



JUNEAU COMMISSION ON AGING AGENDA

April 25, 2023 at 10:30 AM

Zoom Webinar

<https://juneau.zoom.us/j/81491760970?pwd=bkFwWk42Mllmazi0aFdMS3ArTG5qZz09>

Or Call In: 1-253-215-8782

Meeting ID: 814 9176 0970 Passcode: 858248

A. CALL TO ORDER/ROLL CALL

B. APPROVAL OF AGENDA

C. APPROVAL OF MINUTES

1. 2023-03-21 Juneau Commission on Aging Minutes

D. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS

2. Public Comment Received for the JCOA

E. AGENDA TOPICS

Some items listed below may move to Standing Agenda Topics section of agenda as needed for future discussion.

a.) Drafting JCOA Annual Report to the Assembly

b.) Create Process for Responding to JCOA Public Comments Received

c.) Initiate Research on Feasibility to Expand Pioneer Home ([SOA/Dept. Family & Community Services](#))

d.) **Tentative** - Guest Speaker from Catholic Community Services (CCS)

3. JCOA - Standing Agenda Topics - Main Projects/Subcommittee Updates

A.) Housing for Seniors

B.) May Listening Sessions

C.) Improving Volunteer Database

D.) Creating Senior Fitness & Social Opportunities

E.) Southeast Regional Eldercare Coalition

F.) 2020 Senior Needs Survey - [website link to full survey](#) (Executive Summary included in packet)

F. ASSEMBLY LIAISON COMMENTS AND QUESTIONS

G. NEXT MEETING DATE

Tuesday, May 16, 2023 at 10:30am via Zoom - Regular JCOA Meeting

Wednesday, May 17, 2023 at 10:00am at UAS Egan Library Rm 211 - JCOA Housing Subcommittee Meeting

H. ADJOURNMENT

ADA accommodations available upon request: Please contact the Clerk's office 36 hours prior to any meeting so arrangements can be made for closed captioning or sign language interpreter services depending on the meeting format. The Clerk's office telephone number is 586-5278, TDD 586-5351, e-mail: city.clerk@juneau.gov.

MINUTES

Juneau Commission on Aging (JCOA)

March 21, 2023

10:30 AM – 11:30 AM

I. Call to Order

The meeting was called to order by Emily Kane, Chair, at 10:30AM, conducted via Zoom.

Board members present: Emily Kane, Kathleen Samalon, Carol Ende, Jennifer Garrison, Susan Warner

Board members absent: Linda Krueger, Ann Stepetin, Deborah Craig , Jennifer Carson

Others: Michelle Hale (Assembly Liaison), Shoshana Seligman

II. Approval of agenda and minutes from previous meeting

The agenda was approved with the addition of the reading of two letters in the meeting packet. Minutes from the February meeting were approved as submitted.

III. Public Participation on Non-Agenda Items

There was no public participation on non-agenda items.

IV. Discussion Items

CBJ Property Tax Assessments increases as it affects seniors

Different ways were discussed on how to reduce the impact of the increase in property tax assessments on seniors. The preferred alternative would be to make a clear connection with seniors who already qualify for the CBJ Senior Citizen/Disabled Veteran Real Property Tax Exemption or the Senior Citizen Hardship Sales Tax Rebate or a similar State of Alaska program. The objective is to make the solution, the application process, simple for the recipient by using mechanisms that already are in place - and in some way to mitigate against increasing cost of living for seniors on fixed incomes. Michelle strongly advocated that we not pursue a freeze on senior property tax, but rather pursue the mechanisms we have in place now. The Commission will make take an official position and will write a letter to the Assembly after hearing back from Michelle.

JCOA – Main Projects/Subcommittee Updates

1. Housing for Seniors: The subcommittee will investigate a way to provide property tax relief to owners that rent property to seniors, using current programs. A subcommittee meeting is planned for Tuesday, March 28.

2. Improving the Volunteer Database

It was stated that there already is a Facebook Group, “Juneau Volunteer Opportunities”, that has 607 members whose purpose is to share and find volunteer opportunities in Juneau. Members of the group are encouraged to ask questions, seek volunteer opportunities, and share organization needs.

<https://www.facebook.com/groups/JuneauVolunteer>

3. Creating Senior Fitness & Social Opportunities

This was a frequent need expressed in the 2020 Juneau Senior Survey and we expect to hear about it during our upcoming listening sessions. We should consider using a good portion of our \$15,000 budget to work with Parks & Recreation on fitness opportunities, but this will be reassessed after our listening group sessions take place in May. Sue Warner will lead a new subcommittee on creating senior fitness and social opportunities, having already completed a comprehensive look at it which will be shared at the next meeting. Fitness could easily be part of our 5-year project cycle. Carol Ende said we should be wary of using the term “senior” and that maybe we should come up with another name so that we aren’t dividing people.

4. Southeast Regional Eldercare Coalition

Startup has been slower than planned due to fiduciary matters being unsettled, even though the grant has been received. JCOA will be working with SREC to recruit, train and place new health care workers.

Letters Received from the Public

Emily will provide a written response to the two residents who sent letters to JCOA regarding the Juneau Empire article dated February 16, entitled “Aging Infrastructure: Juneau commits to its older residents.”

V. Assembly Liaison Comments and Questions

Michelle said that the Assembly appreciates what JCOA has done to obtain the AARP age friendly designation and it will help the commission stay focused as you move forward. We were also advised that anytime we come to the Assembly, come with your roadmap so they can understand your work in context. Micelle feels strongly that JCOA must be very clear with the City Manager and the Finance Director about our budget and how we intend to use it before they go to the Assembly.

