



The Area Agency on Aging of the City and County of Honolulu since 1973 [WWW.ELDERLYAFFAIRS.COM](http://WWW.ELDERLYAFFAIRS.COM)

# SENIOR INFORMATION & ASSISTANCE HANDBOOK YEAR 2012/2014

*Published as a public service by  
the City and County of Honolulu  
Mayor Peter Carlisle and  
American Savings Bank*



Call The **SENIOR HELPLINE** for help  
or information about Senior Services

## 768.7700

*Expanded distribution of this edition was made possible  
with contributions from the late Mrs. Viola Butz, Kaiser  
Permanente, and the Queen's Medical Center.*



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the Dept. of Health and Human Services,  
Administration on Community Living.

Reprinted October 2012

# HOW TO USE THIS BOOK

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

- 📍 To locate services, use the Table of Contents or the Index.
- 📍 For additional listings of companies, check the Yellow Pages of the Telephone Directory under similar headings.
- 📍 TTY refers to a phone number that is connected to a device often used by individuals who are deaf or hard-of-hearing.
- 📍 If an agency is listed more than once, its address may appear only in the first entry.
- 📍 Inclusion of an agency in this handbook does not imply endorsement, nor is exclusion a reflection on the value or quality of an agency's services.
- 📍 A copy of this handbook may be picked up at any branch of American Savings Bank on Oahu. We suggest calling first to check availability.
- 📍 This handbook can also be found on our website: <http://www.elderlyaffairs.com>
- 📍 For more information, call the Elderly Affairs Division Senior Helpline at 768-7700.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_

### Emergency contacts

\_\_\_\_\_  
Name Phone

\_\_\_\_\_  
Name Phone

\_\_\_\_\_  
Name Phone

\_\_\_\_\_  
Doctor's name Phone

Allergies \_\_\_\_\_

Other medical information \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EMERGENCY NUMBERS

Police, Fire, Ambulance	<b>911</b>
Civil Defense: State	<b>733-4300</b>
Poison Control Center	<b>1-800-222-1222</b>
Suicide & Crisis Line (Mental Health Access Line)	<b>832-3100</b>
Utilities (to report problems):	
Electric - Hawaiian Electric	<b>548-7961</b>
Gas Leaks - Gasco, Inc.	<b>526-0066</b>
Telephone - Hawaiian Telcom	<b>611</b>
Water - Board of Water Supply	<b>748-5010</b>

OTHER FREQUENTLY CALLED NUMBERS

Aloha United Way	<b>211</b>
Abandoned Vehicles	<b>733-2530</b>
Bulky Item Collection	<b>768-3202</b>
Cesspool	<b>768-7232</b>
Pothole Hotline	<b>768-7777</b>
Recycling Information	<b>768-3200</b>
Refuse Division	<b>768-3401</b>
Road Maintenance	<b>768-3622</b>
Sewer	<b>768-7272</b>
Street Lighting	<b>768-5300</b>
Traffic Signals	<b>768-5333</b>
Tree Trimming	<b>971-7151</b>

Senior Information and Assistance  
Handbook



A publication of the  
Elderly Affairs Division  
Department of Community Services  
City and County of Honolulu

Reprinted October 2012

## MESSAGE FROM MAYOR PETER B. CARLISLE



**Aloha,**

I am pleased to present the 2012-2014 edition of the *Senior Information and Assistance Handbook*, a guide to services available to seniors and their caregivers in the City and County of Honolulu.

I extend a heartfelt mahalo to American Savings Bank for its support to the Department of Community Service's Elderly Affairs Division. American

Savings' continuing financial support has allowed this trusted resource to be produced and distributed free to the public for more than 30 years.

I also would like to acknowledge the generosity of Viola Butz, an older adult who received assistance from the Elderly Affairs Division's Information and Assistance Program. Upon her passing, Mrs. Butz willed her property to the Elderly Affairs Division so that more seniors could receive services. I am also grateful to The Queen's Medical Center and Kaiser Permanente for their donations. These contributions toward publication costs will help the many older adults, caregivers, medical professionals, and others in the aging network who have come to rely on this *Handbook*.

Copies of this *Handbook* are available at any branch of American Savings Bank or Satellite City Hall on Oahu. For more information on senior or caregiver issues, please visit [www.elderlyaffairs.com](http://www.elderlyaffairs.com) or call the Senior Helpline at **768-7700**.

Peter B. Carlisle  
Mayor of Honolulu

## Frequently Called Government Numbers 95

### GOVERNMENT ASSISTANCE

#### City & County of Honolulu

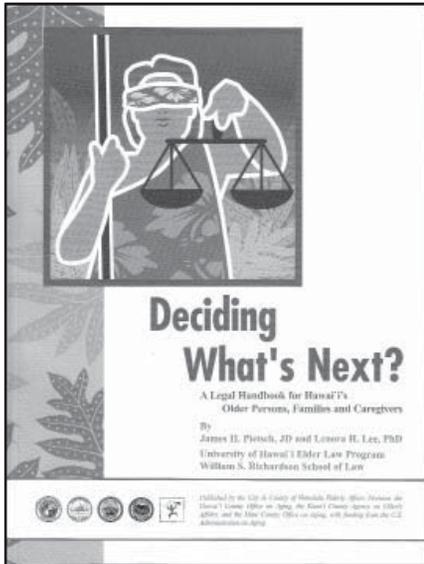
Bus Schedule & Routes	<b>848-5555</b>
Customer Services	<b>TTY 768-3489</b>
(Information)	<b>768-4385</b>
(Complaints)	<b>768-4381</b>
Driver's License & Motor Vehicle Information	<b>532-7700</b>
Elderly Affairs Division	<b>768-7705</b>
Senior Helpline	<b>768-7700</b>
Mayor's Office	<b>768-4141</b>
People's Open Markets	<b>522-7088</b>
Voting Information	<b>768-3800</b>

#### State

Adult Protective Services	<b>832-5115</b>
Department of Health Information Line	<b>586-4400</b>
Public Assistance Information Line	<b>643-1643</b>
Executive Office on Aging	<b>586-0100</b>
Governor's Office of Information	<b>586-0221</b>
Med-QUEST	<b>587-3521/692-7364</b>
State Employees Retirement System	<b>586-1735</b>
State Identification	<b>587-3111</b>
State Tax Information	<b>587-4242</b>
Vital Records	<b>586-4539</b>

#### Federal

Federal Information Center	<b>1-800-688-9889</b>
	<b>TTY 1-800-326-2996</b>
Internal Revenue Service (IRS)	<b>1-800-829-1040</b>
Medicare Hotline	<b>1-800-633-4227</b>
Social Security Administration	<b>1-800-772-1213</b>

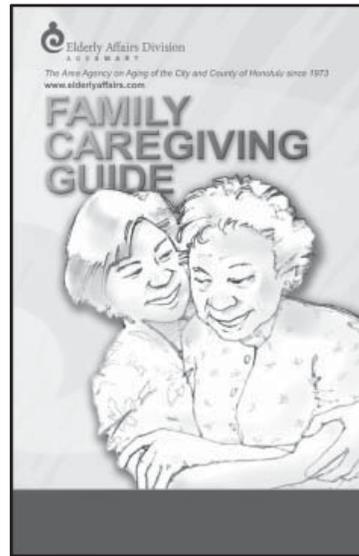


### ***Deciding "What's Next?"***

**Library call number:**

**H 346.013 Pi**

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



### ***Family Caregiving Guide***

**Library call number:**

**H 649.8 Ho**

**These publications are available to borrow through  
the Hawaii State Public Library System  
([www.librarieshawaii.org](http://www.librarieshawaii.org)) or view on our website  
([www.elderlyaffairs.com](http://www.elderlyaffairs.com)).**

**Also available online:**

- Oahu Housing Guide
- Aloha Pumehana Newsletter



Aloha!

American Savings Bank, together with the City & County of Honolulu's Elderly Affairs Division and Mayor Peter Carlisle, are pleased to present you with the 2012-2014 edition of the Senior Information & Assistance Handbook. We understand the value this directory provides as a 'one-stop shop' for services — for over 30 years, we have assisted the City & County of Honolulu with the publication of this directory.

From our kupuna and their caregivers to healthcare professionals, this directory has helped to provide them information to hundreds of public and private community organizations. It has a wealth of resources at your fingertips — from assisting with food and housing to respite services.

We hope you will find this information useful, and encourage you to have your ohana and friends pick up their own complimentary copy at any branch of American Savings Bank on Oahu.

Malama Pono,



*Richard Wacker*

Richard Wacker  
President and CEO  
American Savings Bank

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**McCULLY**  
**973-2045**  
 1806 South King Street  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**MILILANI**  
**623-3300**  
 95-221 Kipapa Drive, Bldg. F  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**MILILANI TOWN CENTER**  
**623-2878**  
 95-1249 Meheula Parkway, B-9  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**NANAKULI SACK N SAVE**  
**673-6600**  
 87-2070 Farrington Highway  
 Mon. - Fri. 10 a.m. - 7 p.m.  
 Sat./Sun./Hol. 10 a.m. - 3 p.m.

**PEARL CITY**  
**455-4138**  
 850 Kamehameha Highway  
 Suite 164  
 Mon. - Thu. 8 a.m. - 5 p.m.  
 Fri. 8 a.m. - 6 p.m.

**PEARL CITY FOODLAND**  
**453-2860**  
 1089 Waimano Home Road  
 Mon. - Fri. 10 a.m. - 7 p.m.  
 Sat./Sun./Hol. 10 a.m. - 3 p.m.

**PEARL CITY WALMART**  
**453-2070**  
 1131 Kuala Street  
 Mon. - Fri. 10 a.m. - 7 p.m.  
 Sat./Sun./Hol. 10 a.m. - 3 p.m.

**PEARLRIDGE**  
**483-2455**  
 98-200 Kamehameha Highway  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**QUEEN-WARD**  
**594-4480**  
 929 Queen Street  
 Mon. - Fri. 9 a.m. - 6 p.m.

**SALT LAKE SHOPPING CENTER**  
**833-2751**  
 848 Ala Lilikoi Street, Suite 103  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**STADIUM MARKETPLACE SACK N SAVE**  
**483-5645**  
 4561 Salt Lake Boulevard  
 Mon. - Fri. 10 a.m. - 7 p.m.  
 Sat./Sun./Hol. 10 a.m. - 3 p.m.

**UH CAMPUS**  
**973-6211**  
 2445 Campus Road  
 Hemenway Hall  
 Mon. - Thu. 8 a.m. - 4 p.m.  
 Fri. 8 a.m. - 5 p.m.

**WAHIAWA**  
**622-4179**  
 649 California Avenue  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**WAIANA E**  
**673-2606**  
 86-120 Farrington Highway  
 Mon. - Thu. 8 a.m. - 5 p.m.  
 Fri. 8 a.m. - 6 p.m.

**WAIKIKI**  
**923-1102**  
 2255 Kuhio Avenue, Suite 105  
 Mon. - Thu. 8 a.m. - 5 p.m.  
 Fri. 8 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**WAIPAHU**  
**671-1716**  
 94-060 Farrington Highway  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat./Sun. 9 a.m. - 3 p.m.

**WAIPIO GENTRY FOODLAND**  
**673-2601**  
 94-1040 Waipio Uka Street  
 Mon. - Fri. 10 a.m. - 7 p.m.  
 Sat./Sun./Hol. 10 a.m. - 3 p.m.

**WINDWARD CITY SHOPPING CENTER**  
**247-6664**  
 45-480 Kaneohe Bay Drive  
 Bldg. D10  
 Mon. - Fri. 10 a.m. - 7 p.m.  
 Sat./Sun. 10 a.m. - 3 p.m.



**AMERICAN**  
 Savings Bank

Member FDIC

**The Senior Information and Assistance Handbook is available at the following American Savings Bank branch locations:** (Hours of operation are subject to change.)

**ALA MOANA**  
**973-4864**  
 1450 Ala Moana Boulevard  
 Mon. - Fri. 9 a.m. - 7 p.m.  
 Sat./Sun./Hol. 9 a.m. - 3 p.m.

**KAILUA**  
**262-8102**  
 200C Hamakua Drive  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**KAPOLEI**  
**674-2288**  
 890 Kamokila Boulevard  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**CHINATOWN**  
**548-5000**  
 99 North King Street  
 Mon. - Thu. 8 a.m. - 4 p.m.  
 Fri. 8 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**KAIMUKI SHOPPING CENTER**  
**734-2266**  
 3221 Waialae Avenue, B4  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**LAIE FOODLAND**  
**293-8554**  
 55-510 Kamehameha Highway  
 Mon. - Fri. 10 a.m. - 7 p.m.  
 Sat./Hol. 10 a.m. - 3 p.m.

**EWA TOWN CENTER**  
**685-4618**  
 91-1401 Fort Weaver Road, C101  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 3 p.m.

**KALIHI**  
**846-4600**  
 1851 North King Street  
 Mon. - Fri. 9 a.m. - 6 p.m.

**LILIHA**  
**526-0002**  
 1425 Liliha Street  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**HALEIWA**  
**637-5042**  
 66-197 Kamehameha Highway  
 Mon. - Thu. 8 a.m. - 5 p.m.  
 Fri. 8 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**KAMEHAMEHA SHOPPING CENTER**  
**832-4580**  
 1620 North School Street  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**MAIN**  
**523-6844**  
 1001 Bishop Street  
 Mon. - Fri. 7:30 a.m. - 5 p.m.

**HAWAII KAI**  
**395-2308**  
 7192 Kalaniana'ole Highway, B132  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat 9 a.m. - 1 p.m.

**KANEHOHE**  
**233-4570**  
 45-1144 Kamehameha Highway  
 Mon. - Thu. 8 a.m. - 5 p.m.  
 Fri. 8 a.m. - 6 p.m.

**MAKIKI**  
**591-2255**  
 1209 Piikoi Street  
 Mon. - Fri. 9 a.m. - 7 p.m.  
 Sat./Sun./Hol. 9 a.m. - 3 p.m.

**HONOLULU WALMART**  
**973-5300**  
 700 Keeaumoku Street  
 Mon. - Fri. 9 a.m. - 7 p.m.  
 Sat. 10 a.m. - 4 p.m.  
 Sun./Hol. 10 a.m. - 3 p.m.

**KAPAHULU**  
**733-2910**  
 737 Kapahulu Avenue  
 Mon. - Thu. 8 a.m. - 5 p.m.  
 Fri. 8 a.m. - 6 p.m.

**MANOA**  
**988-7042**  
 2855 East Manoa Road  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 1 p.m.

**KAHALA**  
**733-2900**  
 4211 Waialae Avenue  
 Mon. - Fri. 9 a.m. - 6 p.m.  
 Sat. 9 a.m. - 3 p.m.

**KAPIOLANI**  
**946-2802**  
 1600 Kapiolani Boulevard  
 Mon. - Fri. 9 a.m. - 6 p.m.

**MARKET CITY FOODLAND**  
**733-6655**  
 2939 Harding Avenue  
 Mon. - Fri. 10 a.m. - 7 p.m.  
 Sat./Sun./Hol. 10 a.m. - 3 p.m.

