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Assisted Living in Alaska

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Alaska is the biggest and most northerly state, making it an often-overlooked choice for seniors seeking a retirement destination. Approximately 291,538 of the state's 731,545 residents live in the Anchorage metropolitan area, while the balance of the population is dispersed among other cities, towns and settlements. There are 27 [hospitals in Alaska](#), including a number of cancer care centers, VA facilities and regional hospitals, giving residents access to a complete range of health care services. With its abundance of unspoiled outdoor spaces, unique location and distinctive culture, Alaska may appeal to seniors who love being close to nature.

About 12% of Alaska's residents are aged 65 or older, and this demographic is increasing at a rate of 6% per year, higher than any other state. Between 2018 and 2025, the senior population in Alaska is expected to jump by 46.7%, which will result in more residents requiring senior care services. With an average monthly cost of \$6,000, assisted living in Alaska is much more expensive than the national average.

There are a number of [Click Here to Request Pricing Info](#) programs available to help low-

Get Pricing and Availability

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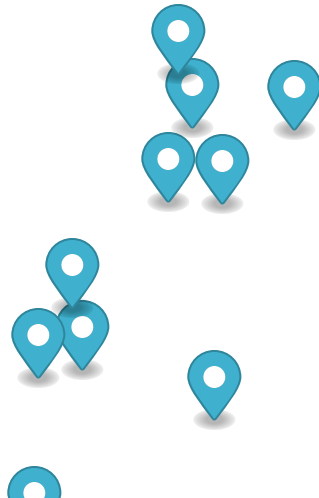
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Top Cities in Alaska

- Anchorage (256) [Click Here to Request Pricing Info](#)

- [Wasilla \(35\)](#)
- [Fairbanks \(14\)](#)
- [Soldotna \(12\)](#)
- [Palmer \(11\)](#)
- [Eagle River \(9\)](#)
- [Kenai \(8\)](#)
- [Homer \(6\)](#)
- [Ketchikan \(4\)](#)
- [Sitka \(3\)](#)
- [Willow \(3\)](#)
- [Kodiak \(2\)](#)

Other Care Types

- [Alaska Nursing Homes](#)
- [Alaska Independent Living](#)
- [Alaska Retirement Homes](#)
- [Alaska Memory Care](#)
- [Alaska Adult Daycare](#)
- [Alaska Home Care](#)
- [Alaska Hospice](#)
- [Alaska Respite Care](#)
- [Alaska Residential Care Homes](#)
- [Alaska Senior Apartments](#)
- [Alaska Skilled Nursing](#)

income seniors covered by the program. [**Click Here to Request Pricing Info**](#)

This guide offers an in-depth overview of senior care costs and assisted living regulations in Alaska. It also provides information about financial resources and services that can help seniors navigate their long-term care options.

SeniorAdvice's Guide to Assisted Living in Alaska

Alaska has a SeniorScore of 61%, which is significantly lower than the national average of 72%. The SeniorScore is calculated by weighing over 100 data points to assess the pros and cons of each state.

SeniorScore™ for Alaska



The SeniorScore™ is calculated based on over 100 variables, some of which are shown below. The final score is curved based on a linear curving method. For More info visit [senioradvice.com/seniorscore](https://www.senioradvice.com/seniorscore).

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51 **Health & Safety** 

48 **Recreation & Leisure** 

62 **Finances** 
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Alaska's SeniorScore of 61% is much lower than many other states. This score factors in health and safety metrics, and Alaska has relatively few senior living facilities compared to other states with a similar population. The number of Medicare-registered health care providers and hospitals in Alaska falls into the average range, while the overall property and violent crime rates are well above the national average. Life expectancy in the state is 78.3 years, while the national average is 78.6 years.

Alaska is above average when it comes to affordability. The average sales tax in the state is 3.74%, while the national average is 6.97%. There is no state income tax, which can help retirees save money on any interest they earn on investments. While median household incomes are \$18,873 higher than the national average at \$70,291 per year, average assisted living costs are close to twice the national average of \$42,700 per year. The high cost of senior care lowers the overall SeniorScore in the state.


