

Community Innovations for Aging in Place  
Alaska Native Aging in Place Pilot Project  
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AoA Program Officer: Erin Long  
AoA Grants Management Specialist: Heather Wiley  
Project Coordinator and Authorized Signatory Signatures \_\_\_\_\_

***1. What did you accomplish during this reporting period and how did these accomplishments help you reach your stated project goal(s) and objective(s)? Please note any significant project partners and their role in project activities.***

**Program Goal:** Pilot a village based Aging in Place program in two rural Alaska Native Villages to enable Native Elders to remain in their homes and/or villages during the end of their life cycle.

**Objective 2:** Year 1, 2 & 3, Implement and Evaluate services

**Activity 1:** Implement program and services

**Timeframe:** Months 10-36

**Person(s) Responsible:** Elder Services staff and strategic partners

**Discussion:** Services will consist of a combination of in-home geriatric care, case management, and activities.

**Outcomes**

- Regular interaction with elders on a daily basis by Elder Service staff in both communities to improve interaction and adjust where necessary.

- Assistance from Community Health Aides and Community Health representatives as well as other community members is crucial in delivering effective services in clinics, activities, and in-home services.
- In-home geriatric care, case management, and activities are a big part of the Elder Services daily routine.

**Activity 2:** Evaluate services

**Timeframe:** Year 2 & 3, Months 10-36

**Person(s) Responsible:** Elder Services staff, Elders, and strategic partners

**Discussion:** Evaluation data on services will be collected monthly from Elders and their families to assess the effectiveness of services and make necessary adjustments to Individualized Care Plans as necessary. Elder Committees will meet quarterly to evaluate the overall program. Monthly staff meetings will be held with staff, providers and consultants to discuss evaluate and adjust services to improve effectiveness.

**Outcomes:**

- Individualized care plans were created and have had trouble being updated on a regular basis.
- An Elder's committee has still been compiled of elders that share concern monthly and whenever possible at Elder Activities.
- Copper River Regional Health Network Survey's have been filled and results are distributed. Community surveys are in the making.

- Constant meetings with strategic partnerships and LTC Training from PWSCC gives Elder Service staff a variety of perspectives on the program for evaluation purposes.

**Activity 3:** On-going training of project staff

**Timeframe:** Months 6-36

**Person(s) Responsible:** Elder Services Director and strategic partners

**Discussion:** Training is expected to begin during the 6<sup>th</sup> month and continue into year 3.

**Outcomes**

- Distance Delivered Training from regional community college Prince William Sound started January 2011 for Long Term Care Training. Marg Halloran, training coordinator at UAA Center for Human Development is primary contact for MSTC Elder Service training.
- Opportunity for a Direct Support Specialist Apprenticeship (DSSA) program and Direct Service Specialist Occupational Endorsement (DSSOE) for MSTC Elder Staff has been an option but unfortunately difficult to handle when staff cannot commit themselves.
- HUMS v107 Introduction to Dementia was conducted for 4 staff members starting February 3<sup>rd</sup>, 2011 and was an 11week class. Unfortunately staff fell behind during this elective course due to other elder activities and had to be removed. Elder Service Director worked with Marg Halloran to keep the material for the course and train elder service staff as an MSTC training.

- HUMS v109 Introduction to Long Term Care and Community Based Supports is in effect at this point and there are 3 students taking the course. Director is involved and will be helping staff with homework and participation.
- Due to a part time status, staff has been overwhelmed with the PWSCC Courses mandatory to the program. Staff need to be committed to their program goals and constantly motivated in order to accomplish any training.

**Objective 3:** Years 1, 2, & 3 disseminate process and outcome data and lessons learned to provide a model that can be adapted by other rural villages.

**Activity 1:** Develop and Update project content for MSTC's website

**Timeframe:** Starting months 4 - 36

**Person(s) Responsible:** Administrative Assistant and Elder Services Director

**Discussion:** The website will begin with a general description of the project and the types of information that will be added to the website over time. The Elder Services Director will have overall responsibility for approving what information goes on the site and the Administrative Assistant will have overall responsibility for adding information and maintaining the site.

**Outcomes:**

- Website was established during months 4 and included a short general description of the program.
- Recent update has taken place to the program description and links to performance reports, pictures, newsletter articles, etc.

**Activity 2:** Project reports; Display process and outcome data, lessons learned, general information, and key links to information related to the development of village-based programs.

