



Overview of Aging & Disability Resource Centers

Cori Stennett, ADRC Program Coordinator
SAIL - Southeast Alaska Independent Living



ADRCs connect seniors, people with disabilities and caregivers with long-term care services by providing information, referrals and assistance.

- Role of ADRCs
- How ADRCs function
- Assistance applying for Medicaid Waivers
- Local and state ADRC offices

Role of ADRCs

- ADRCs serve as a central source of unbiased information and assistance regarding long term support services for seniors, caregivers and individuals with disabilities regardless of income source.
- ADRCs provide awareness and access to community resources. We help Alaskans find the support and care needed so they can live as independently as possible where they choose.

Super Quick History of ADRCs

2003

ADRCs established

US Administration on Aging (AoA) & the Centers for Medicare & Medicaid Services (CMS) issue nationwide solicitation for states interested in developing ADRCs.

12 states were funded for a 3-year project period.

2004

Alaska Joins

Alaska received ADRC grant funding from AoA & CMS.

Alaska Housing Finance Corporation was the grantee & delegated project management to the State Independent Living Council (SILC).

2008

SDS & ADRCs

Management of ADRC program transitioned to Senior & Disabilities Services.

ADRCs are part of a nationwide effort to restructure community based services & supports while ensuring informed choices and accessibility to services.

2024

Alaska ADRCs

There are currently 6 regional ADRC locations in Alaska:

1. Anchorage Area
2. Mat-Su Region
3. Fairbanks, Interior & North Slope
4. Kenai Peninsula, Kodiak, Valdez & Cordova
5. Southeast Region
6. Western AK, Dillingham to Kotzebue

SAIL is an ADRC

SAIL is also a Center for Independent Living (CIL).

A CIL is a non-residential non-profit organization that provides services to individuals with disabilities to live a more independent life.

All CIL's are run by and for people with disabilities.

CORE SERVICES

- Information & Referral
- Advocacy - Individual & Systems Advocacy
- Peer Support
- Independent Living Skills
- Transitions Services

What does SAIL do?

Information and Referral

Advocacy

Peer Support

Transition Services

Independent Living Skills



ADRC



DDRC



ORCA



VOICE



TABI



Employment



ADA
Accessibility



Loan Closet



Older Blind
Group



Nursing Facility
Transition



Mini
Grants



Home
Modification



Image Description: A woman in a bright red coat, black hat and eyeglasses uses a handrail to walk out of a house to a street lined with two cars.

ADRC



- Aging and Disability Resource Center
- Assist seniors, people with disabilities, and their caregivers who are in need of information about long-term services and supports to live as independently as possible in the community of their choice.
- Connection to Medicaid waivers and other services
- Covers all of Southeast AK



Senior and Disabilities Services offers 5 waivers:

ALI: Alaskans Living Independently

People 21 and over who experience physical disability or functional needs associated with aging.

Nursing Facility Level of Care

APDD: Adults with Physical and Developmental Disabilities

People 21 and over who experience both physical and developmental disabilities.

Nursing Facility Level of Care

CCMC: Children with Complex Medical Conditions

Children and young adults birth to age 22 (last day of 21st year).

Nursing Facility Level of Care

IDD: Intellectual and Developmental Disabilities

People of all ages who experience developmental or intellectual disabilities.

Intermediate Care Facility for Individuals with Intellectual or Developmental Disabilities- Level of Care

ISW: Individual Supports Waiver

People of all ages who experience developmental or intellectual disabilities.

Intermediate Care Facility for Individuals with Intellectual or Developmental Disabilities- Level of Care

MEDICAID covers

Medical Services
 Medical expenses
 -doctors,
 -medication
 -hospital
 Durable Medical Equipment*
 Personal Care Services
 Home Health
 Nursing Home

**Senior & Disabilities Services
 NF or ICF/IID- LOC**

Community First Choice Option: Care Coordination *Training to help manage direct care staff
 *Chore Services *Personal Care Services *Personal Emergency Response System
 *Self-care skills training *Supervision & cueing

ISW Waiver (any age)
 limit up to \$18,500.00*/year

- Care Coordination
- In Home Supports
- Supported Living
- Transportation
- Supported Employment
- Day Habilitation
- Respite
- Intensive Active Treatment/Adults
- *geographic differential equivalent

