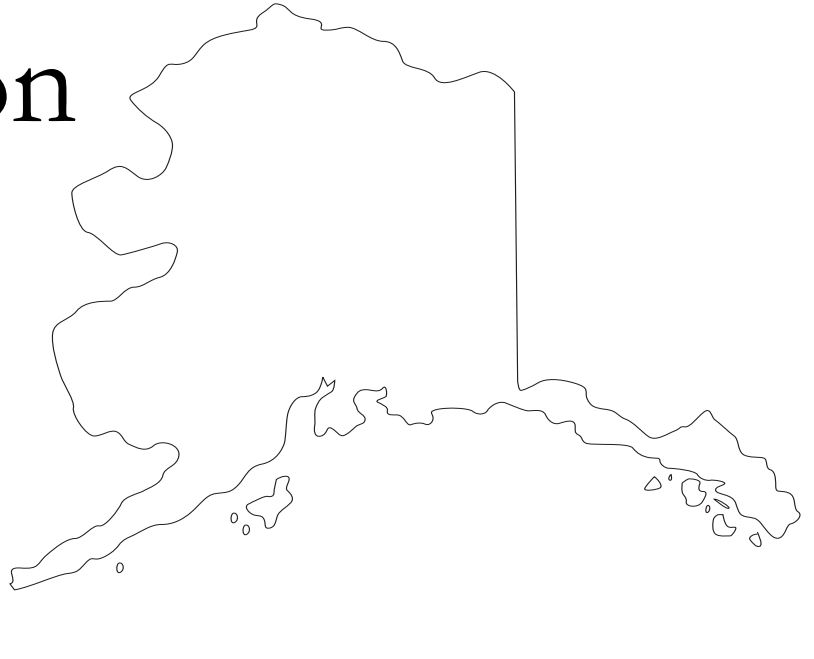


Information for Senior Alaskans



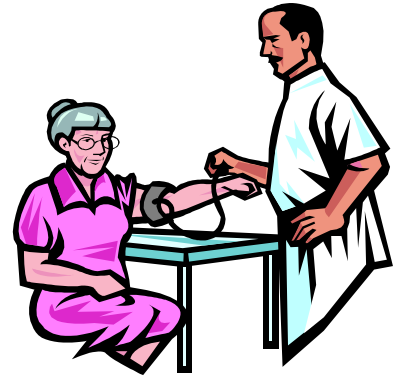
Recent discussions about the Longevity Bonus have made me aware that some senior Alaskans may not be familiar with the types of programs, services, and discounts that are available to assist them remain healthy, independent, and productive.

This brochure includes information about options for seniors' health care, social, financial, and housing needs. It also lists groups and agencies that can provide additional information. While I cannot guarantee that any particular program, service, or discount will be right for you, I encourage you to investigate which of them might assist you or a senior you know.

If you need more specific information about any of the programs listed in this brochure, please contact my office at 269-0181.

Senator Con Bunde

Medical Programs, Services, and Discounts



Alaska Medicare Information & Counseling Assistance 269-3680, 1-800-478-6065, 1-800-478-9996

Provides information about Medicare, Medicaid, Medicare Supplemental Insurance, Relocation, Medicare Savings Program, Long Term Care, Home Health Care, Medicare Fraud and Abuse, Private and Long Term Care Insurance and Assistance in finding a Medicare Participating Doctor.

Choice-Waiver Medicaid 269-3666, 1-800-478-9996

The Choice-Waiver Program is for Adults with Physical Disabilities ages 21 to 65, and for Older Alaskans, aged 65 and older, who meet nursing home level of care requirements and qualify for Medicaid. The program provides a variety of home and community based services for eligible Alaskans so that they may remain in the community safely and well cared for. Medicaid eligibility is based upon the client's financial resources and assets and is determined by the Department of Public Assistance.

Medicaid and the Medicare Savings Program 562-3617, 1-800-211-7470 or the Alaska Medicare Hotline at 1-800-478-6065

Medicaid, an entitlement program created by the federal government, is the primary public program for financing basic health and long-term care services for low-income Alaskans. Medical benefits are a crucial component of the safety-net services delivered through DPA.

National Association of Senior Friends Alaska Regional Hospital 264-1808

Seniors age 50 and older can join this organization for a nominal fee and get health screenings, exercise, outreach activities, assistance with health insurance claims and more.

Alaska Native Medical Center 257-1556, 257-1725

Information and referral, assistance in applying for Medicaid and Medicare.

