

- **Caregivers:** Information, assistance, counseling, support groups, training, respite and supplemental services.

Among the larger programs contracted to Aging Network service providers are congregate and home delivered meals. 2,453 seniors were served 206,657 meals and enjoyed recreation and social activities at 36 group dining sites. Two service providers provided 297,085 home delivered meals to 2,394 homebound seniors. Expansion of the home-delivered meals program is expected to continue in FY2004.

Case management services were provided to 1,039 seniors and their families. Personal care services were provided to 783 individuals. Health maintenance activities provided health, exercise and resource education to 808 clients. Respite services included 147 respite linkages, 993 respite referrals, and 1,792 hours of respite counseling. Other types of counseling services were provided to 576 older persons.

In-home assistance included chore services for 226 persons, homemaker/ housekeeping assistance for 285 persons, 3,302 telephone reassurance calls, 32,842 hours of attendant supervision, and 409 friendly visits. Seniors were provided 1,332 hours of Para-professional services (interpretation/translation, advocacy and letter reading/writing). 561 seniors received housing assistance and 192 placements were achieved. Of those provided housing assistance services, 68% were either homeless or at risk for homelessness. Direct legal services were provided to 443 persons, and 1,437 attended 46 educational outreach sessions. Many thousands more were reached through mass media exposure including radio and television.

A total of 1,742 seniors were provided 27,603 van rides to doctor appointments, meal sites, service

agencies, supermarkets, and other destinations. Another 640 seniors received 29,638 door-to-door assisted transportation trips, and 47 seniors received 402 escorted trips.

Services to family caregivers continued with funding provided under Title III E of the Older Americans Act's National Family Caregiver Support Program. 'Ohana Care provided case management services to 487 caregivers, counseling and education to 283 individuals, and subsidies for supplemental services to 116 clients. Another caregiver respite linkage program provided subsidies to 45 families. Four programs were awarded funds to develop caregiver education and support groups. Programs provided counseling services to 40 families, attendant supervision to 29 families, 59 caregiver support group sessions and 29 education training sessions.

Mr. T., 56, provided full-time care for his Mom. His only relief came from taking a long run each day. But funds were short and his running shoes were worn out. Now, thanks to case management, he has a new pair of shoes and can maintain his own health as he continues his caregiving.

Mrs. H., 57, a working caregiver with two teenage boys, needed a respite worker for her 82-year old husband who has third-stage Alzheimer's disease. Because of his impetuous behavior and threatening manner, he had gone through four respite workers, until a 67-year old woman was found who could anticipate his every move and divert him from harm.

Contracted service providers

assisted many clients with the able and willing assistance of volunteers. More than 140,000 hours of volunteer service were provided to Aging Network clients.

Honolulu Committee on Aging: The Honolulu Committee on Aging (HCOA) is the citizen advisory body to the Mayor and EAD.

In FY 2003, HCOA assisted with the review of all proposals to provide services to seniors with federal and state funds, assisted with the development and review of EAD's Area Plan on Aging for FY2003-2007, submitted comments to government officials on legislation and issues, and hosted the Mayor's 37th Annual Senior Recognition Program.

HCOA's Education and Advocacy sub-committee continued its surveys of seniors in Moili'ili, Haleiwa, Wahiawa, and Kalihi to ask about their transportation needs and concerns.

HCOA's Planning Subcommittee coordinated the recruitment of community members to responses to Request for Proposals, assisted EAD staff in the development and review of the 2003-2007 Area Plan, and helped streamline future Request for Proposal processes and outcomes.

Senior Information and Assistance Program: The Senior Information and Assistance Program



Community Service Aide Elaine Camara describes senior services to persons stopping at the EAD display at the Hawaii Seniors' Fair at the Blaisdell Exhibition Hall.

(I&A) provided outreach, information and referral services to more than 47,000 people through door-to-door canvassing at satellite city halls, group dining programs, open markets, senior clubs and housing, community fairs, home visits, group presentations, and the well-known Senior Hotline (523-4545).

EAD's quarterly newsletter, Aloha Pumehana, achieved a total distribution of more than 14,000 in the seventeenth year of its publication. Featured topics included lomilomi, EAD's Community Service Aides role, the Alzheimer's Association's Safe Return Program. A Caregiver Corner column was initiated.

I&A produced numerous publications during the year including the *Caregiver Education Resource Guide*, *Caring About Growing*



Assistive Technology Resource Centers of Hawaii staff Larry Geller explains various equipments and devices to caregiver conference attendees at the Sheraton Waikiki Hotel.