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**Elderly  
Affairs  
Division**

AGE SMART

Department of Community Services  
City and County of Honolulu  
715 South King Street, Suite 211  
Honolulu, Hawaii 96813  
768-7705

**Senior Helpline: 768-7700**

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

The Elderly Affairs Division (EAD) is the designated Area Agency on Aging for Oahu. Created by the Older Americans Act of 1965, it is one of 600 Area Agencies on Aging nationwide. Its mission is to develop a comprehensive and coordinated system of services to assist older persons in leading independent, meaningful, and dignified lives in their own homes and communities for as long as possible.

A Four-Year Area Plan for Aging developed for 2011-2015 guides EAD in fulfilling its mission. The Division coordinates advocacy efforts on behalf of elders, encourages partnerships to improve and expand services, and contracts with agencies to provide services to seniors and caregivers. The types of services contracted include:

- Case Management and other Individualized Assistance
- Personal Care

- Home Delivered and Congregate Meals
- Housing and Legal Information and Assistance
- Transportation
- Caregiver Respite, Support, and Education
- Health Promotion
- Senior Centers

The Elderly Affairs Division also has an Information and Assistance Unit which offers the following:

- Senior Helpline (768-7700) for telephone consultation, information, and referral to services available for older adults and family caregivers.
- Community outreach.
- Individual consultation and follow up in the home for frail and homebound elders.
- Speakers, exhibits, *Aloha Pumehana* newsletter, brochures.
- Aging and Disability Resource Center.
- Volunteer opportunities through the RSVP Program.

With advances in health care, aging is not what it used to be. People are living longer with the potential for more fulfilling lives than previous generations. Aging affects everyone, young and old. Viewing it as a process instead of an adverse eventuality allows you to prepare for and enjoy all stages of your life.

By working together, the staff and partner agencies in the Aging Network strive to enhance the quality of life for older adults and their caregivers on Oahu. Your local Area Agency on Aging is the starting point for help.

The more you know about aging, the more rewarding your life can be. Preserve your independence; stay akamai on aging-related issues which 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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Area Agencies on Aging

**Hawaii Aging and Disability Resource Center (ADRC)**

(All of Hawaii's Agencies on Aging)

www.hawaiiadrc.org **643-2372**

**Kauai Agency on Elderly Affairs 1-808-241-4470**

Piikoi Building **FAX 1-808-241-5113**

4444 Rice St. Suite 330 Lihue 96766

www.kauaiadrc.org

**Hawaii County Office of Aging 1-808-961-8626**

1055 Kinoole St. Suite 101 **FAX 1-808-961-8603**

Hilo 96720

**Kona 1-808-323-4390**

74-5044 Ane Keohokalole Hwy. **FAX 1-808-323-4398**

Kailua-Kona 96740

www.hcoahawaii.org

**Maui County Office on Aging 1-808-270-7774**

2200 Main St. Suite 547 **FAX 1-808-270-7935**

Wailuku 96793

**Molokai 1-808-553-5241**

**Lanai 1-808-565-6818**

www.mauicountyadrc.org

**To find other Area Agencies on Aging, call the**

**National Eldercare Locator 1-800-677-1116**

www.eldercare.gov

State Unit on Aging

**State Executive Office on Aging 586-0100**

No. 1 Capitol District

250 S. Hotel St. Suite 406 Honolulu 96813

hawaii.gov/health/eoa/index.html

## Basic Needs - Food

For Food Stamps, see **Financial Assistance** (page 62).

### Food Banks

#### Hawaii Foodbank

**836-3600**

For food assistance in your area, call 211. [www.hawaiifoodbank.org](http://www.hawaiifoodbank.org)  
For information on senior programs, call 954-7889.  
2611 Kilihau St. Honolulu 96819

#### Honolulu Community Action Program (HCAP) 521-4531

Federal surplus food distribution for qualified individuals with low income. Call to find closest district. [www.hcapweb.org](http://www.hcapweb.org)  
33 S. King St. Suite 300 Honolulu 96813

### Meals

Nutritious meals planned by a dietitian for pick-up, group dining or home-delivery. Some of the following organizations also provide therapeutic meals for low-sodium, low-fat, diabetic, or renal diets.

#### Alu Like

**535-6700**

Ke Ola Pono No Na Kupuna Project [www.alulike.org](http://www.alulike.org)  
Group dining for Native Hawaiian Elders, including recreation and limited transportation.  
458 Keawe St. Honolulu 96813

#### Arcadia Home Care Services

**440-3041**

Home-delivered meals Monday - Friday. [www.arcadia-hi.org](http://www.arcadia-hi.org)  
Nuuanu to Waialae/Kahala.  
1660 S. Beretania St. Suite 101 Honolulu 96826

#### Hawaii Meals on Wheels

**988-6747**

Home-delivered hot meals in Honolulu, Aiea, Pearl City [www.hmow.org](http://www.hmow.org)  
Waipahu, Ewa, Mililani, Kaneohe, Kailua & Waimanalo.  
P.O. Box 61194 Honolulu 96839

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**King Lunalilo Meal Service** **395-1000**  
 Meals delivered in East Oahu area and available for pick up.  
 Hot lunches and chilled meals for dinner/weekend available.  
 501 Kekauluohi St. Honolulu 96825 [www.lunalilo.org](http://www.lunalilo.org)

**Lanakila Meals on Wheels** **531-0555**

Lanakila Pacific [www.lanakilapacific.org](http://www.lanakilapacific.org)  
 Home-delivered meals island-wide. Group dining at Kupuna  
 Wellness Centers. Enrollment required to attend group dining.  
 1809 Bachelot St. Honolulu 96817

**Kupuna Wellness Center Sites****Honolulu:**

KKV (Kalihi)	848-0977
Kuhio Park Terrace (Kalihi)	848-0977
Lanakila (Liliha)	531-0555
Lanakila Multi-Purpose Senior Center (Liliha)	847-1322
Moiiliili Community Center	955-1555
Paoakalani (Waikiki)	531-0555
Pauahi (Chinatown)	352-0288
Pohulani (Kakaako/Downtown)	352-0294

**Leeward/Central:**

Hale Mohalu (Pearl City)	352-0288
Kupuna Home O Waiialua	352-0288
Wahiawa Recreation Center	352-0288
Waianae District Park	352-0288
West Loch Village (Ewa)	352-0288

**Windward:**

Hauula Satellite City Hall	352-0288
Kahaluu Key Project	561-0822
Lani Huli (Kailua)	561-0822
Waimanalo	259-7436

**Palolo Chinese Home**

2459 10th Ave. Honolulu 96816 [www.palolohome.org](http://www.palolohome.org)

**Meals to Go** **748-4911**

Hot lunch and/or dinner delivered in Palolo and nearby areas.

**Frozen Meal Services** **739-4947**

Convenient frozen meals available for delivery and pick-up.

# Basic Needs - Housing

Most older adults prefer to age in-place and many are able to live in their own homes with support (see **Family Support**, page 29). Others may choose or find it necessary to live with others, or move to another type of dwelling for support, convenience, and/or socialization.

Housing needs and options for the elderly vary greatly. For independent seniors, there are retirement residences and low-income senior apartments. These units have minimum age restrictions which typically range from 55 for retirement residences to 62 for low-income senior rentals.

For those who need help with activities of daily living, options include getting **In Home Assistance** (page 45) or residing in an Adult Residential Care Home (ARCH) or Assisted Living Residence. For those with greater needs, entry to a Skilled Nursing or Intermediate Care Facility (also known as nursing homes), Expanded ARCH, or Foster Family Home, may be necessary.

Also refer to the **Services & Housing Options for Seniors on Oahu** (created by Kokua Kalihi Valley) and the **Oahu Housing Guide** at [www.elderlyaffairs.com](http://www.elderlyaffairs.com).

## Home Improvement

Home modifications such as walk-in showers, grab bars, better lighting and lever door handles may allow a person who is increasingly frail to remain in their home. When working with building or remodeling professionals, ask about "Universal Design." For more information, search for "Universal Design" online or at your library.

### City & County Rehabilitation Loans **768-7076**

51 Merchant St. Honolulu 96813 [www.honolulu.gov/dcs/housing.htm](http://www.honolulu.gov/dcs/housing.htm)

### Kapolei Branch **768-3240**

1000 Uluohia St. Suite 118 Kapolei 96707

### USDA Rural Development **483-8600 ext.4**

Section 504 Repair Loan & Grant Prog. [www.rurdev.usda.gov/hi](http://www.rurdev.usda.gov/hi)

Grant and loan program for very low-income and rural homeowners 62 years and older.

99-193 Aiea Heights Dr. Suite 156 Aiea 96701

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**Household Goods**

**Helping Hands Hawaii** **440-3800**

Community Clearinghouse **536-7234**

Call to donate items. Recipients should apply through social service agencies.  
2100 N. Nimitz Hwy. Honolulu 96819 [www.helpinghandshawaii.org](http://www.helpinghandshawaii.org)

**Kaumakapili Church Free Store** **845-0908**

Call for hours. [www.kaumakapili.org](http://www.kaumakapili.org)  
766 N. King St. Honolulu 96817

**Housing Search & Information**

It is important to start your search early as waiting lists for low-income senior housing can be very long, especially for units in urban Honolulu. For comprehensive and most current listings, call Catholic Charities Hawaii at 527-4777. Also visit [www.elderlyaffairs.com](http://www.elderlyaffairs.com) for the **Oahu Housing Guide**, a list which includes rentals for seniors with low-income.

Please note the Section 8 programs with the State Housing Authority and the City & County of Honolulu are currently not accepting applications due to an extensive waitlist and reduction in funding.

**Catholic Charities Hawaii** **527-4777**

Housing Assistance Program [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)  
Helps seniors find affordable rentals.

**Hawaii Public Housing Authority** **832-5960**

Applications for public housing. [www.hcdch.hawaii.gov](http://www.hcdch.hawaii.gov)  
1002 N. School St. Honolulu 96813

**HUD** **457-4662**

Dept. of Housing & Urban Development [www.hud.gov/groups/seniors.cfm](http://www.hud.gov/groups/seniors.cfm)  
1132 Bishop St. Suite 1400 Honolulu 96813

**Nursing Facilities**

Listed below are nursing facilities that provide intermediate and skilled nursing care that may be short-term (rehab) or long-term. Concerns about care may be discussed with the **Long Term Care Ombudsman** at 586-0100. Complaints for improper hospital or nursing home discharge procedures may be reported to the **Office of Health Care Assurance** at 692-7420. To check ratings of Nursing Homes go to [www.medicare.gov](http://www.medicare.gov) and under "Resource Locator" click on "Nursing Home Compare."

**15 Craigside** **523-7000**  
 15 Craigside Pl. Honolulu 96817 [www.15craigside.org](http://www.15craigside.org)

**Aloha Nursing & Rehab Centre** **247-2220**  
 45-545 Kamehameha Hwy. Kaneohe 96744 [www.alohanursing.com](http://www.alohanursing.com)

**Ann Pearl Nursing Facility** **247-8558**  
 45-181 Waikalua Rd. Kaneohe 96744 [www.annpearlnursing.com](http://www.annpearlnursing.com)

**Arcadia Nursing Facility** **941-0941**  
 1434 Punahou St. Honolulu 96822 [www.arcadia-hi.org](http://www.arcadia-hi.org)

**Avalon Care Center - Honolulu** **847-4834**  
 1930 Kamehameha IV Rd. Honolulu 96819 [www.avalonhci.com](http://www.avalonhci.com)

**Convalescent Center of Honolulu** **531-5302**  
 1900 Bachelot St. Honolulu 96817 [www.ccoh.us](http://www.ccoh.us)

**Crawford's Convalescent Home** **638-8514**  
 58-130 Kamehameha Hwy. Haleiwa 96712

**Hale Ho Aloha** **524-1955**  
 2670 Pacific Heights Rd. Honolulu 96813 [www.halehoaloha.com](http://www.halehoaloha.com)

**Hale Malamalama** **396-0537**  
 6163 Summer St. Honolulu 96821

**Hale Nani Rehabilitation & Nursing Center** **537-3371**  
 1677 Pensacola St. Honolulu 96822 [www.avalonhci.com](http://www.avalonhci.com)

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<b>Hale Ola Kino</b>	<b>983-4444</b>
The Health Center at One Kalakaua 1314 Kalakaua Ave. 2nd Floor Honolulu 96826 <a href="http://www.haleolakino.com">www.haleolakino.com</a>	
<b>H. &amp; J. Weinberg Care Center at Pohai Nani</b>	<b>236-7823</b>
45-090 Namoku St. Kaneohe 96744 <a href="http://www.pohainani.org">www.pohainani.org</a>	
<b>Hiolani Care Center at Kahala Nui</b>	<b>218-7000</b>
4389 Malia St. Honolulu 96821 <a href="http://www.kahalanui.com">www.kahalanui.com</a>	
<b>Island Nursing Home</b>	<b>946-5027</b>
1205 Alexander St. Honolulu 96826	
<b>Ka Punawai Ola</b>	<b>674-9262</b>
575 Farrington Hwy. Kapolei 96707 <a href="http://www.lcca.com">www.lcca.com</a>	
<b>Kahuku Medical Center</b>	<b>293-9221</b>
56-117 Pualalea St. Kahuku 96731 <a href="http://www.kahuku.hhsc.org">www.kahuku.hhsc.org</a>	
<b>Kaiser FH Malama Ohana Nursing &amp; Rehab Ctr</b>	<b>432-7737</b>
3288 Moanalua Rd. Honolulu 96819	
<b>Kuakini Geriatric Care</b>	<b>547-9741</b>
347 N. Kuakini St. Honolulu 96817 <a href="http://www.kuakini.org">www.kuakini.org</a>	
<b>Leahi Hospital Nursing Home</b>	<b>733-8000</b>
3675 Kilauea Ave. Honolulu 96816 <a href="http://www.leahi.hhsc.org">www.leahi.hhsc.org</a>	
<b>Leeward Integrated Health Services</b>	<b>695-9508</b>
84-390 Jade St. Waianae 96792 <a href="http://www.lihshawaii.com">www.lihshawaii.com</a>	
<b>Liliha Healthcare Center</b>	<b>537-9557</b>
1814 Liliha St. Honolulu 96817	
<b>Maluhia</b>	<b>832-5874</b>
1027 Hala Dr. Honolulu 96817 <a href="http://www.maluhia.hhsc.org">www.maluhia.hhsc.org</a>	
<b>Maunalani Nursing &amp; Rehabilitation Center</b>	<b>732-0771</b>
5113 Maunalani Circle Honolulu 96816	

## BASIC NEEDS - HOUSING

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### Residential Care Homes & Foster Homes

<b>Nuuanu Hale</b>	<b>595-6311</b>
2900 Pali Hwy. Honolulu 96817	
<b>Oahu Care Facility</b>	<b>973-1900</b>
1808 S. Beretania St. Honolulu 96826 <a href="http://www.hawaiiinursinghomes.com">www.hawaiiinursinghomes.com</a>	
<b>Palolo Chinese Home</b>	<b>737-2555</b>
2459 10th Ave. Honolulu 96816 <a href="http://www.palolohome.org">www.palolohome.org</a>	
<b>Pearl City Nursing Home</b>	<b>453-1919</b>
919 Lehua Ave. Pearl City 96782 <a href="http://www.hawaiiinursinghomes.com">www.hawaiiinursinghomes.com</a>	
<b>U.S. Dept. of Veterans Affairs</b>	<b>433-0218</b>
<b>Pacific Islands Health Care System</b>	<a href="http://www.hawaii.va.gov">www.hawaii.va.gov</a>
<b>Center for Aging/Community Living Center</b>	
Short-term convalescence & rehabilitation for registered eligible veterans. 459 Patterson Rd. Bldg. 110 Honolulu 96819	
<b>Wahiawa General Hospital Nursing &amp; Rehab</b>	<b>621-8411</b>
128 Lehua St. Wahiawa 96786-2036 <a href="http://www.wahiawageneral.org">www.wahiawageneral.org</a>	

### Residential Care Homes & Foster Homes

**Adult Residential Care Homes (ARCH), Expanded ARCH, and Foster Family Homes** provide shelter, supervision, and care for persons needing help with daily living activities.

