



*Aging!  
So cool,  
everyone is  
doing it!*

**Juneau Commission On Aging**

# **Juneau Commission On Aging**

**Part of a national, state and municipal system**

- **National Council on Aging**
- **Alaska Commission on Aging**
- **Juneau Commission on Aging**

**Our mandate is to advise the Juneau City and Borough Assembly on actions and policies to improve the quality of life for seniors (aging residents).**

**JCOA is CBJ specific but many benefits in Juneau frequently extend to the entire region.**



# **Juneau Commission On Aging**

**Busy in the background since 2017 reauthorization by CBJ**

- **2020 JCOA Senior Survey – CBJ commissioned and funded a survey every decade to discern status and priorities of seniors (1989, 1998, 2010, 2020)**
- **2022 JCOA were founders of the Southeast Regional Eldercare Coalition, gleaned start up funding and wrote a grant resulting in funding for the SREC Project focused on Eldercare Workforce Issues**
- **2022 CBJ joins the AARP Age Friendly Community Network**
- **2023 City Wide Listening Sessions in partnership with AARP to glean updated information from Juneau seniors about priorities**
- **2024 JCOA Develop a multi year plan of priorities using AARP Age Friendly Community Planning as a model for future action**

# Juneau Commission On Aging

Changing the view of aging in community to one of strength



- Many still need services to be able to age in place
- Juneau has many organizations providing excellent services
- Better coordination among providers is a SREC Project goal
- JCOA continues to advocate for improved services for a all

**WHILE ALSO EMPHASIZING A STRENGTH BASED  
APPROACH TO THE BENEFITS OF HAVING A  
COMMUNITY THAT CAN AGE IN PLACE**



# Juneau Commission On Aging

## What we learned from 2020 Survey

**2020 Seniors are healthier, wealthier and have better insurance than previous survey years**

- **28.7% of Juneau residents are 55 and older**
- **84% own their own homes and pay taxes**
- **80-90% (depending on age) drive their own cars**
- **63% volunteer in the community**
- **95% over 65 have Medicare Insurance**
- **66% over 65 have State of Alaska Retirement**
- **40% have Long Term Care Insurance**
- **42-46% (depending on age) take continuing education classes (UAS/CS)**
- **72 – 84% (depending on age) recreate weekly (walking, hiking, swimming, gyms, skiing)**



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## **Priority: Creating Age Friendly Community**

**Develop an action plan specific to Juneau using the well- established AARP model of Age Friendly Community Planning emphasizing the benefits of keeping seniors in the community**

- **Examples from what we heard from surveys – seniors want:**
  - **Age Friendly housing options - congregate housing is last resort**
    - Accessible housing that allows aging with minimal assistance
    - Housing that is minimalistic yet functional (Tiny Houses, congregate communities)
    - NOTE: Seniors will move from bigger homes if options are available opening up housing
  - **More recreational and social activities emphasizing health**
    - Recognition that seniors are healthier and living longer than in the past and need access to age friendly activities (pickleball, walking, hiking, skiing added to survey this year!)
    - Development of a Senior Center that is comprehensive: shared meals (Italian/ Mexican/ Asian food “nights”), learning and training opportunities, affordable social activities and recreation. “Zach Gordon Center for Seniors”



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**We'll keep you posted on Age Friendly Community Planning!**

## 2020 Juneau Senior Needs Survey

**Figure 13a: Senior Use of Available Services**

Service Used	Use	Service Used	Use
Alaska DMV	87%	Juneau Retired Teachers Association	3%
City and Borough of Juneau	83%	Alaska Legal Services Corporation	3%
Alaska Marine Highway	77%	Meals on Wheels	3%
State of Alaska Fish and Game	67%	Front Street Clinic	2%
US Social Security Administration	57%	Hospice and Home Care of Juneau	2%
America the Beautiful Senior Pass	46%	Alzheimer's Resource of Alaska	2%
University of Alaska Southeast	36%	Alaska Commission on Aging	2%
Catholic Community Services	9%	Pioneer Home	2%
Care-A-Van	9%	Polaris House	2%
Central Council of Tlingit and Haida	8%	Disability Law Center of Alaska	2%
Southeast Alaska Independent Living (SAIL)	8%	Trillium Landing	2%
US Department of Veterans Affairs	7%	Cornerstone Home Care	2%
Alaska Housing Finance Corp.	6%	Wildflower Court	2%
Alaska Division of Public Assistance	6%	Center for Community	1%
Juneau Senior Center	6%	COMPASS Home Care	1%
Alaska State Library Talking Books Center	6%	Senior and Caregiver Resource Center	1%
Juneau Job Center	5%	AWARE, Inc.	1%
Food Bank of Alaska	5%	Douglas Senior Center	1%
Alaska Food Stamp Program	5%	Alaska Network on Domestic Violence and Sexual Assault	1%
National Active and Retired Federal Employees	4%	Reifenstein Dialysis Center	1%
Fireweed Place	4%	MASST Program Coordinator	1%
The Learning Connection	4%	The Bridge Adult Day Program	0%
Juneau Alliance for Metal Health, Inc. (JAMHI)	4%		



## PROGRAMS AND SERVICES

### Question 22: Which Services Do You Need NOW but Are Not Able to Get in Juneau? (Select All That Apply)

This is a new question for the 2020 survey. Overall, 76 percent of respondents did not now need any of the services listed, and another 10 percent reported they get all the services they need in Juneau. Although all service options received low percentages, specialty medical was the most often selected service to be needed now but unavailable in Juneau. When separated by age group, there was a decreasing percentage of respondents who did not need any of these services, from 83 percent to 61 percent, with increasing age cohort. In other words, the percentage of respondents who got all the services they need in Juneau decreased as age increased.

