

**RECOMMENDATIONS FOR ASSISTED LIVING  
IN GREATER ANCHORAGE AREA  
DECEMBER, 1992**

The assisted living environment is designed for the more frail population. It is a service-intensive living environment with social and support services. It combines a 24-hour-a-day nurse-monitored living environment with assistance (as required) in daily living activities such as dressing, bathing, grooming, hygiene, and assisted self-administered medication. A private living unit is maintained with housekeeping, all utilities, three meals a day, scheduled transportation, social and recreational activities, and emergency call provisions. The emphasis will be on wellness and independence to the greatest extent possible.

(Current Alaskan regulations refer to this type of service as Residential I and II, however the Older Alaskan's Commission (O.A.C.) is working on proposed legislation to change this to Assisted Living and Adult Foster Care).

**Community Need**

The March, 1991 survey of providers conducted by the O.A.C. indicated assisted living as the foremost need for long term care of the elderly. Others concur: Alaska Housing Finance Cooperation Special Needs Committee, discharge planners and social work staff in our institutions.

Alaska elderly population (65+) is among the fastest growing in the nation and is expected to double in size by 2010. At present the group numbers 22,369 or 4.1% of the state's population. The 80+ component is increasing rapidly and will triple by 2010. Over the past decade we have seen a stronger migration of non-Native elderly to urban areas. Nearly a quarter of all seniors live alone and 5% live in "group quarters"-Pioneer Homes, nursing facilities, etcetera.

To determine the need for assisted living in Anchorage we considered a number of factors:

1. 1990 Census Data

| <u>Year</u> | <u>Area</u> | <u>75+</u> | <u>85+</u> |
|-------------|-------------|------------|------------|
| 1990        | Anchorage   | 2,250      | 1,022      |
|             | Mat-Su      | 552        | 99         |
| 2000        | Anchorage   | 3,375      | 1,500      |
|             | Mat-Su      | 825        | 150        |

(The projected data for Year 2000 is an increase of 1.5%)

## RECOMMENDATIONS FOR ASSISTED LIVING

2. In a study carried out by the Urban Institute in 1989, they projected limitations on Activities of Daily Living at nearly 7% of those 65+ in 2 to 3 ADLs and another 6-7% in 4 or 5 areas. The same study suggests that 5% of those over 75 years of age will need community-based assistance with ADL needs, another 7% will require assistance with Instrumental ADL needs and 7% will need institutional care.
3. Living alone is often a precursor to needing outside help. Extrapolating from state data would suggest that over 2,000 individuals 65 and older living in Anchorage live alone.
4. Nursing facility residents who would more appropriately be served by assisted living as we've described it are estimated to range from 20-35%. In our case that would represent 60-105 individuals. Mary Conrad Center residents would qualify and 35% of those at Our Lady of Compassion Care Center, for a total of 160 individuals. Essentially all are Medicaid eligible.
5. Other care providers have also indicated a need for assisted living for their clients: Providence Home Health Care-approximately 10% of their clients; Beans Cafe-approximately 65 individuals; as well as many housing project residents, such as at Robert Rude, Chugach View and Chugach Manor.
6. Project CHOICE will spur development of assisted living as well as other community-based long term care programs with emphasis on the least restrictive and least costly programs.

### Outcome Goal:

By the year 1995, we will have 20-60 assisted living situations available in Anchorage. By the year 2000, we will have \_\_\_\_\_ assisted living situations available throughout Alaska.

Population to be served: Individuals 22+ who need assistance with three or more ADLs; expected emphasis on the frail elderly.

### Alternative Living Environments which may compete with our Assisted Living.

Susitna House - A 60-unit senior housing project, located at "C" and 76th Avenue. Project design includes studios (483 sq feet), one- and two-bedroom units; 24 independent units housing 27 individuals and 36 assisted care units for 50 people. Rental includes three meals per day, daily housekeeping, medication supervisor, bathing assistance, daily living assistance when necessary, transportation related to medical appointments and 24-hour supervisor. AHFC financing has been approved.