



Elderly Affairs Division  
A G E S M A R T

*The Area Agency on Aging of the City and County of Honolulu since 1973*  
[www.elderlyaffairs.com](http://www.elderlyaffairs.com)

# Family Caregiving Guide



**Department of Community Services  
City and County of Honolulu**

# HOW TO USE THIS GUIDE

*The following suggestions may help you find services available.*

- 📍 The guide is arranged by the stages many caregivers go through:
  - *Diagnosing the patient's condition:* Geriatric Services
  - *Planning for care:* Elder Law and Case Management
  - *Learning about caregiving:* Education/Training and Support Groups
  - *Services to support the caregiver:* Personal care, hospice, respite, personal emergency response, transportation, grandparent caregivers
- 📍 To locate services, use the Table of Contents, page 3, or the Index, page 55.
- 📍 Caregiver Tips start on page 4.
- 📍 Additional Resources such as websites and Area Agencies on Aging start on page 48.
- 📍 Some agencies may provide additional services not listed in this book. Ask them if they are able to help in other aspects of your particular situation.
- 📍 For additional listings of companies, check the Yellow Pages of the Telephone Directory under similar headings.
- 📍 Inclusion of an agency in this guide does not imply endorsement, nor does exclusion a reflection of the value of quality of an agency's services.
- 📍 This guide can also be found on our website:  
<http://www.elderlyaffairs.com>
- 📍 For more information, call the Elderly Affairs Division, Senior Helpline at 768-7700. We are located at 715 S. King St. #200, Honolulu, Hawaii 96813.

# Family Caregiving Guide



Elderly  
Affairs  
Division  
AGE SMART

A publication of the  
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Department of Community Services  
City and County of Honolulu

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## Mayor's Message

Aloha! I am pleased to present this edition of the Family Caregiving Guide, which provides valuable information for family caregivers and the people who support them.



The Elderly Affairs Division of the City and County Department of Community Services has many resources and services to help seniors and their family members. I invite you to call the Senior Helpline at 768-7700 or visit their website at [www.elderlyaffairs.com](http://www.elderlyaffairs.com) to obtain personalized information, other publications and videos.

A handwritten signature in black ink that reads "Mufi Hannemann".

**Mufi Hannemann**  
Mayor of Honolulu

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## ◆ Caregiver Tips ◆

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### **Who is a caregiver?**

If you help an older family member or friend by taking them to medical appointments or to the grocery store, or by helping them with their grooming or household chores, then you are a family caregiver. Too often family members think that only people they hire are caregivers. They don't think of getting assistance for themselves until they "burn out." By using services and getting support early, you can reduce your stress level and keep yourself healthy so that you can continue in your important role.

### **Caregiver Tip #1 - Where to Start**

If the doctor says, "Your patient (or spouse) needs long term care," do not automatically assume that they need to be placed in a nursing home. There is a wide range of services starting with in-home services such as meals-on-wheels, to supervised care such as adult day care, to residential family-style care homes. An assessment of a person's needs and the family's capabilities is recommended to determine the best course of action.

### **Caregiver Tip #2 - Unusual Behaviors**

When your parent or spouse is forgetful more often, or displays new or unusual behavior, do not shrug it off as "they are just getting old." It may be a sign of early dementia caused by stroke, alcoholism, disease, or even medication interaction. Take them to a geriatrician for a thorough evaluation so that the causes may be treated; there are even new drugs that can delay the symptoms of Alzheimer's Disease. In any case, it is better to know as early as possible what you will be dealing with so that you can make plans accordingly.

### **Caregiver Tip #3 - Who Makes the Decisions?**

Some caregivers feel they have turned into their parent's parent and must "take over" decision making. Others feel that it's their parent's life and that they need to respect them and their decisions. It's a fine line as to what is appropriate. In general, where the problem is physical, respecting a parent's wishes usually makes sense. How-

ever, if there are cognitive problems where thinking, memory, or judgment is impaired, then you need to be more assertive in decision making.

### **Caregiver Tip #4 - Sharing the Load**

Caregiving often falls on one family member - usually the spouse, an unmarried child, or those who live the closest. That person is often overburdened and becomes angry when others don't "pitch in." Caregiving can be short term but it can also be a difficult long term situation. All family members can contribute in some way, even if they work or live far away. Can one provide money to buy services? Could another take Mom on weekends? Who can handle bill paying? Figuring out what the tasks are and what each can do helps ease the burden.

### **Caregiver Tip #5 - Resistance to Services**

One of the reasons older people often refuse using "outside help" (from non-family members) is that they are afraid that the next step will be placing them in a nursing home. Acknowledge this fear and explain that by using a service, such as Handivan or bath service, they will remain independent and able to stay at home.

### **Caregiver Tip #6 - Emotions**

Most caregivers are unprepared for the emotions they have. Sadness, fear, anger, and guilt are very common feelings. Many caregivers feel guilty believing that "I'm not doing enough" even though they are trying their best to provide care and coping. Getting enough rest, taking a break, eating well, and seeking help from family members, friends, and community agencies can help you deal with those emotions and stay well so that you can continue to provide the care needed.

### **Caregiver Tip #7 - Prepare for the Future**

Don't wait too long to get paperwork in order. Help your loved one get an advance health care directive (living will) and power of attorney in case they cannot make decisions for themselves next week! And it would be wise to do it for yourself while you are at it; this will save your potential caregivers the trouble.

## **Caregiver Tip #8 -Using Respite Services**

Caregivers are reluctant to “take a break” and have someone else provide care for awhile. Often they keep at it until they “burn out” before they look for help. When you get respite, your loved one benefits as well! When someone comes into your home to help, they get to see a new person and share old stories. When they go to a program, like adult day care, they can receive stimulation and socialization that is different from what can be provided at home. This is truly a win-win situation.

## **Caregiver Tip #9 - Hospitalization**

If your loved one is hospitalized, initiate contact with the hospital’s social worker or discharge planner early in the hospital stay to discuss what will happen after hospitalization. Services covered by Medicare at home or in a nursing home may be available for a short time after hospitalization depending on the older adult’s condition.

## **Caregiver Tip #10 - Care Away from Home**

If the needs of the one you care for begin to exceed the abilities you and the support network available can provide at home, it may be time to consider alternatives. Care homes, foster homes and nursing homes are usually considered at this step. There are also Medicaid waiver programs for those who are eligible. Consult with your loved one’s doctor to determine the “level of care” required. This information will be necessary in determining what type of care facility may be appropriate.

## **Other Assistance**

You can find other services in the *Senior Information and Assistance Handbook* available at any branch of American Savings Bank. This handbook and resources such as *Deciding “Who Cares?” A Legal Handbook for Hawaii’s Caregivers, Families and Older Persons* may be viewed at [www.elderlyaffairs.com](http://www.elderlyaffairs.com).

You can also call the **Senior Helpline** at **768-7700**. This is a free public service which provides information and referral to services. Our office is located at 715 S. King St., #200, Honolulu, Hawaii 96813.

## ◆ Diagnosing the Patient's Conditions ◆

### GERIATRICIANS

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Geriatricians are physicians who receive specialized training to prevent and manage multiple and complex health problems of older adults such as chronic pain, memory loss, and osteoporosis.

Not all older adults need to see a geriatrician. Older adults who are disabled, frail, coping with a number of diseases, or have cognitive deficiencies such as Alzheimer's Disease, should seek the advice of a geriatrician. Some geriatricians provide consultation services only, which require referral from the older adult's primary care physician. Some go to nursing homes or make home visits.

When possible, caregivers should accompany older patients to their doctor's appointments to ask and answer questions, as well as take notes. Accompanying the senior will be key in assisting the physician and the team of health care providers in providing the best possible care.

See the following list of geriatricians and other geriatric practitioners on Oahu. In large facilities, ask for a referral to the social work department.

#### ■ Department of Veterans Affairs **Spark M. Matsunaga VA Medical & Regional Office Center**

459 Patterson Rd., Honolulu, 96819-1522

Phone: 433-0600

Description:

Consultations & primary care

- ❖ Michael Carethers, M.D.
- ❖ Craig China, M.D.
- ❖ James Epure, M.D.
- ❖ Lavonda Mee-Lee Nakamoto, M.D.

Geriatric Psychiatry

- ❖ Brian Tsuzaki, M.D.
- ❖ Kara Lum, M.D.

Additional Services: Eligible registered veterans can access respite service through their primary care doctor.

## ■ Kaiser Permanente

1010 Pensacola St., Honolulu, 96814

Phone: 432-2309 Fax: 432-2234

Contact: Clinical Staff (RNs)

Description: Inpatient and outpatient geriatric and geropsychiatry consultations. Geriatric care coordination. Geriatric Primary Management. Senior Summit Lecture Series.

Geriatricians

- ❖ Liane Tokushige, M.D.
- ❖ Dawn Minaai, M.D.
- ❖ Kavita Sharm, M.D.
- ❖ Warren Wong, M.D.

Geropsychiatry

- ❖ Samuel Gadam, M.D.

Nurse Practitioners

- ❖ Valisa Saunders, APRN

Eligibility/fees: Kaiser members.

## ■ Kalihi Valley Comprehensive Health Care

2239 N. School St., Honolulu, 96819

Phone: 791-9410 Fax: 848-0979

Website: [www.kkv.net](http://www.kkv.net)

Description:

- ❖ Ritabelle Fernandes, M.D. (Consultations, home visits, & primary care)

Eligibility/fees: Kalihi Valley residents only. Most major medical insurance plans accepted.

## ■ Maluhia Geriatric Physician Services

1027 Hala Dr., Honolulu, 96817

Phone: 832-6132 Fax: 832-1932

Description: Comprehensive medical care for elders. Home visits available to homebound elders in Nuuanu, Kalihi, and Liliha. Physician also speaks Japanese.

Physician:

- ❖ K. Albert Yazawa, M.D.

Eligibility/fees: 55 years or older. Medicare, Medicaid, and HMSA accepted.

## ■ **Straub Clinic and Hospital, Inc.**

Department of Geriatrics & Long-Term Care

888 S. King St., Honolulu, 96813

Phone: 522-3159 Fax: 522-4345

Description: Outpatient consultations and primary care for memory loss and other geriatric syndromes. Nursing home primary care.

Geriatricians

- ❖ R. Gary Johnson, M.D. (consultations for care facility placement)
- ❖ Dalia Elsemary, M.D. (consultations)
- ❖ Joy Kuniyama, G.N.P.
- ❖ Michelle Klima, G.N.P.
- ❖ Leslie Hubbard, G.N.P.

