



**Alzheimer's
Resource
of Alaska**

Annual Report 2017

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Leadership Message



From The Board President & The Executive Director

It is an honor to be leaders within Alzheimer's Resource of Alaska. The organization continues to be the leading source of information and support for Alaskans affected by dementia. The stories of gratitude that we hear from those we serve are very inspiring. Our Education and Support Program and our Care Coordination Program served more people in fiscal year 2017 (increased 2% and 15%, respectively).

Our Education and Support Program also is implementing and sustaining innovative new programs to ensure the quality of life of those affected by dementia. These include Positive Approach to Care workshops, Virtual Dementia Tours, Dementia Care Mapping, and the Neighborhood Memory Café. Ongoing programs such as Savvy Caregiver, memory screenings, individual consultations and facilitated support groups also assist people through challenging times.

Our Care Coordination Program expanded by also serving people with other disabilities including more frail elders and those with Intellectual and Developmental Disabilities. People with Intellectual and Developmental Disabilities are living longer and also may develop dementia earlier in life. Many of their care partners are their parents and family members who are aging themselves and, like all care partners, are at an increased risk of developing dementia. We are uniquely capable of supporting them if needed by early identification of the onset of dementia and helping as they adapt to evolving roles. Additionally, Care Coordination is frequently a misunderstood service. If you would like to learn more visit the program's new website at ccralaska.org.

In addition to supporting people affected by Alzheimer's, we are also supporting University of Alaska Fairbanks (UAF) research to find a cure or treatment. Established in 2011, the Alzheimer's Resource of Alaska Research Fund supports UAF's Alaska Basic Neuroscience Program.

Our staff, board, volunteers and donors continue to be committed to our mission. It is inspirational to see all the great work within our organization to support those who need our services. The generosity of our donors is also very inspirational and makes a big difference in the efficacy of our services as all the funding stays in Alaska. We look forward to continuing our work together with everyone's leadership to ensure the quality of life for vulnerable Alaskans.

Sincerely,

Handwritten signature of Patty Miller in cursive.

Patty Miller
FY17 Board President

Handwritten signature of Karl Garber in cursive.

Karl Garber
Executive Director

Mission and Overview

Our Mission:

Support Alaskans affected by Alzheimer’s disease, related dementias and other disabilities to ensure quality of life

We Believe In:

- Person Centered Service
- Maximum Well-Being
- Caregiver Support
- Compassion & Hope
- Adapting to Changing Needs

Who We Serve

- Alaskans with Alzheimer’s disease and other dementias
- Elders needing assistance
- People with disabilities
- And their families

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For a list of current Board Members and staff, please visit www.alzalaska.org

Fiscal Year 2017 Highlights

“Without Alzheimer’s Resource of Alaska I don’t know where we would be. The classes, our care coordinator they are all amazing and helped our family in so many ways, we were so lucky to find you!”

We improved the quality of life of **3,536** individuals, family care partners and professional care givers. We provide services state wide. Last year we served in **80** Alaskan communities.



The Care Coordination team served **844** individuals in Fiscal Year 2017

Caregivers, clients and their loved ones attended **2,460** classes, support groups and activities provided by the Education team.



Service Recipients

Our mission is to ensure quality of life for those we serve. In Fiscal Year 2017 we served **3,536** Alaskans with disabilities and their family caregivers and professional providers. Each of these individuals and their needs are unique. They live in cities, towns and villages across the state. The numbers below show a part of their diversity. We are honored to be able to provide support for our Alaska neighbors.

Recipients by Regions:

Interior – 276

Northern – 8

Southcentral – 2,122

Southwest – 90

Southeast – 218

**Professional caregivers
in all regions - 822**

Recipients by Ethnicity:

Caucasian – 75%

Alaska Native, American Indian – 12%

African American – 3%

Hispanic – 3%

Other – 7%

Recipients by Category:

Client - 48%

Caregiver - 39%

General Public - 13%

Recipients by Gender:

Male - 33%

Female - 67%

“Thank you! I am so impressed with the staff, they knew just what to do to help our family through a very difficult time.”

Care Coordination Resource of Alaska

In Fiscal Year 2017 we provided care coordination for **844** Alaskans.

We believe in connecting Alaskans with disabilities to the services they need to live as safely and independently as possible in the home of their choice.

