

Alzheimer's
Resource
of Alaska

2012 Annual Report



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Our Mission

To unite with Alaskans affected by Alzheimer's disease and related disorders to ensure quality of life until a cure is found.

A Message From the Leadership

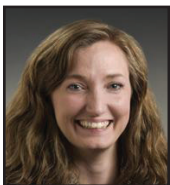
First, we would like to say thank you—to all our volunteers, donors, board, and staff. Without the generosity and support each of you provides, we would not be able to touch the lives of those affected by Alzheimer's and related dementia (ARD) as well as frail seniors in need of our services.


With over 6,000 Alaskans presently living with ARD and Alaska's aging population growing faster than any other state in the nation, the need for our services will continue to grow. In just ten years, this number is expected to double.

Our board and staff are working today to build a solid foundation for tomorrow in order to continue to provide the high level, professional direct care and educational offerings to those experiencing ARD, as well as their families and caregivers. We have effectively diversified our funding over the years. Government grants presently make up less than half or 49 percent of our annual revenues and our fees for services, available on a sliding fee scale, in order to meet the needs of all those we serve regardless of their ability to pay, now represents 39 percent of annual revenues. As we look back over the past 28 years, we have become the leading source of ARD information, support and services across the state and in FY 2012 we continued to advance our mission with our new dementia trainings and certification programs for professionals. Our Education Specialists and Board continue to increase public awareness and understanding of Alzheimer's and related dementia throughout the state.


Lastly, those serving on the board and staff are so honored to be a part of this organization at this important time. The present Alzheimer's Resource of Alaska board members, and our incredible staff, are tireless in their dedication to improve lives today and in the tomorrows to come. Their expertise, counsel and financial support, as well as the commitment of donors, partners, and volunteers, are critical to our continued success.

We sincerely appreciate your commitment of time, dedication, and your financial support. Whatever the role you play in this journey, please know that every bit counts to bring dignity and comfort to many lives until a cure is found.




Natasha Pope
Board President 2012




Dulce Nobre
Executive Director

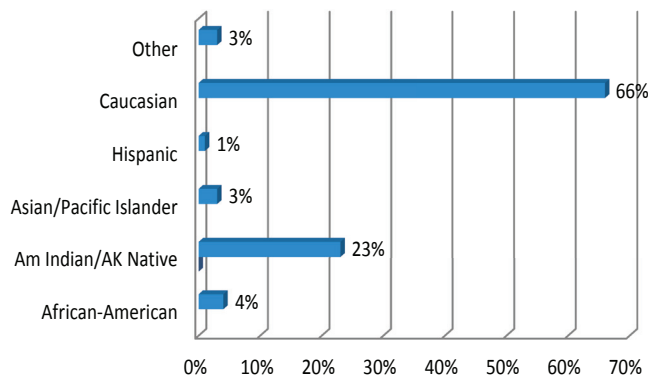
Alzheimer's Resource of Alaska Overview

Alzheimer's Resource of Alaska is the leading source of information, support and services in the State of Alaska for Alzheimer's disease and related dementia (ADRD).

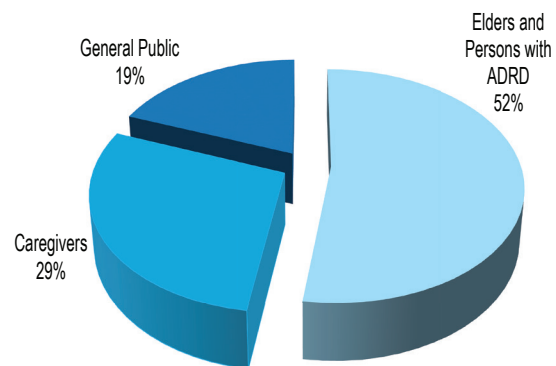
We are a 501(c)(3) non-profit organization serving individuals of any age with ADRD, frail elders and their caregivers since 1984.

Our clientele is ethnically diverse and our staff is trained to be cognizant of cultural differences.

Ethnic Diversity in those Served

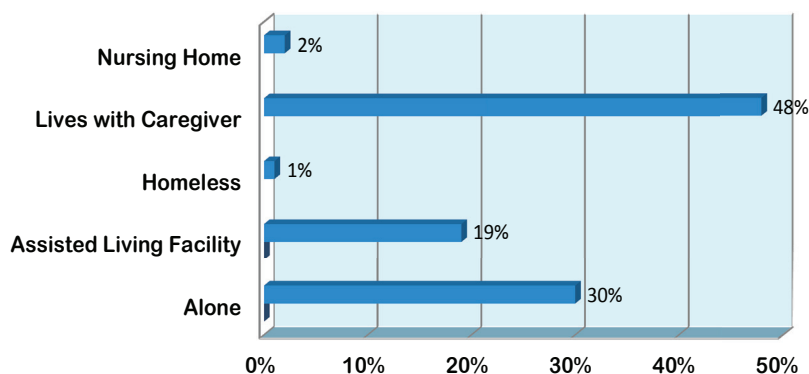


Those Using Services



Their living situations too, are varied.