Hawaii Kai Clinic Geriatrician:

- ❖ Eric Yee, M.D. (primary care)  
7192 Kalanianaʻole Hwy., Honolulu, 96825  
Phone: 396-6321

## ■ **The Queen's Medical Center - Senior Care**

1301 Punchbowl St., Honolulu, 96813

Website: [www.queens.org](http://www.queens.org)

Description: Comprehensive senior care program that includes primary care, geriatric outpatient and inpatient consultations, transportation, house calls, personal response systems, foster family homes, and nursing home without walls.

Queen's Outpatient Center: 585-5494

Queen's Community Based Programs: 547-4652

Eligibility/fees: Varies, most major medical insurance plans accepted.

## ■ **University Of Hawaii Department of Geriatric Medicine Geriatrics & Family Services Program**

347 N. Kuakini, HPM-9, Honolulu, 96817-2306

Phone: 523-8461 Fax: 528-1897

Description:

- Alzheimer's Disease Referral Clinic: This clinic performs medical evaluations and counseling for

persons with Alzheimer's Disease and other memory disorders who are referred by their primary care physician. It is associated with the medical school and is a teaching and clinical program. Medical trainees may observe or participate in the clinical visits. Phone: Vicki Woolford, 523-8461

- Kuakini Inpatient Services: Consultations are provided for acute care inpatients at Kuakini Medical Center (with attending physician referral). Phone: 523-8461
- Leahi Outpatient Geriatrics Clinic: Primary care and geriatric assessments are provided for older patients for preventive care, complex medical problems, dementia, use of multiple medications, osteoporosis, fall, incontinence and frailty. Phone: 732-9907
- Nursing Home Physician: Attending physician coverage and consultations at various nursing homes. Phone: Tracy Gaeth, 523-8461
- Palliative & Hospice Care: Consultations with physician referral. Phone: Emese Somogyi-Zalud, 523-8461
- Parkinson's Disease Interdisciplinary Care Clinic: Consultations are provided by a neurologist, physical therapist, occupational therapist, speech therapist and social worker with physician referral. Phone: Katherine Kim, 528-0935 or 800-570-1101

## ■ Geriatricians, Private Practice

- ❖ Howard Neudorf, M.D. (Primary care)  
Dr. Neudorf also speaks Spanish.  
91-2139 Ft. Weaver Rd., Suite 213,  
Ewa Beach, 96706  
Phone: 677-1912
- ❖ Marc Shlachter, M.D. (Consultations & primary care)  
55-510 Kamehameha Hwy., Laie, 96762  
Phone: 293-8558
- ❖ Curtis Takemoto-Gentile, M.D.  
(Consultations & primary care)  
2658 S. King St., Honolulu, 96826  
Phone: 955-1544

## ■ Geriatric Psychiatrists, Private Practice

- ❖ Jon P. Cooney, M.D., Geriatric Psychiatrist  
98-211 Pali Momi St., Suite 414, Aiea, HI 96701  
(Mondays & Thursdays)  
1029 Kapahulu Ave. Suite 310 (Tuesdays & Fridays)  
Phone: 486-3600 (M & Th, 9:00 a.m.-1:00 p.m.)
- ❖ Joel Peck, M.D., Adult & Geriatric Psychiatrist  
99-128 Aiea Heights Dr., Suite 202, Aiea, HI 96701  
Phone: 485-5855 Fax: 488-1700  
(Hours: Monday-Thursday after 4:00 p.m.)
- ❖ Dan Tanahashi, M.D., Geriatric Psychiatrist  
1441 Kapiolani Blvd., Suite 2017, Honolulu, 96814  
Phone: 945-7797

## ■ Geriatric Mental Health Services

- ❖ Adult Mental Health Division  
Access and Crisis Line  
Phone: 832-3100  
[www.amhd.org](http://www.amhd.org)
- ❖ Queen's Counseling & Clinical Services  
Phone: 547-4401
- ❖ Rehabilitation Hospital of the Pacific  
Neuropsychological testing for dementia.  
Tanya D'Avanzo, Ph.D.  
226 N. Kuakini St. Honolulu, 96817  
Phone: 544-3366
- ❖ Wahiawa General Hospital  
Senior Behavioral Health Unit  
128 Lehua St., Wahiawa, HI 96786-2036  
Phone: 363-1071 or 621-4310  
Contact: Community Liaison Specialist  
Description: Short term, inpatient, comprehensive  
treatment program for seniors suffering from  
emotional and behavioral problems.

## ◆ Planning for Care ◆

### CASE MANAGEMENT

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Case managers help with coordinating care for the needs of an elderly person. They develop care plans based on individual needs, coordinate service delivery, and monitor progress. Some also specialize in helping elders get placed into long-term care facilities. It is a good option for long distance caregivers and those who have limited time.

Case managers may be Licensed Social Workers (LSW), Registered Nurses (RN), etc. Make sure to ask for qualifications when looking to hire one. In addition to the listings below, contact The Hawaii Association of Case Managers for private practitioners. Visit them online at [www.hacm.net](http://www.hacm.net) or call 988-6576.

Also look for “Home Health Care” in the Yellow Pages for other private companies.

#### ■ Department of Health Public Health Nursing (PHN) Branch

Website: [www.hawaii.gov/health](http://www.hawaii.gov/health)

Description: The Case Management Coordination Program (CMCP) is a Department of Health Public Health Nursing program that assists the frail, vulnerable, elderly 60 years and older with functional limitation providing: nursing assessment, planning of care, coordination of services delivery to meet the needs of the client, caregiver and/or family.

Fee: none

Eligibility:

- Clients must be 60 years of age or older and living at home
- Have chronic medical conditions
- May have no family or caregiver available, or have a caregiver in need of support
- May need assistance in understanding their medical condition and health needs
- May need assistance linking up with appropriate resources in community

## Services:

- Meet with client/caregiver to obtain information on health and medical needs
- Jointly plan care with client/family
- Provide health teaching and information
- Assist with medication and treatment management
- Communicate with physician and other providers regarding the health care plan in order to maintain the client in the home
- Assist with coordinated referrals to appropriate health care providers and community services
- Conduct periodic review of service and care provided

### ❖ **Administration Office**

1250 Punchbowl St., Honolulu, 96813  
Phone: 586-4620 Fax: 586-8165  
Chief: Lily Ochoco, Acting  
email: lily.ochoco@doh.hawaii.gov

### ❖ **Central Oahu**

860 Fourth St., Room 130, Pearl City, 96782  
Phone: 453-6190 Fax: 453-6777  
Supervisor: Barbara Yoshioka  
CMCP/PHN: Joyce Tapia-Miyahira, R.N

### ❖ **East Honolulu**

3627 Kilauea Ave., Room 311, Honolulu, 96816  
Phone: 733-9220 Fax: 733-9375  
Supervisor: Charlene Ono

### ❖ **Leeward Oahu**

94-275 Mokuola St., Room 101, Waipahu, 96797  
Phone: 675-0073 Fax: 675-0079  
Supervisor: Carol Kurasaki

### ❖ **West Honolulu**

1700 Lanakila Ave., Room 201, Honolulu, 96817  
Phone: 932-5757 Fax: 832-5742  
Supervisor: Michele Bray, Acting

### ❖ **Windward Oahu**

45-691 Kea'ahala Rd., Kaneohe, 96744  
Phone: 233-5450 Fax: 233-5303  
Supervisor: Ann Sasuga  
CMCP/PHN: Mary Gadam, R.N

■ **Department of Human Services  
Oahu Adult & Community Care Services**

420 Waiakamilo Rd., Suite 300A, Honolulu, 96817

Phone: 832-5115 Fax: 832-5064

Website: [www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)

Description: Serves severely ill and disabled adults and Medicaid-eligible individuals. Services include determining eligibility for Nursing Home Without Walls, investigating reports of maltreatment to dependent adults, and providing various case management services to enable recipients to live safely within the community.

Eligibility/fees: None.

■ **Ke Ola Mamo**

1505 Dillingham Blvd., Room 205, Honolulu, 96817

Phone: 848-8000 Fax: 848-8001

Website: [www.keolamamo.org](http://www.keolamamo.org)

E-mail: [keolamamo@aol.com](mailto:keolamamo@aol.com)

Contact: Programs Administrator or Project Coordinator

Description: Health promotion, education, and access to care through outreach and island-wide offices.

Eligibility/fees: Native Hawaiian.

■ **Kokua Kalihi Valley Elderly Services Program**

1846 Gulick Ave., Honolulu, 96819

Phone: 848-0977 Fax: 848-8689

Website: [www.kkv.net](http://www.kkv.net)

E-mail: [mcompton@kkv.net](mailto:mcompton@kkv.net)

Contact: Merlita Compton, MPH, Coordinator

Case Management: In-Home assessment of frail elder to link them with needed services and programs that will help the elder remain at home. Paraprofessional support services including counseling, interpreters, advocacy, transportation, and assistance with minor equipment (canes, walkers, shower stools).

Eligibility/fees: Resident of upper Kalihi Valley (census Tracts 61-65). No cost. Donations welcome.

Additional services: Support Groups and Respite-In-Home. Services available depending on eligibility.

## ■ Life Foundation

677 Ala Moana Blvd., #226, Honolulu, 96813

Phone: 521-2437 Fax: 521-1279

Website: [www.lifefoundation.org](http://www.lifefoundation.org)

E-mail: [mail@lifefoundation.org](mailto:mail@lifefoundation.org)

Contact: Registered Nurse or Case Manager

Description: Medical case management for people with HIV/AIDS. Education. Free testing for HIV and Hepatitis C.

## ■ Ohana Care Program - Honolulu Gerontology Program Child & Family Service

200 N. Vineyard Blvd., Bldg. B, Honolulu, 96817

Website: [www.childandfamilyservice.org](http://www.childandfamilyservice.org)

Phone: 543-8468 Fax: 543-8475

Contact: Case Manager

Description: Provide Case Management and supportive counseling to seniors and their unpaid caregivers. The program provides assessment, care planning and linkages to community services when needed. Also see Support Groups.

Eligibility/fees: For Seniors over 60 years and older who have an unpaid caregiver who need assistance to live independently in the community. No Fees, donations are appreciated.