Older, and the *Guide to Better Hearing*. The *Oahu Housing Guide* continues to be updated monthly with the support of Catholic Charities Elderly Services' Housing Assistance Program.

EAD INITIATIVES AND ACTIVITIES

National Family Caregiver Support Program: Using Older Americans Act funds, EAD developed Requests For Proposals focusing on programs to support family caregivers.

In a caregiver support group, Mrs. M., a caregiver for both frail parents, said, "I wouldn't miss a session for the world, and I've been going for a year. After our group, I feel re-energized and able to make it through until the next session."

Other activities under this caregiver initiative included 20 caregiver education/support sessions to 267 City employees, encouraging Oahu employers to establish caregiver support groups for their employees through the **WE CARE** program, partnering with doctors to

identify caregivers and connect them to services through the national ***Making The Link*** program, issuing new Requests for Proposals for caregiver support services for FY 2004-2005, and conducting EAD's 1st Annual Conference for Caregivers in July 2002 for more than 500 attendees. EAD, AARP, HMSA and Alu Like planned Oahu's 2nd conference ***Caring for Family, Caring for Yourself***, held on September 2003.

Kupuna Care: Kupuna Care, a State-County collaboration to provide care for approximately 3,300 frail elders on Oahu, completed its fourth year. Services provided under this program include adult day care, assisted transportation, attendant care, case management, chore, home-delivered meals, homemaker/housekeeper and personal care services.

Community Voices Project: EAD concluded the implementation of the Community Voices Project (CVP). CVP sought to organize and collaborate with communities to better define specific needs, identify resources, and seek local solutions to issues relating to aging, health, and long-term care.

Statewide activities during the fourth and final year included the 2nd conference, ***Turning the Volume Up*** in September 2002. Approximately 125 community participants celebrated accomplishments and engaged additional community members who desired to expand CVP's mission.

The Mayor's 37th Senior Recognition Program: Hilton Hawaiian Village's Coral Ballroom was again the setting for the 37th Mayor's Senior Recognition Program on April 14, 2003. Mayor Jeremy Harris recognized 87 honorees before more than 1,200 elected officials, family and friends. Hawaii Medical Service Association was again a major financial contributor to the program and sponsored the Akamai Living Lifetime Achievement Awards.

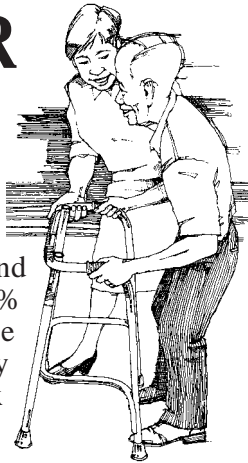


Mayor Jeremy Harris congratulates George Lum and Alice Morisako, Outstanding Senior Citizens of 2003.

CAREGIVER'S CORNER

By Lorraine Fay

According to a recent Department of Health survey, unpaid relatives and friends provide 95% of the home care needed by elderly persons. Sixty-six percent of these caregivers are of working and parenting age (25-59 years). So between work, children and caregiving, there isn't much time left to get information and support.



How would employed family caregivers get assistance conveniently?

- The City & County employees at Kapolei Hale just asked Elderly Affairs Division (EAD). They wanted caregiver education/sup-

port sessions like those given in town since 2000. Twenty-two people showed up at the first brown bag session and saw a video, heard about services, and completed a survey to help plan future meetings. Since that initial meeting, monthly sessions have covered Adult Day Care, Medicare and Medicaid, and legal issues.

- HMSA got technical assistance from EAD's WE CARE (Working with Employees Caring And Responsible for Elders) program and started a caregiver group for their employees. Fifty people attended the first meeting. Based on the input from surveys they completed, sessions were planned and are continuing.
- EAD and AARP collaborated on another way to reach employees. They organized a lunchtime Caregiver Fair at The 1132



City & County employees at Kapolei Hale for educational support session.

Bishop Street building for people working in the downtown area. Representatives from the Hawaii Intergovernmental Training Council attended and requested a similar fair at the Federal Building for military and government staff who work island-wide.

If your business or organization wants to support employees or members stressed by caregiving, call and ask about the WE CARE Program. We are also willing to do just a presentation on basic services for family caregivers. For more information call **523-4762**.

Seniors in High Rises Increasingly Need Support Services

By Cullen Hayashida

Mr. Nakamoto is a 93-year old condo resident who fell in his apartment. His neighbors do not pay attention to him, so a day went by before his daughter found him. He was dehydrated, incontinent and urgently needed his heart medications. A simple fall in the bathroom was nearly fatal. How often have we heard of

similar stories with less favorable endings?

