

Alaska Commission on Aging

Listening Session Guidance – 2026

Purpose of Listening Sessions

Commissioners will be visiting communities across Alaska to gather input from seniors, caregivers, and community members. Feedback collected during these sessions will help shape the next State Plan for Senior Services. We want to hear about what has gone well, what challenges seniors are facing, and which issues should be prioritized over the next five years.

Instructions for Commissioners

- Welcome participants and explain the purpose of the listening session.
- Encourage open conversation but avoid debating or correcting participants.
- Allow all voices to be heard; pause between questions and give space for quieter participants.
- Capture key themes, quotes, and examples in your notes.
- Thank participants at the end and explain how their input will be used.

Community Listening Session Prompts

1. Reflecting on the Past Year

Please think about your experiences, and those of your friends, family, and community.

- What are some positive things that happened over the past year?
- What challenges have you, your friends, or family experienced?
- What resources or assistance did you receive? How was it helpful?
- What additional assistance would have been helpful?

2. Priorities for the Next Five Years

We would like your thoughts on which areas should be the focus for programs and services supporting Alaska seniors. Please tell us which topics below matter most in your community.

Caregiver support
Availability of health care
Personal Income
Loved one with dementia
Elder Abuse
Legal Assistance
Loss of hearing
Cost of Assisted Living
Help with Medicare
Housing
Job Opportunities
In-home support
Mental Health Treatment
Home Modifications
Internet access
Home Maintenance
Opportunity for physical activity
Information about resources
Transportation
Food insecurity
Availability of Senior Housing
Raising Grandchildren
Substance Abuse Treatment
Help with shopping and chores
Emergency preparedness
Loss of vision

Closing Prompt

Before we wrap up: Is there anything else you would like the Alaska Commission on Aging to know about your experiences or priorities?

Contact Information

Alaska Commission on Aging

doh.acoa.info@alaska.gov

<https://aging.alaska.gov>

Senior Listening Session 2026