VI. Adjournment

The meeting was adjourned at 11:32 pm.

From: [Jan Van Slyke](#)
To: [City Clerk](#)
Subject: aging in Juneau
Date: Monday, March 6, 2023 3:23:48 PM

I have been a resident of Juneau for 40 years and have been active in many activities/community events and ongoing programs. I'm now 82 years old and have recently become limited in my mobility.

I went to apply for permission to ride the Capitol Access van. Every person I talked to was very nice and usually spoke directly to me rather than the younger person who was driving and assisting me. I was very glad I had my own helper because at the time I was using a walker and the door into the hallway was not handicapped accessible. The office for the permit was at the end of the hallway, which was a tiring walk with a walker. When I finished the paperwork there, I was told to go to the Capital Access office which was near the Aware Shelter, down a relatively steep rocky driveway which would have been impossible to navigate with a walker. The information that had to be given there could have been handled by the clerk at City Hall. I point these items out because it would be very difficult for a disabled person to manage independently on the city bus or walking. It seems to me this should be handled easily by a single stop at city hall.

The priority of a pickleball court for seniors in a recent article in the Empire caused me a great deal of concern. It would appear to me there are numerous needs that seniors need that would be higher on a list of priorities. There is a high need for a medium sized room for various groups to meet for such as card games, hand sewing, painting, puzzles, singing, dancing, play reading, sharing knowledge about and interpretation of articles or books and etc. It would be helpful if the room had multiple drawers to store items between meetings. This place would have to be easily accessible for persons with limited mobility, two handicap bathrooms, pathways free of obstacles so people with wheelchairs and walkers can easily move around. A couple of computers or laptops, so individuals can learn new skills. It would be beneficial to have an activities director to coordinate activities and make needed adjustments. This person could arrange group activities to see afternoon plays, symphonies, trips to the library with small group presentations by individuals both younger people and elders. There would need adequate parking spaces and room for the Capitol Access van. These are just a few suggestions and there are numerous others.

If there is a vacancy on the commission, I would be happy to apply for the position. If anyone has any questions I will try to answer them. Please send this email to the members of the Commission on Aging.

Jan Van Slyke
Juneau



Juneau Commission on Aging

Senior Friendly Construction Choices

Nearly 30% of the Juneau population is over 55. Many want to “age in place” in their own homes. Unfortunately, those homes generally were not built in the past taking into consideration an owner’s future physical limitations.

New construction needs to integrate age friendly features into the design, regardless of the age of targeted buyers. Not all of these design features are currently required by CBJ code or recommended by International Building Code, but they are valuable to seniors and can be used positively in marketing to all age groups.

We ask that you voluntarily adopt these choices as construction best practices in all new homes.

When designing residences, include ...

1. **Apartment & condo units that are single story within a multi-story building**
2. **Homes that have the master bedroom/bath + laundry on the 1st floor**
3. **Doorways (interior/exterior) that are at least 36” wide**
4. **Elevators in multi-family buildings of 3 floors or more**
5. **One bathroom with a walk-in shower, a built-in bench seat and grab-bars**
6. Phone jacks in the master bedroom and kitchen
7. Zero step entrances/ramps into the building and zero step thresholds
8. Electrical outlets (above 18”) and light switches and thermostats (below 48”)
9. Pocket doors where practical in small spaces

When choosing features, select ...

1. Towel racks & toilet paper holders that serve a dual purpose as grab bars
2. Easy grip drawer and doorknobs
3. Lever doorknobs instead of standard ones
4. Slip resistant flooring
5. Raised or high-profile "comfort" toilets
6. Adjustable-height showerhead
7. Closet rods at two levels
8. LED lighting, including dimmers

Contact: City Clerk's Office city.clerk@juneau.gov 907-586-5278

AARP CAT Juneau
Housing List Updated April 2022

AGENCY	PHONE	EMAIL
AHDC Alaska Housing Development Corporation Take Section 8, vouchers Gruening Park Apartments Ravenwood Apartments Eaglewood Apartments	907-780-6666	AHDC@ptialaska.net
AHDC Housing Assistance Program - if homeless or having difficulties, apply for assistance	907-780-4475	ADHC@ptialaska.net
AHFC Alaska Housing Finance Corporation Juneau ahfc.us Cedar Park Geneva Woods Mountain View Senior Center Riverbend	907-586-3750	Email form on website
AHFC Senior Support up to date inventory of all the senior housing available in Alaska for independent, assisted living; and operates senior/disabled public housing facilities – provides information on inventory and funding sources	800-478-2432 907-330-6100	
AWARE Transitional Housing for Participants Awareak.org	907-586-1090	info@awareak.org
Channel Terrace Alaska Preservation Channel Ltd	907-364-2245	
Chinook Apartments call between 1PM and 5 PM	907-789-1921	Cohopark.chinookapartments@yahoo.com
Coho Apartments call between 8 AM and 12 noon	907-789-5078	Cohopark.chinookapartments@yahoo.com
Family Promise of Juneau emergency shelter for families can house 3 or 4 families at a time	907-419-4520	director@familypromisejuneau.org admin@familypromisejuneau.org
Fireweed Place downtown Tlingit Haida Regional Housing Authority	907-586-5000	fireweedplace@THRHA.org
Forget Me Not Manor Long term affordable housing with supportive services for people with mental and physical health challenges	907-586-2635	
Gastineau Human Services (GHS) Juno House Transitional Housing for people re-entering post-incarceration www.ghscorp.org	907-780-4338	info@ghscorp.org
Housing First By Referral Only		
JAMHI, INC. Transitional housing for people experiencing mental health challenges	907-463-3303	
Mendenhall Tower Weidner Apartment Homes Alaskaweidner.com	907-308-5357	Email form on website
Orca Point Apartments Low Income and Adaptive	907-364-3130	
Riverview Senior Living under construction expected to be operational Spring 2023 86 living units, 57 studio and one bedroom, 29 memory care studios (experiencing dementias and Alzheimer's Disease) www.RiverviewSeniorLiving.com	(907) 723-2282	
Sleepy Spruce	907-586-6920	sleepysprucemgr@coastmgt.com