**ARCH and Expanded ARCH** are regulated and licensed by the State Department of Health **Office of Health Care Assurance**. There are over 400 licensed ARCHs and Expanded ARCHs on Oahu. Most are private homes in residential communities licensed for up to 5 persons. A few of them are large facilities with many residents. Some offer specialized care, such as for persons with Alzheimer's disease. Costs vary greatly depending on location, amenities, and the amount of care provided.

When choosing an ARCH it is a good idea to interview the caregivers and residents, observe the condition of the physical and social environment, understand the rules on visiting hours, etc. You should also ask the ARCH operator for the most recent survey/inspection findings done by the Department of Health. For concerns about a facility, see the **Long Term Care Ombudsman** (page 64).

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**Adult Foster Care Homes**, also known as **Community Care Foster Family Homes (CCFFH)**, are certified by the State Department of Human Services **Adult and Community Care Services Branch**. Placement into a Foster Care Home must be done through a Department of Human Services licensed case management agency. Go online to: [www.hawaii.gov/dhs/protection/social\\_services/adult\\_services](http://www.hawaii.gov/dhs/protection/social_services/adult_services) and scroll down to "Home and Community-Based Case Management Agency Licensing" for a list of licensed agencies. For list of licensed CCFFH, scroll down to "Community Care Foster Family Homes Certification."

**Adult Intake Unit** **832-5115**  
 Department of Human Services [www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)  
 Care Home placement for Medicaid or SSI eligible.  
 420 Waiakamilo Rd. #202 Honolulu 96817

**Office of Health Care Assurance** **692-7400**  
 Department of Health [www.hawaii.gov/health](http://www.hawaii.gov/health)  
 Visit website for a complete list of licensed care homes. Under "Health Topics," click on "Elder Care."  
 601 Kamokila Blvd. Room 361 Kapolei 96707

## Retirement & Assisted Living Residences

**Retirement residences** are for independent living, often with amenities such as housekeeping, meals, and transportation. **Assisted Living residences** add the component of intermittent personal care. Some facilities also offer special dementia units and skilled nursing on site.

Most of these residences are month to month rentals. In addition to monthly charges, 15 Craigsides and Arcadia require "entrance fees" that guarantees lifetime care in their facilities. Kahala Nui requires a partially refundable deposit in addition to their monthly fees.

Units in some facilities such as **Olaloa Retirement Community** and **One Kalakaua Senior Living** are bought and sold by individuals. Contact a realtor for assistance in purchasing these units.

**15 Craigsides** **523-7000**  
 Independent living, assisted living, memory care, [www.15craigsides.org](http://www.15craigsides.org)  
 skilled nursing and rehab available.  
 15 Craigsides Pl. Honolulu 96817

<b>Arcadia Retirement Residence</b>	<b>941-0941</b>
Independent living, assisted living, memory care, skilled nursing and rehab available. 1434 Punahou St. Honolulu 96822	www.arcadia-hi.org
<b>Hawaii Kai Retirement and Assisted Living Community</b>	<b>395-9599</b> <b>396-0720</b>
428 Kawaihae St. Honolulu 96825	www.hawaiikai1.com
<b>Kahala Nui Life Care Retirement Community</b>	<b>218-7200</b>
Hiolani skilled nursing and dementia care facility on site. 4389 Malia St. Honolulu 96821	www.kahalanui.com
<b>Oceanside Hawaii Assisted Living</b>	<b>293-1100</b>
Overnight respite available. 53-594 Kamehameha Hwy. Hauula 96717	www.oceansidehawaii.com
<b>The Plaza</b>	
Assisted living, memory care, and respite care. Independent living available at Punchbowl and Moanalua.	www.theplazaassistedliving.com
<b>Punchbowl</b>	<b>792-8800</b>
918 Lunalilo St. Honolulu 96822	
<b>Mililani</b>	<b>626-8807</b>
95-1050 Ukuwai St. Mililani 96789	
<b>Moanalua</b>	<b>833-8880</b>
1280 Moanalualani Pl. Honolulu 96819	
<b>Pohai Nani Good Samaritan Retirement Community</b>	<b>247-3448</b> <b>toll free 1-866-247-3448</b>
45-090 Namoku St. Kaneohe 96744	www.pohainani.org

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# Basic Needs - Transportation

## Driver & Pedestrian Information

For driving ability evaluation, ask your doctor for referral to the **Driver Evaluation Program** at the Rehabilitation Hospital of the Pacific; see below. Also see websites from the **The Hartford** at [www.thehartford.com/talkwithholderdrivers](http://www.thehartford.com/talkwithholderdrivers) and the **AAA Foundation for Traffic Safety** at [www.seniordrivers.org](http://www.seniordrivers.org).

### AARP: Driver Safety Education 1-888-227-7669

Refresher course for drivers 50 years & older. Learn about normal age-related changes and how to adjust your driving to allow for these changes. Classroom or online courses are available. To find nearest location, call or visit website: [www.aarp.org/life/drive/drivered](http://www.aarp.org/life/drive/drivered).

### Driver's License & Motor Vehicle 532-7700

Registration information.

[www.honolulu.gov/csd](http://www.honolulu.gov/csd)

### Rehab Hospital Driving Evaluation & Training Program 544-3310

Program to help maintain safe driving skills and determine if you need any adaptive equipment to drive safely. This program is for people with a medical condition that possibly impairs driving ability.  
226 N. Kuakini St. Honolulu 96817

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

## Local Transportation & Passes

Also see **Escort** (page 32) and refer to the Yellow Pages for taxi cabs. Some services are for persons who are elderly or disabled who can travel alone; others are for persons who need to be accompanied. Also, you may want to pick up a **Persons with Disabilities Parking Permit** application at any **Satellite City Hall** (page 23) or download form from [www.hawaii.gov/health/dcab](http://www.hawaii.gov/health/dcab).

The following providers offer non-emergency curb-to-curb service. **Curb-to-curb** service is pick-up and drop-off only. Some may also offer door-to-door, escort or other services. **Door-to-door** service includes assistance between vehicle and building entrance, usually for pas-

## BASIC NEEDS - TRANSPORTATION

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### Local Transportation & Passes

sengers who are frail or use a wheelchair. Some medical transportation providers also accommodate gurneys and stretchers and may accept Medicaid for qualified medical appointments; these services are non-emergency transportation only.

For Medical Transportation providers, see "Transportation Service" and "Medical Transportation" in the Yellow Pages.

**American Cancer Society** **595-7544**

#### Road to Recovery

For cancer patients to doctor appointments.

**Catholic Charities Hawaii** **527-4777**

Transportation services for seniors. [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

**Charley's Taxi and Limousine - MediCab** **531-1333**

1451 S. King St. Suite 300 Honolulu 96814 [www.charleystaxi.com](http://www.charleystaxi.com)

**Persons with Disabilities Parking Permit** **532-7710**

C&C of Honolulu - Customer Services Dept.

Download parking permit form: [www.hawaii.gov/health/dcab](http://www.hawaii.gov/health/dcab)

Or go to any Satellite City Hall (page 23) for application.

P.O. Box 30310 Honolulu 96820

#### TheBus - Oahu Transit Services, Inc.

811 Middle St. Honolulu 96819 [www.thebus.org](http://www.thebus.org)

For discounted fare show your valid Medicare card to the bus driver or apply for a monthly or annual Senior Bus Pass at the Middle Street office. Monthly renewal stickers available at Satellite City Halls (page 23).

**Bus Pass Office/Lost & Found** **848-4444**

**Customer Service** **848-4500**

**Schedules and Routes** **848-5555**

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**TheHandi-Van - Oahu Transit Services, Inc.**

For persons with disabilities who are unable to use TheBus.

**Customer Service, Reservations & Cancellations/Late Pick-Up** 456-5555  
 TTY 454-5054

**TheHandi-Van Eligibility Center**

538-0033

Application involves interview/assessment at their office.  
 1100 Ward Ave. Suite 835 Honolulu 96814



Need more information?  
 Call the Senior Helpline

**768-7700**

# Community Services

## Information & Referral

### Action Line **591-0222**

Weekdays 11 a.m. to 1 p.m. [www.khon2.com](http://www.khon2.com)  
 c/o KHON2 88 Piikoi St. Honolulu 96814

### Aloha United Way 211 Hotline **211**

Information and referral for community service resources. **536-1951**  
 Monday-Friday, 7 a.m. - 7 p.m. excluding holidays. [www.auw211.org](http://www.auw211.org)  
 P.O. Box 1096 Honolulu 96808

### Better Business Bureau of Hawaii, Inc. **536-6956**

Neighbor islands call toll free number. **1-877-222-6551**  
 Mon. - Thurs., 9 a.m. - 2 p.m.; Fri., 9 a.m. - 12 p.m.  
 1132 Bishop St. Suite 615 Honolulu 96813 [www.hawaii.bbb.org](http://www.hawaii.bbb.org)

### City & County of Honolulu **768-4385**

Information Branch [www.honolulu.gov/csd](http://www.honolulu.gov/csd)

### National Eldercare Locator **1-800-677-1116**

Access to more than 4,800 Information and Referral service providers in the United States. [www.eldercare.gov](http://www.eldercare.gov)

### Senior Helpline **768-7700**

Elderly Affairs Division [www.elderlyaffairs.com](http://www.elderlyaffairs.com)  
 Telephone and personal consultation, information and referral to services, outreach, speakers, and brochures.

## Personal Identification

### Alzheimer's Association **1-888-572-8566**

Safe Return+MedicAlert [www.alz.org/Hawaii](http://www.alz.org/Hawaii)  
 Nationwide emergency response service for individuals with dementia who wander or have a medical emergency.

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**Partners in Development Foundation** **524-7633**  
Tutu and Me traveling preschool at community [www.pidfoundation.org](http://www.pidfoundation.org)  
sites for grandparents raising children up to five years of age.  
2345 Nuuanu Ave. Honolulu 96817

## **Pet Owners**

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**Hawaiian Humane Society** [www.hawaiianhumane.org](http://www.hawaiianhumane.org)

**Adoptions** **356-2218**  
Reduced adoption fees for seniors adopting older animals.

**Pals Program** **356-2217**  
Pet foster care during temporary, emergency situations.  
2700 Waialae Ave. Honolulu 96826

## **Veterans**

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**State Office of Veterans Services** **433-0420**  
Services to Veterans and their family members.  
459 Patterson Rd., E-Wing, Room 1-A103  
Honolulu 96819

**U.S. Department of Veterans Affairs** [www.va.gov](http://www.va.gov)  
459 Patterson Rd. Honolulu 96819

**Veterans Service Center** **1-800-827-1000**  
Burial benefits, disability, education, home loan  
guaranty, homeless veterans, medical treatment,  
minority veterans, vocational rehabilitation.

**VA Caregivers Support Program** **433-0371**  
**Caregiver Support Line** **1-855-260-3274**  
Support, education and information for [www.caregiver.va.gov](http://www.caregiver.va.gov)  
Family Caregivers of all Era Veterans.

**U.S. Vets Transitional Housing  
and Homeless Program** **682-9000**  
Help veterans achieve independence.  
P.O. Box 75329 Kapolei 96707  
[www.usvetsinc.org](http://www.usvetsinc.org)

**MedicAlert** **1-800-432-5378**  
Medical identification bracelets and services. [www.medicalert.org](http://www.medicalert.org)

**State Identification** **587-3111**  
Official Hawaii State Identification Card [www.stateid.hawaii.gov](http://www.stateid.hawaii.gov)  
465 S. King St. Room 102 Honolulu 96813

## **Satellite City Halls**

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**Customer Service Dept. Information Line** **768-3798**  
Driver's license, motor vehicle registration, bus pass renewal, Persons  
with Disabilities Parking Permit, and other services. For Satellite hours  
and services, go to [www.honolulu.gov/csd/satellite](http://www.honolulu.gov/csd/satellite) or call 768-3798.

**Ala Moana Center**  
1450 Ala Moana Blvd. #1286 Honolulu 96814

**Fort Street (Downtown)**  
1000 Fort Street Mall Honolulu 96813

**Hawaii Kai Corporate Plaza**  
6600 Kalaniana'ole Hwy. Suite 101 Honolulu 96825

**Kailua - Keolu Shopping Center**  
1090 Keolu Dr. Kailua 96734

**Kalihi - Kapalama City Square**  
1199 Dillingham Blvd. A109 (Driver's Licensing A101) 96817

**Kaneohe - Windward City Shopping Center**  
45-480 Kaneohe Bay Dr. Unit C06 Kaneohe 96744

**Kapolei Hale**  
1000 Uluohia St. Kapolei 96707

**Pearlridge Shopping Center - Uptown**  
98-1005 Moanalua Rd. 244B Aiea 96701

**Wahiawa**  
330 N. Cane St. Wahiawa 96786

**Waianae Neighborhood Community Center**  
85-670 Farrington Hwy. Waianae 96792

## Senior Centers

Recreation, education, social support, and volunteer activities for independent older adults. Go to [www.honolulu.gov/parks/programs](http://www.honolulu.gov/parks/programs) for Department of Parks and Recreation activities.

