



Alaska Resource Guide

Updated April 2024



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CAREGIVER RESOURCES

National Family Caregiver Support Program

Services provided to the unpaid family or informal caregiver of anyone 60 and over, caregivers of anyone with Alzheimer’s or dementia, or grandparents, or relatives, who are 55 and over, caring for relative children. Services include information services, respite, caregiver support groups, caregiver training and supplemental services.

Alaska Department of Health, Senior & Disabilities Services

Anchorage Office

1835 Bragaw St.
Suite 350
Anchorage, AK 99508
(907) 269-3666

Juneau Office

360 Main St.
Suite 503
Juneau, AK 99811
(907) 465-3372

Fairbanks Office

751 Old Richardson Hwy.
Suite 100a
Fairbanks, AK 99701
(907) 451-5046

Medicare Information Office

The [Medicare Information Office](#) is funded through two programs of the federal Administration for Community Living: State Health Insurance Assistance Programs (SHIP) and Senior Medicare Patrol (SMP).

- SHIP funds personalized counseling, education and outreach to Medicare beneficiaries and their families. This helps people better understand and use their Medicare benefits.
- SMP funds education for Medicare beneficiaries and others on how to spot and report potential Medicare errors, fraud, waste and abuse.

The Anchorage staff and statewide network of counselors offer:

- One-on-one counseling to medicare beneficiaries and their families.
- Tips on how to spot and report Medicare errors, waste and fraud.
- Classes on Medicare.

Anchorage Office (by appointment only)

1835 Bragaw Street, Suite 350
Anchorage, AK 99508
Phone: (907) 269-3680

Toll-free within Alaska: 1-800-478-6065



VA Caregiver Support

[VA Alaska](#) health care offers a number of services to support you and the Veteran you care for. Ask a caregiver support coordinator to help you find what you need, whether it's in-home help, someone to listen, or anything in between.

If you are a caregiver for a Veteran, you can get support by contacting a VA Alaska caregiver support coordinator. We can help with:

- Getting caregiver assistance available through VA
- Matching you with services and benefits
- Connecting you with local resources and programs

Connect with a VA Alaska health care support coordinator:

Tara M. Stablein LICSW, CCM
Caregiver Support Program Manager
Phone: 907-375-2606
Email: Tara.Stablein@va.gov

Roland Cabiad RN
Caregiver Support Coordinator
Phone: 907-257-7439
Email: Roland.Cabiad@va.gov

The [VA Caregiver Support Program](#)'s Support Line – 1 (855) 260-3274 – is available if you need support outside of the Alaska region, have questions about caregiver support services nationwide, or just need someone to listen right now.



Caregiver Support Groups in Alaska

Alzheimer's Resource of Alaska: [Caregiver Support Groups in Alaska](#)

[Alaska Caregiver Training Requirements](#)

- Personal Care Attendants: Must complete 75 hours of caregiver training including 59 didactic training and 16 hours skills training and 12 annual CEUs.
- Certified Nursing Aides: After completing a state approved CNA school program, CNAs in Alaska must complete 12 hours of CE annually.

Included in this package for Alaska Caregiver Training:

- Caregiver Certification Program (16-hour package) for caregivers or families looking to learn the basics or grow a career.
- Certified Nursing Assistant CEUs (12-hour package)

A few highlighted courses included in the caregiver training package for Alaska residents:

- HIV/AIDS: Focusing on the Individual
- Common Communicable Diseases
- Ethics and Personal Rights
- Learning to Communicate with Our Coworkers, Families, and Clients
- Understanding Cultural Differences
- Challenging Behaviors: After an Event
- Caregiver First Aid: Choking and Falls
- Responding to Weather Emergencies and Natural Hazards
- Helping Families Cope (Part 1)
- Caregiver Conduct: Regulations, Co-workers, and Families
- Environment IS Important (Part 1)
- Becoming a Caregiver
- Duties of a Caregiver

Caregiver Resource Guide

[This guide](#) from Alzheimer's Resource of Alaska is for care partners – family members, friends, neighbors – who care about someone with Alzheimer's disease and related dementia. This guide offers:

- Names and contact information for organizations (both Alaska-based and some nationwide) that provide information and support services.
- General information on topics like Technology and Financial Planning.
- Stages of the Disease: For each stage, details on what to expect, how to respond, services and resources* specific to that phase. The information provided on each stage is just a brief snapshot and is not meant to be a comprehensive description. In addition, the disease stages are not black and white; people may experience symptoms at different stages.



Aging and Disability Resource Centers

Alaska's ADRCs connect seniors, people with disabilities, and caregivers with long-term services and supports of their choice. The ADRC network serves Alaskans statewide, regardless of age or income level through regional sites. ADRCs are part of a federal effort to help people more easily access the long-term services and supports available in their communities. That might include transportation, assistive technology, or in-home care. The ADRC goal is to be a trusted resource. ADRC specialists counsel callers and visitors on long-term supports that fit their circumstances. People choose which services they would like, then the ADRC specialists help people access those services. The State of Alaska administers the ADRC grant through, and in partnership with, the regional sites.