## ■ Senior Case Management Honolulu Gerontology Program Child & Family Service

200 N. Vineyard Blvd., Bldg. B, Honolulu, 96817

Website: [www.childandfamilyservice.org](http://www.childandfamilyservice.org)

Phone: 543-8497 Fax: 543-8475

Contact: Case Manager

Description: Provide Case Management and supportive counseling to seniors. Provides assessment, care planning, and arranging for community services.

Eligibility/fees: For Seniors over 60 years and older who are living independently in the community, have impairments in 2 ADLs or IADLs and an unmet need in one of these. No Fees, donations are appreciated.

## ELDER LAW

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Many types of Elder Law concerns such as Guardianship, Conservatorship, Surrogates, Comfort Care Only & Do Not Resuscitate orders, Advance Health Care Directives, Powers of Attorney, and paying for long term care with Medicaid are presented in *Deciding "Who Cares?"* (formerly *Deciding "What if?"*), a publication of the University of Hawaii Elder Law Project ([www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp)). Booklets are available to borrow from Hawaii State Public Libraries. Refer to the *Senior Information & Assistance Handbook* for other legal services offered in the community.

### ■ UHELP: University of Hawaii Elder Law Program

2515 Dole St., #203, Honolulu, 96822

Phone: 956-6544 Fax: 956-9439

Website: [www.hawaii.edu/uhelp/](http://www.hawaii.edu/uhelp/)

Contact: James Pietsch, J.D., Director

Description: Individual/family legal counseling. Presentations to inform caregivers of legal aspects of planning for incapacity, death, and long-term care.

Eligibility/fees: Socially and economically needy.

Donations accepted.

### ◆ Learning About Caregiving ◆

## EDUCATION/TRAINING

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The agencies listed here offer information & referral, practical training for caregiving, and education on preparing for the future and reducing risks. Support groups, hospices, and some case management providers also offer educational sessions.

### ■ American Red Cross, Hawaii State Chapter

4155 Diamond Head Rd., Honolulu, 96816-4417

Phone: 734-2101 Fax: 735-8626

Website: [www.hawaiiredcross.org](http://www.hawaiiredcross.org)

Contact: Mary Meinel, Director of Training and Preparedness

Description: Family Caregiving reference guide (128 pages) with companion DVD (1 hour & 49 minutes) for

self-training at your own pace. Caregivers learn basic caregiving skills, as well as how to reduce stress and balance the demands of work and home. DVD video helps caregivers learn skills such as positioning and transferring a loved one by watching healthcare experts in action. (For Nurse Aide Training, see website or call.)

■ **Department of Health  
Developmental Disabilities Services Branch  
Neurotrauma Supports**

2201 Waimano Home Rd., Pearl City, 96782

Phone: 453-6151 Fax: 453-6217

Website: [www.hawaii.gov/health/disability-services/neurotrauma](http://www.hawaii.gov/health/disability-services/neurotrauma)

E-mail: [ntrauma@doh.hawaii.gov](mailto:ntrauma@doh.hawaii.gov)

Contact: Social Work or Program Specialist

Description: Provides information and referral to access community resources. Promotes prevention, education, and awareness programs statewide.

Eligibility/fees: Individuals with a neurotrauma injury.

■ **Honolulu Fire Department  
Training and Research Bureau**

890 Valkenburgh St., Honolulu, 96818

Phone: 422-0827, ext. 1 Fax: 422-9691

Website: [www.honolulu.gov/hfd/cpr.htm](http://www.honolulu.gov/hfd/cpr.htm)

Description: CPR awareness.

Eligibility/fees: Minimum 4-6 weeks notice needed with at least 10 participants per class. Class will be held at the requestor's location. Must provide a TV and DVD player. Free.

■ **Kapiolani Community College  
Kupuna Education Center**

4303 Diamond Head Rd., Kopiko 121, Honolulu, 96816

Phone: 734-9108

Website: [www.kupunaeducation.com](http://www.kupunaeducation.com)

Description: Regularly scheduled family caregiver training series taught by health care professionals.

Topics include personal care, transferring techniques, medication management, nutrition, etc. Call for details.

## ■ **ORI - Anuenue Hale**

64-1510 Kamehameha Hwy., Wahiawa, 96786

Phone: 622-3929 Fax: 621-8227

E-mail: [helemano808@hawaii.rr.com](mailto:helemano808@hawaii.rr.com)

Website: [www.helemano.org](http://www.helemano.org)

Contact: Yvonne de Luna, Program Director

Description: M-F, 8:00 a.m. to 4:30 p.m. Vision's Course for Caregivers (6 modules), Personal Care, Elder Care. For family caregivers and other people caring for elders or persons with disabilities. Job skills training also offered. Activities: Health & wellness; therapeutic; recreational classes.

Eligibility/fees: Older adults, people with disabilities and their families; economically and socially disadvantaged. Classes are usually free. Voluntary contributions are welcome.

## ■ **Pacific Health Ministry**

1245 Young St., #204, Honolulu, 96814

Phone: 591-6556 Fax: 593-9206

Website: [www.pacifichealthministry.org](http://www.pacifichealthministry.org)

E-mail: [phm@pacifichealthministry.org](mailto:phm@pacifichealthministry.org)

Contact: Lenora Stone, Nurse Coordinator

Tammie Sills, Director of Operations

Description: Nurses do assessments, provide information and referral, and health teaching in community facilities. Also provide lay visitation services in hospitals, institutions and care facilities served by Pacific Health Ministry.

Eligibility/fees: Free.

## **CAREGIVER SUPPORT GROUPS - GENERAL**

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Support groups provide opportunities for caregivers to learn from each other (such as care techniques or information on services they may have tried) and provide peer emotional support and information about community services.

■ **Castle Medical Center**

640 Ulukahiki St., Kailua, 96734  
Phone: 247-2828 Fax: 236-1337  
Website: [www.castlemed.org](http://www.castlemed.org)

Contact: Sue Pignataro

Description: Caregiver support group for caregivers, friends, and family. Meets monthly (except December) on last Wednesday, 10:00 a.m.-12:00 p.m. Check at information desk for location. Includes educational component to address caregiver issues and community resources.

Eligibility/fees: Anyone who is interested; however, please do not bring care recipient. No fee.

■ **Central Oahu Caregivers' Support Group**

P.O. Box 893711, Mililani, 96789  
Phone: 625-3782  
Website: [www.wvpress.com/care](http://www.wvpress.com/care)

Contact: Gary Powell

Description: Monthly support group for family caregivers. Meets 2nd Thursday, 7:00-9:00 p.m. at Wahiawa General Hospital.

Eligibility/fees: Anyone interested in topics related to caregiving or presently caring for individuals.

■ **Eldercare Support Group**

c/o 710 Ahukini St., Honolulu, 96825  
Phone: 395-9082

Contact: Karen Koles, Facilitator

Description: Providing support for family caregivers, sharing hints, ideas, and information. Meets last Saturday of each month except December. Call for directions to meeting site.

Eligibility/fees: None.

■ **Kokua Kalihi Valley Elderly Services Program**

1846 Gulick Ave., Honolulu, 96819  
Phone: 848-0977 Fax: 848-8689  
Website: [www.kkv.net](http://www.kkv.net)

E-mail: [mcompton@kkv.net](mailto:mcompton@kkv.net)

Contact: Merlita Compton, MPH, Coordinator

Description: Monthly meetings provide educational sessions, problem solving, and stress reducing activities. Geriatricians are available during sessions.

Eligibility/fees: Resident of upper Kalihi Valley (census Tracts 61-65). No cost. Donations welcome.

### ■ **Ko‘olau Caregivers’ Support Group**

95-099 Lauaki Pl., Mililani, 96789

Phone: 625-3782

[www.thecaregiverfoundation.com](http://www.thecaregiverfoundation.com)

Contact: Gary Powell

Description: Monthly support group for family caregivers. Meets 1st Thursday, 7:00-9:00 p.m. at Ko‘olau Golf Course club house.

Eligibility/fees: Anyone interested in topics related to caregiving or presently caring for individuals.

### ■ **Ohana Care Program Honolulu Gerontology Program Child & Family Service**

200 N. Vineyard Blvd., Bldg. B, Honolulu, 96817

Website: [www.childandfamilyservice.org](http://www.childandfamilyservice.org)

Phone: 543-8468 Fax: 543-8475

Contact: Program Supervisor

Description: Ongoing Caregiver Support Groups. The groups provide an educational component and a time to share with other caregivers. Through this sharing, caregivers are able to help find answers to their caregiving questions. The support of others who are going through the same experiences helps to reduce caregiver stress.

Eligibility/fees: For unpaid caregivers including family and friends of seniors over 60 years of age. No fees, donations are appreciated.

### ■ **Project Dana Caring for the Caregiver- Support Group**

902 University Ave., Honolulu, HI 96826

Phone: 945-3736 Fax: 945-0007

Contact: Eunice Sakai, Caregiver Support Group

Cyndi Osajima, Volunteer Assistance

Roy Matsumoto, Volunteer Assistance

Description: This family caregiver support group has four components per month: educational support, rap session, outing, and exercise. Meetings are held on Wednesday mornings. Funded by the National Family Caregiver Support Program, Title III E. Care recipient must be 60 years old.

Eligibility/fees: Donations only.

Additional Services: Respite for caregivers.

■ **VA Caregivers Support Group**  
**VA Spark Matsunaga Medical Center**

459 Patterson Rd., Honolulu, HI 96819

Contact: Bobbie Onzuka-Anderson

Phone: 433-7646

Description: Caregiver support group held 2nd Monday of each month. The meetings include an educational component to address caregiver issues and provide information about community resources, and time for participants to share experiences and support one another.

Eligibility/fees: Caregivers of veterans eligible for VA health care services. No fee for group participation.

## **CAREGIVER SUPPORT GROUPS - CONDITION SPECIFIC**

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These groups focus on dealing with a particular condition or disease. They also provide mutual support and education.

■ **Alzheimer's Association - Aloha Chapter**

1050 Ala Moana Blvd., Suite 2610, Honolulu, 96814

Phone: 591-2771 Fax: 591-9071

Helpline: 1-800-272-3900

Website: [www.alz.org/hawaii](http://www.alz.org/hawaii)

Contact: Oahu Program Coordinator

Description: Information and Referral. Education (presentations, workshops, training, information tables).

Family care consultations (home visits, office visits, field visits, office drop-ins). Neighborhood support groups (locations island-wide). 24-hour telephone helpline. Resource (lending) library. Medic Alert + Safe Return Program.