The growth of Hawaii's senior and frail disabled population is evident everywhere. As residents of high rises, they are causing many condo, coop and apartment owners and operators much concern. Buildings are filled with owner-occupants and residents who have aged-in-place. When they were independent and active individuals, support services were not needed. Today, these frail people need health and social services to help them remain at home.

On October 25, Assisted Living Options Hawaii together with the Community Association Institute - Hawaii Chapter, Hawaii Council of Associations of Resident Managers and the Hawaii Real Estate Commission organized the first conference to expose the challenges faced by elderly in high rises. The conference

"Aging-in-Place: How to Cope" was held at the Hawaii State Capitol Auditorium and attended by about 200 owner occupants, condo associations and outside agency representatives.

The conference outlined many of the issues faced by older residents, resident managers and condo associations. The half-day event also provided information about services now available for seniors, and technical information managers need to know to improve access to services, information and staff training.

For more information, please call **721-1201** or email at velda14@aol.com. You may also visit the Assisted Living Options Hawaii website at www.assistedlivinghawaii.com for further information. Further work with condo associations to consider the many recommendations that emerged from the event is planned.

CAREGIVERS ARE “STARS” AT CONFERENCE

By May Fujii Foo

out the importance for caregivers to take care of their own health.

The conference brought together 25 experts in aging and caregiving who provided a variety of practical techniques and useful information. There were 21 concurrent sessions in subjects like making the home caregiver friendly, monitoring prescription drugs, legal issues, coping skills,



May Lei Barros has feet examined by Dr. Christopher Teramura.

The September 6th *Caring for Family, Caring for Yourself: A Caregivers Conference* held at the Sheraton Waikiki was attended by 700 caregivers and community members who learned about resources and information to help ease their caregiving tasks. Attendees also took the opportunity to network and share best practices.

The capacity crowd was treated to “Is Anybody Listening?” vignettes about caregivers’ experiences presented by former television ad performers **Ben and Gloria Tamashiro**. Keynote speaker **Elinor Ginzler**, from the national AARP organization in Washington DC, highlighted the Tamashiro’s performance by keeping the spotlight on caregivers “as the stars,” and “the award winning performances year after year by family caregivers.” She emphasized the value of the caregivers’ role to the health care system and pointed



making the right choices, handling difficult behaviors and dealing with stress and avoiding burnout. Working caregivers were given strategies on how to balance their job responsibilities with their caregiving responsibilities. Participants also learned the latest about deductible costs

and other tax exemptions and credits associated with caregiving. All the sessions provided essential knowledge and hands-on skills geared to assist family caregivers.

Exhibitors from 36 agencies featured informational displays that included care options, assistive devices, resources and services.

Participants also indulged in self-care activities including aromatherapy, lomi-lomi and shiatsu massages, bio-magnetic and healing touch techniques, plus best practices of foot care.

Co-sponsors AARP, Alu Like, Inc., HMSA and Elderly Affairs Division agreed informational and training

conferences have a positive impact on the caregivers and their family members. They enable caregivers to be more effective and help them to continue providing care. Investment in training delays nursing home placements and reduces costlier

long-term facility care.

As the day ended, many departed with a sense of accomplishment. They had questions answered and were armed with a wealth of information to help them to be more effective caregivers. They eagerly await the next opportunity for a caregivers conference.



Participants at Conference.



Above Left: Jinnie Kim and Tony Auyeung work on Gloria Lopez.

Above Right: Karen Miyake delivers a gift basket to Donna Fujimoto.



By Tony Baccay

Staff Attend National Conference: Pat Tompkins and May Fujii Foo of EAD, Pat Sasaki, Shirley Kidani and Tammy Tom of the State Executive Office on Aging, and Harumi Karel of the Center on Aging at U.H. were among 1,000 who attended the National Summit on *Creating Healthy and Caring Communities*. Sponsored by the U.S. Administration on Aging, the event was held in Orlando, Florida. It drew attendees from as far away as Singapore, Japan, Saipan, Mariana Islands, Guam, and Ghana.

The Summit was designed to meet the demands of the unprecedented and anticipated growth of the elderly population who need long-term care services. There were 36 workshops to help agencies make policy and program changes in long-term health care systems. Many sessions also focused on home and community-based health promotion and disease prevention.

November was National Family Caregivers Month: Mayor Jeremy Harris proclaimed November as Family Caregivers Month for the City and County of Honolulu. The proclamation honors and thanks



family caregivers who provide loving care for their disabled and chronically ill parents, grandparents, other relatives, friends or neighbors.