For assistance, please call the statewide number 1-855-565-2017 toll-free.

REGIONAL OFFICES

Anchorage: [Municipality of Anchorage ADRC](#)

825 L Street, Suite 203
Anchorage, AK 99501
(907) 343-7770

Southeast Alaska: [Southeast Alaska Independent Living Center \(SAIL\)](#)

8711 Teal Street, Unit 300
Juneau, AK 99801
1 (888) 487-1025

Kenai Peninsula, Valdez-Cordova and Kodiak: [Independent Living Center \(ILC\)](#)

47255 Princeton Ave, Suite 8
Soldotna, AK 99669
(907) 262-6333

Mat-Su Valley: [LINKS](#)

777 N Crusey Ave, Suite 101
Wasilla, AK 99654
(907) 373-3632

Fairbanks, Yukon-Koyukuk, Denali & North Slope Alaska: [ADRC North](#)

(Fairbanks Senior Center)
1424 Moore Street
Fairbanks, AK 99701
(907) 452-2551

Western Alaska (Aleutian Islands, Lake and Peninsula, Bristol Bay, Dillingham, Bethel, Kusilvak, Nome and Northwest Arctic): [Bristol Bay Native Association](#)

Box 310
Dillingham, AK 99576
1 (844) 842-5257
(907) 842-1902



Disability resources

Developmental Disabilities Resource Connection (DDRC)

The DDRC program assists individuals with developmental disabilities and their families wishing to access services through State of Alaska Developmental Disabilities Programs. The DDRC Program is often the “point of entry” for accessing services. Assistance may include: applying for eligibility; referral to a wide variety of resources in their home community; completing forms and gathering documentation for Medicaid, the Registration and Review, other public programs; and/or applying for Mini-Grants.

Safety Net Funds are administered by Stone Soup Group and provide limited funding to individuals who were previously supported by grant funding and are not eligible to receive services through either the Individualized Supports Waiver or the Intellectual and Developmental Disabilities Waiver.

Stone Soup Group: (907) 561-3701

Main Office:

307 E. Northern Lights Blvd. Suite 100
Anchorage, AK 99503

Mat-Su Office:

777 N Cursey St. Suite B106
Wasilla, AK 99654

Access Alaska

[Access Alaska](#) encourages and promotes the total integration of people who experience a disability and senior Alaskans to live independently in the community of their choice. Access Alaska can answer questions and provide information about disability and senior related services including housing, employment, personal care, benefits, transportation, legal rights, education, emergency shelter, health care, and the Americans with Disabilities Act (ADA). Services offered:

- Information and Referral
- Peer Support
- Independent Living Skills Training
- Individual and Systems Advocacy
- Deinstitutionalization and Transitions
- Consumer Directed Personal Care
- Durable Medical Equipment Loan Closet

General Relief Assisted Living Home Program

The [General Relief program](#) provides temporary financial assistance for assisted living home placement to eligible adults who require the protective oversight of an assisted living home. General Relief services include



supportive and protective services in the activities of daily living and in the instrumental activities of daily living but does not include nursing or medical care. The financial assistance provided by the General Relief program includes a financial contribution by the participant towards the care provided based on the participant's countable income. Participants in the General Relief program retain \$100 of their countable monthly income as a personal-needs allowance. The remainder of their monthly countable income goes towards their cost of care for General Relief services and is paid directly to the assisted living home by the participant. General Relief participants receive a calculation sheet that contains the participant daily rate and the program daily rate when they move into an assisted living home. The General Relief program is 100% funded by State of Alaska General Funds as appropriated each year by the Alaska State Legislature.

Eligible adults are Alaska state residents age 18 and older who are at risk of abuse, neglect and exploitation by others. Applicants must meet income and resource limits and must apply for alternative financial assistance, including Medicaid and Adult Public Assistance. They must also meet one of more of the following criteria:

- A disability that is attributable to a severe and persistent mental illness, intellectual disability, or developmental disability that includes a significant deficit in the daily living skill necessary to function without supervision or support;
- A hearing, speech, visual, orthopedic or other major health impairment that significantly impedes participation in the activities general available to nonimpaired peers in the community;
- A significant deficit in adaptive behaviors in the area of self-care, communication of needs, mobility, or independent living.