St. Vincent de Paul Juneau www.svdpjuneau.org Senior Housing Smith Hall at 8617 Teal St Juneau HUD, Section 8, Application can be sent by email Channel View Paul's Place Smith Hall for Seniors Strasbaugh Place	907-789-5535 ext 7	info@svdpjuneau.org christina@svdpjuneau.org
Tlingit & Haida Transitional Housing for Women Haven House	907-463-7366	Reentry&recovery@ccthita-nsn.gov
Trillium Landing -ages 55 and up 3039 Clinton Drive	907-523-0398	TrilliumLandingAptsMGR@coastmgt.com
Wright Services Inc Apartments, Mobile Homes Hillcrest Apartments 2690-2696 David St West Juneau Northwood Apartments Alderwood Apartments Auke Bay Post Office Building Apartments Churchill Park Glacierwood Park Thunder Mountain Park	907-780-5454	

MINUTES

Juneau Commission on Aging (JCOA) Housing Subcommittee March 28, 2023

I. Call to Order

The meeting was called to order by Kathleen Samalon, Chair, at 11:00AM, at UAS, Egan Library, Room 211

Board members present: Emily Kane, Kathleen Samalon, Carol Ende

Others: None

II. Approval of agenda and minutes from previous meeting

This being the first meeting of this sub-committee, there were none.

III. Public Participation on Non-Agenda Items

None

IV. Discussion Items

1. Role: The direction of the subcommittee is to be focused on specific projects rather than broad-based recommendations.
2. Housing Target: Single family & multi family across all income spectrum
3. Incentives: How can they be used to encourage age friendly housing development
4. Talking Points: A simple & clear description of our housing “wants” needs to be written that can be used by all commissioners and supporters.
5. Assembly: Develop plan to present to Assembly for buy-in on age-friendly housing
6. Juneau Senior Survey 2020: Review community comments in relation to housing
7. AARP: How can our goals be aligned with their goals
8. June Report: Have housing recommendation ready for June yearly summary to Assembly
9. Mantra: One needs to be developed, such as “Build for us, build for everyone.”
10. Telephone Hill: Need for all age community, high density.

V. Adjournment & Next Meeting

The meeting was adjourned at 11:55 pm. The next meeting will be on Tuesday, April 4 at UAS – Eagan Library, Rm 211.

MINUTES

Juneau Commission on Aging (JCOA) Housing Committee April 18, 2023

I. Call to Order

The meeting was called to order by Kathleen Samalon, Chair, 10:05 am at UAS, Egan Library, Room 211

Board members present: Kathleen Samalon, Carol Ende

Others: None

II. Approval of agenda and minutes from previous meeting

The minutes were unanimously approved and there were no additions to the agenda.

III. Public Participation on Non-Agenda Items

None

IV. Discussion Items

1. CBJ Talking Points: Positioning “asks” is pivotal to success.
2. Developer Talking Points: Nothing is onerous.
3. Distribution Plan for Talking Points: Paper & digital, which organizations, cooperation with other organizations.
4. June Assembly Report: What are the highlights for housing?
5. Juneau Pioneer Home: If CBJ requests State capital funding for an expanded home, we would support it.
6. Tagline: One needs to be developed, such as “Build for us, build for everybody.”

V. Adjournment & Next Meeting

The meeting was adjourned at 11:05 am. The next meeting will be on Wednesday, May 17, 10:00 am at UAS – Eagan Library, Rm 211.

RE: Any plans to expand the size of the Juneau Pioneer Home?

From: Hamilton, Heidi L (FCS)
To: ksamalon@
Cc: carolende11@; harmonie.murphy@
Date: Tuesday, April 18, 2023 at 02:56 PM AKDT

Kathleen –

Thank you for reaching out.

I think the legislature has fixed ‘the mess with the Pioneer Home fees’, as the rates and annual increases are now set in statute.

Not sure the rates are acceptable to all, but it is now easily predictable and our Payment Assistance program is fully funded so if someone cannot afford, there is a payment source for them.

As for expanding, we do not have plans to expand the Juneau home. As Carol (Hi Carol!!) likely remembers, there are drawings of an expanded home on the current property, but with limited funding we are finding ourselves spending all the money we are allotted to just keep the six buildings functioning.

The Juneau Pioneers’ Home does have some capital projects/deferred maintenance projects, priority being the outdoor spaces, that need funding, that would be great if you could advocate for funding. It would improve quality of live but would not allow us to serve more individuals.

Considering there are 103 people on Juneau’s active wait list, I would love to expand, but, unfortunately, due to repairs and remodels required in the other homes, expansion is not currently on the list.

Let me know if I can answer any other questions or provide information.

Thank you again for reaching out,
Heidi

From: Kathleen Samalon <ksamalon@>
Sent: Monday, April 17, 2023 6:07 AM
To: Hamilton, Heidi L (FCS) <>
Cc: Carol Ende <c>
Subject: Any plans to expand the size of the Juneau Pioneer Home?

CAUTION: This email originated from outside the State of Alaska mail system. Do not click links or open attachments unless you recognize the sender and know the content is safe.