Access Alaska Assistive Technology 248-4777, 1-800-770-4488

Assistive Technology is any item, piece of equipment, or system that is used to increase, maintain, or improve functional capabilities in the home. Daily Living Aids, Vision & Hearing, prosthetics, home medical equipment, portable ramps, vehicle lifts, and stair lifts are examples.

Denali Home Health 272-1275

Home medical equipment loaned to you at no charge.

Dental:

Mabel T Caverly DEAP Program (Dental, Eyeglasses, Hearing Aids, Prescription Drugs) 279-1496 or www.alaska.net/~ariana/deap.html. The program provides qualifying individuals, ages 55 and over, a \$300.00 reimbursement for the cost of dental work, eyeglasses, hearing aids, or prescription drugs.

Donated Dental Services 1-877-861-6028, 1-800-478-6065

A statewide program to provide dental care with the donated time and service of local dentists. Contact for an application.



Anchorage Neighborhood Health Center 278-2268

Provides dental care on a sliding fee scale.

University of Alaska-Anchorage's Allied Health Science Program 786-1701

A nominal fee is charged for dental exams, x-rays and cleaning.

Alzheimer's Resource Agency 561-3313

Micro-grants available for dental services if the patient has an Alzheimer's or Dementia diagnosis.

Hearing:

Hearing Outreach 522-7540

Contact Dave Calvert for help in obtaining reduced rates on hearing aids and products.

Alaska Relay 562-2520

For individuals with hearing impairments. A free TTY machine is available if you meet the income eligibility guidelines.

Deaf and Hard of Hearing Center 276-3456, 1-800-770-2456

Provides independent living skills and communication training, referrals and support.

Eyeglasses and Assistance for the Visually Impaired:

Lion's Club 566-1597

A program providing free eyeglasses.



AK Center for Blind and Visually Impaired 248-7770 or www.alaskabvi.org

Provides many free services for seniors with visual impairments, including home assessments, help with daily living skills, and assistive devices.

Clinics:

Anchorage Neighborhood Health Center 257-6400, 792-2300

Medical and Dental Services available on a sliding fee scale. Also accepts Medicare and Medicaid.

Providence Family Practice Clinic 562-9226

Medical Services available on a sliding fee scale. Also accepts Medicare and Medicaid.

Prescription Drugs Discount Programs

*Ask your pharmacist which of these programs may apply to your prescription medications.
Income restrictions may apply.*

AARP Member Benefits

Includes Pharmacy Services, which provides discounts on prescriptions, over-the-counter medicine, and medical supplies.

1-800-456-2277 or <http://www.aarp.org/benefits-health/>

Rx Assist

Information about pharmaceutical manufacturers' patient assistance programs. Examples of such programs are listed below.

www.rxassist.org

www.rxassist.org/pdfs/Comparative_Chart_of_Drug_Discount_Cards.pdf

GlaxoSmithKline Orange Card

1-888-672-6436

Average of 30% savings

Lilly Answers

Eli Lilly & Co. 1-877-795-4559

Average price is \$12.00 per prescription for a 30 day supply at participating pharmacies.

Novartis Care Card

1-866-974-2273

Receive 25% to 40% off the cost or \$12.00 per month per prescription.

Pfizer for Living Share Card

1-800-717-6005

Average of \$15.00 per prescription for a 30 day supply at participating pharmacies.

Together RX Card

1-800-865-7211

Receive 20% to 40% savings.



Getting Out and About and Having Fun



Senior Centers *(Please consult your local phone directory or OPAG (Older Persons Action Group), a local contact for Senior Programs, at 276-1059)*

Anchorage Senior Center 258-7823

Information, referrals, advocacy, notary and tax services, health education, meals and social events.

Mabel T. Caverly Senior Center 276-1496

Social and outreach activities, health education. Administers the DEAP program that helps to provide eligible individuals, ages 55 and over, with a micro-grant to help reimburse for the cost of Dental services, Eyeglasses, Hearing Aids and Prescription Drugs (see page 3).

Travel Assistance AnchorRide 562-8444

Door-to-door transportation for persons of any age who are unable to use the People Mover because of disabilities. Applications and reservations required.



State of Alaska Fish & Game License 1-907-465-6085

A sport fishing, hunting, or trapping license is not required of a resident who is 60 years of age and meets the license residency definition. A Permanent Identification Card will be issued without charge to persons who qualify by age and residence and who complete an application.

Golden Age Passport 271-2737

The U.S. Forest Service offers passes to U.S. residents age 62 and older.