Top Assisted Living Facilities in Alaska



J C Faith Open Arms

400 State St Ste B
Anchorage, AK 99504

(22 Reviews) 

 **1-855-221-7955**

J C Faith Open Arms is a senior housing community located in the Northeast neighborhood of Anchorage, Alaska. The surrounding area is densely populated, with around 42,000 residents in the zip code of 99504. With an average per-family ...

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General Quality of Life



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Denali Center

1510 19th Ave
Fairbanks, AK 99701

(13 Reviews) 

 **1-855-238-4376**

Located at 1510 19th Ave in Fairbanks, Alaska, Denali Center is a 90 room senior housing community. The encompassing area has a medium-density population, with around 20,000 people living in the zip code of 99701. With a median ...

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Ketchikan Med. Center New Horizons Transitional Care

3100 Tongass Ave
Ketchikan, AK 99901

(9 Reviews)



 **1-855-221-7955**

Ketchikan Med. Center New Horizons Transitional Care is a 29 unit senior housing facility. It is located at 3100 Tongass Ave in Ketchikan, Alaska. The community is in a largely middle class area, with a median per-family income ...

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Quyanna Care Center

1100 Greg Kruschek Avenue (po Box 966)
Nome, AK 99762

(7 Reviews)



 **1-855-241-4685**

Quyanna Care Center is a 15 room senior housing community. It is located at 1100 Greg Kruschek Avenue (po Box 966) in Nome, Alaska. With approximately 5,000 people living in the 99762 zip code, the encompassing area has ...

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Petersburg Medical Center LTC

PO Box 589

Petersburg, AK 99833

(5 Reviews)



 **1-855-243-3078**

Petersburg Medical Center LTC is a 15 bed senior care community located in Petersburg, Alaska. With an average per-household income of \$62,317, the community is in a largely middle income area. It is sparsely populated, with roughly 4,000 ...

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Prestige Care and Rehab Center of Anchorage

9100 Centennial Dr
Anchorage, AK 99504

(5 Reviews)



 **1-855-233-7205**

Situated in the Northeast area of Anchorage, Alaska, Prestige Care and Rehab Center of Anchorage is a 102 room nursing care facility. With about 42,000 individuals living in the 99504 zip code, the surrounding area has a dense population. ...

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Hope Haven Assisted Living

1511 21st Ave
Fairbanks, AK 99701

(2 Reviews)



 **1-855-229-7494**

Hope Haven Assisted Living is a senior care facility located at 1511 21st Ave in Fairbanks, Alaska. The encompassing area has an average population density, with about 20,000 individuals residing in the 99701 zip code. With a median ...

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Yosef Family Assisted Living Home

922 Cherry St
Anchorage, AK 99508

(2 Reviews)



 **1-855-240-2530**

Yosef Family Assisted Living Home is located within the Northeast area of Anchorage, Alaska. It is a 5 unit senior housing community. The community is in a primarily middle income area, with a median per-household income of \$56,889. ...

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Let Us Care Assisted Living Home

3405 Sandvik St
Fairbanks, AK 99709

(2 Reviews) 

 **1-855-233-7205**

Situated within the College neighborhood, Let Us Care Assisted Living Home is a home care facility in Fairbanks, Alaska. The neighboring area is heavily populated, with around 31,000 people living in the zip code of 99709. It is ...

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Our Lady Of Lourdes

1931 Greendale Dr
Anchorage, AK 99504

(1 Review) 

 **1-855-222-1541**

Situated in the Northeast area of the city, Our Lady Of Lourdes is a senior community in Anchorage, Alaska. The facility is in a mostly middle income area, with an average per-household income of \$69,475. It is densely ...

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Northstar Assisted Living

1950 N Hemmer Rd
Palmer, AK 99645

(1 Review)



 **1-855-243-3078**

Northstar Assisted Living is a 17 room senior housing facility situated close to the Farm Loop area of Palmer, Alaska. The neighboring area has a dense population, with around 26,000 residents in the zip code of 99645. It ...