Heidi, Carol and I are commissioners on the Juneau Commission on Aging (JCOA) and manage the subcommittee on housing. Within our 2020 Survey (done every ten years), many residents had concerns about the Pioneer Home, primarily related to "the mess with the Pioneer Home fees."

However, another common theme was that it needed to be larger in order to reduce the wait time for admission.

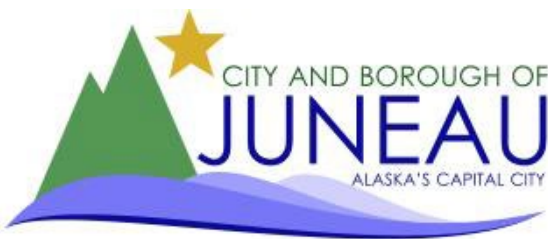
Does the State already have either long term or short term plans to expand the capacity of the Juneau Pioneer Home?

Would it be sensible for the City & Borough of Juneau to put in their long-term Legislative Capital Priorities request to the State of Alaska funding for an expanded Juneau Pioneer Home - or even a new and larger one?

We did not see requests for any Pioneer Home expansions in the Pioneer Homes Advisory Board recent recommendations. <https://dfcs.alaska.gov/daph/Documents/docs/FY2022Board%20eommendations.pdf>

Appreciate any insights.

Kathleen Samalon



Juneau Commission on Aging

Building Age Friendly Housing in Juneau

What if all homes in Juneau could be suitable for anyone regardless of a person’s age or physical ability?

What if a person who wants to live within their community regardless of his or her age or physical ability, could do just that?

These are questions being asked by governing agencies and individuals who are working towards moving Juneau to be a well-designed, age-friendly community that fosters economic growth. Your support is necessary to make this goal a reality.

The fact is that nearly 30% of the Juneau population is over 55. Aging in place is a personal objective of most Juneau Elders as indicated by the 2020 Senior Survey. Unfortunately, their homes generally were not built in the past taking into consideration an owner’s probable future limitations. Going forward, we hope you see the importance of building new residences of all types that integrate age-friendly features into the design, regardless of the age of the targeted buyer today.

These universal design features are not onerous. They already are recommendations made by the Fair Housing Act Design and Construction Requirements, International Building Code, and the AARP Home Fit Guide.

We ask that you voluntarily adopt these choices as construction best practices in all new housing construction as well as consider building smaller housing options specifically for those Juneau residents who want to live independently or can’t afford assisted living options.

When designing new residences ...

1. Apartment & condo units that are single story within a multi-story building
2. Homes have an accessible living space including master bedroom/bath + laundry on at least one floor
3. Doorways (interior/exterior) that are at least 36" wide or made that wide by installing swing-away or swing-clear hinges to make use of entire doorway opening
4. Elevators in multi-family buildings of 3 floors or more
5. One bathroom with a walk-in shower, a built-in bench seat and grab-bars
6. Phone jacks in the master bedroom and kitchen
7. Zero step entrances/ramps into the building and zero step thresholds
8. Electrical outlets (above 18") and light switches and thermostats (below 48")
9. Pocket doors where practical in small spaces

When choosing features, select options ...

Entrances and Exits

- Exterior lightening at all entrances with sensors
- Doors have lever-style handles

Kitchen

- Cabinetry is easy to access with pull-out cabinetry
- Suitable lighting over sink, stove, and other work area
- Easy to grasp D-shaped pulls and handles
- Stove and cooktop controls are near the front
- Area where a person can work while seated

Steps and Stairways

- Stairway lights can be turned off and on at both the top and bottom of the stairs
- Non-slip surface on steps
- Handrails on both sides of stairs

Living Room and Bedroom

- Light switches are rocker-style and installed between 36" and 44" from the floor
- Easy access to electrical and phone outlet
- Closets have interior lights and adjustable rods and shelves
- Room for the bed to place in a location that allows for easy access to the bathroom

Bathroom

- Raised or high-profile "comfort" toilet
- Easy to use lever handles for sink, bathtub, and shower faucets
- Walls are reinforced with blocking so grab bars can be installed in the bathtub, shower and adjacent to the toilet
- Shower has a no-step entry and seating
- The shower features a hand-held or adjustable showerhead

There is a new variety of housing options to consider

It is recognized that Juneau does have land availability issues that impact the type of housing that can be constructed profitably. Today, there are evolving housing types that could diversify options for Elders beyond the standard house/condo/apartment complexes in the city today. Consider the possibilities.

- Tiny Homes
- Village Model
- Cottage Communities
- Accessory Dwelling Units
- Multigenerational Living Concept

Links for additional information

- 2020 Juneau Senior Survey <https://juneau.org/clerk/boards-committees/jcoa>
- Fair Housing Act Design Manual: <https://www.huduser.gov/portal/publications/destech/fairhousing.html>
- The Americans with Disabilities Act (ADA): <https://www.ada.gov/>
- AARP HomeFit Guide: <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>
- National Association of Home Builders Certified Aging-in-Place Specialist (CAPS): <https://www.nahb.org/Education%20and%20Events/Education/Designations/Certified%20Aging-in-Place%20Specialist%20CAPS>
- Example of Tiny House Cottage Community: <https://tinyhousetalk.com/tiny-cottage-community-in-bend-oregon/>
- Example of the Multigenerational Living Concept: <https://seniorhousingnews.com/2021/05/05/bill-thomas-colleagues-unveil-kallimos-communities-multigenerational-living-concept/>
- Universal Design: <http://universaldesign.com/what-is-ud/>
- AARP Network of Age-Friendly States and Communities: <https://www.aarp.org/livable-communities/network-age-friendly-communities/>

Ask this question *“What kind of housing do you image needing and wanting for your well-being as you move towards Elderhood?”* Whatever your answer is, we hope you can help us make it happen in Juneau.