Living Situation of our Service Recipient



Fiscal Year 2012 Highlights

Alzheimer's Resource of Alaska:

- Served 256 communities across Alaska.
- Conducted 140 memory screenings.
- Provided 450 individual and family consultations.
- Graduated 99 family caregivers in the Savvy Caregiver education program.
- Provided almost 77,000 hours of in-home services to frail elders and individuals with Alzheimer's disease (this is equivalent to 211 hours each day, 365 days a year).
- Facilitated 274 support group meetings and launched a telephone support group for rural participants.
- Provided 122 awareness events attended by 1,486 individuals.
- Awarded 270 ADRD mini-grants funded by the Alaska Mental Health Trust Authority.

“Family caregivers reported they were able to maintain care in the home, 14 months longer than they would have been without respite.”



Programs and Services

In-Home Services

We provide a variety of In-Home Services to elders with physical or cognitive limitations throughout Alaska. These services allow an individual to remain safely in their own home and provide a helping hand to family caregivers. Services are tailored to meet the physical and financial considerations of each individual.

In FY 2012 services were provided to 322 clients in Northwest, Southwest and Southcentral Alaska.

Types of services include:

- Respite—Offers a short break for caregivers caring for a loved one.
- Chore—For seniors who need help with light household chores and grocery shopping.
- Personal Care Attendant—For individuals on Medicaid who require a helping hand with daily hands-on care.
- Customized Services—For an independent senior who needs that one service tailored to meet their specific requirements.

Respite Works!

Why take a break from caregiving? The advantages are many, but in a nutshell, respite works because it positively affects a family caregiver's ability to care for their loved one. In our respite program survey, 95% of family caregivers state that the "rest" they take gives them renewed energy to be the best caregiver they can be.

Family caregivers reported they were able to maintain care in the home, 14 months longer than they would have been without respite.

Programs and Services cont'd

Care Coordination

Care Coordinators guide our clients and their families through the maze of health care, financial and social services available in the community.

A variety of programs and services are available in the community to assist elders of all income levels and varying degrees of frailty. A care coordinator ensures that you or your loved one knows all the options available and are utilizing the right combination of services to receive the best care possible. Our Care Coordinators served 409 clients in FY 2012.

Types of services we can coordinate include:

- Adult day services
- Financial and legal services
- Household chores and shopping
- Housing options
- Medical equipment and supplies
- Personal care services
- Transportation

Safe Grants:

Twenty-six individuals received small grants, called SAFE grants of \$250 or less. These grants are a safety net of last resort.

First National Bank Alaska generously funded our SAFE grants in FY 2012.

Nursing Home Transition Program:

In partnership with State of Alaska, Division of Senior and Disability Services, assisted 15 individuals through the transition from nursing homes to communities.

Programs and Services cont'd

Education and Support

Our Education program increases awareness and understanding of Alzheimer's disease and related dementias by providing information, consultations, trainings, referrals and awareness events throughout the state.

We emphasize best practices in dementia care and offer education programs to family caregivers, and professionals working in the field of dementia care.

In FY 2012, we provided information, consultations and training to 834 health-care professionals and 1,877 individuals seeking services.

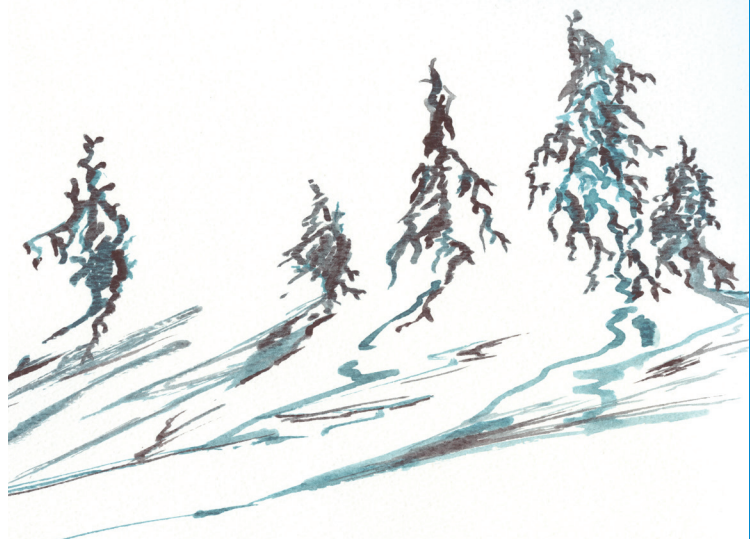
For Individuals with ADRD

- Art Links—an art program that provides a vehicle of self-expression for the memory impaired person.
- Memory Screening—a screening offered free of charge to those individuals who are concerned with memory loss.
- Mind Matters—an education and support program for individuals with early memory loss. This program goes beyond the confines of a traditional support group and offers participants a chance to bond while engaging in a variety of meaningful activities including writing, volunteering and listening to guest speakers.