Eligibility/fees: None.

■ **American Cancer Society, Hawaii Pacific Inc.**

2370 Nuuanu Ave., Honolulu, 96817

Phone: 1-800-ACS-2345 (24 hours / 7 days a week)

595-7500 Hawaii Headquarters Fax: 595-7502

595-7544 Honolulu Unit

486-8420 Central Unit

262-5124 Windward Unit

Website: [www.cancer.org](http://www.cancer.org)

Description: Educational sessions, support groups, self-help, and visitations for caregivers, patients, family, and friends.

Eligibility/fees: Cancer patients, caregivers, family, and friends. There may be fees for some services.

■ **American Diabetes Association**

1500 S. Beretania St., #111, Honolulu, 96826

Phone: 947-5979 Toll free: 1-888-diabetes (342-2383)

Fax: 947-5978

Website: [www.diabetes.org](http://www.diabetes.org)

Description: Educational workshops, diabetes resource center, support groups, seminars for healthcare professionals, and advocacy. Resource center open Monday - Friday, 9:00 a.m. - 5:00 p.m.

Eligibility/fees: Open to public. Free.

■ **American Heart Association/American Stroke Association**

677 Ala Moana Blvd., Suite 600, Honolulu, 96813

Phone: 538-7021 ext. 10 Toll Free: 1-866-205-3256

Fax: 538-3443

Website: [www.americanheart.org](http://www.americanheart.org)

Description: Support group for stroke survivors. Other topics discussed may include medication management,

nutrition, or exercise. Topics chosen in response to group interest.

Eligibility/fees: Heart patients and their families. Free.

■ **American Lung Association: Better Breathers Club**

680 Iwilei Rd., Suite 575, Honolulu, 96817

Phone: 537-5966

Website: [www.ala-hawaii.org](http://www.ala-hawaii.org)

E-mail: [lung@ala-hawaii.org](mailto:lung@ala-hawaii.org)

Description: Caregiver and patient education provided once a month. Meets at Harris Methodist Church, 4th Thursday of the month, 10:00 a.m.-12:00 p.m.

Eligibility/fees: Those interested in chronic lung disease. Free.

■ **Arthritis Foundation**

615 Piikoi St., #1109, Honolulu, 96814

Phone: 596-2900 Fax: 596-2904

Website: [www.arthritis.org](http://www.arthritis.org)

E-mail: [info@sca.hib.arthritis.org](mailto:info@sca.hib.arthritis.org)

Description: Free educational materials, community programs, support groups, information and medical referral, wellness classes.

Eligibility/fees: Open to all. Exercise classes are fee for service.

■ **Lupus Foundation of America - Hawaii Chapter**

700 Bishop St., Suite 444, Honolulu, 96813

Phone: 538-1522 Neighbor Islands: 1-866-975-8787

Fax: 538-1525

Website: [www.lupushawaii.org](http://www.lupushawaii.org)

E-mail: [info@lupushawaii.org](mailto:info@lupushawaii.org)

Contact: Program Coordinator

Description: Support group and educational programs for patients, family members, and loved ones. Call for locations. Transportation for neighbor island residents traveling to Honolulu for medical purposes.

Eligibility/fees: None.

■ **Muscular Dystrophy Association-Hawaii Chapter**

1221 Kapiolani Blvd. Ste. 220, Honolulu, 96814

Phone: 593-4454 Fax: 597-1716

Website: [www.mda.org](http://www.mda.org)

E-mail: [jli@mdausa.org](mailto:jli@mdausa.org)

Contact: Jennifer Li, Health Care Services Coordinator

Description: Child Support Group meets at Shriner's Hospital for Children, 2nd Saturday every other month, 10:00 a.m. to 12:00 p.m. Adult Support Group meets at ATRC, 2nd Thursday every other month, 6:00 to 8:00 p.m. ALS Support Group meets at Queen's Conference Center, 2nd Tuesday of every month, 6:00 to 8:00 p.m. Also has Oahu clinic at Castle Hospital 2nd Thursday of every month, annual seminar at Queen's Conference Center during the month of May, annual summer camp at YMCA H.R. Erdman during the month of June for children ages 6-17 years old.

Eligibility/fees: All muscular dystrophy clients and their caregivers and family members (registration required). Free.

■ **National Kidney Foundation of Hawaii**

1314 S. King St., Suite 305, Honolulu, 96814

Phone: 593-1515 Fax: 585-5993

Website: [www.kidneyhi.org](http://www.kidneyhi.org)

Description: Education programs and support groups

■ **NPF/Hawaii Parkinson Disease Center of Excellence  
Information & Referral Office and Hawaii  
Parkinson Association**

347 N. Kuakini St., HPM 9, Honolulu, 96817

Phone: 528-0935 Neighbor Island 1-800-570-1101

Fax: 528-1897

Contact: Katherine Kim, Center Coordinator

Description: The I&R Office provides education and information about Parkinson's Disease to patients, their families and caregivers, and the general community. It works closely with the Hawaii Parkinson Association

(HPA). HPA is an affiliated chapter of the National Parkinson Foundation, whose mission is to support research and to promote public awareness about Parkinson's Disease.

Parkinson's Disease Support Groups: Oahu - Honolulu group meets every 1st Thursday of the month at Central Union Church from 1:30-3:00 p.m. Call Kay Foy for more information at 955-5251. Windward group meets 4th Thursday at Wellness Center of Castle Medical Center 5:30-7:00 p.m. (Glen Landenberger 263-5401) Maui - Mychael Patrick at 1-808-244-3734.

Eligibility/fees: Interested patient or family member. Free.

## ◆ Services to Support the Caregiver ◆

### **DURABLE MEDICAL EQUIPMENT**

Medical equipment also known as durable medical equipment (DME) includes items such as walkers, wheel-chairs, and hospital beds. Medicare will cover certain types of DMEs with a prescription.

#### **Tips:**

In some cases, renting DME may be more appropriate than purchasing. Renting is also covered under Medicare. Consult with a Sage PLUS (586-7299) counselor to see what would be best for your situation.

In most cases, once you purchase DME using your Medicare benefit, you may be responsible for repairs and/or replacement. Be sure to get information in writing on warranty coverage BEFORE purchasing the equipment.

To find a DME supplier look in the Yellow Pages under "Medical Equipment" or "Medical Supplies" and ask if they accept Medicare (and accept assignment). Also, go to [www.medicare.gov](http://www.medicare.gov), look under "Search Tools" and click on "Find Suppliers of Medical Equipment in Your Area." You can also call 1-800-MEDICARE (1-800-633-4227) to speak to a Medicare representative.

Look for dealers that accept "assignment" which means they accept Medicare's payment amount as payment in full (not including plan copayment).

Ask friends, social workers, and medical professionals for advice and referrals. Call Sage PLUS for additional information.

## **PERSONAL CARE**

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Health-related services provided in the home. See “Home Health” or “Home Care” in the Yellow Pages for additional providers. For Medicaid and Nursing Home eligible, call Adult Intake at 832-5115 for the Nursing Home Without Walls program. Also see Licensed Home Health Agencies and Respite In-Home.

### **■ St. Francis Health Services for Senior Citizens**

2230 Liliha St., Honolulu, 96817

Phone: 547-8065 Fax: 547-6130

Contact: Anita Salcedo, Program Coordinator

[www.stfrancishawaii.org](http://www.stfrancishawaii.org)

Description: Assisting elders and their family caregivers by providing safe and therapeutic care to ensure the comfort and dignity of each frail elder, such as bath and shampoo in bed, tub, or shower. Assist with related care, such as oral hygiene, grooming, and shaving. Change bed linen as necessary.

Eligibility/fees: To qualify, one must be 60 years or older, in need of assistance with bathing, ineligible for private Home Health Care covered by insurance reimbursement. Families are encouraged to make contributions as best they can.

## **HOSPICE**

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Hospice care is specialized, compassionate health care and emotional support for people facing the advancing stages of cancer, heart disease, kidney disease, or other terminal illness. It provides a milieu in which patients may spend their last days free of pain, preferably in the comfort of their own home. When this is not feasible, hospice services are also available to patients who live in nursing homes or other residential settings.

Registered nurses, social workers, dietitians, home

health aides, homemakers, chaplains, volunteers, bereavement counselors, durable medical equipment, medications, medical supplies, and laboratory services are often included in hospice services. Nurses are on call 24-hours a day. Respite care may also be provided. Hospice services are covered under Medicare; however, room and board in a hospice home is paid out of pocket. Other related services, are paid out of pocket by other types of insurance the patient may have or charitable funds from the provider.

■ **Hospice Hawaii**

860 Iwilei Rd., Honolulu, 96817-5018  
Phone: 924-9255 Fax: 922-9161  
Website: [www.hospicehawaii.org](http://www.hospicehawaii.org)

■ **St. Francis Hospice  
Sister Maureen Keleher Center**

24 Puiwa Rd., Honolulu, 96817  
Phone: 595-7566 Fax: 595-8190  
Maurice J. Sullivan Center  
91-2127 Ft. Weaver Rd., Ewa Beach, 96706  
Phone: 678-7580 Fax: 676-1359  
Website: [www.stfrancishawaii.org](http://www.stfrancishawaii.org)

## **LICENSED HOME HEALTH AGENCIES**

Home Health Agencies provide in-home services and are licensed by the Office of Health Care Assurance. Some are Medicare certified. Medicare certified Home Health Agencies provide short-term in-home care that is covered by Medicare, normally following hospitalization and when ordered by a doctor. Custodial services which are non-medical care services such as housekeeping, meal preparation and ongoing assistance with personal care are not covered by Medicare. These services are considered private duty or private pay services.

Some licensed Home Health Agencies only provide Medicare covered services ordered by a physician; some agencies only provide private duty services. Other agencies provide both. Listed below are licensed Home Health Agencies that provide private duty services.

Most agencies have a 2-4 hour minimum per visit and care recipient must receive ongoing services to be a client, typically a minimum of once or twice a week. Most provide services island-wide. Some offer live-in care and travel assistance/escort. If your loved one could benefit from a social setting, also consider Adult Day Care and Day Health which may be a more affordable option.

The lowest level in-home care from a licensed Home Health Agency typically costs about \$20-30 an hour. Starting rates include services such as companionship, house-keeping, and light meal preparation. These workers are often referred to as “companion aides” or “home helpers.” Rates are higher when “hands-on” service is required, such as assistance with transferring, toileting, and bathing. These services are usually provided by “home health aides” or Certified Nurses Assistants (CNAs). Skilled care requiring licensed nurses (LPNs or RNs) can cost \$35-60 an hour or more.

