Elderly Affairs Division
AGE SMART

SENIOR HELPLINE : 768-7700

ALOHA PUMEHANA

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Department of Community Services · Mufi Hannemann, Mayor · City & County of Honolulu

INTRODUCING... ELDERLY AFFAIRS DIVISION

The Area Agency on Aging of the City and County of Honolulu since 1973

Elderly Affairs Division
AGE SMART

The Elderly Affairs Division has a new look! Our revamped logo was designed to address a diverse and expanded audience including non English-speaking individuals, Baby Boomers and Generations X & Y, social and welfare professionals, and policy makers.

The icon has dual meaning:
1) it composes the letterform "e" to give focus on the word elderly, and
2) it presents a shape of a person embracing another, showing love and care. The logo illustrates the interaction between the generations of young and old: to a caregiver that may be a parent, to a grandparent it may be a grandchild. The round object could also represent other things we cherish and hold close to our heart.

Aging is not what it used to be. We are multigenerational, living longer and healthier. Like it or not, we all age. Educating ourselves on the multiple and complex issues of aging empower us to better prepare for and enjoy all stages of life.

By redefining our brand to appeal to a wider audience, we invite people of all ages to inquire about aging-related information and services provided by our Information and Assistance section. Call our **Senior Helpline** at **768-7700** (formerly Senior Hotline, 523-4545), Monday – Friday 7:45 a.m. – 4:30 p.m. for individual consultation from Elderly Affairs Division staff.

Preserve your independence by staying akamai on aging-related issues that are constantly changing. How do you want to age? With the help of the Elderly Affairs Division, you can Age Smart!

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OUR NUMBER HAS CHANGED

Starting October 1, 2007, our new **Senior Helpline** number is **768-7700**.

Calling **768-7700** will connect you promptly to staff who can provide relevant and accurate information and referrals to appropriate programs based on assessment of your needs.Your calls will be kept confidential, and can be anonymous.

PREPARING FOR EMERGENCY OR NATURAL DISASTER: DEALING WITH ALZHEIMER'S & DEMENTIA

By Janet Eli, Executive Director
Alzheimer's Association – Aloha Chapter

People with dementia are especially vulnerable to chaos and emotional trauma. They have limited ability to understand what is happening, and they may forget what they have been told about the disaster. The Alzheimer's Association information on disaster preparedness is intended to help you and your family become better prepared in the event you need to respond to an emergency such as the October 2006 earthquake that happened on the Big Island, a hurricane, tsunami or other type of disaster.

WHAT SHOULD A FAMILY CARING FOR SOMEONE WITH DEMENTIA DO?

If you know a pending disaster is about to occur:

- Grab your cell phone & charger.
- Get yourself and the person with dementia to a safe place.
- Attach identification to the affected person in case you become separated – include name, contact phone numbers, lists of medications, medical conditions.
- Alert others (friends, family, medical personnel) to the fact that you are changing locations and provide contact information. Contact these individuals regularly as you move.
- Provide others with copies of the person's medical history, medications, and physician information.
- Purchase extra medications.

TIPS FOR EMERGENCY RELOCATING

In an emergency, people with dementia and their caregivers may find themselves displaced to alternate living arrangements. Extra care and attention must be made to ensure the health and safety of people with dementia. The change of location, plus unfamiliar noises and activities, may cause increased stress and confusion. And, certain behaviors of persons with Alzheimer's may puzzle or alarm others.

BE CALM AND SUPPORTIVE

Remain flexible, patient and calm – a person with dementia will respond to the tone you set.

Respond to an emotion being expressed by the person – ask "Are you feeling frightened?" Offer your hand or hug. Offer reassurance, such as "I will take care of you" or "Don't worry, you will have everything you need."

Don't leave the person with Alzheimer's alone. Don't ask a stranger to watch the person. A person who doesn't understand Alzheimer's disease and its effects, and who doesn't know you or the person, won't understand how to react in a difficult situation.

CREATE A SAFE ENVIRONMENT

Try to spend extra time with the person to help him/her adjust to the new environment.