General Relief Contacts: General.Relief@hss.soa.directak.net

Statewide Independent Living Council of Alaska

The majority of Statewide Independent Living Council of Alaska (SILC) members are appointed by the Governor of Alaska and are federally required to have disabilities. SILC strives to have members from all areas of the state who are diverse in age, disability, ethnicity/race, and gender. The SILC is a not-for-profit, consumer-controlled, non-governmental organization that develops, monitors, and evaluates the federally mandated Alaska State Plan for Independent Living. The SILC promotes the independent living philosophy statewide and provides support and technical assistance to the entire network of Centers for Independent Living (CILs). SILC is committed to promoting a philosophy of consumer control, peer support, self-help, self-determination, equal access, and individual and systems advocacy. They work with partners to increase accessibility and the integration of individuals with disabilities into the mainstream of society.

35555 Kenai Spur Hwy. PMB 285
Soldotna, AK 99669
(907) 263-2011



Dementia-specific resources

Alzheimer's Resource of Alaska

Alzheimer's Resource of Alaska is the leading source of information, support, and services in the state for individuals with disabilities, Alzheimer's disease, related dementias, and their families and caregivers. Their goal is to support Alaskans affected by Alzheimer's disease, related dementias and other disabilities to ensure quality of life. They do that by providing:

- [Care coordination](#) for Alaskans of any age with a disability.
- Educational [classes and webinars](#) for individuals and professional training.
- [Socialization and engagement activities](#).
- [Memory screenings](#) and consultations.
- Support for the 12,500 Alaskans living with Alzheimer's or related dementia and their care partners.

Anchorage

1750 Abbott Rd.
Anchorage, AK 99507
(907) 561-3313

Mat-Su

777 N. Crusey St. Suite B101
Wasilla, AK 99654
(907) 746-3413

Fairbanks

565 University Ave. Suite 2
Fairbanks, AK 99709
(907) 452-3376

Copper River Valley & Statewide (Online Support)

No physical office
(907) 822-5620

Alaska Mental Health Trust Authority

[The Trust](#) awards mini grants with an annual limit of one application of up to \$2,500 per beneficiary depending upon need. Mini grants are only awarded to an agency on behalf of a beneficiary. The Alzheimer's disease and related dementias mini grant program provides Trust beneficiaries with a broad range of equipment, supplies and services to improve their quality of life, increase independent functioning, and help Trust beneficiaries attain and maintain healthy lifestyles. Recipients must have Alzheimer's disease or related dementia. The application may be submitted by the beneficiary or on behalf of the beneficiary. Documentation of a qualifying Alzheimer's disease or related dementia condition must be included with the request. The Trust contracts with



the Alzheimer's Disease Resource Agency of Alaska to manage the mini grants on behalf of the Trust. For more information or to apply, please visit <https://www.alzalaska.org/minigrants/>.

If you have any questions, please contact Carrie Predeger, Grants Accountability Manager at the Alaska Mental Health Trust Authority, Carrie.Predeger@alaska.gov. [Guidelines](#)

Alzheimer's Association of Alaska

The [Alzheimer's Association](#) has many resources available to support individuals and families facing Alzheimer's and dementia, including a [24/7 Helpline](#) (1-800-272-3900). The Alzheimer's Association offers a variety of free, high-quality education programs for individuals and families affected by Alzheimer's disease and other types of dementia. Sessions are held live with time for Q&A. Alzheimer's Association support groups are a safe place for caregivers and loved ones of people with dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Tribal Aging Well Initiative

[Aging Well](#) is a system-wide initiative that builds off the foundation of robust services and resources already in use to optimize care for Elder customer-owners. The initiative aims to optimize care for older adults and promote wellness for customer-owners as they age. This aim will be achieved by standardizing care delivery, improving communication across the system, and encouraging customer-owners to partner with their integrated care teams to create a care plan tailored to what matters most to them. In summary, age-friendly care is:

- Customer-driven
- Whole-person care
- Preventative and proactive
- Includes customer-owner support systems



Dementia Education and Prevention Program

[Alaska's Dementia Education and Prevention Program](#) focuses on prevention and education relating to dementia, and treatment and care of Alaskans with dementia. Dementia is the term for a variety of conditions that cause memory loss and reduce problem-solving and thinking abilities that interfere with daily life. Across the nation, Alaska has the fastest growing population of adults 65 and older. An estimated 10% of Alaska seniors have Alzheimer's Disease and related types of dementia. The number of Alaskans with Alzheimer's disease is expected to reach 11,000 in 2025. The 32nd Alaska Legislature (2021–2022) passed a bill to create this new program within the Alaska Department of Health. The goal is to strengthen the health department's ability to work with partners to improve understanding of early signs of Alzheimer's disease and other types of dementia. This new program aligns the department with the existing work of the Alaska Dementia Action Collaborative. It will focus on health changes people can make to reduce their chances of developing dementia. The program also will also work to improve early diagnosis, treatment and resources for providers and caregivers.

3601 C St. Suite 722
Anchorage, AK 99503

Stephanie Smith, Dementia Education & Prevention Manager
(907) 269-8449