APDD Waiver (age 21+)
IDD Waiver (any age)
CCMC Waiver (birth to last day of 21st year)

- Care Coordination
- In Home Supports
- Family Habilitation
- Supported Living
- Group Home
- Adult Intensive Active Treatment
- Transportation
- Escort
- Supported Employment
- Day Habilitation
- Respite
- Meals
- Environmental Modifications
- Specialized Medical Equipment
- Specialized Private Duty Nursing
- Nursing Oversight & Care Mgt

ALI Waiver (age 21+)

- Care Coordination
- Adult Day Services
- Residential Supported Living
- Transportation
- Escort
- Respite
- Specialized Private Duty Nursing
- Meals
- Environmental Modifications
- Specialized Medical Equipment

Community First Choice (CFC) is a funding source for specific services available to Waiver qualified people.

ADRC Connecting Alaskans to Medicaid Waivers

1. Call an ADRC office to schedule a Person Centered Intake (PCI) with an ADRC Specialist.
2. The PCI addresses a variety of questions regarding demographics, disabilities, activities of daily living and cognition.
3. A list of Care Coordinators will be provided. Once chosen, the ADRC Specialist ensures the Care Coordinator receives a copy of the PCI & helps connect the individual with the Care Coordinator.
4. ADRC Specialists follow up to ensure a connection has been established.
5. ADRC Specialists share information and connect people with community resources & supports, sometimes including mini grants.

APPLYING FOR A WAIVER!!

1-Gather your Documents

Gather your important financial documents, insurance information, and power of attorney documents.



3-Select a Care Coordinator

The ADRC will provide you a list of care coordinators. Call and ask if the care coordinator is accepting new clients.



5-Apply for Medicaid

To apply for Medicaid complete the Adults and Children with Long Term Care Needs Application. Your care coordinator will provide you with this form. List your care coordinator on the application.



7-Assessment

A nursing home level of care assessment will be scheduled by Senior & Disability Services. Bring photo ID and medication list.



9-Waiting

The process can take some time. It may take a few months to get approved. Be patient and keep in touch with the care coordinator.



2-ADRC

Call the ADRC at 855-565-2017 and complete the phone or in-person interview.



4-Intake paperwork

Your selected care coordinator will send you an intake packet that you will need to complete and return to them.



6-Phone interview

Medicaid will notify you by mail of the interview date and time. Provide any additional documents they request.



8-Planning

After the assessment, discuss eligibility determination with care coordinator to determine next steps.



10-Contact

It is important to notify your care coordinator of all injuries, medication changes, and emergency medical visits.



Making an ADRC Referral

Contact the local SAIL office closest to you and speak with an ADRC Specialist.

If you are calling on behalf of someone, it's helpful to share some basic identifying information with us.

Remember, to apply for a Medicaid Waiver, someone must be enrolled in Medicaid. In many cases, we may suggest using the Med-04 Medicaid Application for Adults and Children with Long Term Care Needs.



ADRC Referral Form/Request for Medicaid Waiver Screening Date: _____

Consumer Name: _____ Phone: _____ Email: _____

Gender: _____ Date of Birth: _____ Veteran? _____

Referred by: _____ Contact info: _____

Consumer currently in: Skilled Nursing Facility Hospital/Swing Bed Assisted Living Home

Home Address/Community: _____

Health Care Coverage: Medicaid Medicare IHS Private VA Other

Current disability or medical condition: _____

Reason for contacting the ADRC? Info & Referral Options Counseling PCI/Screening

Current needs: _____

Other important information: _____

Does consumer/POA give verbal authorization for referral to ADRC? _____
(Please provide Release of Information if available).

Please return completed form to one of the following ADRC specialists, via fax or secure email:

Juneau/Wrangell	Ketchikan/Metlakatta/POW	Sitka/Kake/Angoon	Haines/Skagway
<p>Mollie Carr mcarr@sailinc.org 8711 Teal St. Suite 300 Juneau, Alaska 99801</p> <p>Phone: 888.487.0974 Fax: 888-521-4869</p>	<p>Emily Loyd eloyd@sailinc.org 4693. N. Tongass Hwy Ketchikan, Alaska 99901</p> <p>Phone: 888-487-1025 Fax: 888-521-4871</p>	<p>Terra Parsly tparsly@sailinc.org 514 Lake St. Suite C Sitka, Alaska 99835</p> <p>Phone: 888-487-1027 Cell: 907-738-1491 Fax: 888-521-4870</p>	<p>Cori Stennett cstennett@sailinc.org PO Box 183 Haines, AK 99827</p> <p>Phone: 888-471-1332 Cell: 907-500-5174 Fax: 907-766-3254</p>



What kind of help do you need?