We are here to identify the services and supports that meet these needs, as this is often difficult and overwhelming for family members and loved ones.

We actively listen to and get to know each one of our clients and their loved ones, so together, we can create a comprehensive care plan that meets individual and unique needs.

Care coordination is a partnering process. Our professional Care Coordinators help these families navigate through the maze of resources and connect them to the services they need.

The People We Serve include:

- Elders needing assistance
- Alaskans with Alzheimer's disease and other dementias
- People with Intellectual and Developmental Disabilities
- Children with Complex Medical Conditions
- Adults with Physical Disabilities



"I am more aware of what's ahead and how to cope with mom's challenges."

Education

In keeping with our mission we help Alaskan's affected by Alzheimer's Disease and Related Dementias (ADRD) to enhance well-being while managing the difficulties. Our education programs and services are state wide with offices in Fairbanks, Palmer, Juneau and Anchorage. The education department continues to offer a variety of education and support services for family and professional caregivers in those areas and travel throughout the state.

In fiscal year 2017, **73** communities with over **1,928** contacts were served by the Education Specialists. Individuals, families and professionals attended **3,229** public awareness events and educational presentations coordinated by us. Family consultations are also provided free of charge to assist families in planning for the care of their loved one. Throughout the year, we provided **715** individual and family consultations and **349** provider consultations.



Services for Individuals with ADRD

Memory Screenings:

Free memory screenings and consultations for those concerned with memory loss.

Mind Matters:

An educational and support program for those experiencing memory loss.

Art Links:

A weekly creative painting session to enhance self-expression for the memory impaired person. Family and friends are invited to participate.

Mental Fitness:

An ongoing social and mentally stimulating program to help improve or maintain mental activity.

Supports for Family and Friends

ABC's of Caregiving:

Workshops for family members, friends and the general public to learn about various caregiving-related topics.

Savvy Caregiver:

A six-week, two-hour class and discussion that focuses on improving the practice of caregiving when caring for someone with dementia.

Support Groups:

For family members and friends to meet regularly for mutual support.

Education (continued)

Education for Professionals

Across the state **822** Professional Caregivers attended trainings specializing in Dementia Care.

Savvy Professional:

A one-day workshop that shares essential knowledge, practical skills and outlook in dementia care. For those whose roles require dementia capable leadership.

Dementia Care Essentials:

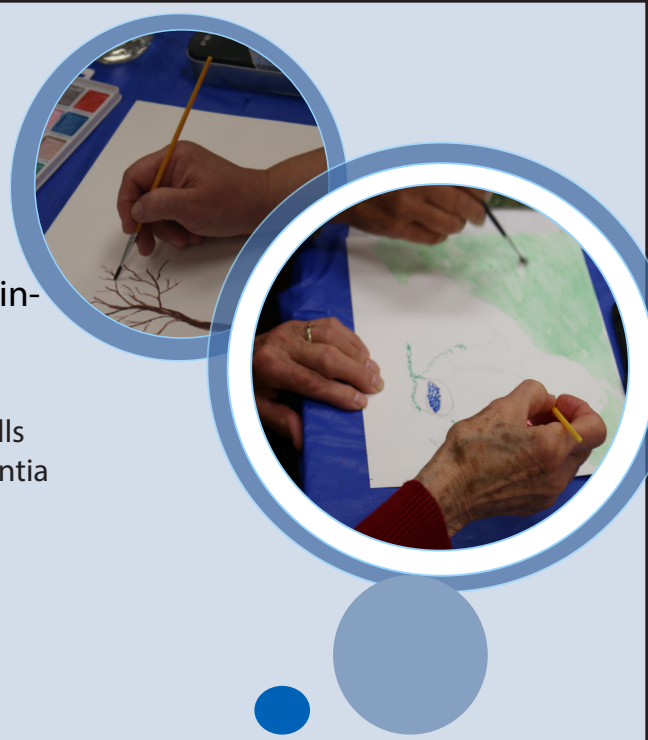
A five-week, two-hour training program for direct service workers wanting to improve their skills when caring for individuals with dementia.

Dementia Care Workshop:

A four-hour workshop designed for staff in long-term care facilities to increase proficiency in the fundamentals of dementia care.