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Tranquility Manor

634 S Bailey St
Palmer, AK 99645

(1 Review) 

 **1-855-238-4376**

Situated close to the Farm Loop area of the city, Tranquility Manor is a senior housing community serving Palmer, Alaska. The encompassing area is densely populated, with approximately 26,000 people living in the 99645 zip code. With an ...

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Knik Manor Senior Housing

1301 S Century Cir
Wasilla, AK 99654

(1 Review)



 **1-855-243-3078**

Knik Manor Senior Housing is a senior community located at 1301 S Century Cir in Wasilla, Alaska. The facility is in a generally middle income area, with a median household income of \$67,856. With approximately 53,000 poeple living ...

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Rocking Years Assisted Living Home

1913 Jack St
Fairbanks, AK 99709

(1 Review)



 **1-855-233-7205**

Located nearby the College neighborhood, Rocking Years Assisted Living Home is a family care home serving Fairbanks, Alaska. The neighboring area is heavily populated, with about 31,000 individuals living in the 99709 zip code. With a median household ...

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Rocking Years II Assisted Living Home

3291 Jefferson Dr
Fairbanks, AK 99709

(1 Review)



 **1-855-241-4685**

Rocking Years II Assisted Living Home is a residential care home situated close to the College neighborhood of Fairbanks, Alaska. The community is in a primarily upper class area, with an average family income of \$75,763. It has ...

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Southern Living Assisted Living Home

9639 Musket Ball Cir
Anchorage, AK 99507

(1 Review)



 **1-855-221-7955**

Situated in the Abbott Loop neighborhood, Southern Living Assisted Living Home is a family care home in Anchorage, Alaska. With an average household income of \$87,103, the facility is in a generally affluent area. It is densely populated, ...

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Tranquility Manor Estates

1950 Hemmer Rd
Palmer, AK 99645

(1 Review) 

 **1-855-222-1541**

Tranquility Manor Estates is a senior community situated close to the Farm Loop area of Palmer, Alaska. The facility is in a mostly middle income area, with an average family income of \$73,230. With approximately 26,000 individuals residing ...

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St. Anne Assisted Living Home II

7452 Nathan Dr
Anchorage, AK 99518

(1 Review)



 **1-855-224-5130**

Situated within the Taku-Campbell neighborhood of Anchorage, Alaska, St. Anne Assisted Living Home II is a 5 bed senior care community. The encompassing area has an average population density, with approximately 11,000 residents in the 99518 zip code. ...

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Eagle Crest II

19730 1st St
Eagle River, AK 99577

(1 Review)



 **1-855-240-2530**

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Eagle Crest II is a senior housing facility located at 19730 1st St in Eagle River, Alaska. The community is in a general average family income of \$94,376. It is heavily populated




Eagle Crest III

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22626 Chamber Ln
Chugiak, AK 99567

(1 Review)



 **1-855-224-5130**

Eagle Crest III is a senior care community located at 22626 Chamber Ln in Chugiak, Alaska. The surrounding area has a medium-density population, with about 10,000 individuals living in the zip code of 99567. With an average household ...

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The Cost of Assisted Living in Alaska

Genworth Financial's 2019 Cost of Care Survey shows that the average cost of assisted living care in Alaska is \$6,000 per month. Costs in Alaska are high in comparison to the national average of \$4,051 per month.

- Alaska: \$6,000
- United States: \$4,051

The Cost of Assisted Living in Alaska's Top Cities

As a state with fewer than 732,000 full-time residents, Alaska has far fewer assisted living facilities than most other states. Average monthly assisted living costs in

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Anchorage, the largest city in Alaska with 288,000 residents, are \$6,000, while the average monthly cost in the interior city of Fairbanks is \$6,938. Actual costs can be higher or lower than the average costs in a particular city.

- Fairbanks: \$6,938
- Anchorage: \$6,000

Senior Care Cost Comparison in Alaska

Seniors who require care have a number of options in Alaska. Weekly in-home care services provided by a homemaker or home health care worker cost between \$5,621 and \$5,716 per month, in addition to ongoing expenses such as rent, food and home maintenance. At an average monthly cost of \$6,000, assisted living care costs slightly more than in-home care, but assisted living includes room and board. Seniors with complex medical needs who require around-the-clock skilled nursing care can expect to pay about \$30,219 per month for a semiprivate room in a nursing home facility.