### Catholic Charities Hawaii **847-1322**

Lanakila Multi-Purpose Senior Center [www.catholiccharitieshawaii.com](http://www.catholiccharitieshawaii.com)  
Serving Moanalua to Kakaako.  
1640 Lanakila Ave. Honolulu 96817

### Kaneohe Community & Senior Center **233-7317**

45-613 Puohala St. Kaneohe 96744

### Kapahulu Center **737-1748**

3410 Campbell Ave. Honolulu 96815

### Makua Alii Senior Center **973-7258**

Department of Parks & Recreation [www.honolulu.gov/parks](http://www.honolulu.gov/parks)  
1541 Kalakaua Ave. Box 3 Honolulu 96826

### Moiliili Senior Center **955-1555**

Moiliili Community Center [www.moiliilicc.org](http://www.moiliilicc.org)  
Serving seniors from Hawaii Kai to Makiki.  
Special group program also available for frail elders.  
2535 S. King St. Honolulu 96826

### ORI Anuenue Hale Inc. **622-3929**

64-1510 Kamehameha Hwy. Wahiawa 96786

### Waikiki Community Center **923-1802**

310 Paoakalani Ave. Honolulu 96815 [www.waikikicomunitycenter.org](http://www.waikikicomunitycenter.org)

### PACT Family Peace Center **832-0855**

#### Crisis Hotline **585-7944**

Group counseling for domestic violence [www.pacthawaii.org](http://www.pacthawaii.org)  
batterers, victims, and child witnesses.  
1505 Dillingham Blvd. Suite 208 Honolulu 96817

### CFS Gerontology Program - REACH **543-8468**

Child & Family Service [www.childandfamilyservice.org](http://www.childandfamilyservice.org)  
Prevention and Case Management for those at risk of Abuse.  
200 N. Vineyard Blvd. Bldg. B Honolulu 96817

### The Sex Abuse Treatment Center **535-7600**

Support for victims of sexual assault. **24 hr Hotline 524-7273**  
Harbor Court, 55 Merchant St. 22nd Floor [www.satchawaii.com](http://www.satchawaii.com)  
Honolulu 96813

## Grandparents

Resources for grandparents raising children. Also visit Generations United at [www.gu.org](http://www.gu.org), and [www.aarp.org/life/grandparents](http://www.aarp.org/life/grandparents).

### Hawaii Family Services, Inc. **696-3482**

Programs for grandparents raising grandchildren  
in Waianae/Leeward area.  
87-227 St. John's Rd. Waianae 96792

### PATCH **839-1988**

People Attentive to Children [www.patchhawaii.org](http://www.patchhawaii.org)  
Child care resource and referral agency.  
560 N. Nimitz Hwy. Suite 218 Honolulu 96817

### Queen Liliuokalani Children's Center **235-7613**

Support group for grandparents & relative caregivers of minors.  
46-316 Haiku Rd. Kaneohe 96744 [www.qlcc.org](http://www.qlcc.org)

### The Parent Line **526-1222**

Support and information for grandparents,  
parents, and other child caregivers. **1-800-816-1222**  
[www.theparentline.org](http://www.theparentline.org)

## Other Groups

### Abuse & Neglect Victims

Abuse can affect people of all ethnic backgrounds and social status. It may include physical, emotional and sexual abuse; neglect; abandonment; and financial exploitation.

Social isolation, mental impairment, or a history of domestic violence may make an older person more susceptible to abuse. Sometimes seniors neglect their own care because of declining health, isolation, dementia, or drug or alcohol dependency.

Financial exploitation is a growing problem. Some people will try to take advantage of vulnerable elders. Perpetrators are often a caregiver, friend, or even a family member. For agencies that deal with scams and fraud see also **Consumer Assistance & Protection** (page 58).

#### Adult Protective Services

**Dept. of Human Services - Adult Intake Unit** **832-5115**  
If you know of a dependent adult who is being abused or neglected, call this number for assistance.  
420 Waiakamilo Rd. Suite 300A Honolulu 96817 [www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)

**Domestic Violence Action Center** **531-3771**  
P.O. Box 3198 Honolulu 96801 [www.domesticviolenceactioncenter.org](http://www.domesticviolenceactioncenter.org)

**Elder Abuse Justice Unit** **768-7536**  
Dept. of the Prosecuting Attorney  
Prosecutes criminal cases involving victims 60 years and older.

**Hawaii Immigrant Justice Center** **536-8826**  
**Legal Aid Society of Hawaii** **1-877-208-8828**  
Legal services, community outreach & education, and advocacy for immigrants. Neighbor islands call toll free.  
P.O. Box 3950 Honolulu 96812 [www.hijcenter.org](http://www.hijcenter.org)

**Honolulu Domestic Violence Shelter** **841-0822**  
**Child & Family Service** [www.childandfamilyservice.org](http://www.childandfamilyservice.org)  
Shelter for abused spouses/children.

## Senior Clubs & Organizations

Call Senior Centers and ask about ethnic clubs. Call churches and temples and ask for senior groups. See "Associations" and "Clubs" in the Yellow Pages.

**AARP-Honolulu** **545-6024**  
[www.aarp.org/hi](http://www.aarp.org/states/hi)

**Department of Parks & Recreation** **973-7258**  
**Senior Citizens Section** [www.honolulu.gov/parks](http://www.honolulu.gov/parks)  
1541 Kalakaua Ave. Box 3 Honolulu 96826

**HGEA-Retirees Unit** **543-0054**  
**Hawaii Government Employees Association** [www.hgea.org](http://www.hgea.org)  
888 Mililani St. #601 Honolulu 96813

**HSTA-R** **833-2711**  
**Hawaii State Teachers Association-Retired**  
1200 Kapuna St. Honolulu 96819

**Kokua Council** **540-1928**  
mail: c/o Harris United Methodist Church [kokuacouncil.org](http://kokuacouncil.org)  
20 S. Vineyard Blvd. Honolulu 96813

**NARFE - National Active & Retired** **545-1071**  
**Federal Employees Association** [www.narfe.org](http://www.narfe.org)  
300 Ala Moana Blvd. Room 7-213 Honolulu 96850

## Volunteer Opportunities

Add life to years and years to life by volunteering! In addition to the agencies listed below, call other organizations listed in this handbook for information about their volunteer opportunities.

**Catholic Charities Hawaii** **527-4777**  
Volunteers provide friendly visits and escort services. [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

**CFS Gerontology Program** **543-8468**

Child & Family Service [www.childandfamilyservice.org](http://www.childandfamilyservice.org)  
 Seeking volunteers to enhance the quality of seniors' lives.  
 200 N. Vineyard Blvd. Bldg. B Honolulu 96817

**Department of Human Services**

Adult & Community Care Branch [www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)

**Foster Grandparent Program** **832-5169**

For income-eligible persons 60 years and older interested in serving children with special needs in schools.

**Senior Companion Program** **832-0340**

For income-eligible persons 60 years and older interested in serving frail seniors.

**Project Dana** **945-3736**

Volunteers provide services to frail seniors. [www.projectdana.org](http://www.projectdana.org)  
 902 University Ave. Honolulu 96826

**RSVP Volunteer Program** **768-7700**
**Elderly Affairs Division**

Volunteer opportunities for persons 55 years and older.  
 715 S. King St. Suite 211 Honolulu 96813

**Waikiki Friendly Neighbors** **926-8032**

Volunteers provide services to frail seniors residing in Waikiki. [www.waikikihc.org](http://www.waikikihc.org)  
 277 Ohua Ave. Honolulu 96815

**Easter Seals Hawaii** **536-1015**

Services for children and adults with disabilities or special needs. **Fax 536-3765**  
[www.eastersealshawaii.org](http://www.eastersealshawaii.org)  
 710 Green St. Honolulu 96813

**Hawaii Centers for Independent Living** **522-5400**

Assistance for persons with disabilities. **TTY 522-5405**  
**Fax 522-5427**  
[www.cil-hawaii.org](http://www.cil-hawaii.org)  
 200 N. Vineyard A-501 Honolulu 96817

**SECOH (Special Education Center of Hawaii)** **739-2745**

Supporting Exceptional Citizens of Hawaii [www.secoh.org](http://www.secoh.org)

**The Arc in Hawaii** **737-7995**

Advocacy and services for people with intellectual or a related developmental disability. [www.thearcinhawaii.org](http://www.thearcinhawaii.org)  
 3989 Diamond Head Rd. Honolulu 96816



Need more information?  
 Call the Senior Helpline

**768-7700**

## Deaf/Hard-of-Hearing

### Aloha State Association of the Deaf

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

Non-profit association of and for deaf citizens.

### American Sign Language Interpreter Voice/TTY 734-9154 Education Program Fax 734-9799

Kapiolani Community College [programs.kcc.hawaii.edu/~noncredit](http://programs.kcc.hawaii.edu/~noncredit)  
Credit and non-credit courses in  
American Sign Language (ASL).  
4303 Diamond Head Rd.  
Manono Bldg. Room 116 Honolulu 96816

### Kapiolani Community College (KCC) Deaf Center

Voice/TTY 734-9210

Fax 734-9238

Education programs for adults who are  
deaf or hard-of-hearing, their families, and  
friends. Lending library of books and video  
tapes for deaf and hard-of-hearing adults.  
4303 Diamond Head Rd.  
Manono Bldg. Room 102 Honolulu 96816

### Telecommunications Relay Service (TRS) 711

Text Telephone (TTY) 1-877-447-5990

Voice Carry Over (toll free) 1-877-447-5991

TRS provides a way for those who are  
deaf, hard-of-hearing, or who have a  
speech disability to communicate through  
traditional, internet, or video relay services.  
[www.sprintip.com](http://www.sprintip.com)

## Other

### Department of Human Services

692-8601

Vocational Rehabilitation Division [www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)  
Employment services for people with disabilities.  
601 Kamokila Blvd. Room 501 Kapolei 96707

## Education

### Learning Opportunities

See Yellow Pages under "Schools-Universities and Colleges" for private colleges. Also see **Senior Centers** and **Senior Clubs and Organizations** (pages 24-25).

Use your library! Not only just for books anymore, libraries provide access to computers and the internet, music and movies, e-books and audio books, educational presentations, performances, community events, etc. **Hawaii State Public Library System** online: [www.librarieshawaii.org](http://www.librarieshawaii.org)

### Community Education Section

203-5511

Department of Education  
Community schools for adults island-wide.  
475 22nd Ave. Room 202 Honolulu 96816

### Hawaii Literacy Inc.

537-6706

200 N. Vineyard Blvd. #320 Honolulu 96817 [www.hawaiiliteracy.org](http://www.hawaiiliteracy.org)

### Hawaii State Library System

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

51 locations statewide.

### Honolulu Community College

845-9296

Emeritus College/Honolulu SeniorNet [honolulu.hawaii.edu/cet](http://honolulu.hawaii.edu/cet)  
Instruction and access to computers for seniors.  
874 Dillingham Blvd. Bldg. 2 #408 Honolulu 96817

### Kapiolani Community College

#### Continuing Education and Training

734-9211

Non-credit courses for enrichment, [programs.kcc.hawaii.edu](http://programs.kcc.hawaii.edu)  
professional development and/or re-careering.

#### Kupuna Education Center

734-9108

Classes for active seniors, [www.kupunaeducation.com](http://www.kupunaeducation.com)  
family caregivers, and para-professional training.  
4303 Diamond Head Rd. Kopiko 123 Honolulu 96816

**Leeward Community College**  
 Office of Continuing Education  
 & Workforce Development  
 96-045 Ala Ike St. CE-10 Pearl City 96782

**455-0479**  
[www.ocewd.org](http://www.ocewd.org)

### University of Hawaii at Manoa

**Center on Aging**  
 1800 East West Rd. Henke Hall 226  
 Honolulu 96822

**956-5001**  
[www.hawaii.edu/aging](http://www.hawaii.edu/aging)

**Osher Lifelong Learning Institute**  
 Educational opportunities for seniors.  
 Krauss Hall 113 2500 Dole St. Honolulu 96822

**956-8224**  
[www.all.hawaii.edu](http://www.all.hawaii.edu)

**Senior Citizen Visitor Program**  
 Office of Equity, Excellence & Diversity  
 Hawaii residents 60 years and older  
 can participate in regular classes  
 without paying tuition.  
 2600 Campus Rd. Student Services Center #413  
 Honolulu 96822

**956-9317**  
[www.hawaii.edu/diversity](http://www.hawaii.edu/diversity)

**Take Charge of Your Money!**  
 Cooperative Extension Service  
 Financial education telecourse with internet components  
 1955 East-West Rd. #217 Honolulu 96822

**956-7138**  
[www2.ctahr.hawaii.edu/tcym](http://www2.ctahr.hawaii.edu/tcym)

**University of Hawaii - West Oahu**  
 96-129 Ala Ike St. Pearl City 96782

**454-4700**  
[www.uhwo.hawaii.edu](http://www.uhwo.hawaii.edu)

**Windward Community College**  
 Office of Continuing Education  
 and Training  
 45-720 Keaahala Rd. Kaneohe 96744

**235-7433**  
[ocet.wcc.hawaii.edu](http://ocet.wcc.hawaii.edu)

## Persons with Disabilities

### Assistive Technology

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**ATRC**  
 Assistive Technology  
 Resource Centers of Hawaii  
 Information on assistive devices and  
 funding resources.  
 414 Kuwili St. #104 Honolulu 96817

**532-7110**  
**TTY 532-7113**  
**Fax 532-7120**  
[www.atrc.org](http://www.atrc.org)

**ISG, Inc.**  
 Support services and product sales of  
 blind/low vision, deaf/hard of hearing, and other  
 disability assistive technology.  
 3472 Kanaina Ave. Honolulu 96815

**Voice/TTY 732-4622**  
**Fax 739-5464**  
[www.isghawaii.com](http://www.isghawaii.com)

### Blind/Visually Impaired

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**American Foundation for the Blind**  
 Senior website

[www.afb.org/seniorsite](http://www.afb.org/seniorsite)

**Hoopono**  
 Low Vision Clinic  
 1901 Bachelot St. Honolulu 96817

**Voice/TTY 586-5269**  
[www.hawaiivr.org](http://www.hawaiivr.org)

**Library for the Blind  
 and Physically Handicapped**  
 Certified persons unable to use or read  
 regular print due to visual or physical  
 disabilities.  
 402 Kapahulu Ave. Honolulu 96815

**Voice/TTY 733-8444**  
**Fax 733-8449**  
[www.librarieshawaii.org](http://www.librarieshawaii.org)

**State Tax Information**

Help with state tax information, questions, billing notices, refunds, copy requests, tax clearance, tax disability exemptions, and other tax issues.