"I love it. I'm getting out of the house. I love all the people here. It's one of my special places to go."

Art Links participant

Art Links Program painting
"Trees in Snow"
by Elsie



Programs and Services cont'd

For Family and Friends

- ABC's of Caregiving—a monthly workshop for family members, friends and the public to learn about various caregiving topics.
- Savvy Caregiver—a program for people who are caring for a loved one with dementia. It is a six-week, two hour each week class that discusses the emotions and decision making you might be facing, gives a thorough overview of Alzheimer's disease and related dementias and focuses on improving the practice of caregiving.

For Professionals and Dementia Care Workers

- Savvy Professional, Dementia Care Essentials, Dementia Care Workshop, and customized trainings are available for professionals and those who take care of persons with dementia. Many of these classes are accredited and offer continuing education credits.

Each November, we offer a research forum to educate our community about what is currently happening in the world of Alzheimer's research. This year's event was offered in Fairbanks, Juneau, Soldotna and Anchorage. Dr. Joshua Gatson, from the University of Texas, talked about the link between traumatic brain injury and Alzheimer's Disease.



The winter workshop “Dementia: Changing our Perspective” was a success as always, with guests Dr. Richard Taylor and Dr. Allen Power. Dr. Taylor studies Alzheimer's Disease and regularly speaks on the topic while undergoing his own transformation from the disease.

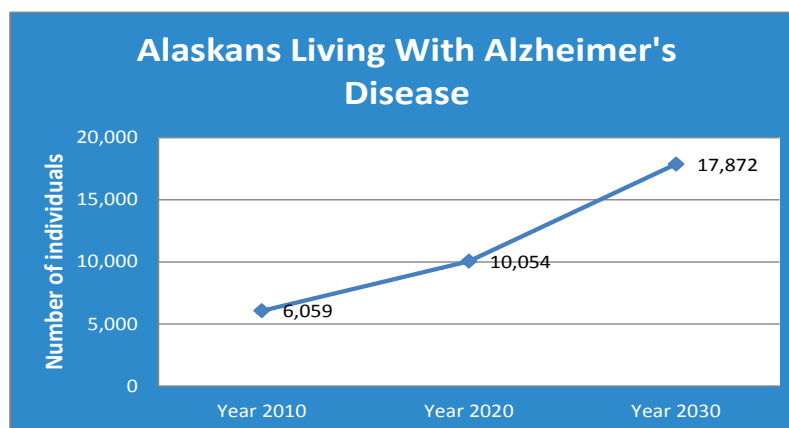
(Photo left to right: Executive Director, Dulce Nobre, Dr. Allen Power, Education Director, Lisa Wawrzonek, Dr. Richard Taylor)

Advocacy:

In the last 20 years the number of people affected by ADRD has almost tripled due to the rapid increase in Alaska's senior population, which has been growing at 5 times the rate of the rest of the nation. Alaskans statewide need information, support and adequate programs as they learn to live with a progressive dementia.

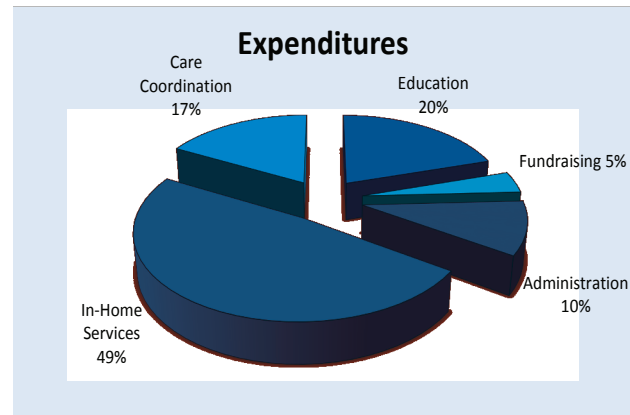
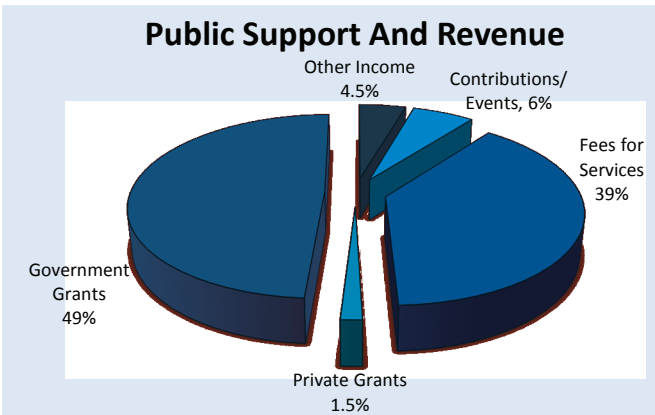
- In FY 2012, ADRD Education & Support was our number one advocacy priority. Our advocates communicated with legislators the importance of these services. We coordinated a presentation in Juneau to a joint meeting of the Health & Social Services committee, where we discussed the challenges experienced by people affected by ADRD and their caregivers, and the benefits of education and support services. We successfully advocated for increased funding, as a meaningful investment in these services is essential and overdue.
- Alzheimer's Resource of Alaska, as a member of AgeNet (Alaska Geriatric Exchange Network), also advocated for the group's priorities, which obtained additional funding for Nutrition and Transportation, Adult Day Services, and in-home Services for seniors statewide.
- Our advocates testified in favor of SB 179 which would have implemented, a missing vulnerable adult prompt response and notification plan—"Silver Alert".
- At the federal level, advocates supported the appropriation of additional funds for the National Institutes of Health (NIH) to increase Alzheimer's research efforts.