- Assisted Living: \$6,000
- In-Home Care: \$5,621
- Home Health Care: \$5,716
- Adult Day Care: \$3,328
- Nursing Home Care: \$30,219

Financial Assistance for Assisted Living in Alaska

Alaskans Living Independently Medicaid Home and Community Based Waiver

Address: 550 West Eighth St., Anchorage, AK 99501

Phone Number: (907) 269-3666

Website: dhss.alaska.gov/dsds/Documents/pdfs/SDS_MedWaiverBrochure.pdf

Medicaid-eligible seniors who require the level of care normally provided in a nursing home may qualify for enrollment in Alaskans Living Independently, a home and community-based Medicaid waiver. This waiver funds a range of medical and

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nonmedical services that help frail seniors avoid placement in a nursing facility. These services may include help with activities of daily living, adult day care services and comprehensive care coordination provided in an assisted living setting. Seniors may also be given specialized medical equipment, such as mobility devices and incontinence supplies under the ALI, and private-duty nursing services are available if indicated in the care plan.

To qualify for ALI, seniors must meet the income and asset limits for enrollment in Medicaid. To qualify for enrollment in Medicaid waivers, including the ALI waiver, applicants must earn no more than \$2,349 per month and own no more than \$2,000 worth of countable assets.

Alaska Senior Benefits Program

Phone Number: 2-1-1

Website: dhss.alaska.gov/dpa/Pages/seniorbenefits/default.aspx

The state of Alaska funds the Alaska Senior Benefits Program, a monthly cash benefit program for low- to moderate-income seniors aged 65 and older, which can be used towards assisted living costs. This program provides cash benefits to eligible seniors, which are based on their income, and payment amounts are subject to change each year.

To qualify for the Alaska Senior Benefits Program, seniors must:

- Be full-time Alaska residents
- Have proof of U.S. citizenship or qualified alien status
- Have a valid Social Security number
- Earn no more than \$2,327 per month as an individual, or
- Earn no more than \$3,143 per month as a married couple

Seniors who earn \$997 or less each month can receive a maximum \$250 monthly cash benefit through Senior Benefits, while seniors earning between \$998 and \$1,330 per month qualify for a maximum \$175 monthly payment. Seniors who earn the maximum allowable income of \$2,327 per person, per month may receive up to \$76 a month.

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VA Aid and Attendance and Housebound

Phone Number: (844) 698-2311

Website: www.va.gov/pension/aid-attendance-housebound

The U.S. Department of Veterans Affairs offers a number of programs and services for veterans, their dependents and survivors. Two of these programs, VA Aid and Attendance benefits and the VA Housebound allowance, provide beneficiaries with monthly cash payments that can be used towards the cost of assisted living care. To be eligible for either of these programs, applicants must be either currently receiving, or eligible to receive, the regular VA pension. Applicants also need to meet the criteria for each program.

For Housebound, applicants must have a permanent disability assessed at 100% by VA medical staff, and that disability must render the applicant housebound most of the time. Alternatively, applicants can have one disability rated at 100% and at least one more disability rated at 60% or greater. For Aid and Attendance, applicants must either live in a nursing home, be bedridden due to chronic illness or disability, and/or need help from another person to perform activities of daily living. Applicants may also have a severe visual impairment that renders them legally blind.

Alaska Assisted Living Rules and Regulations

The Alaska Department of Health and Social Services is responsible for the licensing and ongoing inspection of assisted living homes through the Division of [Health Care Services Certification and Licensing](#). All assisted living homes in Alaska must comply with [state laws and regulations](#), which are designed to ensure residents receive the appropriate care in an environment that is safe and respectful.

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Scope of Care

ALFs in Alaska can provide a range of services, including assistance with activities of daily living, recreational and social programming, transportation and medication management. ALFs may also provide up to 45 consecutive days of skilled nursing care for seniors who are recovering from an illness or injury, waiting for placement in a nursing facility or on hospice care.