**587-4242**
**1-800-222-3229**  
[www.hawaii.gov/tax](http://www.hawaii.gov/tax)
**Taxpayer Advocate Service**

Handles taxpayer problems not resolved through normal IRS channels.

**566-2950**
[www.irs.gov/advocate](http://www.irs.gov/advocate)

MSH2200 1099 Alakea St. Floor 22 Honolulu 96813



Need more information?  
Call the Senior Helpline

**768-7700**

## Family Support

The following are providers that promote quality of life by supplementing the care for frail elders that is generally provided by families.

If you help a friend or family member with trips to the doctor or grocery store, or help with their grooming or household chores, then you are a **family caregiver**. Too often families think that only people they hire are caregivers. They don't think of getting assistance until they burn out. By getting support early, you can reduce your stress level and keep yourself healthy so that you can continue in your important role.

People often think of nursing homes when they hear the term **long-term care (LTC)**. However, LTC includes any type of ongoing service a person would need to maintain quality of life, including assistance provided in the home by family members or agencies.

Medical insurance (such as Medicare) will usually only cover skilled nursing care for a very limited time. LTC insurance may cover additional skilled nursing care and **custodial care** which includes assistance with activities of daily living such as bathing, dressing, and toileting.

## Caregiver Education

See also **Support Groups** (page 39) and **Health & Safety Education** (page 50). Go to [www.elderlyaffairs.com](http://www.elderlyaffairs.com) for the **Family Caregiving Guide**.

**Alzheimer's Association**

Classes, orientation, and information for caregivers of dementia patients.

1050 Ala Moana Blvd. Suite 2610 Honolulu 96814

**591-2771**
[www.alz.org/Hawaii](http://www.alz.org/Hawaii)
**American Red Cross**

Family Caregiving reference guide with DVD for self-training at your own pace. For Nurse Aide training, call or go to: [www.redcross.org/en/takeaclass](http://www.redcross.org/en/takeaclass)

**1-800-733-2767**
**CFS Gerontology Program**

Child & Family Service

Ohana Care Program

Powerful Tools for Caregivers

200 N. Vineyard Blvd. Bldg. B Honolulu 96817

**543-8468**
[www.childandfamilyservice.org](http://www.childandfamilyservice.org)

**CPR Awareness** **768-7015**  
Honolulu Fire Department [www1.honolulu.gov/hfd/fireeducr.htm](http://www1.honolulu.gov/hfd/fireeducr.htm)  
Training and Research Bureau  
Class requires minimum of 10 people, 6 week notice, and classroom with TV and DVD player.

**Elderly Affairs Division** **768-7700**  
Information, consultation, and referrals for [www.elderlyaffairs.com](http://www.elderlyaffairs.com)  
seniors, caregivers, businesses, and physicians.

**Kupuna Education Center** **734-9108**  
Kapiolani Community College [www.kupunaeducation.com](http://www.kupunaeducation.com)  
Regularly scheduled family caregiver  
training series taught by health care professionals.  
4303 Diamond Head Rd. Kopiko 123 Honolulu 96816

**Ohana Caregivers** [www.ctahr.hawaii.edu/ohanacaregivers](http://www.ctahr.hawaii.edu/ohanacaregivers)  
Web-based information and resources for family caregivers.

## **Case Management**

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**Case managers** help with coordinating care for the needs of a frail or disabled elderly person. They develop care plans based on individual needs, coordinate service delivery, and monitor progress. Some 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. Also look for "Home Health Service" in the Yellow Pages for other private companies.

Community Case Management Agencies (CCMA) provide placement into Community Care Foster Family Homes (CCFFH) for individuals requiring Intermediate Care Facility (ICF) or Skilled Nursing Facility (SNF) levels of care. For list of CCMA go to [www.hawaii.gov/dhs/protection/social\\_services/adult\\_services](http://www.hawaii.gov/dhs/protection/social_services/adult_services) and scroll down to "Home and Community-Based Case Management Agency Licensing."

**Catholic Charities Hawaii** **527-4777**  
Premium Senior Services [www.premiumseniorservices.com](http://www.premiumseniorservices.com)

**Susannah Wesley Community Center** **847-1535**  
Refugee Service Program [susannahwesley.org](http://susannahwesley.org)  
1117 Kaili St. Honolulu 96819

**U.S. Citizenship & Immigration Services** **1-800-375-5283**  
500 Ala Moana Blvd. Honolulu 96813 [www.uscis.gov](http://www.uscis.gov)

## **Taxes**

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During tax season **AARP's Tax-aide** program can provide simple income tax assistance to seniors. For locations, call the **Senior Helpline** at 768-7700.

**City & County Real Property Assessment Div. Exemption Program** [www.realpropertyhonolulu.com](http://www.realpropertyhonolulu.com)  
A Real Property Tax *Exemption* lowers the taxable value of your home. The amount exempted is based on age and certain disabilities.

**Honolulu Office** **768-3799**  
842 Bethel St. Honolulu 96813

**Kapolei Office** **768-3169**  
1000 Uluohia St. Suite 206 Kapolei 96707

**City & County Tax Collections - Treasury Div.** [www1.honolulu.gov/budget/treasury\\_division.htm](http://www1.honolulu.gov/budget/treasury_division.htm)

**Current Collections** **768-3980**  
Questions on tax payments.  
530 S. King St. Room 115 Honolulu 96813  
mail payments to: P.O. Box 4200 Honolulu 96812-4200

**Homeowner's Tax Relief** **768-3205**  
A Real Property Tax *Credit* is based on the homeowner's income. Credit would be applied for taxed amounts exceeding a certain percentage of a homeowner's income.

**Federal Internal Revenue Service (IRS)** **1-800-829-1040**  
[www.irs.gov](http://www.irs.gov)

**UHELP** **956-6544**  
 University of Hawaii Elder Law Program [www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp)

**Volunteer Legal Services Hawaii** **528-7046**  
 Free or reduced cost services for needy clients. [www.vlsh.org](http://www.vlsh.org)  
 545 Queen St. #100 Honolulu 96813

## **Immigrant Assistance**

Services for people who are new to the U.S. and need assistance such as translation, job search, and filling out applications. Also see **Employment & Training Programs** (page 60).

**Bilingual Access Line (24-hours)** **526-9724**  
 Helping Hands Hawaii [www.helpinghandshawaii.org](http://www.helpinghandshawaii.org)  
 Interpreter and translation services.  
 2100 N. Nimitz Hwy. Honolulu 96819

**Catholic Charities Hawaii** **524-HOPE (524-4673)**  
 Immigrant Services [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)  
 Assistance for low-income immigrants.

**Goodwill Industries of Hawaii Inc.** **836-0313**  
 2610 Kilihau St. Honolulu 96819 [www.higoodwill.org](http://www.higoodwill.org)

**Lanakila Easy Access Project** **832-5685**  
 Referrals for immigrants living in U.S. less than a year.  
 1700 Lanakila Ave. Suite 104 Honolulu 96817

**Pacific Gateway Center** **851-7010**  
 Helping immigrants, refugees, and low-income residents to self-sufficiency. [www.pacificgatewaycenter.org](http://www.pacificgatewaycenter.org)  
 83 N. King St. Honolulu 96817

**Refugee/Immigrant Program** **543-8447**  
 Child & Family Service [www.childandfamilyservice.org](http://www.childandfamilyservice.org)  
 Help with job search, filling out forms, and English training.  
 200 N. Vineyard Blvd. Bldg. B Honolulu 96817

**Case Management Coordination Program**  
**Department of Health, Public Health Nursing Branch**

**Administration** **586-4620**  
 1250 Punchbowl St. Room 210 Honolulu 96813

**Central Oahu** **453-6190**  
 860 Fourth St. Room 130 Pearl City 96782

**Leeward** **675-0073**  
 94-275 Mokuola St. Room 101 Waipahu 96797

**East Honolulu** **733-9220**  
 3627 Kilauea Ave. Room 311 Honolulu 96816

**West Honolulu** **832-5757**  
 1700 Lanakila Ave. Room 201 Honolulu 96816

**Windward** **233-5450**  
 45-691 Keaahala Rd. Kaneohe 96744

**CFS Gerontology Program** **543-8468**  
 Child & Family Service [www.childandfamilyservice.org](http://www.childandfamilyservice.org)  
 200 N. Vineyard Blvd. Bldg. B Honolulu 96817

**Ohana Care Program**  
 Case Management, Counseling & Support for Family/unpaid caregivers of elders 60+.

**Senior Case Management**  
 Case Management for frail elders 60+.

**Hawaii Association of Case Managers** [www.hacm.net](http://www.hacm.net)

**Ke Ola Mamo** **848-8000**  
 Native Hawaiian Health Care System [www.keolamamo.org](http://www.keolamamo.org)  
 Island-wide services for Native Hawaiians.  
 1505 Dillingham Blvd. Suite 205 Honolulu 96817

**Kokua Kalihi Valley Comprehensive Family Services (KKV)** **848-0977**  
[www.kkv.net](http://www.kkv.net)  
 Case management for frail elderly in Kalihi Valley.  
 KKV Elder Center 1846 Gulick Ave. Honolulu 96819

**Life Foundation** **521-2437**  
Case management and support services for people with HIV.  
677 Ala Moana Blvd. #226 Honolulu 96813 [www.lifefoundation.org](http://www.lifefoundation.org)

**Queen's Medical Center** **691-4652**  
Queen's Community Based Programs [www.queens.org](http://www.queens.org)  
1301 Punchbowl St. Honolulu 96813

## Emergency Alert Systems

Personal Emergency Alert systems, also known as Personal Emergency Response Systems, attach to a home telephone and will call the number(s) you designated when the wireless unit (that is worn on the person) is activated. Such devices may be useful for persons who live alone or are alone for long periods of time. Some also offer fall detection technology and medication dispensing and/or reminding.

Also consider the **Carrier Alert Program**. If enrolled, mail carriers report seniors who have not picked up mail in a while. Call the Senior Helpline at 768-7700 for registration.

**Kupuna Monitoring Systems, Inc.** **721-1201**  
Medical alert, medication dispensing [www.kupunamonitoring.com](http://www.kupunamonitoring.com)  
system monitoring, and AutoAlert fall detector. Statewide service.  
P.O. Box 2247 Aiea 96701

**Lifeline Hawaii Services** **1-888-409-8449**  
Statewide service. [www.lifelinehawaiiservices.com](http://www.lifelinehawaiiservices.com)

**Queen's Lifeline** **691-7585**  
1301 Punchbowl St. Honolulu 96813 [www.queens.org](http://www.queens.org)

**St. Francis Lifeline** **547-6120**  
2228 Liliha St. Room 408 Honolulu 96817 [www.stfrancishawaii.org](http://www.stfrancishawaii.org)

## Escort

Someone who accompanies and personally assists an elder with a service. Also see **Transportation** (page 19). See Yellow Pages under "Home Health Service."

**Office of the Public Guardian** **534-6100**  
Guardianship for incapacitated adults of the state.  
P.O. Box 2495 Honolulu 96804-2445

**State Office of the Ombudsman** **587-0770**  
Complaints about executive branch agencies **TTY 587-0774**  
of state and county governments. [www.ombudsman.hawaii.gov](http://www.ombudsman.hawaii.gov)  
465 S. King St. 4th Floor Honolulu 96813

**UHELP** **956-6544**  
University of Hawaii Elder Law Program [www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp)

**Victim Witness Kokua Services** **768-7400**  
Department of the Prosecuting Attorney  
Assistance to victims of criminal offenses.  
1060 Richards St. 9th Floor Honolulu 96813

## Legal Representation & Mediation

**Hawaii Immigrant Justice Center** **536-8826**  
Legal Aid Society of Hawaii **1-877-208-8828**  
Legal services, community outreach & education, and [www.hijcenter.org](http://www.hijcenter.org)  
advocacy for immigrants. Neighbor islands call toll free.  
P.O. Box 3950 Honolulu 96812

**Lawyer Referral & Information Service** **537-9140**  
Hawaii State Bar Association [www.hawaiilawyerreferral.com](http://www.hawaiilawyerreferral.com)

**Legal Aid Society of Hawaii (LASH)** **536-4302**  
Income eligible service, locations island-wide. [www.legalaidhawaii.org](http://www.legalaidhawaii.org)

**Affordable Lawyers Project** **527-8027**  
Affordable services for those who  
do not qualify for LASH.  
924 Bethel St. Honolulu 96813

**Mediation Center of the Pacific** **521-6767**  
Mediation services. [www.mediatehawaii.org](http://www.mediatehawaii.org)  
680 Iwilei Rd., Suite 530 Honolulu 96817

## Legal Services & Advocacy

Many types of Elder Law concerns are presented in *Deciding "What's Next?"*, a publication of the University of Hawaii Elder Law Project ([www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp)). Available at Hawaii State Public Libraries ([www.librarieshawaii.org](http://www.librarieshawaii.org)) with call number: H346.013Pi.

### Advocacy

For **Guardianship Pro-se Packet** go to [www.courts.state.hi.us/docs/1FP/ProSelncap.pdf](http://www.courts.state.hi.us/docs/1FP/ProSelncap.pdf). This packet describes the steps necessary to establish guardianship of an incapacitated person.

#### Office of Health Care Assurance

Department of Health

**Care Home complaints** **692-7400**  
 601 Kamokila Blvd. Room 361 Kapolei 96707

**Hospital & Nursing Home complaints** **692-7420**  
 601 Kamokila Blvd. Room 395 Kapolei 96707

**Hawaii Disability Rights Center** **949-2922**

For persons with disabilities. [www.hawaiidisabilityrights.org](http://www.hawaiidisabilityrights.org)  
 1132 Bishop St. Suite 2102 Honolulu 96813

**Legal Aid Society of Hawaii** **536-4302**

Non-profit law firm assisting the low to moderate-income community. [www.legalaidhawaii.org](http://www.legalaidhawaii.org)  
 924 Bethel St. Honolulu 96813

#### Long Term Care Ombudsman

**Executive Office on Aging** **586-0100**

For nursing, care home, and assisted living residents. [www.hawaiiadrc.org](http://www.hawaiiadrc.org)

**Mental Health America of Hawaii** **521-1846**

For persons with mental health concerns regarding access, treatment, and service. [www.mentalhealth-hi.org](http://www.mentalhealth-hi.org)  
 1124 Fort St. #205 Honolulu 96813

**Catholic Charities Hawaii** **527-4777**  
 Escort assistance for seniors. [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

**Project Dana** **945-3736**  
 Door-to-door transportation and/or escort assistance for frail elders. [www.projectdana.org](http://www.projectdana.org)  
 902 University Ave. Honolulu 96826

### Exercise for Frail & Disabled Elders

See also **Education** (page 27), and **Senior Centers** (page 24). Check also with your health insurance plan, local clinic or hospital to see what they have to offer.