Contact: City Clerk’s Office city.clerk@juneau.gov 907-586-5278



Juneau Commission on Aging

Support Age Friendly Construction in Proactive Ways

What if all homes in Juneau could be suitable for anyone regardless of a person's age or physical ability?

What if a person who want to live within their community regardless of his or her age or physical ability, could do just that?

These are questions being asked by other municipalities that, like Juneau, who are also members of the AARP Network of Age-Friendly States and Communities. We need to work towards moving Juneau to be a well-designed, age-friendly community that fosters economic growth. Your support is necessary to make this goal a reality.

The fact is that nearly 30% of the Juneau population is over 55. Aging in place is a personal objective of most Juneau Elders as indicated by the CBJ 2020 Senior Survey. Unfortunately, their homes generally were not built in the past taking into consideration an owner's probable future limitations.

That needs to change and CBJ can help. Whatever your role in government, look for ways to facilitate age friendly housing, homes that are attractive to 1st time buyers as well as those residents who need to downsize ... universal design. Ask this question *"What kind of housing do you image needing and wanting for your well-being as you move towards Elderhood?"* Whatever your answer is, we hope you can help us make it happen in Juneau.

Requirements to make this happen are not onerous. To make this point here are examples of what the Juneau Commission on Aging is asking developers to voluntarily adopt as construction best practices in all new housing construction. The list was developed from recommendations included in the Fair Housing Act Design and Construction Requirements, AARP HomeFit Guide, and other sources.

Basic construction design

1. Apartment & condo units that are single story within a multi-story building
2. Homes have an accessible living space including master bedroom/bath + laundry on at least one floor
3. Doorways (interior/exterior) that are at least 36" wide or made that wide by installing swing-away or swing-clear hinges to make use of entire doorway opening
4. Elevators in multi-family buildings of 3 floors or more
5. One bathroom with a walk-in shower, a built-in bench seat and grab-bars
6. Phone jacks in the master bedroom and kitchen
7. Zero step entrances/ramps into the building and zero step thresholds
8. Electrical outlets (above 18") and light switches and thermostats (below 48")
9. Pocket doors where practical in small spaces

Feature selection

Entrances and Exits

- Exterior lightening at all entrances with sensors
- Doors have lever-style handles

Kitchen

- Cabinetry is easy to access with pull-out cabinetry
- Suitable lighting over sink, stove, and other work area
- Easy to grasp D-shaped pulls and handles
- Stove and cooktop controls are near the front
- Area where a person can work while seated

Steps and Stairways

- Stairway lights can be turned off and on at both the top and bottom of the stairs
- Non-slip surface on steps
- Handrails on both sides of stairs

Living Room and Bedroom

- Light switches are rocker-style and installed between 36" and 44" from the floor
- Easy access to electrical and phone outlet
- Closets have interior lights and adjustable rods and shelves
- Room for the bed to place in a location that allows for easy access to the bathroom

Bathroom

- Raised or high-profile "comfort" toilet
- Easy to use lever handles for sink, bathtub, and shower faucets
- Walls are reinforced with blocking so grab bars can be installed in the bathtub, shower and adjacent to the toilet
- Shower has a no-step entry and seating
- The shower features a hand-held or adjustable showerhead

What could you do within your role to support age-friendly housing?

- Could the city codify any of the requests that we are asking developers to do as a best practice?
- Within your role at CBJ, we ask you to explore ways the city can incentivize developers to include these features.
- Could select Americans with Disabilities Act (ADA) and Fair Housing Act (FHA) recommendations be formally adopted by CBJ?
- Could the Planning Commission, Zoning Commission give credit/points to developers who demonstrate their willingness to help make Juneau an Age Friendly Community - such as including mini pocket exercise areas within their development, etc.?
- Could the city continue to refine current senior population numbers for Juneau to aid in better projections of senior housing needs, specifically how many senior housing units are required of each type?
- Could the Juneau Economic Development Council provide developers loans for senior specific housing? The support could be in the form of loans, or a guarantee to the bank of a portion of the loan, or interim financing for the construction loan.
- Could the city sponsor or work with local builders to develop the Certified Aging-in-Place Specialist (CAP) designation? This is National Association of Home Builders Certification.
- As was done to create accessory apartments, can a new program be created that would make grants available to seniors to help cover the cost of retrofitting a multi-story home with an elevator or other senior friendly requirements.
- Look for ways to encourage or approve the building of tiny homes and other small residential models suitable for elders. Possible examples include adjusting city code to not require streets but rather covered walkways. Could these walkways even be in a CBJ Right of Way? Could public water and sewer also be there and CBJ maintain the covered walkways instead of a street?
- Could city land code be modified to allow developers to build affordable, small one-level homes on smaller lots than are currently permitted? Could parking requirements be reduced as often senior couples only have one car?

Support diversity in innovative housing options

It is recognized that Juneau does have land availability issues that impacts the type of housing that can be constructed profitably. Today, however, there are evolving housing types that could diversify options for Elders beyond what is currently available house/condo/apartment complexes.

What is necessary for this to happen is CBJ support for these new innovative approaches and removing obstacles to their development. Consider the possibilities.

- Tiny Homes
- Village Model
- Cottage Communities
- Accessory Dwelling Units
- Multigenerational Living Concept
- Etc.