Positive Approach to Care:

A four-hour workshop to hone personal care skills with evidence-based techniques and improve practice in long term care settings



“I have definitely benefited from the program. It seems to me that education is the best way to cope with the changing issues with [my wife]. It is always good to share with others.”

Dementia Care Mapping

Long-term care facilities such as nursing homes and assisted living homes face many challenges that make providing quality dementia care difficult. Education, support and training for direct care staff and supervisors is important; however, pinpointing areas that both show the strength and weakness of the daily interactions with residents can be a helpful tool.

We obtained two additional certifications in Dementia Care Mapping for existing Education staff, and have expanded the availability of this service to long-term care environments throughout the state. This observational tool is part of an intensive, three-step process aimed at identifying the characteristics of dementia care that enhance or detract from an individual’s well-being, focusing on the experience of care from the recipient’s viewpoint.

Often the analysis provided can be utilized by long-term-care facilities to develop action plans to bolster caregiving strengths while identifying specific training needs that may improve the delivery of care.

Community Support

Our work is made possible through the investment of caring, dedicated people, including our donors. Individuals across the state and beyond have provided the financial support to help keep Alaska's vulnerable individuals in their chosen home for as long as possible.

Our donors have a broad range of gifting opportunities through which to contribute. A sampling of fiscal year 2017 activities included:



Special Events:

- Aces Hockey Booth
- Amblin' for Alzheimer's
- Midnight Sun Lazyman Triathlon
- The New 35 Plus Singles Club Dance
- Rhonda Scott Art Show Benefits
- Stand up for a Cause featuring Wali Collins



Shopping Campaigns:

- Amazon Smiles
- American Express
- Bagoys Florist
- Fred Meyers Rewards
- Good Search
- Network for Good



Other Ways to Give:

- Pick. Click. Give.
- Workplace Campaigns and Matching Gifts
- Annual Year End Appeal

Community Grants

397 Mini-Grants Awarded Statewide for a total of **\$234,716**

Funded by the Alaska Mental Health Trust Authority, the Mini Grant program provides up to \$2,500 per year for eligible recipients who lack resources to cover the cost of needed items or services. The grants are awarded to individuals with Alzheimer's disease or related dementia and provide supplies, equipment and service to improve their quality of life. Expenditures in Fiscal Year 2017 provided the following supports:

\$84,383 in adaptive assistance

\$80,981 in essential living supplies

\$35,440 in accessibility needs

\$33,912 in medical, dental, hearing and vision care

“The adaptive clothing made it so easy to change John; we could never have paid for such a luxury, thank you!”

15 SAFE grants for a total of **\$1,741**

The Senior Assistance for Essentials (SAFE) grant program enables seniors to purchase needed items. Too often, seniors are making a choice between groceries, medications or incontinence supplies. These grants can ease the burden.

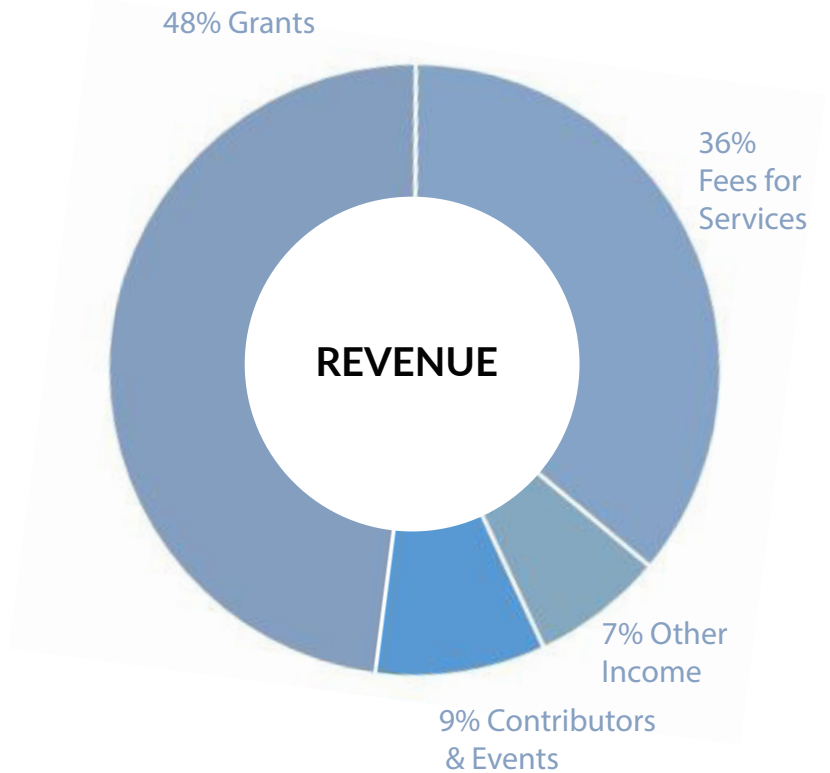
Alzheimer's Resource of Alaska's staff are experts in securing diverse funding to meet the needs of our seniors. The SAFE grant program enables us to improve the lives of our most vulnerable elders. First National Bank Alaska and Tim Troll generously funded our SAFE grants in Fiscal Year 2017. **11** grants were for accessibility, **2** for medical items, and **2** for other supplies.

