





**Table of Contents:**

**CAREGIVER RESOURCES:** Page 3

- National Family Caregiver Support Program: Page 3
- Medicare Information Office: Page 3
- VA Alaska Caregiver Support: Page 4
- Caregiver Support Groups in Alaska: Page 5
- Caregiver Resource Guide: Page 5
- Aging and Disability Resource Centers: Page 6

**DISABILITY RESOURCES:** Page 7

- Developmental Disabilities Resource Connection: Page 7
- Access Alaska: Page 7
- General Relief Assisted Living Home Program: Page 7
- Statewide Independent Living Council of Alaska: Page 8

**DEMENTIA-**



## 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

## 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 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:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• HIV/AIDS: Focusing on the Individual</li> <li>• Common Communicable Diseases</li> <li>• Ethics and Personal Rights</li> <li>• Learning to Communicate with Our Coworkers, Families, and Clients</li> <li>• Understanding Cultural Differences</li> <li>• Challenging Behaviors: After an Event</li> <li>• Caregiver First Aid: Choking and Falls</li> </ul> | <ul style="list-style-type: none"> <li>• Responding to Weather Emergencies and Natural Hazards</li> <li>• Helping Families Cope (Part 1)</li> <li>• Caregiver Conduct: Regulations, Co-workers, and Families</li> <li>• Environment IS Important (Part 1)</li> <li>• Becoming a Caregiver</li> <li>• Duties of a Caregiver</li> </ul> |
|--|---|

## Caregiver Resource Guver ~~n~~ Duties of ~~as~~





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](mailto: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,



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](mailto: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