According to **Karen Miyake**, County Executive on Aging, "National Family Caregivers Month is important as it allows us to recognize caregivers in our community. As the aging population continues to grow, each one of us will be impacted by caregiving sometime in our life. Caregivers are a key component in meeting the long-term health care needs of frail elders."

The National Family Caregivers Support Program provides the following basic services:

- Information to caregivers about available services.
- Assistance to caregivers in gaining access to services.
- Individual counseling, support groups, and training.
- Respite care for temporary relief from caregiving responsibilities.
- Supplemental services to complement the care provided by caregivers.

In FY 2003, caregiver services contracted through EAD provided services to 1,158 persons.

Administrator Visits Hawaii: David Ishida, the Administration on Aging (AoA) Administrator for Region IX, recently made two visits to EAD. Mr. Ishida joined Oahu service providers at their quarterly meeting on September 10th to describe national initiatives and hear their concerns.

On October 2nd Mr. Ishida met with EAD staff to discuss the National Family Caregivers Support Program and learn more about program objectives, goals, accomplishments, and other issues.

The AoA is an agency within the U.S. Department of Health and Human Services. It has 10 regional support centers. Region IX serves Hawaii and is headquartered in San Francisco.



UH Professor Receives Service Award: James Pietsch, Director of the University of Hawaii Elder Law Project (UHELP) was recently honored with the

University's 2003 Hung Wo and Elizabeth Lau Ching Foundation Award for Faculty Service to the Community. Jim is a professor in the William S. Richardson School of Law who holds a joint appointment with the John A. Burns School of Medicine. He teaches courses in geriatrics and the law for medical students, residents and geriatric medicine fellows. According to the University, Jim has served as an excellent resource for faculty, students and the community in bioethics, healthcare and elder law.

He is the author of *The Elder Law Hawaii Handbook* and *Deciding What If? A Legal Handbook for Hawaii's Caregivers, Families, and Older Persons*.

Gift of Support: Do you have someone on your holiday gift list that provides care for his or her parent or another older adult? If so, this year consider giving a gift of support. The following are some ideas:

- Cook and take dinner over.
- Call before you go to the grocery store and ask what you can pick up for them.
- Offer to do errands such as picking up medications or mailing holiday packages.
- Help with housecleaning or mowing the lawn.
- Make minor repairs.
- Stay with Mom or Dad so the caregiver can have some time away.
- Treat the caregiver to a morning at the hairdresser.

The gift of support can continue throughout the year by asking, "Is there anything I can do?"

Caregiver Materials Available: Available for checkout is an expanded resource library of videos, books, and other caregiver materials. For more information, please call **523-4762**.

NEW EOA DIRECTOR APPOINTED

By Tony Baccay



In May 2003, Pat Sasaki was appointed Executive Director of the Department of Health's Executive

Office on Aging. Pat is not new to the aging network. Her leadership and writing skills have earned awards for public and community organizations in education, labor, adult literacy, culture and arts, public health, aging, marketing, broadcasting, publishing and community services. Between 1980 and 1995, Pat developed public information and assistance resources for Hawaii's seniors, including a multi-ethnic video series about Alzheimer's disease. Most recently, she served as an administrative officer for the Department of Health's environmental health programs. She is also the co-author of Hawaii's best-selling *Pidgin to da Max* series.

"I hope to direct the Aging Network in Hawaii toward improving the quality of information that supports decision-making, and developing resources to help individuals and families be self-sufficient," Pat said when asked what she hopes to accomplish. "I would also like our agency to focus upon educating about and protecting elder rights, and developing strategies to sustain healthy communities," she concluded.

Welcome and congratulations, Pat!

BOTH MEALS ON WHEELS EXPAND "HOT MEAL" ROUTES

By Tony Baccay

Lanakila recently announced that "Hot Meal" routes have been added to its program in Windward Oahu. "The addition of hot meal deliveries will be a benefit for traditionally underserved communities," said Marian Tsuji, President and CEO of Lanakila.

Lanakila is encouraging everyone to share the holiday spirit by "Adopting-A-Senior." A gift of \$5 provides a hot, nutritious meal delivered with a friendly smile on Thanksgiving or Christmas day. Thanksgiving and Christmas meals are not paid by funds granted to Lanakila. All "Adopt-A-Senior" donations are specifically directed for holiday meals and are 100% tax deductible.

Hawaii Meals on Wheels (HMoW) Program will open a new route in the Aiea/Pearl City area this month. "This is an expansion to serve an area where hot meals are not currently available," said Diane Terada, Director of HMoW. "We now manage 28 delivery routes."