**Arthritis Foundation, Hawaii Branch** **596-2900**  
 Land exercises, AQUA, and Tai Chi, various locations. [www.arthritis.org](http://www.arthritis.org)  
 615 Piikoi St. #1109 Honolulu 96814

**CFS Gerontology Program** **543-8468**  
 Child & Family Service [www.childandfamilyservice.org](http://www.childandfamilyservice.org)  
 200 N. Vineyard Blvd. Bldg. B Honolulu 96817

**No Fear of Falling**  
 Enhance Fitness Exercise Sites and fall prevention education.

**Senior Exercise Group**  
 Arthritis Foundation Exercise Sites and education/support.

#### Department of Parks & Recreation

Therapeutic Recreation Unit **768-3027**  
 Support for the inclusion of people with disabilities into Parks and Recreation programs. [www.honolulu.gov/parks/programs/trunit.htm](http://www.honolulu.gov/parks/programs/trunit.htm)  
 1000 Uluohia St. Suite 309 Kapolei 96707

#### Kokua Kalihi Valley (KKV) Elderly Services

Health Maintenance Program **848-0977**  
 For elders residing in Kalihi Valley. [www.kkv.net](http://www.kkv.net)

**KKV Elder Center**  
 1846 Gulick Ave. Honolulu 96819

**KPT Community Hall**  
 1475 Linapuni St. Honolulu 96819

**YMCA** www.ymcahonolulu.org  
 Aqua exercise classes for people with arthritis  
 and Silver and Fit, land exercise class for seniors.

**Kaimuki** **737-5544**  
 4835 Kilauea Ave. Honolulu 96816

**Windward** **261-0808**  
 1200 Kailua Rd. Kailua 96734

## Respite - Adult Day Care & Day Health

**Adult Day Care** programs include supervision, recreation, socialization, exercise, meals, and 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-combative, able to eat independently, and transfer with little or no assistance. Typical pricing is between \$50-80/day which is much more cost effective than in-home care. Some provide additional assistance or special services, such as bathing or dementia care, 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 family member is appropriate for their program.

**Aged to Perfection** **622-4717**  
 Central Oahu Senior Day Care Association  
 1445 California Ave. Wahiawa 96786

**Aloha Nursing & Rehab Centre** **441-9553**  
 Adult Day Wellness Program www.alohanursing.com  
 45-545 Kamehameha Hwy. Kaneohe 96744

**Salvation Army** **841-5565**  
 Rental Assistance for persons facing www.salvationarmyhawaii.org  
 eviction or homelessness.  
 Food pantry, Clothing voucher.  
 1931 N. King St. Honolulu 96819

**Waianae Community Outreach** **696-5667**  
 Services for persons experiencing homelessness.  
 P.O. Box 1912 (87-132 Farrington Hwy.) Waianae 96792

## Utility Assistance

**Hawaiian Telecom Lifeline/Link-up Service** **643-3456**  
 Telephone subsidies for qualified individuals. www.hawaiiantel.com  
 On website click on "Customer Service," then  
 "About Us," then "Community."  
 P.O. Box 2200 Honolulu 96814

**Honolulu Community Action Program (HCAP)** **521-4531**  
 Subsidies for electric bills through the Low-Income www.hcapweb.org  
 Home Energy Assistance Program (LIHEAP).  
 Applications accepted only once a year. Call to find  
 office near you.

## Financial Help

### Financial Assistance

Financial aid and/or Food Stamps based on eligibility.

#### Benefit, Employment & Support Services

Department of Human Services  
Welfare and Food Stamp programs.

#### Public Assistance Information Line **643-1643**

For eligibility information and application locations. [www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)

#### Med-QUEST Division

Department of Human Service  
Medical assistance for eligible persons. [www.med-quest.us](http://www.med-quest.us)  
Applications also available online.

#### Honolulu **587-3521**

801 Dillingham Blvd. 3rd Floor

#### Kapolei **692-7364**

601 Kamokila Blvd. Room 415

### Temporary Financial Aid

**Catholic Charities Hawaii** **521- HELP (521-4357)**  
Helpline [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

**Domestic Violence Action Center** **531-3771**  
For victims of intimate partner abuse.  
P.O. Box 3198 Honolulu 96801 [www.domesticviolenceactioncenter.org](http://www.domesticviolenceactioncenter.org)

**Jewish Community Services** **258-7121**  
Counseling, referrals, and resources  
for the Jewish community  
2550 Pali Hwy. Honolulu 96817

**Aloha Wellness Center, Inc.** **393-7000**  
94-1388 Moaniani St. #203 Waipahu 96797 [www.alohawellness.biz](http://www.alohawellness.biz)

**Ann Pearl Adult Day Health** **247-8558**  
45-181 Waikalua Rd. Kaneohe 96744 [www.annpearlnursing.com](http://www.annpearlnursing.com)

**Beckwith Hillside Adult Day Care** **497-8489**  
2375 Beckwith St. Honolulu 96822

**Casamina Adult Day Care** **839-9733**  
1426 Ala Napunani St. Honolulu 96818

**Central Union Church** **440-3020**  
Adult Day Care & Day Health Center [www.arcadia-hi.org](http://www.arcadia-hi.org)  
1660 S. Beretania St. Honolulu 96826

**Franciscan Adult Day Center** **988-5678**  
2715 Pamoia Rd. Honolulu 96822 [www.franciscanadultday.com](http://www.franciscanadultday.com)

**Fukumoto Adult Care, LLC** **487-7528**  
98-779 Kaamilo St. Aiea 96701

**Furukawa Living Treasure Day Care Centers** **842-5175**  
1449 Brigham St. Honolulu 96817  
1647 Palolo Ave. Honolulu 96816

**Hulu Makua Adult Day Care** **218-7828**  
1029 Kapahulu Ave. Suite 408 Honolulu 96816

**Jass Adult Day Care** **737-8998**  
828 18th Ave. Honolulu 96816

**Kilohana Senior Enrichment Center** **373-2700**  
5829 Mahimahi St. Honolulu 96821 [www.arcadia-hi.org](http://www.arcadia-hi.org)

**King Lunalilo Adult Day Care Center** **395-4065**  
501 Kekauluohi St. Honolulu 96825 [www.kinglunaliloadc.org](http://www.kinglunaliloadc.org)

- Kuakini Adult Day Care** **547-9534**  
 347 N. Kuakini St. Honolulu 96817  
[www.kuakini.org](http://www.kuakini.org)
- Aiea** **487-1586**  
 98-939 Moanalua Rd. Aiea 96701
- Pali** **528-4621**  
 1727 Pali Hwy. Honolulu 96813
- Leahi Adult Day Health Center** **733-7955**  
 Day Health only, no Day Care. [www.hhsc.org/oahu/leahi](http://www.hhsc.org/oahu/leahi)  
 3675 Kilauea Ave. Honolulu 96816
- Lotus Adult Day Care Center** **486-5050**  
 99-186 Puakala St. Aiea 96701
- Maluhia Adult Day Health Center** **832-6130**  
 Day Health only, no Day Care. [www.hhsc.org/oahu/maluhia](http://www.hhsc.org/oahu/maluhia)  
 1027 Hala Dr. Honolulu 96817
- Palolo Chinese Home** **737-2555**  
 Open to all, 7 days a week. [www.PaloloHome.org](http://www.PaloloHome.org)  
 2459 10th Ave. Honolulu 96816
- Sakura House** **536-1112**  
 Bilingual (Japanese & English) services. [www.sakurahousehawaii.com](http://www.sakurahousehawaii.com)  
 1666 Mott Smith Dr. Honolulu 96822
- Salvation Army - Adult Day Health Services** **521-6553**  
 Also provides Day Care service. [www.salvationarmyhawaii.org](http://www.salvationarmyhawaii.org)  
 296 N. Vineyard Blvd. Honolulu 96817
- Seagull Schools Adult Day Center** **674-1160**  
 Intergenerational activities provided. [www.seagullschools.com](http://www.seagullschools.com)  
 91-531 Farrington Hwy. Kapolei 96707
- SECOH Senior Center** [www.secoh.org](http://www.secoh.org)
- Honolulu** **739-2745**  
 708 Palekaua St. Honolulu 96816
- Wahiawa** **621-1500**  
 643 Kilani Ave. #2 Wahiawa 96786

**Money & Debt Management**


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For help with budgeting and bill paying.

- Consumer Credit Counseling Service of Hawaii** **532-3225**  
**1-800-801-5999**  
 Non-profit community service agency offering credit counseling. [www.cccsofhawaii.org](http://www.cccsofhawaii.org)  
 1164 Bishop St. Suite 1614 Honolulu 96813
- CSI Inc. (Comfort, Security, Independence)** **538-0353**  
 1164 Bishop St. Suite 1505 Honolulu 96813 [www.csihawaii.org](http://www.csihawaii.org)
- Take Charge of Your Money!** **956-7138**  
 University of Hawaii [www2.ctahr.hawaii.edu/tcym](http://www2.ctahr.hawaii.edu/tcym)  
 Cooperative Extension Service  
 Financial education telecourse with internet components  
 1955 East-West Rd. #217 Honolulu 96822

**Social Security & SSI**


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Supplemental Security Income (SSI) is a federal income supplement for very low income persons 65 years or older, blind, and/or disabled.

- Social Security Administration** **1-800-772-1213**  
 Medicare, retirement, survivors, and disability benefits. [www.socialsecurity.gov](http://www.socialsecurity.gov)
- Hale Kuai Center**  
 563 Farrington Hwy. Suite 201 Kapolei 96707
- Honolulu Office**  
 300 Ala Moana Blvd. Room 1-114 Honolulu 96850

**U.S. Consumer Product Safety Commission** **1-800-638-2772**  
**594-4574**

Report product safety hazards. Obtain recall information. [www.cpsc.gov](http://www.cpsc.gov)  
575 Cooke St. Suite A #2208 Honolulu 96813

## **Employment & Training Programs**

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Also see "Employment" in the Yellow Pages. For employment assistance for immigrants see Immigrant Assistance (page 66).

**Goodwill Industries of Hawaii Inc.** **836-0313**  
2610 Kilihau St. Honolulu 96819 [www.higoodwill.org](http://www.higoodwill.org)

**Honolulu Community Action Program (HCAP)** **521-4531**  
Senior Community Service [www.hcapweb.org](http://www.hcapweb.org)  
Employment Program (SCSEP)  
Part time, paid employment training and job search services for seniors.  
33 S. King St. Suite 300 Honolulu 96813

**Oahu WorkLinks** **768-5600**  
Career planning, job search assistance, [www.owib.org](http://www.owib.org)  
and for qualified individuals, training opportunities.  
For employer assistance with recruitment, referrals,  
employee training, and tax credits, call 220-5619.

**Pacific Gateway Center** **851-7010**  
Helping immigrants, refugees, and [www.pacificgatewaycenter.org](http://www.pacificgatewaycenter.org)  
low-income residents to self-sufficiency.  
83 N. King St. Honolulu 96817

**Respite Companion Service Program** **832-5236 or**  
Department of Human Services **832-5235**  
Part-time employment and training program for [www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)  
income eligible persons 55 years and older.  
420 Waiakamilo Rd. #202 Honolulu 96819

**Winners at Work dba Abilities Unlimited** **532-2100**  
Employment services for people with disabilities.  
414 Kuwili St. Suite 103 Honolulu 96817 [www.abilitiesunlimitedhi.org](http://www.abilitiesunlimitedhi.org)

**Waianae Coast Comprehensive Health Center Day Care Programs** **542-9073**

**Hale Kakoo**  
1816 Alewa Dr. Honolulu 96817

**Helemano Hale**  
64-1488 Kamehameha Hwy. Wahiawa 96786

**Mililani Hale**  
95-257 Kaloapai St. Mililani 96789

**Nanakuli Hale**  
89-188 Farrington Hwy. Waianae 96792

**Pearl City Hale**  
858 2nd St. Pearl City 96782

**Waipahu Hongwanji Mission** **678-1770**  
Adult Day Care Center [www.waipahuhongwanji.org](http://www.waipahuhongwanji.org)  
94-821 Kuhaulua St. Waipahu 96797

**Windward Seniors Day Care - Hope Center** **261-4947**  
77 N. Kainalu Dr. Kailua 96734

## **Respite - In Home**

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Temporary relief for caregivers provided in the home. Also see **In Home Assistance** (page 45) and "Home Health" in the Yellow Pages.

**Catholic Charities Hawaii** **527-4777**  
Respite Connection [www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

**CFS Gerontology Program** **543-8468**  
Child & Family Service [www.childandfamilyservice.org](http://www.childandfamilyservice.org)  
Caregiver Respite Program  
200 N. Vineyard Blvd. Bldg. B Honolulu 96817

**Kokua Kalihi Valley Elderly Services** **848-0977**  
Caregiver Respite Program [www.kkv.net](http://www.kkv.net)  
For Kalihi Valley residents.

**Project Dana** **945-3736**  
Services provided by volunteers. [www.projectdana.org](http://www.projectdana.org)

**St. Anthony of Padua Outreach** **266-2227**  
148-A Makawao St. Kailua 96734 [www.stanthonyskailua.org](http://www.stanthonyskailua.org)

**Waikiki Friendly Neighbors** **926-8032**  
Services provided by volunteers. [www.waikikihc.org](http://www.waikikihc.org)

## **Respite - Other**

This section lists other providers of temporary relief for caregivers, including overnight stays in facilities. Plan reservations as far in advance as possible as providers are often at capacity. Some **Nursing Homes**, **Care Homes**, and **Assisted Living Residences** also provide respite care (pages 14-18).

