households \$60,000 in income and Over</b>



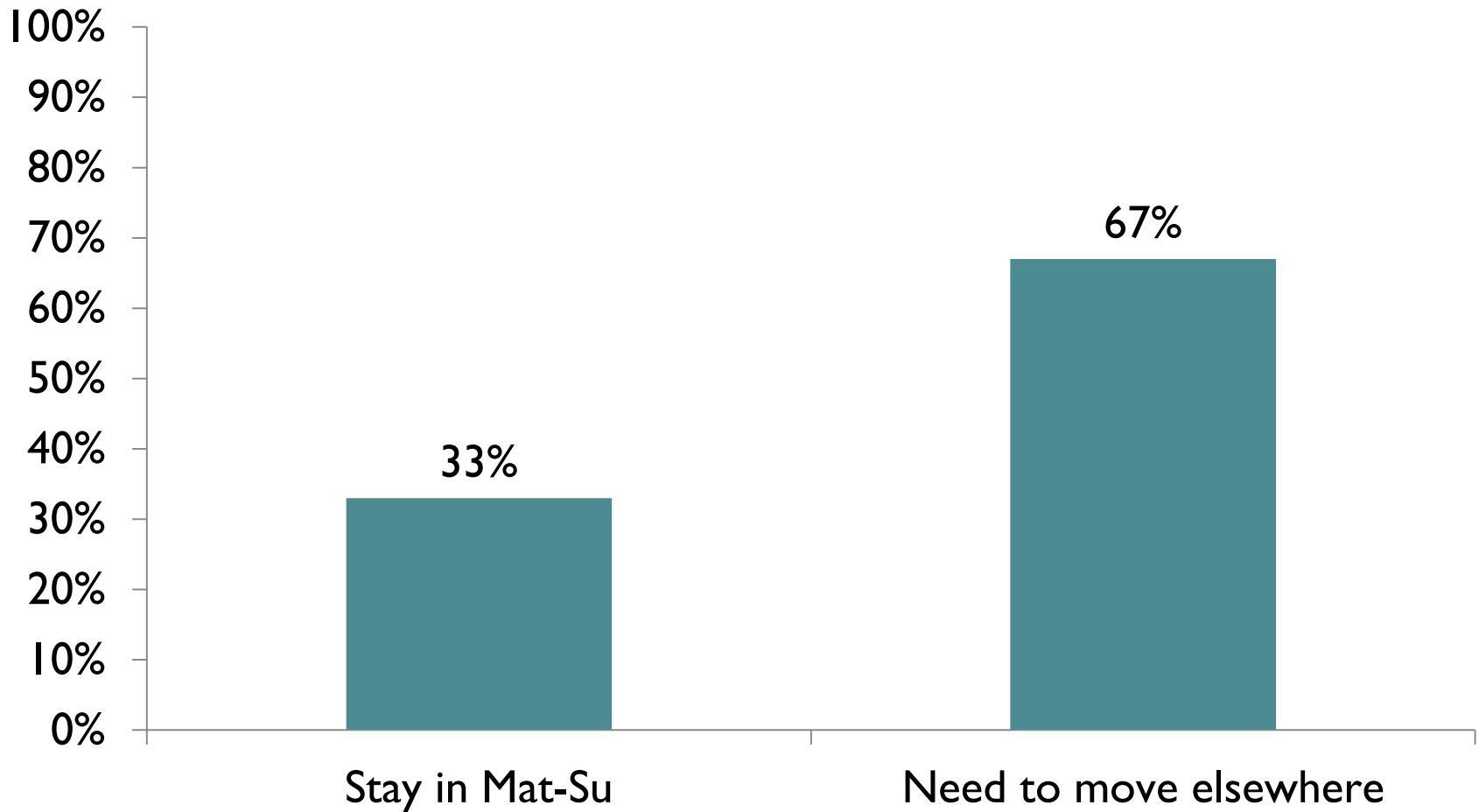
# Assisted Living Choice



In Mat-Su, the average cost of assisted living is at least \$5,000/month. Knowing these current costs, if you needed assisted living outside of your own home would you:

1. Stay in Mat-Su
2. Need to move elsewhere

# Assisted Living Choice



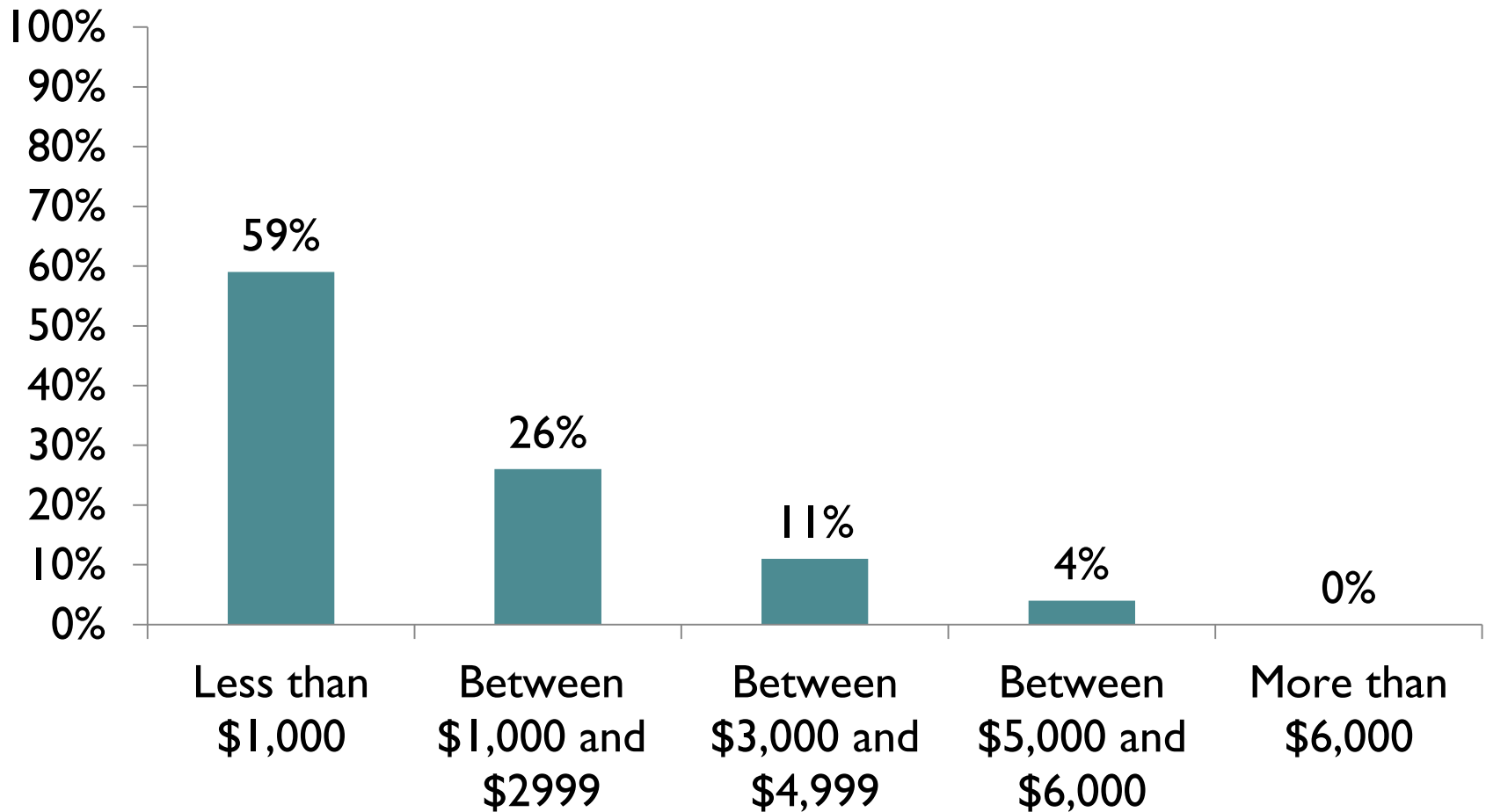
# Willingness to Pay for Assisted Living

(per month)

What is the most you would be willing and able to pay for assisted living per month?

1. Less than \$1,000
2. Between \$1,000 and \$2999
3. Between \$3,000 and \$4,999
4. Between \$5,000 and \$6,000
5. More than \$6,000