Here is HMoW general information:

- Meals are delivered **hot**, ready to eat
- There is **no age restriction** on meals.
- Some special diet restrictions can be accommodated.
- Meals are delivered Monday through Friday, including **all** weekday holidays.

Volunteer opportunities for both programs are available. For more information, call Lanakila at **531-0555** or Hawaii Meals on Wheels at **988-6747**.

Calendar of Events 2003-2004

December 2003

- 1 Arirang Parts 1 & II, Spotlight on Korea**, celebrating the 100th anniversary of Korean immigration to the United States, Monday, December 1 at 11 a.m. and Friday, December 5 at 9 a.m., Lanakila Multipurpose Senior Center. Free. For more information and reservation, please call **847-1322**.
- 1 Hawaiian Wreath Making Class** at Waikiki Community Center, Monday, December 1, 2003, 9:30 a.m. - 11:30 a.m. Cost is \$10 for WCC members, \$15 for non-members. Call **923-1802** to sign up.
- 6 19th Annual Honolulu City Lights**, Saturday, December 6, 2003. Food, Entertainment, Electric Light Parade, Christmas Tree Lighting Ceremony, Outdoor Concert, Santa Claus. Free admission.
- 6 City and County of Honolulu Employee's Christmas Tree Displays**, Saturday, December 6, 2003 - January 4, 2004. Indoor Christmas tree and wreath exhibits open daily for tours from 8 a.m. - 11 p.m. Free. For more information, contact the Department of Customer Services **527-6060**.
- 6 Care Home Placement & Other Residential Options for Alzheimer's Families**, Saturday, December 6, 2003, 10 a.m. - 11:30 a.m., Boy Scouts Council of America, President's Room. Presented by Diane Okumura, RN, MPH. To make reservations or for more information, call **591-2771**.

January 2004

- 6 Senior Golf Program**, Thursday, January 8, 2004, 8:30 a.m. at Ewa Villages Golf Course. Contact Mike Aoki at **973-7258** for registration.
- 13 The AARP Driver Safety Program** is presented at several sites. Waikiki Community Center,

Continued on back page

Calendar of Events 2003 . . . Continued from page 7

923-1802, January 13 & 20, 2004, 9 a.m. - 1 p.m.

17 Home Improvement: Alzheimer's Style, Saturday, January 17, 2004, 10 a.m. - 11:30 a.m., presented by Hale Takazawa. Call **591-2771** for information.

20 AARP Driver Safety Program. Honolulu Kaiser Clinic, **432-2260**, January 20 & 27, 12 noon - 4 p.m. ☐ Mililani Kaiser Clinic, **432-2260**, January 24 & 31, 9 a.m. - 1 p.m.

24 Partnering with your Physician, presented by Alzheimer's Association, Saturday, January 24, 2004, at the Ka Punawai Ola Skilled Nursing Center and Dedicated Alzheimer's Unit, 91-575 Farrington Hwy. Kapolei. Call **591-2771** for more information.

25 Ala Wai Challenge, Sunday, January 25, 2004. Deadline January 14, 2004, \$350 for 12-member teams. There will also be Hawaiian games.

February 2004

11 Senior Valentine Dance, Wednesday, February 11, 2004, Blaisdell Exhibition Hall, 9 a.m. Contact Roger Watanabe at **692-5106** for information.

March 2004

10 AARP Driver Safety Program. Lanakila Multipurpose Senior Center, **737-1748**, March 10 & 12, 8 a.m. - 12 noon ☐ Mililani Kaiser Clinic, **432-2260**, March 13 & 20, 9 a.m. - 1 p.m. ☐ Honolulu Kaiser Clinic, **432-2260**, March 23 & 30, 12 noon - 4 p.m.

10 Wellness Fair, Wednesday, March 10, 2004, 9 a.m.,

Blaisdell Exhibition Hall. Contact Roger Watanabe at **692-5106** for information.

12 Senior Golf Program, Friday, March 12, 2004, Ted Makalena Golf Course, 8:30 a.m. Contact Mike Aoki at **973-7258** for registration.

April 2004

27 Mayor's Senior Recognition Program, Tuesday, April 27, 2004, Tapa Ballroom Hilton Hawaiian Village, 9:30 a.m. - 11:30 a.m.

**Department of Community Services
ELDERLY AFFAIRS DIVISION**

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu. To be placed on the mailing list, please call **523-4545**. Written contributions to the newsletter are welcomed.

*JEREMY HARRIS, Mayor
City and County of Honolulu*



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