As much as possible, maintain daily routines from before the disaster. For instance, accommodate familiar eating and bathing times. Maintain regular times for going to bed and arising.

Establish a comfortable, secure sleeping environment.

If possible, label important areas – such as the bathroom and sleeping area – to help a person become oriented to the new layout.

Use simple statements to indicate the need to stay where you are. Divert attention to a new topic. For example, "I know you want to go home. For now, we need to stay here. Let's see if we can get some lunch."

As appropriate, inform people around you that the person has memory loss or dementia.

If you are in someone's home, arrange to make the house safer by locking up medications, toxic household supplies, sharp objects, alcohol, and matches. Place nightlights throughout the house for night time safety and orientation.

ADVANCE PREPARATIONS: EMERGENCY KIT

Consider preparing an Emergency Kit in advance. Keep it in a watertight container and store it in an easily

accessible location. Your emergency kit might include:

- Easy-on floatation devices, such as Floaties armbands.
- Easy on/off clothes (a couple of sets).
- Velcro shoes/sneakers.
- Back-up eyeglasses.
- Incontinent supplies.
- Wipes.
- Lotion (good for soothing the person).
- Pillow or stuffed animal to hug.
- Favorite items or foods. Liquid meals.
- Supplies of medications.
- Extra identification items for the person, such as an ID bracelet and clothing tags.
- Copies of legal documents, such as power of attorney.
- Copies of medical documents that indicate the individual's condition and current medications.
- Copies of insurance and Social Security cards.
- Zip-lock bags to hold medications and documents.
- Physician's name, address, and phone numbers (including cell phone).
- Alzheimer's Association phone number and address, and Safe Return phone number.
- Recent photograph of the person with dementia.

TAKE CARE OF YOUR LOVED ONE

- Ensure proper nutrition and hydration.
- Make it a priority to find a doctor and pharmacy to provide for the person's health needs. Be sure you have up-to-date medical information and a current list of medications.
- Take time to reminisce, share family photos and stories.
- Involve the person in daily activities.
- Get daily exercise and get outside for fresh air and sunshine.

TAKE CARE OF YOURSELF, TOO

- Take care of yourself by finding a good listener to hear your thoughts and feelings about the event or just take a moment to breathe, meditate, and reflect.
- Seek spiritual support.

Contacts for Alzheimer's Association

For more information on disaster preparedness and Alzheimer's disease, to learn more about Alzheimer's disease and the Alzheimer's Association, call
591-2771 (Honolulu)
242-8636 (Maui)
981-1111 (Hawaii)
245-3200 (Kauai) or
800-272-3900 (24/7 Contact Center).
TDD Access – **312-335-8882**.
Safe Return **888-572-8566**.
Alzheimer's Association Aloha Chapter Website – www.alzhi.org.
National Website – www.alz.org

More information on disaster preparedness from the National Hurricane Center:
http://www.nhc.noaa.gov

HAVE YOU FALLEN LATELY?

By Mike Hirano,
Project Dana Home Safety Specialist

Falls are the leading cause of severe injuries, visits to the emergency rooms and deaths in the elderly population. On the average, one third of adults 65 years of age or older fall each year!

- In Hawaii, 51% of accidental deaths among elders are caused by falls occurring in the home.
- 90% of hip fractures among elders are due to falls – 40% of these patients will require nursing home care.
- 24% of those over 50 years of age will not live longer than 12 months after the fall occurred.
- 30% – 40% of these falls are preventable.

The following steps will help reduce the risk of falling:

1. PERSONAL HEALTH. "BE THE BEST YOU CAN BE!"

- Proper nutrition and hydration are essential. Eat regularly and healthy. Drink lots of water and other liquids.
- Have your vision and hearing checked regularly. Poor vision will result in a fall and hearing problems can result in imbalance.
- Have your doctor prescribe a simple exercise routine to build strength and improve balance and coordination.

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2. 60% OF FALLS OCCUR AT HOME: MAKE YOUR HOME A SAFER PLACE.