Links for additional information

- 2020 Juneau Senior Survey <https://juneau.org/clerk/boards-committees/jcoa>
- Fair Housing Act Design Manual: <https://www.huduser.gov/portal/publications/destech/fairhousing.html>
- The Americans with Disabilities Act (ADA): <https://www.ada.gov/>
- AARP HomeFit Guide: <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>
- National Association of Home Builders Certified Aging-in-Place Specialist (CAPS): <https://www.nahb.org/Education%20and%20Events/Education/Designations/Certified%20Aging-in-Place%20Specialist%20CAPS>
- Example of Tiny House Cottage Community: <https://tinyhousetalk.com/tiny-cottage-community-in-bend-oregon/>
- Example of the Multigenerational Living Concept: <https://seniorhousingnews.com/2021/05/05/bill-thomas-colleagues-unveil-kallimos-communities-multigenerational-living-concept/>
- Universal Design: <http://universaldesign.com/what-is-ud/>
- AARP Network of Age-Friendly States and Communities: <https://www.aarp.org/livable-communities/network-age-friendly-communities/>

Just as Juneau's developers will need to be creative and flexible to see how these types of age friendly housing can fit into the land they own, so does CBJ need to see how city practices can be changed to accommodate new housing models.

Contact: City Clerk's Office city.clerk@juneau.gov 907-586-5278

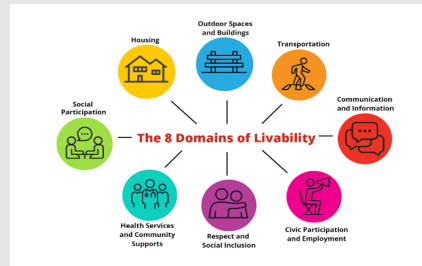
AARP CAT Juneau
Community Resource List Updated February 2022

HEALTH and WELLNESS	PHONE
Alaska Governor's Council on Disabilities and Special Education	907-269-8990
https://dhss.alaska.gov/gcdse/pages/default.aspx	
Alaska Center for the Blind and Visually Impaired	800-770-7517
https://www.alaskabvi.org/	
Alaska Registry of Interpreters for the Deaf	
www.alaskarid.org	
Bartlett Regional Hospital	907-796-8900
https://www.bartletthospital.org/	
BRH Rainforest Recovery Center	907-796-8690
https://www.bartletthospital.org/services/addiction-treatment/	
Boulder telehealth addiction treatment for opioid addiction	
https://www.boulder.care/	
COMPASS Homecare Division of Center for Community	907-790-3650
https://cfc.org/	
Cornerstone Home Care	907-586-6838
https://www.chhcare.com/	
Denali KidCare (CHIP) Children's Health Insurance Program	800-478-7778
https://dhss.alaska.gov/dpa/Pages/dkc/default.aspx	
Division of Public Assistance F.S., Medicaid, Heating Assistance	800-876-2477
https://dhss.alaska.gov/dpa/Pages/default.aspx	
SingleCare Prescription Drug Discount Card	844-234-3057
https://www.singlecare.com/	
Four A's Alaskan AIDS Assistance Association	907-500-7465
https://www.alaskanids.org/	
ALASKAN STATEWIDE AIDS HELPLINE: 1-800-478-AIDS	
Front Street Clinic SEARHC M-F 8:30 AM-4:30 PM	907-364-4565
https://searhc.org/location/front-street-clinic/	
JAMHI Health and Wellness, Inc./NCADD	907-463-3303
https://www.jamhihealthandwellness.org/	
Juneau Public Health Center Alaska HSS	907-465-3353
https://dhss.alaska.gov/dph/nursing/pages/Southeast%20	
Ladies First Alaska Breast & Cervical Services SOA	800-796-0045
https://dhss.alaska.gov/dph/wcfh/Pages/ladiesfirst/default.aspx	
Let Every Woman Know Alaska	907- 263-1009
https://leteverywomanknow.org/	
NAMI National Alliance for Mental Illness	907-463-4251
https://www.namijuneau.org/	
Planned Parenthood Juneau Health Center	800-796-0045

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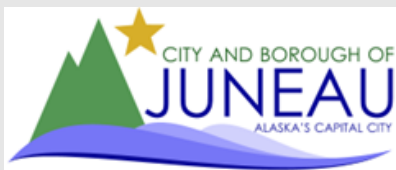
https://www.plannedparenthood.org/health-center/alaska/juneau/99801/juneau-health-center-3865-91810	
SEARHC Southeast Alaska Regional Health Consortium	907-463-4000
https://searhc.org/	
ADULT & FAMILY SUPPORT SERVICES	PHONE
Alaska 211	211
https://alaska211.org/	
Alaska Brain Injury Network Inc	907-274-2824
https://alaskabraininjury.net/	
Alaska Center for Resource Families	800-478-7307
https://www.acrf.org/	
Alaska Legal Services Corporation	907-586-6425
https://www.alsc-law.org/	
American Red Cross Juneau Office	
https://www.redcross.org/local/alaska/about-us/locations/juneau_office.html	
Alzheimer's Resource of Alaska	907-586-6044

You are invited to share Age Friendly Input!



Join the AARP AK Juneau Community Action Team and Juneau Commission on Aging at one of our "Listening Sessions" on Juneau as an Age Friendly/Livable Community.

Share your thoughts on what makes Juneau inclusive for seniors and community members of all ages and abilities and ways to improve Age Friendly inclusivity and Livability.