Foster Grandparent/Senior Companion Programs 276-6472 1-800-770-6472

Become a Senior Volunteer and share the joy giving of your time along with added benefits for you such as: taxfree stipend per hour, transportation and meal reimbursement, free yearly physical, training, paid holidays, and a discount prescription drug program.



Retired and Senior Volunteer Program (RSVP), sponsored by Volunteers of America. 279-9630.

Volunteers age 55 & up have an opportunity to serve their community through significant volunteer efforts. They are located at 1650 East 19th Avenue, Anchorage, next to the Anchorage Senior Ctr.

Finding the Services You Need



Information and Referrals: 269-3669, 1-800-478-9996 (Ask for Marsha Rodriques.)

The Alaska Division of Senior and Disabilities Services provides information concerning senior programs throughout the state and refers callers to appropriate agencies.

OPAG, Older Persons Action Group 276-1059

1-800-478-1059

Provides guidance to Senior Services in Alaska. Publishes the monthly Senior Voice. Publishes the Directory for Older Alaskans, a guide to public and private programs available statewide.

Alaska Information 1-800-478-2221 or www.ak.org

For Alaskans seeking services, AK Info can help you locate services that you need in your community or throughout the state.

AARP Information Center 272-1444, 1-888-805-1540 or www.aarp.org

Provides information and resources, advocacy, consumer, and legal help, and a wide range of member benefits such as pharmacy discounts and insurance programs. Also see www.benefitscheckup.org produced by the National Council on Aging with assistance from AARP and other agencies.

Alaska Federation of Natives Elders Council 274-3611

Organization of Alaska Native Elders serving as a resource of information and program support.

Support Agencies:

Southcentral Foundation 265-4944, 265-4900

Home visits, information, referrals, and advocacy for Alaska Natives.

Catholic Social Services 276-5590

Information, referrals, and general support services.

Salvation Army Older Alaskans Program 349-0613

Headquarters for all senior services programs provided by the Salvation Army for those age 60 or older. Contact them to become a client. Meals, transportation services, information and referral, home helpers, employment, and adult day care.

Help Around the House:

Christmas in May 277-9627

Program for improving living conditions for seniors. Volunteers and sponsors work on home maintenance and improvements.



Interfaith Caregivers 261-5053

Interfaith Caregivers are volunteers who place their “faith into action” by providing a helping hand to adults coping with the effects of aging, illness, or disability.



Local Senior Centers

Please consult your local phone directory or OPAG at 276-1059. Many Senior Centers statewide receive funding through the Alaska Commission on Aging to provide chore services.

Salvation Army Older Alaskans Program 349-0613

Home Helpers program provides limited house cleaning services to seniors.

Respite Care, Home Care, Adult Day Care, and Alzheimer’s Services:

Home & Community Based Services 1-907-465-4798 or www.alaskaaging.org/hcb

Alaska Commission on Aging Home and Community Based Care Grants include adult day programs, care coordination, respite care, and a statewide Alzheimer's education and caregiver support program. Non-profit grantee agencies provide services to physically frail individuals over 60 years of age, individuals of any age with Alzheimer's disease or related disorders, and caregivers, to assist these Alaskans in maintaining as much independence as possible and improving their quality of life at home or in a community-based setting.

Personal Care Attendant Program 269-3666, 1-800-478-9996

PCA services are designed to help you perform activities of daily living (ADLs), such as bathing, dressing and grooming, toileting, eating; and in conjunction with ADLs, PCA helps with instrumental activities of daily living (IADLs), such as shopping, meal preparation and light housekeeping. If you are eligible, the cost of PCA services are paid by Alaska Medicaid or you can pay privately on a sliding fee scale.

Alzheimer’s Disease Resource Agency 561-3313

Information, referrals, support and education for caregivers and family members of people with Alzheimer’s.



Programs to Help Meet Expenses

Financial Assistance:

Alaska Senior Assistance Program 1-907-465-3200

The Alaska Senior Assistance Program is a new needs-based benefit program available to all Alaskan seniors age 65 or older who meet certain eligibility requirements. The Alaska Senior Assistance Program offers a cash benefit of \$120 per month, and will be available from September 1, 2003 through June 30, 2004, contingent upon availability of funds. *If you are receiving the current Longevity Bonus, an application for the new program will come in the mail with the last check. If you do not receive the Longevity Bonus, please call the number above to request an application.* Eligibility information and applications are also available online at <http://health.bss.state.ak.us/dpa/programs/asa/index.html>.