Are you or someone you know:

- Looking for alternatives to living in a nursing home?
- Have a disability?
- Trying to find help caring for aging parents?
- Need assistance with bathing, shopping, paying bills or other chores?
- Worried that going for medical care will mean not coming back home?

We help you find the support and care you need so you can stay home healthier and longer. Our goal

Locations

Anchorage Area

Municipality of Anchorage
825 L St., Ste. 203, Anchorage
907-343-7770 or www.muni.org/adrc

Mat-Su Region

LINKS
777 N Crusey St., Ste. 101, Wasilla
907-373-3632 or www.linksprc.org

Fairbanks, Interior, North Slope

Fairbanks Senior Center - ADRC North
1424 Moore St., Fairbanks
907-452-2551 or www.adrcnorth.org

Kenai Peninsula, Kodiak, Valdez, Cordova

Independent Living Center (ILC)
Call to find an office near you in Soldotna, Homer, Seward, Kodiak
907-262-6333 or www.peninsulailc.org

Southeast Region

Southeast AK Independent Living (SAIL)
Call to find an office near you in Juneau, Ketchikan, Haines, Sitka
1-888-487-1025
www.sailinc.org

Western Alaska, Dillingham to Kotzebue

Bristol Bay Native Assoc. (BBNA)
1500 Kakanak Rd., Dillingham
800-478-4139 or 907-842-6264
www.bbna.com

Statewide:

Call toll-free: 1-855-565-2017

Alaska **ADRC**
Aging & Disability Resource Centers

Connecting seniors,
people with disabilities and
caregivers with long-term care
services and supports



Information, referrals & assistance

1-855-565-2017

Statewide, toll-free

Alaska Department of Health & Social Services
Senior and Disabilities Services

This information is also available in an accessible format on

Alaska **ADRC**
Aging & Disability Resource Centers

- Help seniors, people living with disabilities, and caregivers access long-term supports in their communities, regardless of age or income.
- Conduct a person-centered intake to determine which programs you qualify for.



We help you find the support and care you need to live as independently as possible, where you choose.

How?

The ADRC specialist helps:

- **Identify** your long-term support needs
- **Explore** your options for meeting those needs
- **Connect** you with the resources you choose for yourself or your loved one
- **Follow up** to ensure your needs are met

We can connect you with:

- Medicaid or Medicare information
- In-home supports
- Help applying for services
- Home medical equipment
- Transportation
- Home remodeling for accessibility and safety
- Family caregiver respite
- Support groups
- And more...

ADRCs are your guide to making informed decisions

Empowering Alaskans to live independently



The TRUST
The Alaska Mental Health
Trust Authority

Alaska Department of Health & Social Services
Senior and Disabilities Services
Alaska Mental Health Trust Authority

Call toll-free: **1-855-565-2017**

Questions, thoughts, sharings...

SAIL ADRC Specialists			
Juneau / Wrangell / Petersburg	Ketchikan / Metlakatla / Klawock / Prince of Wales	Sitka/Kake/Angoon	Haines / Skagway
<p>Mollie Carr mcarr@sailinc.org 8711 Teal St. Suite 300 Juneau, Alaska 99801 Phone: 888.487.0974 Fax: 888-521-4869</p>	<p>Emily Loyd eloyd@sailinc.org 4693. N. Tongass Hwy Ketchikan, Alaska 99901 Phone: 888-487-1025 Fax: 888-521-4871</p>	<p>Terra Parsly tparsly@sailinc.org 514 Lake St. Suite C Sitka, Alaska 99835 Phone: 888-487-1027 Fax: 888-521-4870</p>	<p>Cori Stennett cstennett@sailinc.org PO Box 183 Haines, AK 99827 Phone: 888-471-1332 Cell: 907-500-5174 Fax: 907-766-3254</p>