- Remove objects you can trip over such as lamp cords, shoes, clothes, low furniture and clutter. Especially keep stairs and pathways where you walk clear of all obstacles.
- Remove small throw rugs or use adhesive to keep them from slipping or edges from curling.
- Keep frequently used items within easy reach to minimize use of step stools or ladders.
- Install grab bars or safety rails in your tub/ shower or next to your toilet. Use other assistive devices as needed. Shower benches or chairs, hand held shower heads, bed and tub transfer handles, and properly adjusted canes and walkers help prevent unnecessary falls.
- Use non-slip floor mats in the tub or shower or install non-slip adhesive strips.
- Improve the lighting in your home. Use brighter, glare free lights to see well. Night lights, portable lights, strategically located light switches are all helpful.
- Footwear should provide good support, fit properly and have non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

3. REVIEW ALL MEDICATIONS WITH YOUR DOCTOR OR PHARMACIST, INCLUDING OVER-THE-COUNTER DRUGS AND HERBAL PREPARATIONS. SOME MEDICATIONS OR COMBINATIONS CAN MAKE YOU DROWSY, DIZZY OR LIGHT HEADED AND LEAD TO A FALL.

The goals of Project Dana's Home Safety Program are:

- To increase the awareness of home safety.
- To create a safe home environment.
- To enable participants to continue living independently at home.
- To assist in ensuring quality of life.
- To improve the well being and enrich the lives of older adults and their families.
- And to identify any potential risk factors in the home.

The Home Safety Program provides a free assessment with educational information and recommendations of possible home modifications to minimize potential risk factors. Follow up contacts will ensure participants receive additional support in improving their safety. For more information, call Project DANA at **945-3736.**

2007 FALL PREVENTION CONFERENCE

By Vicki L. Davis, Planning Committee Member

The 5th statewide conference on fall prevention for older adults, "Fall Prevention: Implementing What Works," will be held on Tuesday, October 23, 2007 at the Sheraton Waikiki Hotel. The conference is presented by the Department of Health's Injury Prevention Program, Neurotrauma Division, and the Office of Healthcare Assurance and co-sponsored by the Elderly Affairs Division, Hawaii Island Adult Care, Inc., HMSA, Ohana Pacific Rehab Services, and Project Dana.

Katherine Berg, Ph.D., morning keynote speaker, will moderate a panel discussing "Finding What Works." Panelists include a geriatric physician, community social worker, fall prevention service provider, home modification specialist, caregiver, and physical therapist. Luncheon speaker, Debra Rose, Ph.D., internationally recognized for her work in fall risk reduction, will explain the fundamental and physiological reasons why an exercise program is effective.

Conference topics include Kokua Kalihi Valley Senior Falls Program, Preventing and Healing Osteoporosis: the Nutrition Approach, The Relationship of Falls and Your Medication, No Fear of Falling,

and Safety and Access in Your Home, among others. Exhibitors include medical equipment suppliers, in-home care agencies, case management services, and adult day care centers.

Registration fees received by September 24th are $55 for family caregivers and $80 for professionals/general public. The fee includes a light breakfast, lunch, snacks, and conference events from 8:30 a.m. – 4:30 p.m. Registrations from September 25th through October 12th will be an additional $15. No registrations will be accepted after October 12th.

For registration, call **734-9138** or visit the Department of Health website at www.hawaii.gov/health/healthy-lifestyles/injury-prevention/PDF/fall_prevention_2007.pdf.

EAD WELCOMES NEW I&A COORDINATOR

Lei Shimizu, a veteran in the field of social work with a specialty in Gerontology, is Elderly Affairs Division's new Information and Assistance Coordinator.

Lei has devoted a career investigating cases of abused and neglected elders. After 14 years with the state Adult Protective Services, and obtaining a Master of Social Work degree, Lei's experiences led her to new opportunities, teaching at Honolulu Community College and the University of Hawaii where she mentored human service undergraduates and Master of Social Work student interns.

Lei received a Sustained Superior Performance Award from the Department of Human Services in 1998 and a Field Social Work Award in 2007. She is a past president of the Hawaii Pacific Gerontological Society. In 2005, Lei represented Hawaii at the People to People Ambassador Programs Aging Delegation to China.