Mature Alaskans Seeking Skills Training (MASST) 1-907-465-3250

The Alaska Commission on Aging's Mature Alaskans Seeking Skills Training (MASST) program, federally known as the Senior Community Service Employment Program (SCSEP), provides training and part-time paid work experience opportunities for low income individuals ages 55 years and older. The program helps Alaska retain the valuable resources of older workers, while enabling older workers to maintain an independent lifestyle and make meaningful contributions to their communities.

Adult Public Assistance Program 269-6000

The Adult Public Assistance (APA) Program was established 15 years ago with the mandate to furnish financial assistance to needy aged, blind, and disabled persons and to help them attain self-support or self-care. People who receive APA financial assistance are over 65 years old, or have severe and long-term disabilities that impose mental and physical limitations on their day-to-day functioning.

Sales and Property Tax Exemptions 343-6770

Both veterans and seniors are eligible for the Municipality's property tax exemption program. Applications, procedures, and guidelines are available in the Property Appraisal Office at: 632 West 6th Avenue, Suite 330, Anchorage, AK 99501.

Heating Assistance 1-800-470-3058

The purpose of the Heating Assistance Program is to help low-income households with home heating expenses. Both homeowners and renters may apply for this program, which is funded by the federal Low-Income Home Energy Assistance Program (LIHEAP) Block Grant.

Meals and Food:

Salvation Army Older Alaskans Program 349-0613

Home delivered meals, meals on site for clients, Food Commodity sponsored by USDA and the Food Bank of Alaska.

Commodity Food Supplemental Food Program 276-1496, 258-7823

Sponsored by USDA and the Food Bank of Alaska. Contact your local Senior Center to participate or call Food Bank of Alaska at 272-3663.

Food Bank of Alaska 272-3663

The Food Bank of Alaska supports a vast network of some 270 non-profit agencies. These agencies help feed and care for over 70,000 hungry Alaskans across the state.

Nutrition, Transportation and Support Services 1-907-465-4876

Alaska Commission on Aging's Nutrition, Transportation, and Support Services Grants fund non-profit agencies to provide meals (in groups and in private homes) and nutrition and health education information to seniors. Grantees provide transportation services that enable seniors to maintain mobility and independence.

Food Stamps 269-6599

The Alaska Food Stamp Program provides food benefits to low-income households. The federal government funds 100% of the food stamp benefit. The State pays half the costs of operating the Food Stamp Program in Alaska.

Housing Assistance and Accessibility Programs:

Alaska Community Development Corporation 561-2232, 1-800-478-8080

Provides assistance with affordable housing, energy conservation, weatherization, and housing rehabilitation.

Alaska Housing Finance Corporation 338-6100, 1-800-478-2432

AHFC is committed to Alaska's senior citizens and strives to increase public awareness of seniors' housing needs. Public Housing and the Senior Housing Loan Program.

Cook Inlet Housing Authority 276-8822

Low-income housing for seniors in the Cook Inlet Region.



Legal Assistance and Protective Services:

Alaska Legal Services 272-9431, 1-800-478-9431

Provides legal services for socially and economically needy adults. Expanded services available for those 60 and older. Services are free.

Alaska Law Help www.alaskalawhelp.org

Alaska Law Help is a web guide to civil legal services for low-income persons and seniors.

Adult Protective Services 269-3666, 1-800-478-9996

Adult Protective Services prevents or stops harm from occurring to vulnerable adults. The harm they suffer may result from abandonment, abuse, exploitation, neglect, or self-neglect. Financial assistance is available for vulnerable adults that meet eligibility guidelines for the General Relief for Assisted Living Care Program.

Long-Term Care Ombudsman 334-4480

The Long Term Care Ombudsman's office investigates reports concerning the well being and rights of seniors who live in long-term care facilities. The office will also resolve concerns with other services to adults over 60.

Useful State of Alaska Websites for Seniors:

State of Alaska Division of Senior and Disability Services

Serving Seniors • Adults with Physical Disabilities and Seniors on Medicaid Waivers • Persons with Developmental Disabilities • Vulnerable Adults • Assisted Living Providers

www.hss.state.ak.us/dsds/

State of Alaska Information Website

A statewide directory of human services providers that can be tailored to your specific needs.

www.ak.org/

Alaska Pioneers' Home System

www.state.ak.us/admin/alp/pioneer.htm

**Senator Bunde cannot endorse any particular program,
plan, or service described in this brochure.
Please make your own inquiries to determine which of
them, if any, may best meet your needs.**