Tuesday, May 9th - Downtown Library
Tuesday, May 16th - Valley Library
Tuesday, May 23rd - Douglas Library
All Sessions are 4:30 pm - 6 pm

Executive Summary 2020 Senior Needs Survey

Introduction

Beginning in the spring of 2019, the Juneau Commission on Aging conducted a survey of Juneau residents aged 55 and older. This survey was the fourth in a series of similar surveys conducted at approximately ten-year intervals beginning in 1989. Although the members of the JCOA are local volunteers, CBJ allocates a budget for the creation, analysis, and distribution of the survey. The 2020 Senior Needs Survey budget was \$23,809. As in prior years, the general intent of this survey is to provide data to the Juneau community and assist the City and Borough of Juneau in making informed decisions when planning for senior services and infrastructure changes in the coming years. This Senior Needs Survey was the first to collect responses electronically. There were 1,845 survey responses, 256 of which were manually entered from hard copy surveys. Note that this survey was conducted from June through November in 2019, before the COVID-19 pandemic.

One benefit of conducting these surveys is it prompts participants to revisit assumptions, review organizational structures, and learn more about the valuable services that already exist. Since the surveys have been conducted at approximately ten-year intervals, the results of this and prior surveys now provide points of comparison for future surveys as you will see in the details of this document. Thus, we hope this survey can provide present and future policy makers with valuable insights not only into existing services and gaps in services but also of demographic trends over long periods of time. Providing real-time data to inform policies that improve the lives of seniors residing within CBJ is the purpose of our efforts.

Background and Methodology

This report generally analyzes responses question-by-question. The discussion examines the trends of responses over the four surveys (1989, 1998, 2010 and 2020) and takes a more in-depth look at the snapshot of attitudes, situations, and suggestions of the senior population based on responses to the 2020 survey open-ended questions.

In addition to meeting the basic intent of informing the planning process, this survey and the associated analysis provides other, perhaps less well-known or understood benefits.

Conducting a survey with this much detail elicits a wealth of diverse ideas and opinions.

The City and Borough of Juneau (CBJ) and its assembly, which commissions this survey every 10 years, are motivated to keep seniors in Juneau and in their homes when desired and feasible. Seniors contribute enormously to CBJ's economy. They also provide an immeasurable number of hours of volunteer support and creative problem-solving experience to non-profit organizations.

Demographics

The most notable difference in results from prior surveys is the number of respondents living in "Downtown Juneau" compared to the number living in the Valley. The Valley has seen a dramatic increase in its senior population while Downtown Juneau has seen a sharp decline in its senior population over the past 10 years.

Compared to results in 2010, there is a shift in the last decade toward more home ownership and less rental. Seventy-six percent of respondents now live in houses compared to 65 percent in 2010. While the majority of respondents, 84 percent overall, own their home, seniors ages 75 and older show a transition away from home

ownership to rentals. This further supports the idea that younger seniors are aging in place in the homes they purchased in the Valley when they first moved to Juneau.

Eighty percent of respondents have lived in Juneau 20 years or more. Almost one quarter, 24 percent, have lived in Juneau 31 to 40 years, and 22 percent have lived here 41 to 50 years. There are few that move to Juneau as seniors. The majority of seniors in Juneau have aged in place having grown up here or moved here for work.

In 2020, just under half of all respondents, 46 percent, indicated that they have executed an advanced directive. Sixty-three percent of respondents provided estimated household income, with 44 percent of these seniors indicating income over \$100,000 and 11 percent indicating income under \$50,000.

Findings

Four themes came up consistently in the analysis of this survey of current CBJ seniors (ages 55 and older), all relating to how Juneau's senior population feels about their ability to continue to live in Juneau – to age in place.

1. Housing and in-home care
2. Specialty medical care
3. Cost-of-living
4. Support Services

It is important to note that topics that don't come up frequently can still be important to address. For example, about 7 percent of respondents reported they cannot afford dental care. While that means the majority of seniors are not in need, having 7 percent of seniors not able to afford dental care is not ideal. Lack of dental care will likely create requirements for more expensive procedures in the future, increasing the burden on government programs and nonprofits.

Housing and In Home Care

Housing was the most mentioned topic in this survey and is a pivotal issue when making the decision to stay or leave Juneau. Availability of affordable assisted living housing, affordable independent senior housing, and services to help residents continue to live in their own homes were identified as the top senior priorities that need work in Juneau.

The increase in fees at the Pioneer Home was unanimously condemned. Respondents indicated they could not or would not be able to afford the fee increases and will have to find alternative housing and care elsewhere, more than likely outside of Alaska. Having affordable housing that can accommodate the needs of seniors is absolutely essential for them to continue living in Juneau. It is important to note that the survey questions did not specifically ask about the fee increases at the Alaska Pioneer Homes meaning those seniors who shared their opinion likely felt strongly about the increased fees and are not necessarily representative of the survey population.

The greatest percent, 29 percent, anticipated a need for a more accessible/lower maintenance home, a need that could be met by adaptations to one's current home as opposed to living elsewhere. Although Juneau's senior population was not knowledgeable of many nationally growing alternative housing programs (Integrated Resident Communities, The Village to Village Network, etc.), the "Tiny Home" concept showed the most familiarity with 13 percent saying it would be a good fit in Juneau. Affordable senior independent housing was the top answer for Question 45 "What do you think

Juneau residents aged 55 or older need that is not now adequately and/or readily available in Juneau?”

Specialty Medical Care

The need for medical services outside of Juneau is spread among many medical conditions, but the greatest stated need among this age group was for cataract surgery. (Note: since the survey data gathering was closed, in December of 2019, a monthly visiting ophthalmologic surgeon now rotates to Juneau who provides this service.) Dental care and dentures, hearing aids and eyeglasses were mentioned more than the other services, such as wheelchairs, likely because Medicare and many insurance plans do not cover these services.