For reviews of Medicare certified Home Health Agencies, go to [www.medicare.gov](http://www.medicare.gov) and click on “Compare Home Health Agencies in Your Area” under the “Search Tools” header. For a complete list of licensed Home Health Care Agencies, go to the Office of Health Care Assurance website at [www.hawaii.gov/health](http://www.hawaii.gov/health), click on “Elder Care” under “Health Topics.” See “Home Health” or “Home Care” in the yellow pages for other agencies that provide in-home assistance.

### ■ **Arcadia Home Health Services**

1660 S. Beretania St. Rm. 203, Honolulu, 96826

Phone: 440-3041 Fax: 440-3083

Website: [www.arcadia-hi.org](http://www.arcadia-hi.org)

Description: Home delivered meals also offered to clients.

Eligibility: Age 62 and older, residing in East Honolulu (Nuuanu to Kahala).

### ■ **Attention Plus Care**

1580 Makaloa St., Suite 1060

Honolulu, Hawaii 96814

Phone: 739-2811 Fax: 739-0169

[www.attentionplus.com](http://www.attentionplus.com)

■ **CareResource Hawaii**

680 Iwilei Rd., Suite 660  
Honolulu, Hawaii 96817  
Phone: 599-4999 Fax: 531-2832  
[www.careresourcehawaii.org](http://www.careresourcehawaii.org)

■ **Castle Home Care - Castle Community Care**

46-001 Kamehameha Hwy., Suite 212  
Kaneohe, Hawaii 96744  
Phone: 234-7142 Fax: 234-5800  
[www.castlemed.com/home\\_care.htm](http://www.castlemed.com/home_care.htm)

■ **Hawaii Healthcare Professionals, Inc.**

707 Richards St., Suite 526  
Honolulu, Hawaii 96813  
Phone: 531-8177 Fax: 531-8348

■ **Kokua Home Health Agency**

210 Ward Ave., Suite 118  
Honolulu, Hawaii 96814  
Phone: 594-2326 Fax: 592-1248  
[www.kokuanurses.com](http://www.kokuanurses.com)

■ **Wilson Homecare**

1221 Kapiolani Blvd., Suite #940  
Honolulu, Hawaii 96814  
Phone: 596-4486 Fax: 596-4822  
[www.wilsonhomecare.net](http://www.wilsonhomecare.net)

## **RESPIRE- Out-of-Home, Adult Day Care & Adult Day Health**

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**Adult Day Care** programs include supervision, recreation, arts & crafts, socialization, exercise, meals, and other group activities. Facilities are licensed by the Department of Human Services, Adult & Community Care Services Branch. Most centers require participants to be 55 years or older, ambulatory, continent, a non-wanderer, non-combat-ive, able to eat independently and transfer with little or no

assistance. Some provide additional assistance or special services, usually for an added cost.

**Adult Day Health** programs are for those who require a higher level of care, usually intermediate care facility (ICF) level. Services could include health assessments, administration of medication, or care coordination. There may also be specialized care such as programs for dementia patients. Adult Day Health Centers are staffed with Registered Nurses who are qualified to dispense medication and provide skilled nursing level care. Facilities are licensed by the Department of Health, Office of Health Care Assurance.

These facilities require TB and medical clearance (physical exam). Some providers will suggest a trial period if they are unsure your loved one is appropriate for their program.

■ **Adult Day Health at Maluhia  
Hawaii Health Systems Corporation**

1027 Hala Dr., Honolulu, 96817

Phone: 832-6130 Fax: 832-1932

Website: [www.hhsc.org](http://www.hhsc.org)

Contact: Intake Coordinator

Hours: Monday - Friday, 6:45 a.m. - 5:30 p.m. Saturday,  
8:00 a.m. - 4:30 p.m.

Description: Adult Day Health that includes daily exercise, recreation, support services, counseling and referrals.

Doctor appointments available on-site to participants from Maluhia's Physician. Pharmacy service delivers pre-ordered medications to center. Meal options available, including tube feeding. Chilled special diet and/or textured meals can be ordered to take home (Express Meals).

Eligibility/fees: Age 55 years or older, need assistance during the day. \$87/day for ADH, minimum 1 day/month attendance, \$30/bath, \$7.25/Express Meal

■ **Aloha Nursing & Rehab Center  
Adult Day Wellness Program**

45-545 Kamehameha Hwy., Kaneohe, 96744

Phone: 247-2220

Website: [www.alohanursing.com](http://www.alohanursing.com)

Contact: Director of Facility Programs

Hours: Monday - Friday, 7:30 a.m. - 5:30 p.m.

Description: Adult Day Care licensed for 30. Includes 2 meals and a snack.

Eligibility/fees: \$55-75/day for 4 levels of care. No minimum attendance. \$25 application fee plus \$100 deposit. \$20/shower. Extended time of up to half an hour is available before 7:30 a.m. or after 5:30 p.m. Cost is \$15 per 30 minutes (scheduled) or \$15 per 15 minutes (unscheduled). Beautician services - costs vary.

■ **Ann Pearl Nursing Facility  
Adult Day Health Program**

45-181 Waikalua Rd., Kaneohe, 96744

Phone: 247-8558 or 754-4111 Fax: 247-4115

Website: [www.annpearlnursing.com](http://www.annpearlnursing.com)

Contact: Admissions Counselor

Hours: Monday - Friday, 6:30 a.m. - 5:30 p.m.

Description: Adult Day Health provider. Includes lunch and 2 snacks.

Fees: \$70/day, minimum 2 days/week attendance. \$35 application. \$5 for breakfast or dinner. \$20/shower. Overnight respite is \$270/day for ICF level. Minimum 1 week stay.

■ **Caring Designed for the Ageless, LLC**

1130 Nimitz Hwy. #C-260, Honolulu, 96817

Phone: 536-1539

E-mail: [cdfortheageless@hawaii.rr.com](mailto:cdfortheageless@hawaii.rr.com)

Hours: Monday - Friday, 7:00 a.m. - 5:30 p.m.

Description: Adult Day Care licensed for 12. Includes lunch and 2 snacks. Offers Reiki therapy. Medication administration and computer stations available.

Eligibility/fees: \$65/day, minimum 2 days/week attendance. \$55/day for full time. \$20 intake fee. \$150 deposit for part time, \$275 for full time.

■ **Casamina Adult Day Care Home**

1426 Ala Napunani St., Honolulu, 96818

Phone: 839-9733 Fax: 839-9733

Contact: Administrator

Hours: Monday - Friday, 7:00 a.m. - 5:30 p.m. Saturday & Sunday, 8:00 a.m. - 4:00 p.m.

Description: Adult Day Care licensed for 6. Overnight respite available.

Eligibility/fees: \$50 and up per day, dependent on level of care given. Overnight respite is \$100/night.

■ **Central Oahu Senior Day Care Association  
Aged to Perfection**

1445 California Ave., Wahiawa, 96786

Phone: 622-4717 Fax: 622-4771

Contact: Program Director

Hours: Monday - Friday, 6:00 a.m.- 6:00 p.m. Saturday, 8:00 a.m. - 4:00 p.m.

Description: Adult Day Care licensed for 45. Center staffed with Registered and Licensed Nurses. Includes 2 meals and snacks. Special dietary meals are available daily.

Eligibility/fees: Age 55 years or older. \$56/day, \$65 for those needing assistance with eating and toileting. \$50 application fee. \$16/shower.

■ **Central Union Church Adult Day Care and Day Health**

1660 S. Beretania St., Honolulu, 96826

Phone: 440-3020 Fax: 440-3084

Website: [www.arcadia-hi.org](http://www.arcadia-hi.org)

E-mail: [Plsaacs@arcadia-hi.org](mailto:Plsaacs@arcadia-hi.org)

Contact: Philip Isaacs, Program Director

Hours: Monday - Friday, 7:30 a.m. - 5:30 p.m.

Description: Adult Day Health provider. Includes 2 meals and a snack.

Fees: \$64/day for Day Care, \$74/day for level 1 Day Health, \$84/day for level 2. \$50 application fee. \$15 for early drop off or late pickup (up to half an hour). \$5.25 for third meal.

■ **Franciscan Adult Day Center**

2715 Pamoia Rd., Honolulu, 96822

Phone: 988-5678 Fax: 988-1179

Website: [www.franciscanadultday.com](http://www.franciscanadultday.com)

Contact: Director

Hours: Monday - Friday, 7:00 a.m. - 5:00 p.m.

Description: Adult Day Care licensed for 35. Includes continental breakfast, lunch and a snack.

Fees: \$60/day, minimum 2 days/week. \$1250/month for 5 days/week. \$30 registration fee.

■ **Fukumoto Adult Care, LLC**

98-779 Kaamilo St., Aiea, 96701

Phone: 487-7528

Contact: Donald Fukumoto

Hours: Monday - Friday, 7:30 a.m. - 5:00 p.m.

Description: Adult Day Care licensed for 6, in a home environment. Includes lunch and 2 snacks.

Fees: \$60/day, minimum 2 days/week attendance. \$180 deposit.

■ **Furukawa Living Treasure Day Care Centers**

1449 Brigham St., Honolulu, 96817

1647 Palolo Ave., Honolulu, 96816

Phone: 842-5175 Fax: 842-5175

Contact: Glenn Furukawa, Program Director

Hours: Monday - Friday, 7:00 a.m. - 5:00 p.m.

Description: Adult Day Care, Brigham center licensed for 20 and Palolo center licensed for 12. Includes lunch and 2 snacks.

Fees: \$56/day, minimum 2 days/week attendance. \$50 registration fee.

■ **Ka Hale O Kupuna Day Care Center, LLC**

Office: 930 A Hausten St., Honolulu, 96826

Site location: 828 18th Ave. (Seventh Day Adventist Church)

Phone: 737-8998

Contact: Cheryl Pohina, Manager

Hours: Monday - Friday, 7:00 a.m. - 5:00 p.m.

Description: Adult Day Care licensed for 21. Includes lunch and 2 snacks.

Fees: \$60/day, minimum 2 days/week attendance. \$800/month for full time. \$50 application fee.

### ■ **Kilohana Adult Day Care Center**

5829 Mahimahi St., Honolulu, 96821

Phone: 373-2700 Fax: 373-2733

Contact: Bonnie Ho, Director

Hours: Monday - Friday, 7:30 a.m. - 5:30 p.m.