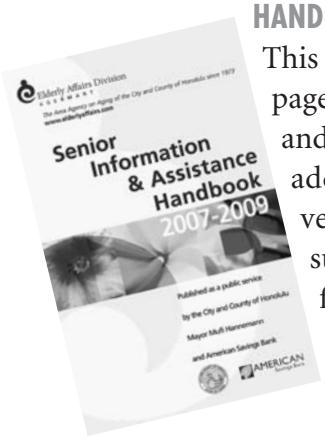
Lei's vision for I&A is outstanding outreach for outstanding outcomes, particularly in these challenging times. "We at the Elderly Affairs Division are prepared for what it takes to pave our future," she said. She credits dedicated staff for their exemplary role in creating quality living on Oahu as we age.

BITS AND PIECES

By Tony Baccay

AGING NETWORK STAFF COMPLETE TRAINING:
Twenty-four staff members from Hawaii's Aging Network were recently certified to become master trainers in the Chronic Disease Self-Management Program developed by Stanford University. These new trainers will conduct weekly group meetings for six weeks to help older people with chronic conditions improve their health behaviors and status.

The program has been implemented at Alu Like's Waimanalo, Nanakuli, and Papakolea sites; Kokua Kalihi Valley Elder Service; Child and Family Service and at specific Lanakila Meals on Wheels group dining sites. For more information, call the **Senior Helpline** at **768-7700**.



HANDBOOKS AVAILABLE IN OCTOBER:
This new 2007-2009 edition has been expanded to 96 pages and lists over 300 agencies that provide aging and caregiver services. Elderly Affairs Division staff added additional narrative information to make this version more user-friendly. Generous financial support from American Savings Bank enables the free distribution. To pick up your own copy, visit any branch of American Savings Bank, any Satellite City Hall, or stop by our office at 715 S. King St., Suite 200.

NEW SERVICES ADDED:
On July 1, 2007, an additional health maintenance program and an adult day care/health service joined Elderly Affairs Division's service provider network.

KOKUA KALIHI VALLEY HEALTH MAINTENANCE PROGRAM provides exercise, health education and counseling services to elderly residents in the Kalihi area. They are located at 1846 Gulick Avenue, Honolulu. For more information, contact Merlita Compton at **848-0977**.

PALOLO CHINESE HOME (PCH) is a new service provider providing adult day care services 7 days a week. Limited funding will be used to encourage families to try out the service. It will also be used to provide short term respite to caregivers and assist those who are unable to afford it. PCH is located at 2459 10th Avenue, Honolulu. For more information, contact Joyce Dacanay at **748-4901**.

NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH: It's not too early to start thinking about celebrating National Family Caregivers Month. This event seeks to draw attention to the many challenges facing family caregivers. It is an opportunity to raise awareness about community programs that support caregivers and to advocate for stronger public policies. It is also a time to thank, support, and celebrate the many contributions family caregivers provide in our community.

STUDENT INTERNS ON BORAD:
University of Hawaii Master of Social Work student interns, Julie ("Jules") Sullivan and Susan Miyamoto, join the Information and Assistance Unit this fall. Both are second year students with a concentration in Gerontology.

REAL PROPERTY TAX CREDIT FOR HOMEOWNERS FOR TAX YEAR 2008–2009

- Do you have a home exemption?
- Is the property used exclusively as your residence?
- Is this the only property owned by each of the titleholders? In other words, none of the titleholders own any other property anywhere in the world.
- Is the total combined income of all titleholders of the property for calendar year 2006 less than $50,000?

If you answered YES to all the questions above, you may qualify for a tax credit.

Application forms are available at:

- Satellite City Halls
- Treasury Division at Honolulu Hale (530 South King Street, Rm 115)
- On line at http://www.honolulu.gov/budget/taxcredit2008.pdf.

THE DEADLINE TO FILE IS OCTOBER 1, 2007.

Please contact the Current Collections Section at **523-4856** if you need more information.