Respondents were asked if they have ever gone without medication because it was unaffordable. Only two out of 1,665 answering this question said that was the case. Very few seniors have been denied medical or other senior services. Written comments indicated a problem finding providers who accept Medicare or Medicaid patients. Over 60 percent of the 63 explanations about being denied health care services were about providers not accepting Medicare or Medicaid.

A few of the medical needs that respondents felt they couldn't get or couldn't get at a quality level include long term pain management, respite care, rheumatologist, urologist, dermatologist, internist, periodontal care, ophthalmologist, and allergist. A shortage of physicians trained to deal with and treat senior citizen's medical and mental health problems was identified. In-home elder care, including managing, scheduling, and administering medications, was also identified as a need.

Cost-of-Living

Forty-eight responses identified the cost of living in Juneau as an issue in the additional comments question. The costs of health care, local taxes and housing were the most mentioned expenses, with the lack of affordable housing being the most mentioned concern.

The cost of travelling to and from Juneau is important to seniors, especially to those with family out of state or who need to go out of state for specialized medical care. The Alaska Marine Highway System is used by a large percentage of respondents (77 percent) and is highly valued by Juneau's senior community.

The reduction of the senior sales tax exemption from all purchases to just "essential" items was strongly condemned. There were 66 responses that addressed this topic, nearly all of which voiced support for keeping or expanding the senior sales tax exemption to all purchases. Some respondents expressed a feeling of betrayal when the sales tax exemption was reduced to "essential" purchases. While most responses indicated support for a full reinstatement of the exemption, some provided more specific suggestions such as adding phone/internet bills to the list of exempt purchases by seniors. Responses also indicated that one of the problems with this change is it impacted all seniors, including those who have already done their financial planning and counted on the full exemption. Several respondents pleaded for the city to leave the senior property tax exemption at the current level or raise the deducted amount. It is important to note that the topic of sales tax exemptions was not mentioned in the survey questions. This means those who mentioned this topic are likely those who felt strongly about it and do not necessarily represent or summarize the views of Juneau's senior population.

Support services

“Which of the Following Services in Juneau Do You Use?” was a new question in the 2020 survey. Forty-six percent of the respondents said they don’t use any of the services listed. AARP is used by 25 percent of all respondents; CBJ pools are used by 24 percent; and CBJ Parks and Recreation programs are used by 19 percent.

Results show that more than half of all respondents use five Juneau agencies: State of Alaska Division of Motor Vehicles, CBJ, Alaska Marine Highway, State of Alaska Fish and Game, and the U.S. Social Security Administration. The America the Beautiful Senior Pass and UAS are the next most selected.

The percentage of respondents that use one of the Senior Centers located within CBJ dropped significantly from 14 percent in 2010 to 5 percent in 2020. The Valley has seen a dramatic increase in its senior population while Downtown Juneau has seen a sharp decline in its senior population. The closure of the Valley Senior Center and decreased population around the Juneau Senior Center (located downtown) likely had some influence on the decrease in usage of senior centers. Douglas has its own senior center and the Douglas Island population has stayed relatively flat since 2010.

Thirty-four percent of all respondents were interested in attending a community meal in 2020. In 2010, only 25 percent were interested in using a communal meal service. Comments indicated that seniors were interested in not only a meal service, but also in the opportunity to get out and socialize with other seniors. Furthermore, seniors 75 and older were much more interested in this option than younger seniors, 42 percent compared to 29 percent. Sixty-one percent of the respondents said they would be willing to pay between \$5-10.

About 34 percent of the respondents use the city bus system. Overall, for the seniors who ride the bus, not enough protection from the weather at bus stops, no place to sit and no service beyond Auke Bay rose to the top as unmet needs. However, looking only at seniors 75 and over, the greatest need was for bus stops to be closer to their homes.

In 2020, respondents were asked how often they do volunteer work. Only 37 percent report never doing volunteer work, compared to 51 percent in 2010 and over 60 percent in prior surveys. There appears to be a trend of increasing rates of volunteerism over the decades. Only small differences are seen in rates of volunteer work across age cohorts.

Seniors from ages 55 to 74 ranked nature/outdoor opportunities as the most important aspect of the decision to live in Juneau. By far, all age groups chose walking as their preferred activity. Winter safety (slipping and physical snow barriers) was identified as an issue.

Question 45 of the survey asked ““What do you think Juneau residents aged 55 or older need that is not now adequately and/or readily available in Juneau?”

Reading and understanding the responses provides an insight into the diversity of needs of Juneau’s senior community. Some of the stated needs are easier to address than others. Hundreds of write-in comments were submitted, with a sampling provided here and additional comments provided in Appendix 1.

- gym-activity access, weight trainers, pickleball
- financial planning and assistance
- more medical care housing options than Wildflower Court or Pioneer Home
- Senior retirement complex with separate 1 or 2-bedroom apartments with dining facilities, exercise, hobby, and community areas

- More dementia care facilities
 - Companion surrogates
 - Volunteer or lower rate pay handymen/women to help with house maintenance
 - inexpensive assistance with big household chores, like moving things and big cleaning jobs
 - In home safety installation program to help install necessary grab bars and ramps as mobility declines;
- to stay safe at home
- social activities, dances, events for Seniors that are also active/independent
 - snow cleared off sidewalks
 - I hope the city stops adding taxes and fees to the seniors. They help the homeless but not the seniors on fixed incomes.
 - Stop escalating home valuations that drive up property taxes
 - Condos one level, affordable single level housing
 - Tax exemptions to include food for in-home pets (dog & cat only)
 - Financial grants and advice to help with accessibility issues like ramps and stairs
 - Therapy pool
 - Internet services and education, problem solving