Description: Adult Day Care licensed for 23. Includes 2 meals and a snack. Extended assistance program includes proactive toilet program, redirection/engagement program and assistance with feeding.

Fees: \$65/day, no minimum. \$50 registration fee. \$5.25 for 3rd meal. \$5 fee for mechanically altered meals. \$21/shower. \$15 additional for extended assistance program. Incontinence assistance: \$18 per incident. Earlier drop off or late pick up available for additional fee.

### ■ **King Lunalilo Adult Day Care Center**

501 Kekauluohi St., Honolulu, 96825

Phone: 395-4065 Fax: 395-8487

[www.kinglunaliloadc.org](http://www.kinglunaliloadc.org)

Contact: Director

Jenelle Awaya, Adult Day Care Director

Hours: Monday - Friday, 6:30 a.m. - 6:30 p.m.

Description: Adult Day Care licensed for 44. Includes 2 meals and 2 snacks.

Fees: \$50/day, minimum 2 days/week attendance. \$20/shower.

### ■ **Kuakini Adult Day Care Centers**

Phone: 547-9534 Fax: 599-5857

Website: [www.kuakini.org](http://www.kuakini.org)

347 N. Kuakini St., Honolulu, 96817

Pali Satellite Phone: 528-4621

1727 Pali Hwy., Honolulu, 96813

Aiea Satellite Phone: 487-1586

98-939 Moanalua Rd., Aiea, 96701

Hours: Monday - Friday, 6:45 a.m. - 5:15 p.m.

Description: Adult Day Care, Aiea satellite licensed for 42 & Pali satellite licensed for 40. Includes lunch and snack.

Fees: \$55/day on same scheduled day of the week.  
\$965/month for full time. \$50 intake fee.

■ **Leahi Adult Day Health Center**  
**Hawaii Health Systems Corporation**

3675 Kilauea Ave., Honolulu, 96816

Phone: 733-7955 Fax: 733-9802

Website: [www.hhsc.org/oahu/leahi](http://www.hhsc.org/oahu/leahi)

Hours: Monday - Friday, 7:00 a.m. - 5:30 p.m.

Description: Adult Day Health providing therapeutic services and treatments which include nursing and health care, group education skills, recreational therapy and social services for individuals who require supervision to live safely in the community.

Eligibility/fees: Primary Physician has determined that person requires intermediate care (ICF). Person is able to participate in an activity program and is able to stand during transfers. \$80/day for level 1. \$87 for level 2, \$98 for level 3. Minimum 2 days/week attendance. \$30/shower.

■ **Lotus Adult Day Care Center**

99-186 Puakala St., Aiea, 96701

Phone: 486-5050

Contact: Shareen Zakahi, Program Director

Hours: Monday - Friday, 6:45 a.m. - 5:30 p.m.

Description: Adult Day Care licensed for 33. Includes 1 meal and 2 snacks. Provide a supervised and safe environment, opportunities for socialization, and physical and mental stimulation.

Fees: \$50/day. \$750/month for full time. \$25 intake fee.

■ **Palolo Chinese Home**

2459 10th Ave., Honolulu, 96816

Phone: 737-2555 Fax: 748-4916

Website: [www.palolohome.org](http://www.palolohome.org)

Hours: 7 days per week, 7:30 a.m.-5:30 p.m.

Description: Adult Day Care licensed for 30.

Eligibility/fees: Varies based on attendance and level of care.

■ **Seagull School at Kapolei**

531 Farrington Hwy., Kapolei, 96707

Phone: 674-1160 Fax: 674-1167

www.seagullschools.com

Contact: Director

Hours: Monday - Friday, 6:00 a.m. - 5:00 p.m. Saturday, 8:00 a.m. - 4:30 p.m.

Description: Adult Day Care licensed for 50. Includes 2 meals and 2 snacks. Specializing in an intergenerational program with adjoining preschool.

Fees: \$55/day, minimum 2 days/week attendance. 3 levels for full time: \$750, \$800, and \$1000 per month.

■ **SECOH (Special Education Center of Hawaii) Senior Center**

708 Palekua St., Honolulu, 96816

Phone: 739-2745 Fax: 734-0391

Website: www.secoh.org

E-mail: info@secoh.org

Contact: Day Services Administrator

Hours: Monday - Friday, 7:00 a.m. - 5:00 p.m.

Description: Adult Day Care licensed for 24. Includes a meal and 2 snacks. Provides a stimulating, caring, and individually tailored environment; includes arts and crafts, exercise, reading, regular rest periods, and visits to various points of interest in the community. A licensed nurse is available on a daily basis.

Fees: \$60/day for over 5 hours, \$40 for less than 5 hours. Service is on prepaid and contract basis.

■ **The Salvation Army Adult Day Health Services**

296 N. Vineyard Blvd., Honolulu, 96817

Phone: 521-6551 Fax: 521-9955

Website: www.salvationarmyhawaii.org

Contact: Stacy Honma, Program Coordinator

E-mail: stacy.honma@usw.salvationarmy.org

Hours: Monday - Friday, 6:30 a.m. - 5:00 p.m.

Description: Designed for disabled and frail older adults who require daily supervision, hands-on care, nursing

services, and rehabilitation services. Program includes recreational and social activities, weight training and exercise program, fall risk intervention program, weekly pet therapy, monthly therapeutic massage sessions, pharmacy services, and caregiver support group. Temporary respite program. Senior enrichment program: 4 hour program for independent elders, includes lunch. Fees: \$45/day, minimum 2 days/week attendance or \$900/month for full time. \$53/day for Day Health Level 1 or \$1030/month. \$83/day for level 2 or \$1650/month. \$65 application fee. \$25/shower. \$10/haircut. Temporary respite program: \$95/day, minimum one week period. Senior enrichment program: \$15/session. Scholarships/ financial aid available for those who qualify.

## ■ **Waianae Coast Comprehensive Health Center** **3 Locations**

Website: [www.wcchc.com](http://www.wcchc.com)

Phone: 456-4490 Fax: 456-4880

- **Hale Kako'o Adult Day Care Center** (dementia & Alzheimer's care)  
1816 Alewa Dr., Honolulu, 96718  
Phone: 595-0563 Fax: 595-0570  
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
- **Maili Ola Adult Day Care Center**  
86-260 Farrington Hwy., Waianae, 96792  
Phone: 696-4944 Fax: 626-2522  
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
- **Pearl City Hale Adult Day Care Center**  
858 Second St., Pearl City, 96782  
Phone: 456-4490 Fax: 456-4880  
Hours: open 7 days & holidays, 8:00 a.m. - 5:00 p.m.  
Description: Adult Day Care, Hale Kako'o licensed for 24, Maili Ola licensed for 14, & Pearl City Hale licensed for 40. Includes 2 meals and one snack. Pearl City Hale: only breakfast provided on weekends.  
Fees: \$60/day, no minimum. \$23.24/shower

## ■ **Waipahu Hongwanji Mission Adult Day Care Center**

94-821 Kuhaulua St., Waipahu, 96797

Phone: 678-1770

Contact: Vanessa Tanouye, Director

Hours: Monday - Friday, 6:45 a.m. - 5:00 p.m.

Description: Adult Day Care licensed for 50. Includes lunch and a snack. Exercise, music, crafts, and social interaction.

Fees: \$45/day, minimum 1 day/week attendance. \$800/month for full time. \$25 intake fee.

## ■ **Windward Senior Day Care Centers**

Website: [www.wsdcc.org](http://www.wsdcc.org)

### • **Hope Center**

77 N. Kainalu Dr., Kailua, 96734

Phone: 261-4947 Fax: 261-2446

### • **Leedham Center**

1276 Kailua Rd., Kailua, 96734

Phone: 261-5027 Fax: Same

Hours: Monday - Friday, 7:00 a.m. - 5:00 p.m., with extended hours until 7:00 p.m. Saturday, 8:30 a.m. - 4:30 p.m.

Description: Adult Day Care, Hope Center licensed for 40 & Leedham Center licensed for 29. Includes meal and 2 snacks. Transportation available on windward side from Kailua to Kahaluu.

Fees: \$65/day, minimum 2-3 days/week attendance. \$12 additional for extended hours. \$45 application fee. \$3.50 for transportation, each way. Scholarship available based on eligibility.

## **RESPIRE - Out-of-Home, Overnight**

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Overnight short-term respite offered in a care facility. These facilities require TB and medicare clearance (physical exam). Allow ample time in advance when making reservations as these facilities are often at capacity. Some Care Homes may be willing to care for your loved one on a short term basis. For list of Care Homes go to

www.hawaii.gov/health and click on “Elder Care” under “Health Topics.”

■ **Hale Ho Aloha**

2670 Pacific Heights Rd., Honolulu, 96813

Phone: 524-1955 Fax: 537-5418

Description: Respite in nursing home setting.

Eligibility/fees: Private pay. Cost per night: \$220 ward, \$230 semi-private, \$275 private, minimum 1 week stay.

■ **Lunalilo Home**

501 Kekauluohi St., Honolulu, 96825

Phone: 395-1000 Fax: 395-8487

Description: Respite in care home setting.

Eligibility/fees: Private pay. \$150/night.

■ **Palolo Chinese Home**

2459 10th Ave., Honolulu, 96816

Phone: 737-2555 Fax: 748-4916

Website: [www.palolohome.org](http://www.palolohome.org)

E-mail: [dnakayama@palolohome.org](mailto:dnakayama@palolohome.org)

Contact: Darlene H. Nakayama, Administrator

Description: Respite in care home setting.

Eligibility/fees: Varies by service. Open to all, day and overnight services

■ **Papalani Hale**

3509 Edna St., Honolulu, 96815

Phone: 732-1599

E-mail: [papalahale@gmail.com](mailto:papalahale@gmail.com)

Contact: Julie Dunham, Coordinator

Description: Day and Overnight

Respite care in a care home setting. Provides a safe environment for Alzheimer’s clients with support as needed for each individual. Works with all types of related dementia. Strives to provide dignity and self preservation.

Eligibility/fees: Private pay. \$145/night, \$4000/month.

■ **Respite Nanea, Inc.**

P.O. Box 1285, Pearl City, 96782

Phone: 524-2575 (Physician's Exchange)

Description: Short term respite in Care Homes and licensed facilities. Also provides assistance finding private duty services.