**King Lunalilo Home** **395-1000**  
501 Kekauluohi St. Honolulu 96825 [www.lunalilohome.org](http://www.lunalilohome.org)

**Hale Ho Aloha** **524-1955**  
2670 Pacific Heights Rd. Honolulu 96813 [www.halehoaloha.com](http://www.halehoaloha.com)

**Palolo Chinese Home** **737-2555**  
PCH Respite Center [www.PaloloHome.org](http://www.PaloloHome.org)  
Open to all - day and overnight services.  
2459 10th Ave. Honolulu 96816

**Respite Nanea, Inc.** **524-2575**  
Short term respite in care homes & licensed facilities.

**U.S. Department of Veterans Affairs** **433-0218**  
VA Center for Aging - Respite Program [www.va.gov/hawaii](http://www.va.gov/hawaii)  
For eligible veterans.  
459 Patterson Rd. Bldg. 110 Honolulu 96819

**Dept. of the Attorney General** **586-1058**  
**Medicaid Fraud Control Unit - Criminal Justice Div.**  
Also investigates abuse of dependent adults committed  
by Medicaid providers, care facilities, and paid caregivers.  
333 Queen St. 10th Floor Honolulu 96813 [www.hawaii.gov/ag](http://www.hawaii.gov/ag)

**Direct Marketing Association** **1-212-768-7277**  
Register your home address [www.dmaconsumers.org/cgi/offmailinglist](http://www.dmaconsumers.org/cgi/offmailinglist)  
with DMA's Mail Preference Service to decrease  
the amount of national advertising mail (commonly  
referred to as "junk mail") you receive.  
1111 19th St. NW Suite 1100 Washington, DC 20036

**Elder Abuse Justice Unit** **768-7536**  
**Dept. of the Prosecuting Attorney** [www1.honolulu.gov/prosecuting](http://www1.honolulu.gov/prosecuting)  
Prosecutes criminal cases involving victims 60 years and older.  
Community presentations about elder abuse and prevention.  
1060 Richards St. Honolulu 96813

**Executive Office on Aging - SMP Program** **586-7281**  
Volunteers trained to give presentations [www4.hawaii.gov/eoa/programs](http://www4.hawaii.gov/eoa/programs)  
about Medicare/Medicaid waste, fraud, and abuse.

**Honolulu Police Department** **723-3704**  
**White Collar Crime - Criminal Investigation Div.** **723-3609**  
Investigates telemarketing or investment fraud. [www.honolulu.org](http://www.honolulu.org)  
801 S. Beretania St. CID Honolulu 96813

**Inspector General's Office** **1-800-447-8477**  
Medicare, Medicaid, or health care fraud.

**National Do Not Call Registry** **toll free 1-888-382-1222**  
Federal Trade Commission Registry to [www.donotcall.gov](http://www.donotcall.gov)  
stop most telemarketing calls. If you often  
get calls from the same business or organization,  
tell them to remove your number from their call list.  
By law, they are obligated to comply.

**National Fraud Information Center** [www.fraud.org](http://www.fraud.org)  
Information referral services for telemarketing and internet fraud.

## Income Security

Government, social service agencies, and businesses may provide assistance to protect, maintain, and supplement your income. Home-owners may want to consider housesharing, home equity loans, or reverse mortgages.

### Consumer Assistance & Protection

For information from the Federal Trade Commission on identity theft, visit [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft). Also refer to **Hawaii's Fraud Prevention & Resource Guide**, online at [www.hawaii.gov/health/eoa/Docs/Fraud.pdf](http://www.hawaii.gov/health/eoa/Docs/Fraud.pdf) and available for borrow at Hawaii State Public Libraries with call number: H364.163Ha.

<b>Better Business Bureau of Hawaii Inc.</b>	<b>536-6956</b>
Neighbor Islands call toll free.	<b>1-877-222-6551</b>
<b>Senior Scam Hotline</b>	<b>628-3950</b>
1132 Bishop St. Suite 615 Honolulu 96813	<b>1-888-333-1593</b>
	<a href="http://www.hawaii.bbb.org">www.hawaii.bbb.org</a>
<b>Dept. of Commerce &amp; Consumer Affairs</b> <a href="http://www.hawaii.gov/dcca">www.hawaii.gov/dcca</a>	
<b>Office of Consumer Protection</b>	<b>586-2630</b>
<b>Consumer Information Line</b>	<b>587-1234</b>
Pre-recorded information on common consumer issues.	
<b>Consumer Resource Center</b>	<b>587-3222</b>
Check status of a business or licensee.	
<b>Landlord-Tenant Information</b>	<b>586-2634</b>
Monday - Friday 8 a.m. - 12 p.m.	
<b>Insurance Fraud Unit Hotline</b>	<b>587-7416</b>
Insurance fraud complaints.	
<b>Investor Education Program</b>	<b>587-7400</b>
Free information and presentations on investment products, current scams, and how to avoid fraud.	<a href="http://www.investing.hawaii.gov">www.investing.hawaii.gov</a>
<b>Securities Fraud Hotline</b>	<b>587-2267</b>
Call to report securities violations like fraud.	

## Support Groups

Also see **Caregiver Support Groups** (page 40) or call 211.

<b>Alcoholics Anonymous</b>	<b>946-1438</b>
1110 University Ave. #205 Honolulu 96826	<a href="http://www.oahucentraloffice.org">www.oahucentraloffice.org</a>
<b>Alzheimer's Association</b>	<b>591-2771</b>
Support groups meet island-wide.	<a href="http://www.alz.org/Hawaii">www.alz.org/Hawaii</a>
1050 Ala Moana Blvd. Bldg. Suite 2610 Honolulu 96814	
<b>American Cancer Society</b>	<b>595-7544</b>
Support for grievors, caregivers, and patients.	<a href="http://www.cancer.org">www.cancer.org</a>
2370 Nuuanu Ave. Honolulu 96817	
<b>American Diabetes Association - Hawaii</b>	<b>947-5979</b>
Monthly support group.	<b>1-888-342-2383</b>
875 Waimanu St. Suite 601 96813	<a href="http://www.diabetes.org">www.diabetes.org</a>
<b>American Heart Association &amp; American Stroke Association</b>	<b>538-7021</b>
Mended Hearts and Stroke Support groups.	<a href="http://www.americanheart.org">www.americanheart.org</a>
677 Ala Moana Blvd. Suite 600 Honolulu 96813	
<b>American Lung Association of Hawaii</b>	<b>537-5966</b>
Support group for people with lung disease.	<a href="http://www.ala-hawaii.org">www.ala-hawaii.org</a>
Every 4th Thursday/month at 10 a.m. - 12 p.m.	
680 Iwilei Rd. Suite 575 Honolulu 96817	
<b>Castle Medical Center</b>	<b>263-5400</b>
Breathe free plan to stop smoking.	<a href="http://www.castlemed.org">www.castlemed.org</a>
642 Ulukahiki St. Suite 105 Kailua 96734	
<b>Epilepsy Foundation of Hawaii</b>	<b>528-3058</b>
Support groups for people with epilepsy and their caregivers.	<b>toll free 1-866-528-3058</b>
1240 Ala Moana Blvd. Suite 225 Honolulu 96814	<a href="http://www.hawaiiepilepsy.com">www.hawaiiepilepsy.com</a>

**Hina Mauka** **236-2600**  
Drug and alcohol treatment services. [www.hinamauka.org](http://www.hinamauka.org)  
45-845 Pookela St. Kaneohe 96744

**Kuakini Medical Center** **547-9562**  
"Us Too!" Prostate Cancer Support Group &  
Breast Cancer Education & Support Group  
347 N. Kuakini St. Honolulu 96817

**Hawaii Parkinson Association** **528-0935**  
3375 Koapaka St. Suite I-540 Honolulu 96819 [www.parkinsonhawaii.org](http://www.parkinsonhawaii.org)

**Lupus Foundation of America - Hawaii** **538-1522**  
700 Bishop St. Suite 444 Honolulu 96813 **1-800-201-1522**

**Muscular Dystrophy Association - Hawaii** **593-4454**  
1221 Kapiolani Blvd. Suite 220 Honolulu 96814 [www.mda.org](http://www.mda.org)

**National Kidney Foundation of Hawaii** **593-1515**  
1314 S. King St. Suite 305 Honolulu 96814 [www.kidneyhi.org](http://www.kidneyhi.org)

**Overeaters Anonymous** **737-3469**  
Call for a meeting near you.

### **Support Groups - Caregivers Only**

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**Alzheimer's Association** **591-2771**  
1050 Ala Moana Blvd. Suite 2610 Honolulu 96814 [www.alz.org/Hawaii](http://www.alz.org/Hawaii)

**Castle Caregiver Support Group** **263-5077**  
For caregivers, friends, and family. Meets monthly.

**Central Oahu Caregivers' Support Group** **625-0420**  
Group meets monthly at Wahiawa General Hospital.  
P.O. Box 84794 Mililani 96789 [www.wvpress.com/care](http://www.wvpress.com/care)

**Kahi Mohala Behavioral Health** **671-8511**  
24 Hour Call Center **677-2512**  
91-2301 Old Ft. Weaver Rd. Ewa Beach 96706 [www.kahimohala.org](http://www.kahimohala.org)

**Mental Health America of Hawaii** **521-1846**  
For persons with mental health concerns [www.mentalhealth-hi.org](http://www.mentalhealth-hi.org)  
regarding access, treatment, and service.  
1124 Fort St. #205 Honolulu 96813

**Queen's Medical Center**  
**Counseling and Clinical Services** **547-4401**  
Day treatment and counseling to  
promote spiritual, physical, and mental needs.  
1374 Nuuanu Ave. Honolulu 96817 [www.queensmedicalcenter.net](http://www.queensmedicalcenter.net)

**Safe Haven - Puuhonua** **524-7233**  
Support and services for mentally ill homeless persons.  
41 S. Beretania St. Honolulu 96813

**Senior Behavioral Health Care Unit** **621-4310**  
Wahiawa General Hospital [www.wahiawageneral.org](http://www.wahiawageneral.org)  
Provides in-patient Geriatric Psychiatry and  
Geriatrician follow-up for the elderly.

### **Prescription Drugs & Medications**

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Also see **Medicare & Medicaid** (page 54). To check credentials of  
online pharmacies, go to the National Association of Boards of Pharmacy  
at [www.nabp.net](http://www.nabp.net).

**Partnership for Prescription Assistance** **1-888-477-2669**  
Information on Patient Assistance Programs for [www.pparx.org](http://www.pparx.org)  
those who qualify.

**Medicare Part D** **1-800-633-4227**  
For eligibility, information, and help [www.medicare.gov](http://www.medicare.gov)  
choosing a plan call Sage PLUS at 586-7299.

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. 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.

## Mental Health Care & Counseling

Life changes that happen as we get older may cause feelings of uneasiness, stress, and sadness. For instance, the death of a loved one, moving from work into retirement, or dealing with an illness can leave people feeling sad or anxious - feelings that could develop into depression.

Depression and anxiety are common problems among older adults, but they are not a normal part of aging. These are real diseases that people cannot simply "snap out of." However, many people do recover when provided proper treatment. This could include psychotherapy, group counseling, and/or medication. Ask your insurance provider or primary care physician for referrals. Also see "Counselors," "Psychologists," "Psychotherapists," and "Physicians - Psychiatrists" in the Yellow Pages.

**Adult Mental Health Division** **586-4686**  
**Access and Crisis Line** **832-3100**  
 Department of Health [www.amhd.org](http://www.amhd.org)  
 1250 Punchbowl St. Honolulu 96813

**Counseling & Spiritual Care Center of Hawaii** **545-2740**  
 1020 S. Beretania St. Honolulu 96814 [www.cscch.org](http://www.cscch.org)

**Hawaii State Hospital** **247-2191**  
 45-710 Keaahala Rd. Kaneohe 96744 [www.hawaii.gov/health](http://www.hawaii.gov/health)

**CFS Gerontology Program** **543-8468**  
 Child & Family Service [www.childandfamilyservice.org](http://www.childandfamilyservice.org)

Ohana Care Program  
 Case Management, Counseling & Support for  
 Family / unpaid caregivers of elders 60+.  
 200 N. Vineyard Blvd. Bldg. B Honolulu 96817

**Eldercare Support Group** **395-9082**  
 Meets monthly except in December.

**Kokua Kalihi Valley Elderly Services** **848-0977**  
**Caregiver Support Groups** [www.kkv.net](http://www.kkv.net)

**Caregiver Foundation Support Groups** **625-3782**  
 Various sites. [www.thecaregiverfoundation.org](http://www.thecaregiverfoundation.org)

**Project Dana** **945-3736**  
 Caring for the Caregiver Support Group [www.projectdana.org](http://www.projectdana.org)

**VA Caregivers Support Group** **433-7646**  
 Support group held once a month.  
 459 Patterson Rd. Honolulu 96819

Need more information?  
 Call the Senior Helpline

**768-7700**

## End of Life Services

The following programs address end of life issues. Also see **Kokua Mau**, a partnership of agencies and organizations for improving care at the end of life at [www.kokuamau.org](http://www.kokuamau.org).

### Advance Directives

Formerly known as “Living Wills.” You can let your family and physician know what kind of treatment you want in the event you cannot speak for yourself. You can also designate someone to make decisions for you if you become incapacitated. Forms may be obtained from most hospitals, healthcare organizations, many attorneys’ offices or from UHELP. Also refer to **Deciding “What’s Next?”** publication from UHELP, available at [www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp).

Other documents, including **Physician’s Orders for Life-Sustaining Treatment (POLST)** and **Comfort Care Only/Do Not Resuscitate (CCO-DNR)** I.D. bracelets, give instructions to health care personnel in emergencies. Forms may be obtained from the **Emergency Medical Services Section, Department of Health** (733-9210) or download at [www.kokuamau.org](http://www.kokuamau.org).

**Kokua Mau** [www.kokuamau.org](http://www.kokuamau.org)  
 Hawaii’s Hospice and Palliative Care Organization

**University of Hawaii Elder Law Program (UHELP)** **956-6544**  
[www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp)  
 William S. Richardson School of Law  
 2515 Dole St. #201 Honolulu 96822

### Bereavement Counseling & Support

If a loved one is in a hospital, talk with the chaplain or social worker. Contact your own religious organization or see listings for “Counselors,” “Psychologists,” “Psychotherapists,” and “Physicians - Psychiatrists” in the Yellow Pages. Also see **Support Groups** (page 39), **Hospice** (page 43) and **Mental Health & Counseling** (page 56).

**American Cancer Society** **595-7544**  
 Make Today Count, Honolulu [www.cancer.org](http://www.cancer.org)

**Medicaid** is a State-administered health insurance program for persons with certain disabilities/medical conditions and persons 65 years and older who have very low incomes and limited assets. In Hawaii, the Medicaid program is run by the Department of Human Services Med-QUEST Division. Services are provided through the managed care program QUEST Expanded Access (QExA).

### Centers for Medicare & Medicaid Services

**Medicare Hotline** **1-800-633-4227**  
 Online information on Medicare & Medicaid. [www.medicare.gov](http://www.medicare.gov)

**Executive Office on Aging** [www.hawaiiadrc.org](http://www.hawaiiadrc.org)  
**Hawaii SHIP/Sage PLUS** **586-7299**  
 Medicare health insurance counseling. **toll free 1-888-875-9229**  
[www.hawaiiiship.org](http://www.hawaiiiship.org)

**SMP** **586-7281**  
 Volunteers trained to give presentations **toll free 1-800-296-9422**  
 about Medicare/Medicaid fraud, waste, and abuse.