**Timeframe:** Year 1, 2 & 3, Months 6-36

**Person(s) Responsible:** Administrative Assistant and Elder Services Director

**Discussion:** The Elder Service Director will prepare monthly reports for MSTC staff meetings, quarterly reports for Tribal Council Meetings, and semi-annual required AOA Program Reports.

**Outcomes:**

- In progress of updating filing system for program reports due to recent server update and staff turnover.
- Reports are disseminated to community, MSTC weekly meetings, MSTC full staff meetings, MSTC board meetings, Tribal Councils, partnership meetings, and AOA teleconferences.
- Website can then be consistently updated.

***2. What, if any, challenges did you face during the reporting period and what actions did you take to address these challenges? Please note in your response any changes, if any, to your project goal(s), objective(s), or activities that were made as a result of challenges faced.***

**Challenges faced and Action Plans**

## **1. Staff Turnover, A Major Disruption in Any Program, Can Be Managed By Contribution**

**Analysis:** Staff turnover means that there is difficulty with keeping staff available for the program and it's goal. It is a real hassle to express the goal of a program when the big picture is vague and to some just "employment". Mount Sanford Tribal Consortium and Tribal Councils have other programs and staff that share similar ideals and activities that contribute a great deal to the Aging in Place project by filling the gaps in the program and keeping it on track.

**Action Plan:** Ideas are in the process of being created to infiltrate staff with the larger statewide effort by constant participation in program goals and direction. As in the proposal, the director will participate, along with new and existing staff in geriatric service training. Director will also be involved with all aspects of program, constantly expressing program goals to staff, elders, community, and by dissemination through website.

## **2. Evaluation of Services Throughout The Program Is Crucial**

**Analysis:** Evaluation of program is based on what the staff has to provide. When staff is in short supply or disrupted then evaluation and documentation are not clarified and filed correctly. Through efforts of Tribal Councils, the program will finally be a part of an Elder Care Committee, which will assist in providing a trustee advocate for the elders. With this committee there will be room for comment, concern, and adjusting to the program.

**Action Plan:** Evaluation instruments are subject to change as the program continues.

With new and interesting perspectives from CIAIP Tag Team as well as strategic partnerships included in proposal such as Alaska Native Tribal Health Consortium; Prince William Sound Community College; UAA; Senior and Disability Services; Tribal Councils; and Mount Sanford Tribal Consortium. Program will utilize perspectives and consultation to adjust program wherever needed. Upcoming meetings with program consultant Pete Peschang will continue in hopes of a possible process evaluation for AOA.

### **3. Ongoing Training Can Be Overwhelming**

**Analysis:** Staff has struggled with Distance Delivered training offered by the program partner Prince William Sound Community College and UAA. Our Primary contact Marg Halloran has had contact with all students on follow-thru with courses and hopes that the program can continue without any drop outs or a failed grade. Due to staff turnover, training will have to continue with crossover training from Director and courses recorded through Marg Halloran. Director has noticed without participation along with staff, the program staff gets overwhelmed with servicing clients as well as taking courses.

**Action Plan:** Director will participate along with staff in courses included in the Distance Delivered training through PWSCC to prevent falling behind and possible dropout. Students can take advantage of the courses for future endeavors, which will be in sustainability plan.

***3. How have the activities conducted during this project period helped you achieve the measurable outcomes identified in your project proposal?***

Throughout this reporting period the activities that were conducted were:

- Elder luncheons gave the Elders a chance to socialize with community members.
- A variety of cultural activities the Elders are vital to: teaching; cooking; story telling; beadwork; subsistence lifestyles; etc.
- A variety of housework & light maintenance work that enabled the elders to not strain themselves and maintain a living
- Transportation to and from events, errand running, and medical transportation due to the fact that it is a main priority
- Help with subsistence living which is a big help to our elders
- Providing elders who relocate for services a home that is accessible.
- Training that provides Director and staff with different perspectives about a direct support worker in Alaska.

***4. What was produced during the reporting period and how have these products been disseminated? Products may include articles, issue briefs, fact sheets, newsletters, survey instruments, sponsored conferences and workshops, websites, audiovisuals, and other informational resources.***

- Reports:
  - Weekly reports – Shared at MSTC Monday Morning Meetings
  - Tribal Council Monthly Reports – Shared at Tribal Council Meetings

- MSTC Board Reports – Shared at Board Meetings
  - AOA Teleconference Reflection Report
- MSTC Newsletter articles for AOA
- Alaska Native Aging in Place Pilot Project Poster
- Copper River Regional Health Network Survey completed
- AOA Resource Booklet Draft
- MSTC Website update