■ **Salafina Home Care**

665A Ulukahiki St., Kailua, HI 96734

Phone: 261-8732

Contact: Tapaita Salakielu, Owner

Description: Day and overnight respite in care home.

Eligibility/fees: Mobile, with or without assistance (wheelchair,walker) and meet other health clearances, \$150/night.

■ **The Plaza at Punchbowl**

918 Lunalilo St., Honolulu, 96822

Phone: 792-8800 Fax: 538-9616

Website: [www.punchbowlretirement.com](http://www.punchbowlretirement.com)

Description: Overnight Respite, subject to availability; Independent living, assisted living, memory care.

Eligibility/fees: Minimum 30 day stay. Cost is regular monthly rate + 10%.

■ **The Ponds at Punalu'u**

53-594 Kamehameha Hwy.

P.O. Box 909, Hauula, 96717

Phone: 293-1100 Fax: 293-2773

Website: [www.pondsatpunaluu.com](http://www.pondsatpunaluu.com)

Contact: Director of Marketing

Description: Overnight respite for a few days to a few months for independent living, assisted living, and beginning stage dementia.

Eligibility/fees: 4 levels ranging from \$100-200/night.

## **RESPIRE - In-Home**

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If your loved one is not able to leave the house, you will have to bring someone in to care for the elder in your absence. Not only will this give you peace of mind, but it will also allow them to interact with a new visitor. Also see Licensed Home Health Agencies. See "Home Health" or "Home Care" in the yellow pages for other agencies.

■ **Catholic Charities Hawaii - Respite Connection**

2745 Pali Hwy., Honolulu, 96817

Phone: 595-0077 Fax: 595-0811

Description: Provides information on how to hire a private hire, linkage to possible private hires, and para-professional counseling.

Eligibility/fees: Either caregiver or care recipient must be 60 year or older. No fee for information and private hire referrals; donations are welcome. Family pays private hire worker directly.

■ **Honolulu Gerontology Program- Caregiver Respite Program  
Child & Family Service**

200 N. Vineyard Blvd., Bldg. B, Honolulu, 96817

Website: [www.childandfamilyservice.org](http://www.childandfamilyservice.org)

Phone: 543-8405 Fax: 543-8475

Description: Unpaid caregivers of seniors over 60 years of age who are in need of respite services are linked with pre-screened caregivers that they can hire.

Eligibility/ Fees: For unpaid caregivers of Seniors 60 years and older who are in need of respite. No Fees for the linkage; however, the caregivers are paid directly by the family or client. Donations to the program are appreciated.

■ **Jewish Community Services**

2550 Pali Hwy., Honolulu, 96817

Phone: 258-7121

Contact: Service Provider

Description: Elderly assistance (respite, transportation), emergency housing, food, utilities, equipment, resource referrals.

Eligibility/fees: For members of the Jewish community. No fee. Donations welcome.

■ **Kokua Kalihi Valley Elderly Services Program**

1846 Gulick Ave., Honolulu, 96819

Phone: 848-0977 Fax: 848-8689

Website: [www.kkv.net](http://www.kkv.net)

E-mail: [mcompton@kkv.net](mailto:mcompton@kkv.net)

Contact: Merlita Compton, MPH, Coordinator

Description/fees: Resident of upper Kalihi Valley (census Tracts 61-65). No fee. Donations welcome.

## **PERSONAL EMERGENCY RESPONSE SYSTEMS**

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These are devices worn by elderly or disabled people to enable them to communicate with others in an emergency (e.g., they fall and cannot get to the telephone).

### ■ **Hawaii Healthcare Professionals, Inc.**

345 Queen St., Honolulu, 96813

Phone: 531-8177

Eligibility/fees: \$65 installation fee. \$41/month. \$48/month for phone with reminder feature.

### ■ **Kupuna Monitoring Systems**

2233 Ala Mahamoe St., Honolulu, 96819

Phone: 721-1201 Fax: 839-4882

Contact: Cullen Hayashida, President

Description: Uses lifeline equipment, no long term contacts, month to month service. Open 7 Days/week.

Medication Dispenser System: Personally monitored medication and health reminder service dispenses medications in pill containers several times a day. If not taken, automatic phone calls made to family caregivers and Monitoring Center.

Eligibility/fees: \$50 enrollment fee. \$37/month. \$47/month for additional medication and /or health wellness reminder services. \$75 per month for the Medication Dispenser System.

### ■ **Lifeline Hawaii Services**

Serving all Islands

Phone: Toll Free 1-888-409-8449

Website: [www.LifelineHawaiiServices.com](http://www.LifelineHawaiiServices.com)

Contact: Scott Shapiro or sales office

### ■ **Queen's Lifeline**

1301 Punchbowl St., Honolulu, 96813

Phone: 537-7585 or 547-4526 Fax: 547-4625

Website: [www.queens.org](http://www.queens.org)

Contact: Uluwehi Laurita or Sharon Gaboya

Eligibility/fees: \$43 activation fee. \$43 per month.

### ■ **St. Francis Lifeline**

2230 Liliha St., Honolulu, 96817

Phone: 547-6120

## **TRANSPORTATION/ESCORT**

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Some services are for elderly or disabled people who can travel alone; others are for people who need to be accompanied. Also, you may want to pick up a Persons with Disabilities Parking Permit application at any Satellite City Hall for the physician to fill out, or download form from [www.hawaii.gov/health/dcab/home](http://www.hawaii.gov/health/dcab/home).

Door-to-door includes assistance between vehicle and building entrance, usually for passengers who are frail or use a wheelchair. Curb-to-curb is pick up and drop off service only. These services are NON-emergency transportation only. Some providers accept Medicaid and other insurance for transportation to qualified medical appointments.

### ■ **Catholic Charities Hawaii - Transportation Services for Seniors**

2745 Pali Hwy., Honolulu, 96817

Phone: 595-0077 Fax: 595-0811

Description: Provides transportation by appointment.

Eligibility/fees: 60 years or older. No fee, donations are welcome.

### ■ **Charley's Taxi and Limousine-MediCab**

680 Ala Moana Blvd., Suite 303, Honolulu, 96813

Phone: 531-1333 Fax: 531-1161

Description: Door-to-door escort and wheelchair accessible van available.

Eligibility/fees: Regular rates plus \$4 for escort service, \$9 additional for wheelchair accessible van.

■ **CNA Senior Transport, LLC**

P.O. Box 10869, Honolulu, 96816

Phone: 735-9500

Website: [www.cnaseniortransport.com](http://www.cnaseniortransport.com)

Description: Transportation by CNA drivers.

■ **5 Star Transcare Systems, LLC**

Phone: 456-8457 Fax: 455-2599

Description: Door-to-door service accomodating walkers, wheelchairs, & stretchers. Call for rates.

■ **GDD Handitrans, LLC**

94-605 Palai St., Waipahu, 96797

Phone: 265-0507 Fax: 677-5289

Description: Curb-to-curb and door-to-door service.

Eligibility/fees: \$9 for curb-to-curb or \$19 for door-to-door, plus \$2.25 per mile traveled.

■ **HandiRide Hawaii**

91-1528 Kaikoi Pl., Ewa Beach, 96706

Phone: 486-7433 Fax: 685-0308

Description: Curb-to-curb, door-to-door, and stretcher service. Wheelchair scale available.

Eligibility/fees: \$10 for curb-to-curb or \$19.80 for door-to-door, plus \$2.40 per mile traveled.

■ **Handi Wheelchair Transportation, LLC**

P.O. Box 22428, Honolulu, 96813

Phone: 946-6666 Fax: 946-6676

Description: Vans accommodate wheelchairs and stretchers. Specializing in door-to-door service.

Eligibility/fees: Call for rates.

■ **JCRG Elder Care & Transservices, LLC**

1185 Hoolele St., Pearl City, 96782

Phone: 456-1805 Fax: 456-1806

Description: Curb-to-curb, door-to-door, and stretcher service.

Eligibility/fees: \$9 for curb-to-curb or \$19 for door-to-door or \$65 for stretcher, plus \$2.25 per mile traveled.

■ **Malama Lima Handi-Trans, LLC**

P.O. Box 970324, Waipahu, 96797

Phone: 226-0109 Fax: 685-3915

Contact: Jesse Galamgam

Description: Door-to-door, and stretcher service.

Eligibility/fees: Rates negotiable. Discounts available for repeat clients.

■ **OHE Transportation, LTD**

PO Box 850, Pearl City, 96782

Phone: 455-8900 Fax: 456-3794

[www.oheservices.com](http://www.oheservices.com)

Description: Door-to-door service. Personalized flat rate fares.

■ **Persons with Disabilities Parking Permit  
City & County of Honolulu, Customer Services  
Department**

P. O. Box 30310, Honolulu, 96820

Phone: 532-7710

Description: For application form, download at [www.hawaii.gov/health/dcab/home](http://www.hawaii.gov/health/dcab/home) or go to any Satellite City Hall.

■ **The HandiVan  
Paratransit of Oahu Transit Services**

811 Middle St., Honolulu, 96819

Phone: 768-8300 Applications

456-5555 Reservations & Customer service

(TTY-454-5045)

Download form online: [www.thebus.org](http://www.thebus.org)

Description: Curb-to-curb service. The HandiVan is the City and County of Honolulu's paratransit service for persons with disabilities who are unable to ride The Bus.

Eligibility/fees: Application must be completed by Health Care Professional. \$2 per ride.

### ■ **Transporter 3, LLC**

1328 Kam IV Rd., Honolulu, 96819

Phone: 834-3414 Fax: 833-7041

Description: Curb-to-curb, door-to-door, and stretcher service.

Eligibility/fees: \$10 for curb-to-curb or \$20 for door-to-door or \$70 for stretcher, plus \$2.25 per mile traveled. Stand by service, \$50/hr. Prices negotiable for repeat clients.

## **GRANDPARENT CAREGIVERS**

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### ■ **Hawaii Family Services, Inc.**

87-227 St. John's Rd., Waianae, 96792

Phone: 696-3482

E-mail: hawaiifamily@hotmail.com and skhonu@yahoo.com

Contact: Shannon Ka'aekuahiwi. Executive Director

Description: Support group, outreach, and advocacy for grandparents who are raising or provide care for grandchildren age 18 and under in the Waianae/Leeward area.

Eligibility/fees: None.