Financial Summary

Fiscal Year 2017

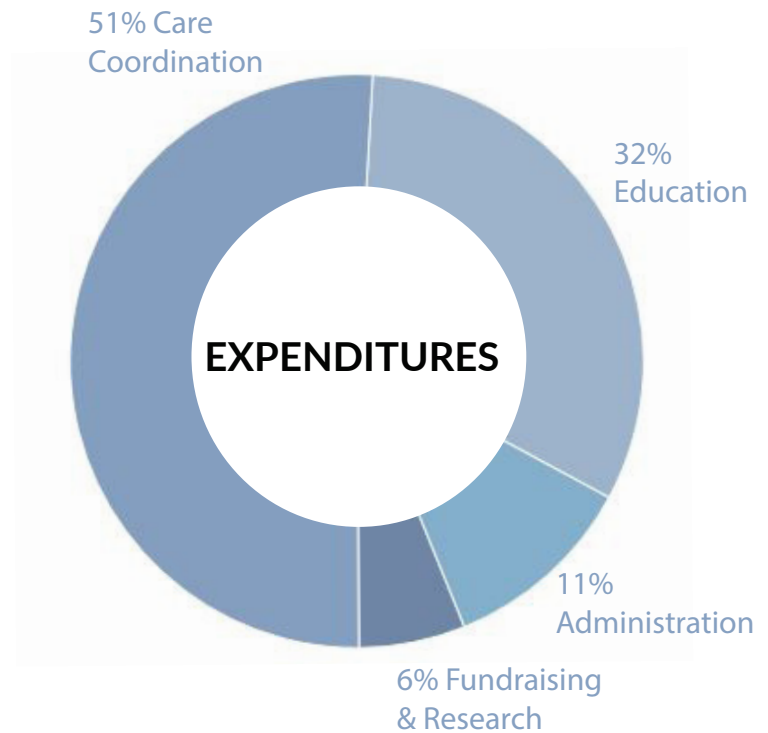
Revenue - \$3,353,588

Grants.....	1,605,852 *
Fees for Service.....	1,204,901
Contributions & Events.....	298,112
Other Income.....	244,723



Expenses - \$3,260,721

Care Coordination.....	1,655,723
Education.....	1,035,798
Administration.....	375,519
Fundraising.....	166,681
Research.....	27,000



*** Grants are funded by:**

- State of Alaska Department of Health & Social Services
- State of Alaska Department of Commerce and Economic Development, Division of Community Regional Affairs
- Alaska Mental Health Trust Authority
- Fairbanks North Star Borough
- Municipality of Anchorage
- United Way Mat-Su

Contributors

- July 1, 2016 to June 30, 2017. Due to limited space we are unable to list all community supporters and volunteers. We do thank all of those who contributed generously and helped further our mission. For a full list please view our online report at AlzAlaska.org.

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Balchen Lodge No. 46
Gerald & Melody
Springer
David Stanger &
Rhonda McLeod
Janis L. Taylor
Turnagain Social Club
Lynn Van Vactor

"I saw first-hand the impact of Alzheimer's Resource of Alaska's classes and their care coordinator had on my neighbor's family. Our family contributes so that others who need their services will have someone to turn to in their time of need."

Contributors (continued)

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Toll-free within Alaska 1-800-478-1080

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2017

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and other disabilities to ensure quality of life.

ANNUAL REPORT

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