**Care Plan
Requirements**

All assisted living residents must have a personalized care plan on file with the ALF that outlines medical requirements, dietary restrictions and any cultural or religious preferences.

**Medication
Management
Requirements**

Assisted living homes can provide limited medication management services, which may include assisting residents with self-administration of prescribed medications by giving medication reminders, opening pill bottles and placing the correct dose in a medication cup. Facility staff must keep a written log of any medications dispensed, and written consent must be provided by the resident or their legal representative before staff can administer medications. Additionally, medications can only be administered in an ALF under the direct or indirect supervision of a licensed health professional, such as a physician or registered nurse.

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Staff Requirements Alaska ALFs must have at least one adult staff member on-site at all times, and that staff member must be CPR-certified and trained in basic first aid. While there are no fixed staffing ratios, ALFs are expected to maintain adequate staffing levels in order to provide the appropriate care to residents. All staff must complete a criminal record check, and candidates who have been convicted of crimes that may negatively impact residents are ineligible for employment at an ALF.

Staff Training Requirements All AFL staff must complete a facility orientation within 14 days of hire, and this orientation must cover medication management, emergency procedures, resident rights and fire safety.

Medicaid Coverage Although Medicaid does not cover the cost of assisted living in Alaska, assisted living residents may be eligible for enrollment in the Alaskans Living Independently Medicaid waiver, which does cover the cost of care services delivered in an assisted living setting.

Reporting Abuse By law, anyone who suspects elder abuse, neglect or exploitation in an assisted living facility must file a report with [Alaska Adult Protective Services](#) by calling (800) 478-9996.

Free Assisted Living Resources in Alaska

Alaska Commission on Aging

Alaska's Commission on Aging is the state agency responsible for all state-sponsored government services for seniors. The Commission also advocates for seniors at the state level and promotes interagency cooperation to enhance the independence and well-being of older adults. The Commission maintains an extensive resource library with free educational materials for seniors and their caregivers covering topics, such

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as fall prevention, dementia care and Medicaid options for seniors.

Contact: To contact the Alaska Commission on Aging, call (907) 465-4793. To report concerns related to long-term care, including assisted living facilities, contact the Office of the Long Term Care Ombudsman at (800) 730-6393.

Alaska Agencies

Aging and Disability Resource Centers in Alaska

Seniors in Alaska who need help navigating their long-term care options, assistance with Medicaid enrollment or information on local and state resources can contact their local Aging and Disability Resource Center. While other states have regional Area Agencies on Aging, Alaska is unique in that the Governor has designated the Department of Health and Social Services as the State Agency on Aging.

ADRCs are federally funded, state-administered organizations. These statewide, regional organizations provide free, unbiased information to older adults, family members and caregivers. ADRC specialists can refer seniors to community services for seniors, including nutrition programs, transportation and financial aid programs.

To connect with the nearest ADRC, call (855) 565-2017.

Veterans Affairs Offices in Alaska

Veterans and their family members may be eligible for a number of programs and services administered by the U.S. Department of Veterans Affairs. These programs include Aid and Attendance or Housebound, two VA pension top-up programs for VA pension beneficiaries who have a chronic illness or disability. Funds from Aid and Attendance and Housebound can be used towards assisted living costs.

For more information on VA benefits and programs, call the national VA helpline at (844) 698-2311. Seniors can also contact the Alaska Department of Military and Veterans Affairs, Office of Veterans Affairs at (907) 334-0874 for free assistance with VA benefit applications, appeals and information on state-sponsored veterans awards, grants and programs.

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Social Security Offices in Alaska

Approximately 65 million American seniors and adults with qualifying disabilities receive monthly Supplemental Security Income (SSI) benefits through the U.S. Social Security Administration. One in six seniors in Alaska rely on SSI as their sole source of income, and these monthly benefits can be used towards the cost of care, including assisted living costs.

To qualify for SSI, seniors 65 and older need to meet income and asset limits, while those under age 65 must also meet the criteria for enrollment due to a permanent disability. Alaskans can phone the SSA at (800) 772-1213 to connect with the nearest SSA field office.

Other Cities in Alaska

Juneau

North Pole

Kasilof

Seward

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