### ■ **Na Keiki Law Center**

#### **A Project of Volunteer Legal Services Hawaii**

545 Queen St. Suite 100, Honolulu, 96813

Phone: 528-7046 Fax: 524-2147

Website: [www.vlsh.org](http://www.vlsh.org)

Contact: Na Keiki Law Center Intake

Description: Legal advice and counsel for grandparents and other relatives raising or having concerns about grandchildren.

Eligibility/fees: Client must be concerned about a minor child.

■ **Queen Liliuokalani Children’s Center  
Grandparent and Relative Caregivers  
Ko’olau Poko Unit**

46-316 Haiku Rd., Kaneohe, HI 96744

Phone: 235-7613 Fax: 236-1948

Contact: Bernie Baker, Social Worker

Description: Support groups to help family caregivers maintain a safe, stable, and loving environment for minor children. New pilot program now offering an evening group meeting. Call for times.

Eligibility/fees: Any relative caretaker of a minor child. No fees.

■ **The Parent Line**

Phone: 526-1222

Website: [www.theparentline.org](http://www.theparentline.org)

Description: Support, information, and referral for parenting issues

■ **Tutu and Me Traveling Preschool**

2345 Nuuanu Ave, Honolulu, 96817

Contact: Napua Kahawaiola’a

Phone: 524-7633 Fax: 524-7514

Website: [www.tutuandme.org](http://www.tutuandme.org)

email: [tutuandme@pidfoundation.org](mailto:tutuandme@pidfoundation.org)

Description: Mobile preschool meets two times per week at various community sites for family participation. Call for locations and times.

Eligibility/fees: Grandparents raising grandchildren. Free.

## **CAREGIVER CAUSE**

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■ **Hawaii Family Caregiver Coalition**

c/o Executive Office on Aging

250 S. Hotel St., Suite 406, Honolulu, 96813

Phone: 586-0100

Description: Coordinated partnership of caregivers and agencies with the aim to increase community awareness of caregiver issues through advocacy, education, and outreach. Let your voice as a caregiver be heard by policy makers and the community.

## ♦ Additional Resources ♦

### AREA AGENCIES ON AGING

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Area Agencies on Aging in each county address the needs and concerns of older adults at the local level.

#### ■ **Elderly Affairs Division (EAD)**

##### **Department of Community Services City and County of Honolulu**

715 S. King St., Suite 200, Honolulu, 96813

Phone: 768-7700 Fax: 527-6895

Website: [www.elderlyaffairs.com](http://www.elderlyaffairs.com)

The Oahu Area Agency on Aging develops and coordinates services for the elderly and their caregivers, which include:

**Senior Helpline (768-7700)** - phone and in-home consultations; information and referral to services. *Senior Information and Assistance Handbook, Guide to Better Hearing, Aloha Pumehana* newsletter.

**Resource Center** - Aging services brochures, caregiver books, and video lending library

Community presentations

Employee Support/Education groups

Eligibility/fees: Open to public, no fees.

#### ■ **Kauai Agency on Elderly Affairs**

Piikoi Building

4444 Rice St., Suite 330, Lihue, 96766

Phone: 1-808-241-4470 Fax: 1-808-241-5113

#### ■ **Hawaii County Office of Aging**

- Hilo Lagoon Center Phone: 1-808-270-961-8600

Fax: 1-808-961-8603

101 Aupuni St., Suite 342, Hilo, 96720

- Kona Office Phone: 1-808-327-3597

Hanama Place, 75-5706 Kuakini Hwy., Suite 106,  
Kailua-Kona, 96740

■ **Maui County Office on Aging**

2200 Main St., Suite 547

Wailuku, HI 96793

Phone: 1-800-270-7755 Fax: 1-808-270-7935

Information Assistance & Outreach

Phone: 1-808-270-7774

- Molokai Phone: 1-808-553-5241
- Lanai Phone: 1-808-565-7114

State Office:

■ **State Executive Office on Aging**

No. 1 Capitol District

250 S. Hotel St., Suite 406, Honolulu, HI 96813

Phone: 586-0100 Fax: 586-0185

For out-of-state information, contact:

■ **National Eldercare Locator**

Phone: 1-800-677-1116

♦ **Elderly Affairs Library** ♦

**CAREGIVERS SUPPORT PROGRAM  
BOOK LIST**

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1. Are Your Parents Driving You Crazy
2. Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive
3. Coping With Your Difficult Older Parent: A Guide for Stressed-Out Children
4. Elder Rage or Take My Father...Please!
5. Healthwise Handbook A Self-Care Guide For You
6. How to Care for Aging Parents
7. How to Care for Aging Parents: A Planning and Action Guide
8. Practical Dementia Care
9. Surviving Debt
10. Talking to Alzheimer's: Simple Ways to Connect, When You Visit with a Family Member or Friend
11. The Caregiver Helpbook: Powerful Tools for Caregiving
12. The Caregivers Essential Handbook: More Than 1,200 Tips to Help Care For and Comfort the Senior in Your Life
13. The Comfort of Home, An Illustrated Step-by-Step Guide for Caregivers
14. The Complete Eldercare Planner: Where to Start, Questions to Ask, and How to Find Help
15. The Complete Guide to Alzheimer's Proofing Your Home
16. The Fearless Caregiver
17. A Caregiver's Journey - Finding Your Way, A Caregiver's Journey - Medical Journal Workbook

18. Hugs for Caregivers
19. The Magic of Humor in Caregiving
20. There's No Place Like (A Nursing) Home
21. Mosaic Moon
22. Raising Our Children's Children
23. Grandparents as Parents
24. Eldercare at Home

## **OTHER PRINTED MATERIAL**

1. Aging in Place - Spotlight on Ideas: Best Design Ideas
2. Alzheimer's Disease - Unraveling the Mystery
3. Caring for an Older Person in Pain
4. Directory of Accessible Building Products
5. Exercise: A Guide from the National Institute on Aging
6. Talking With Your Doctor: A Guide for Older People
7. National Institute on Aging Portfolio for Progress
8. Caring to Help Others Training Manual for Preparing Volunteers to Assist Caregivers of Older Adults

## **CAREGIVERS SUPPORT PROGRAM VIDEO LIST**

Partial listing from EAD Video Library; other videos on aging available. (The numbers next to the titles are on the actual video tapes.)

9. The Brain At Risk: Understanding and Preventing Stroke
12. Caregiving in Hawaii: Taking Care of Someone You Love Means Taking Care of Yourself
14. Caregiving: Mildred Ramsey (using Hoyer lift)
42. Helping Families Understand Alzheimer's Disease 1996

47. The Home Care Companion, Volume 1: How to Care for Someone on Bedrest
48. The Home Care Companion, Volume II: How to Care for Someone Who Uses a Wheelchair
49. The Home Care Companion, Volume III: Creating Healthy home Care Conditions: Infection Control
50. The Home Care Companion, Volume IV: How to Manage Medications
51. The Home Care Companion, Volume V: Fall Prevention
55. In Touch #25: Alzheimer's Disease 10/4/93
60. Learning: A Lifelong Experience Program #28: Helping Families Understand Alzheimer's Disease
70. Managing with Alzheimer's Disease
119. Breaking The Ice: Personal Stories on End-of-Life Issues (Kokua Mau Trigger Video)
124. Mrs. Johnson and her Advocate Angel: How to be a Really Smart Patient
126. Alzheimer's Disease: What Everyone Should Know
127. Communication: Alzheimer's
128. Communication: Aphasia
129. Communication: Hearing Loss
130. And Thou Shalt Honor (Long Version taped by staff member)
132. WHO are the Caregivers? (AoA)
135. Managing Stress Through Humor and Choice
136. Transportation Solutions for Caregivers: A Starting Point (tips for frail and dementia patients.)
137. Caregiving: Personal Care (bed baths, oral hygiene, infection control, etc.)

138. Home Care Companion, Vol. 6, Fire Safety.
140. The Educated Caregiver Series-3 parts (Coping Skills, Hands-on Skills, Essential Knowledge)
145. Caregiver Wellness - Home Companion Vol. 9
147. One Journey-Many Voices:-conversations about serious illness & dying
149. My Mother: Our Journey: a family (including the patient) goes through the process of early - onset Alzheimer's.
153. The Home Care Companion Volume 10: How to Measure Vital Signs
156. Adult Day Centers' - Waianae Coast Comprehensive Health Center (DVD)

## **WEBSITES FOR CAREGIVERS**

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The following entries were suggested by those who work with family caregivers. They offer a range of information and resources including newsletters, research articles, tips & advice, educational opportunities and information on agencies and programs that provide caregiver support services.

### **Local**

**[www.elderlyaffairs.com](http://www.elderlyaffairs.com)** - Elderly Affairs Division, City and County of Honolulu

**[www.hawaii.gov/health/ea/CG.html](http://www.hawaii.gov/health/ea/CG.html)** - Executive Office on Aging, click on Family Caregiver Newsletter

**[www.kupunaeducation.com](http://www.kupunaeducation.com)** - Kupuna Education Center at Kapiolani Community College. Check listing of current caregiver workshops, local TV programs

**[www.wvpress.com/care/](http://www.wvpress.com/care/)** - Central Oahu Caregivers Support Group

### **National**

**[www.aarp.org](http://www.aarp.org)** - AARP website, click on "Family" button

**[www.aoa.gov](http://www.aoa.gov)** - Administration on Aging, go to "Elders & Families," scroll down to "For Caregivers"

**www.caregiver.org** - Family Caregiver Alliance, National Center on Caregiving

**www.familycareamerica.com** - National Caregivers Library

**www.caps4caregivers.org** - Children of Aging Parents

**www.caregiver.com** - Today's Caregiver magazine

**www.caregiving.org** - National Alliance for Caregiving

**www.medicare.gov** - Official U.S. government site for people with Medicare

**www.nia.nih.gov** - Institute on Aging, National Institute of Health

**www.nlm.nih.gov/medlineplus/alzheimerscaregivers.html** - MedlinePlus, National Library of Medicine, Caring for Someone with Alzheimer's Disease

**www.thefamilycaregiver.org** - National Family Caregivers Association

**www.strengthforcaring.com** - Johnson & Johnson Caregiver Initiative

**www.wellspouse.org** - Well Spouse Association

Inclusion of a website does not imply endorsement by the City & County of Honolulu Elderly Affairs Division. While we believe these sites to be reliable, we make no representations or warranties as to the accuracy, suitability or completeness of the information provided.

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Call the

**Senior Helpline**

For Help or Information  
About Senior Services

**768-7700**