# Willingness to Pay for Assisted Living (per month)



# Willingness to Pay for Senior Housing

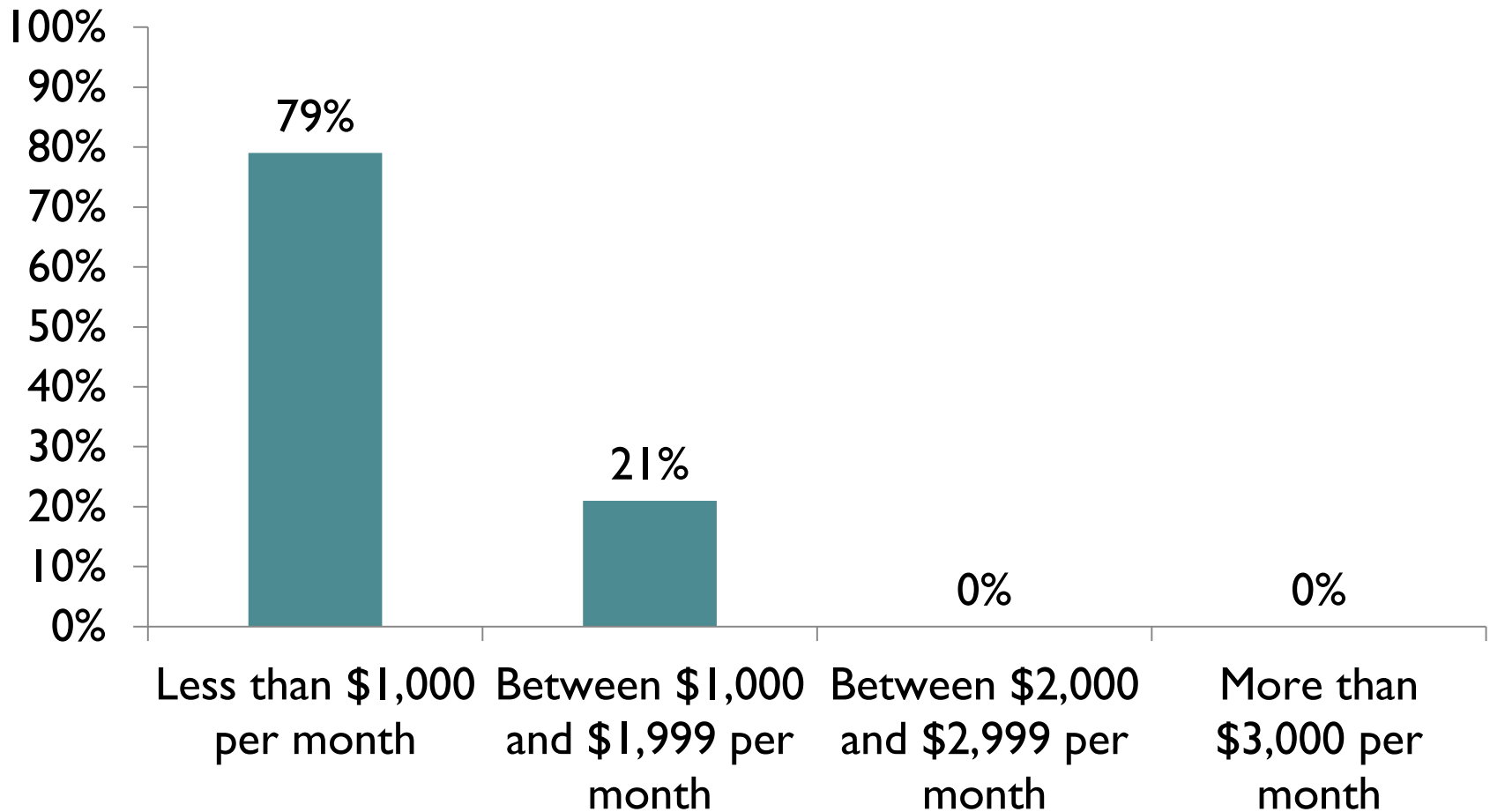
(per month)



What is the most you would be willing and able to pay for senior housing in the Mat-Su? Assume the rent is for a 1 bedroom and includes one meal a day, transportation 5 times a week, all utilities (including cable and internet), and resident activities.

1. Less than \$1,000 per month
2. Between \$1,000 and \$1,999 per month
3. Between \$2,000 and \$2,999 per month
4. More than \$3,000 per month

# Willingness to Pay for Senior Housing (per month)



# On-Campus Services



If the following services were readily available, which three (3) of the following would be most important to be available at WASI (on-campus)? **Please only answer if you are a current or prospective WASI resident/member.**

1. Additional senior housing
2. Personal care assistance
3. Chore services
4. Assisted living
5. Memory Care Assisted living
6. Adult Day
7. Skilled nursing
8. Service other than those listed



# On Campus Services

15	Additional senior housing
14	Chore services
10	Personal care assistance
8	Assisted living
7	Skilled nursing
4	Service other than those listed
3	Adult Day
1	Memory Care Assisted living



# Nearby Services

If the following services were readily available, which three (3) of the following would be most important to be available nearby (within 10 miles of the WASI campus)? **Please only answer if you are a current or prospective WASI resident/member.**

1. Additional senior housing
2. Personal care assistance
3. Chore services
4. Assisted living
5. Memory Care Assisted living
6. Adult Day
7. Skilled nursing
8. Service other than those listed

# Nearby Services

11	Additional senior housing
10	Assisted living
10	Chore services
10	Skilled nursing
7	Personal care assistance
4	Adult Day
2	Service other than those listed
1	Memory Care Assisted living

# Income



In which of the broad categories does your total household income fall? **All answers will be confidential.**

1. \$0 to \$19,999
2. \$20,000 to \$39,999
3. \$40,000 to \$59,999
4. \$60,000 to \$79,999
5. \$80,000 to \$99,999
6. \$100,000 to \$149,999
7. \$150,000 or more

# **NEXT STEPS**

**Thank you for coming!**

**If you have questions after this event,  
please contact Chuck at (907) 376-  
3104.**

**[www.wasillaseniors.com](http://www.wasillaseniors.com)**



Rooted in dignity. Serving with respect.