CALENDAR OF EVENTS

SEPTEMBER 2007

12 AARP Driver Safety program is a course (two 4-hour sessions) designed for the older driver. It identifies physical changes in the mature driver and ways to compensate for safer driving. Cost is $10. Registration is required.

- LANAKILA SENIOR CENTER: **847-1322** / Sep 12 & 14, 8 a.m. – 12 noon
- KAISER HEALTH CLINIC – HAWAII KAI: **432-2260** / Sep 15 & 22, 9 a.m. – 1 p.m.
- QUEEN'S HOSPITAL: **537-7117** / Sep 16 & 23, 9 a.m. – 1 p.m.
- KASIER HEALTH CLINIC – HONOLULU: **432-2260** / Sep 18 & 25, 12 noon – 4 p.m.
- WAIKIKI COMMUNITY CENTER CHAPEL: **923-1802** / Sep 18 & 20, 9 a.m. – 1 p.m.

21 23rd Annual Hawaii Senior's Fair. See page 5 for details.

OCTOBER 2007

6 AARP Driver Safety Program (see description above).

- HAWAII MEDICAL CENTER – EAST: **547-6410** / Oct 6 & 13, 8:30 a.m. – 12:30 p.m.
- WAIKIKI COMMUNITY CENTER: **923-1802** / Oct 17 & 19, 9 a.m. – 1 p.m.

6 12th Annual Discover Moiliili Festival, Saturday, Oct 6, 9 a.m. – 2:30 p.m., Stadium Park (corner of Isenberg & S. King Streets). Multi-ethnic entertainment, crafts, children's activities, food, Moiliili history display and tour, and much more. Parking at Puck's Alley and Kuhio School. Free trolley to/from Waikiki and Stadium Park. For more information, call **955-1555**.

23 Fall Prevention Conference. See page 4 for details.

NOVEMBER 2007

3 AARP Driver Safety Program (see description above).

- KAISER HEALTH CLINIC – MILILANI: **432-2260** / Nov 3 & 10, 9 a.m. – 1 p.m.
- WAIKIKI COMMUNITY CENTER: **923-1802** / Nov 5 & 7, 9 a.m. – 1 p.m.
- AARP INFORMATION CENTER: **843-1906** / Nov 9 & 16, 12 noon – 4 p.m.
- KAISER HEALTH CLINIC – HAWAII KAI: **432-2260** / Nov 17 & 24, 9 a.m. – 1 p.m.
- QUEEN'S HOSPITAL: **537-7117** / Nov 18 & 25, 9 a.m. – 1 p.m.
- KAISER HEALTH CLINIC – HONOLULU: **432-2260**, Nov 20 & 27, 12 noon – 4 p.m.

10 Mayor's Cultural Festival and Craft Fair, 9 a.m. – 1 p.m., Blaisdell Exhibition Hall. Handmade crafts and food made by Oahu's senior citizen club members. Great entertainment, fabulous door prizes! Free admission. For more information, call **973-7258**.

OAHU AGING NETWORK SERVICE PROVIDERS

The following programs are contracted by Elderly Affairs Division to provide senior and caregiver services.

Alzheimer's Association – Aloha Chapter

Catholic Charities Hawaii

Hawaii Family Services, Inc.

Hawaii Meals on Wheels, Inc.

Honolulu Gerontology Program, Child and Family Service

Kokua Kalihi Valley Comprehensive Family Services

Lanakila Meals on Wheels

Moiliili Senior Center

ORI Anuenue Hale, Inc.

Palolo Chinese Home

Project Dana

St. Francis Health Services for Senior Citizens

University of Hawaii Elder Law Program

Waikiki Health Center Friendly Neighbors

ELDERLY AFFAIRS DIVISION

715 South King Street, Suite 200
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Phone: 768-7705

Elderly Affairs Division is the Area Agency on Aging for Oahu. Our mission is to develop and support opportunities that enable older adults to live their fullest capacity in their own homes and communities.

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs. To be placed on the mailing list, please call **768-7700**. Written contributions are welcomed.

MUFI HANNEMANN
Mayor of Honolulu

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