More than 6,000 Alaskans are currently living with Alzheimer's disease or related dementia. This number is expected to nearly double in the next 10 years and nearly triple over the next 20 years.



Financial Summary

The Alzheimer's Resource of Alaska ended its fiscal year 2012 with revenues of \$3,801,295. Expenses were \$3,800,458 with 86% attributed to program costs.

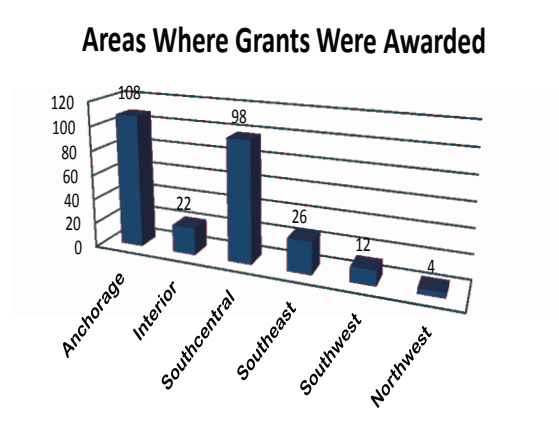


Government funds include grants from the Department of Health & Social Services, Division of Senior & Disability Services, the Alaska Mental Health Trust Authority, the Matanuska-Susitna Borough and the Fairbanks North Star Borough.

Mini-Grant Details:

Funded by the Alaska Mental Health Trust Authority, these grants are for individuals diagnosed with ADRD and may be used for services and items not covered by other funding sources.

In 2012, 270 grants were awarded for a total amount of \$246,132.



Contributors to Programs and Services -

July 1, 2011 through June 30, 2012 Due to space limitations we cannot list all community supporters and volunteers. We do thank all of those who contributed generously and helped further our mission.

Martha Irvin Society

(**\$10,000 +**)

Alaska Integrated Media
Oil & Gas Supply

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(**\$5,000 - \$9,999**)

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(**\$2,500 - \$4,999**)

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(**\$1,000 - \$2,499**)

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			Eric & Beate Zinck

Community Events and Support

There are a number of ways to show support and get involved with Alzheimer's Resource of Alaska. Whether you volunteer, join a class, donate or participate in fund-raising events, you are making a difference. Your contribution makes it possible for us to continue our work and provide education, support and services to individuals with Alzheimer's disease, frail elders and their families throughout the state.



Reason to Hope

Twenty Years Ago

- Only a handful of scientists were investigating Alzheimer's disease.
- The few scientists researching Alzheimer's were working in isolation.
- Fewer than 250 scientific articles on Alzheimer's disease and dementia had been published worldwide.
- There were no sound theories on risk factors that could be useful in developing methods of prevention.
- Medicare practice and local policy widely denied services to Alzheimer's beneficiaries on the theory that there was nothing to help them.

Today...

- The National Institute on Aging funds a nationwide infrastructure of Alzheimer's research, based in 30 centers at major academic institutions.
- A growing body of evidence points to known risk factors for heart disease, high blood pressure and high cholesterol, as risk factors for Alzheimer's.
- The Centers for Medicare and Medicaid services have banned discrimination.
- Many experimental Alzheimer's drugs entered in development worldwide.
- Scientists gained unprecedented understanding of brain cells, revealing hundreds of other promising drugs.



**Alzheimer's
Resource
of Alaska**

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To unite with Alaskans affected by Alzheimer's disease and related disorders to ensure quality of life until a cure is found.

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