**Med-QUEST Division** [www.med-quest.us](http://www.med-quest.us)  
**Honolulu** **587-3521**  
 801 Dillingham Blvd. 3rd Floor  
**Kapolei** **692-7364**  
 601 Kamokila Blvd. Room 415

**QUEST Expanded Access Helpline** **1-866-928-1959**  
 Information on Hawaii’s Medicaid managed-care program. **TTY 1-866-928-1958**  
[www.qexa.org](http://www.qexa.org)

### Medical Equipment

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

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,

**Waikiki Health Center**

277 Ohua Ave. Honolulu 96815

**922-4787**

www.waikikihc.org

**Waimanalo Health Center**

41-1347 Kalanianaʻole Hwy. Waimanalo 96795 www.waimanalohc.org

**259-7948**
**Medicare & Medicaid**

**Medicare** is a federal health insurance plan available to seniors 65 years and older and certain people with disabilities. It does not pay for all medical costs. Beneficiaries are responsible for deductibles, copays, premiums, and non-covered services. Medicare does not pay for long-term care; skilled nursing facility care provided by Medicare is limited to less than 100 days, depending on the beneficiary's condition.

**Part A**, Hospital coverage, limited skilled nursing facility & home health, and hospice - No premium for those who worked longer than 10 years or covered by a spouse.

**Part B**, Doctor visits, outpatient, and other medical care - 2012 monthly premium is \$99.90 for most beneficiaries.

**Part D**, Drug coverage - plans and premiums vary.

**Part C**, also referred to as Medicare Advantage Plans, combines Part A and B plans into PPO (Preferred Provider Organization), HMO (Health Maintenance Organization), PFFS (Private Fee for Service), Cost Plans, Special Needs Plans, and Medical Savings Accounts. For a description of the plans available in Hawaii, check your current **Medicare and You Handbook**.

Each of these plans have their own unique advantages and limitations. Be careful when choosing Part C or D plans as they may affect your other coverages, such as an employer retirement plan.

**Medigap** plans are Medicare Supplemental Insurance plans provided by insurance companies to fill the "gaps" in coverage that may not be provided by Original Medicare.

Call **Sage PLUS** (586-7299) if you need help understanding your options and choosing a Medicare plan. It is important to sign up for Medicare as soon as you become eligible. Contact the Social Security Administration three months before you turn 65 or become eligible for Medicare, otherwise you may have to pay a penalty or delay your coverage if you miss your initial enrollment period.

**Funeral & Memorial Services**

Also see "Funeral Directors" in the Yellow Pages. When looking for private pay services, make sure to shop around as options and prices can vary greatly.

**Funeral Consumers Alliance**

www.funerals.org

Non-profit funeral planning, consumer advocate.  
Many helpful publications online.

**Med-QUEST Division**
**587-3521**
**Department of Human Services**

www.med-quest.us

Will determine eligibility for funeral payments.

Must be Medicaid eligible.

801 Dillingham Blvd. 3rd Floor Honolulu 96817

**U.S. Department of Veterans Affairs**
**1-800-827-1000**

Veterans Service Center www.cem.va.gov/CEM/bbene\_burial.asp

Burial benefits for veterans.

P.O. Box 29040 Honolulu 96820

**Hospice**

Medicare-covered services include pain control, comfort, and counseling for those facing the advancing stages of terminal illnesses. Care is provided in the patient's home and other settings and may include respite for caregivers.

**Bristol Hospice Hawaii, LLC**
**536-8012**

500 Ala Moana Blvd. Suite 4-547

www.bristolhospice.com

Honolulu 96813

**Hospice Hawaii**
**924-9255**

860 Iwilei Rd. Honolulu 96817

www.hospicehawaii.org

**Islands Hospice**
**550-2552**

560 N. Nimitz Hwy. Suite 204 Honolulu 96817 www.islandshospice.com

**St. Francis Hospice**
**595-7566**

2226 Liliha St. 5th Floor Honolulu 96817

www.stfrancishawaii.org

## Organ or Body Donation

**Lions Eye Bank and Makana Foundation** **536-7416**  
 614 South St. Suite 101 Honolulu 96813 [www.hlebmf.org](http://www.hlebmf.org)

**Legacy of Life Hawaii** **599-7630**  
 (Formerly Organ Donation Center of Hawaii) [www.legacyoflifehawaii.org](http://www.legacyoflifehawaii.org)  
 Only organ donation, not body donation.  
 405 N. Kuakini St. Suite 810 Honolulu 96817

**University of Hawaii School of Medicine** **692-1445**  
[jabsom.hawaii.edu/JABSOM/community/WilledBody.php](http://jabsom.hawaii.edu/JABSOM/community/WilledBody.php)

**Willed Body Program**  
 Body donation to science.  
 651 Ilalo St. Honolulu 96813

Need more information?  
 Call the Senior Helpline

**768-7700**

**Kalihi Palama Health Center** **845-8578**  
 915 N. King St. Honolulu 96817 [www.kphc.org](http://www.kphc.org)  
**Dental** **845-0686**  
**Optometry** **792-5599**

**Kokua Kalihi Valley**  
 Comprehensive Family Services  
 Geriatric Medicine consultation & Dental service  
 for residents of Kalihi Valley. [www.kkv.net](http://www.kkv.net)

**Main clinic** **791-9400**  
 2239 N. School St. Honolulu 96819

**KKV Elder Center** **848-0977**  
 1846 Gulick Ave. Honolulu 96819

**Koolauloa Community Health & Wellness Center** [www.koolauloachc.org](http://www.koolauloachc.org)

**Hauula** **293-9216**  
 54-316 Kamehameha Hwy. Hauula 96717

**Kahuku** **293-9231**  
 56-119 Pualalea St. Kahuku 96731

**Queen Emma Clinics**  
 1301 Punchbowl St. Honolulu 96813 [www.queens.org](http://www.queens.org)

**Adult Medicine** **691-4970**  
**Queen's Medical Center Dental Clinic** **691-4292**

**Queen's Medical Center**  
 Geriatric Clinic **691-8877**  
 1301 Punchbowl St. Honolulu 96813 [www.queens.org](http://www.queens.org)

**Tzu Chi Medical Clinic** **550-8608**  
 Chinese speakers available. [www.tzuchi.org](http://www.tzuchi.org)  
 100 N. Beretania St. Suite 122 Honolulu 96817

**Waianae Coast Comprehensive Health Center** **696-7081**  
 86-260 Farrington Hwy. Waianae 96792 [www.wcchc.com](http://www.wcchc.com)

<b>Dental Lifeline Network</b> (Formerly Donated Dental Services)	<b>1-888-449-9670</b> www.nfdh.org
<b>Hearing Aid Helpline</b> International Hearing Society	<b>1-800-521-5247</b> www.ihinfo.org
<b>Honolulu County Medical Society</b>	<b>536-6988</b> www.hcmsonline.org
<b>Poison Control Center</b> Information for poison emergencies or prevention.	<b>1-800-222-1222</b> www.rmpdc.org
<b>Quit Line (to stop smoking)</b>	<b>1-800-784-8669</b> www.callitquitshawaii.org
<b>Senior EyeCare Program</b> Website only	www.eyecareamerica.org
<b>CDC Information</b> Centers for Disease Control & Prevention	<b>1-800-232-4636</b> www.cdc.gov

## **Medical & Dental Clinics**

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For list of **Geriatricians** (doctors that specialize in older adults) see the Yellow Pages or the **Family Caregiving Guide** online at www.elderlyaffairs.com. Also ask your health insurance provider.

<b>Aloha Medical Mission</b> Dental clinic only. Serves the uninsured. Call for appointment. 810 N. Vineyard Blvd. Honolulu 96817	<b>841-4489</b> www.alohamedicalmission.org
<b>Dept. of Health - Lanakila Health Center</b> 1700 Lanakila Ave. Honolulu 96817	www.hawaii.gov/health
<b>Dental Clinics</b> Priority to Medicaid eligible persons.	<b>832-5710</b>
<b>Tuberculosis Testing Center</b>	<b>832-5731</b>
<b>Tuberculosis Information Line</b>	<b>832-5738</b>

## **In Home Assistance**

It is sometimes difficult for older adults to accept in-home assistance. They may not want strangers in their home, deny the need, or believe that accepting help means the next step is a nursing home. However, this assistance may actually delay or avoid institutionalization, allowing them to remain at home longer.

Assistance in the home comes in various forms. Traditionally, most care is provided by relatives, friends, and neighbors. However, this "informal" care may need supplementing. "Formal" assistance is provided by non-profit organizations, privately hired independent providers (nurses, therapists, aides, homemakers, and companions), home care agencies, home health agencies, and government programs. Home health agencies provide more medically oriented services than home care agencies. As with all services, it would be wise to check qualifications and references if hiring independently.

**Medicare** covers only certain in-home services for a limited period of time; it does not provide long-term care. When hospitalized, talk to the doctor and ask to speak to the social worker or discharge planner to identify the family's realistic role in caring for the patient at home and services available.

**Medicaid** clients should contact their QUEST Expanded Access (QExA) plan provider to see if they are eligible for service covered under their plan. For more information and referrals for assistance in the home, call the Senior Helpline at 768-7700.

## **Chore/Homemaker Services**

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May include housekeeping, shopping, and errands. See "House Cleaning" in the Yellow Pages for other businesses that do cleaning. Some agencies listed under "Home Health" in the Yellow Pages may also provide housekeeping.

<b>Adult Intake Unit</b> Department of Human Services For low income, SSI, and Medicaid eligible. 420 Waiakamilo Rd. Suite 300A Honolulu 96817	<b>832-5115</b>
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**Akamai Grocery Shopping & Delivery Service** 672-7347  
Serves Downtown to Kahala. [www.akamaidelivery.com](http://www.akamaidelivery.com)

**Catholic Charities Hawaii** 527-4777  
Premium Senior Services [www.premiumseniorservices.com](http://www.premiumseniorservices.com)  
Personal home assistance, including housekeeping, shopping, and errands.

**Child & Family Service** 543-8423  
Kupuna Concierge [www.kupunaconcierge.org](http://www.kupunaconcierge.org)  
Chore, Homemaker, respite and personal assistance in the home.  
200 N. Vineyard Blvd. Bldg. B Honolulu 96817

**Palolo Chinese Home - Home Cleaning** 748-7994  
Serving seniors from Kalihi to Hawaii Kai. [www.palolohome.org](http://www.palolohome.org)

**Waikiki Friendly Neighbors** 926-8032  
Volunteers assist isolated elderly persons in Waikiki by helping with errands, shopping, light housework, and provide respite for caregivers.  
277 Ohua Ave. Honolulu 96815 [www.waikikihc.org](http://www.waikikihc.org)

## Home Health Agencies

**Home Health Agencies** are organizations which provide skilled nursing services and other therapeutic services ordered by a physician to homebound patients. A home health agency can be Medicare certified which means that they can provide services that are covered by Medicare. Medicare certification is voluntary. State licensing of home health agencies by the **Office of Healthcare Assurance** is required.

**Home Care Agencies** provide custodial care services which are non-medical such as housekeeping, meal preparation, and ongoing assistance with personal care. Home care agencies are not currently licensed by the state of Hawaii, but under legislation passed in 2009, will be required to be licensed in the future. Home care agency services are not covered by Medicare; services are private pay. To find home care agencies, see "Home Health Care" in the Yellow Pages.

Some home health agencies provide only Medicare covered services (doctor ordered, usually for short-term after hospitalization) while others

**Honolulu Police Department** 723-3475  
Community Affairs [www.honolulu.org](http://www.honolulu.org)  
Crime prevention and safety tips.  
801 S. Beretania St. Honolulu 96813

**Kaiser Permanente**  
**Senior Summit Lecture Series** 432-2260  
1010 Pensacola St. Honolulu 96814 [www.kaiserpermanente.org](http://www.kaiserpermanente.org)

**Kapiolani Women's Health Center** 535-7000  
Women's health classes [www.kapiolani.org](http://www.kapiolani.org)

**Project Dana Home Safety Program** 945-3736  
Home is assessed to identify hazards to frail elders; provides safety education and recommendations. [www.projectdana.org](http://www.projectdana.org)

**Wellness and Lifestyle Medicine Center** 263-5050  
Castle Medical Center  
642 Ulukahiki St. Suite 105 Kailua 96734

## Health Information & Referral

To find a doctor, ask your insurance provider, clinic, or look under "Physicians" in the Yellow pages.

**Alzheimer's Association** 1-800-272-3900  
**24-hour Helpline** [www.alz.org/Hawaii](http://www.alz.org/Hawaii)

**American Cancer Society** 1-800-227-2345  
24-Hour Referral and Information [www.cancer.org](http://www.cancer.org)

**Audient** 1-866-956-5400  
Program for affordable hearing aids. [www.audientalliance.org](http://www.audientalliance.org)

**Cancer Information Service** 1-800-422-6237  
National Cancer Institute [www.cancer.gov](http://www.cancer.gov)

# Health Care

## Health & Safety Education

One out of three older adults falls each year. **Falls** are the most common cause of injuries that can make it difficult to get around and limit independent living. The risk can be reduced by exercise that increases strength and improves balance, medication review to reduce side effects and interactions, eye checks once a year, improved home lighting, and reduction of hazards in the home that can lead to falls. Tips on falling and other health related topics can be found at the U.S. National Library of Medicine's **MedlinePlus** at [www.medlineplus.gov](http://www.medlineplus.gov).

Also see **Exercise for Frail Seniors** (page 33), **Support Groups** (page 39), **Education** (page 27), and **Caregiver Education** (page 29).

### Alu Like, Inc.

Chronic Disease Self-Management Program  
458 Keawe St. Honolulu 96813

**535-6700**

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

### Alzheimer's Association

Maintain Your Brain: How to live a brain healthy lifestyle.

**591-2771**

[www.alz.org/Hawaii](http://www.alz.org/Hawaii)

### Arthritis Foundation, Hawaii Branch

Free arthritis education and wellness brochures.

**596-2900**

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

### CFS Gerontology Program

Child & Family Service [www.childandfamilyservice.org](http://www.childandfamilyservice.org)  
Chronic Disease Self-Management Program  
200 N. Vineyard Blvd. Bldg. B Honolulu 96817

**543-8468**

### Department of Emergency Management

(Formally Oahu Civil Defense)  
Classes on emergency preparedness.  
650 S. King St. Basement Honolulu 96813

**723-8960**

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

### Kokua Kalihi Valley (KKV) Elderly Services

Health Maintenance Program  
For elders residing in Kalihi Valley.

**848-0977**

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

will provide **private duty services** (private pay, usually for long-term). For private services, most agencies have a 2-4 hour minimum per visit and the care recipient must receive on-going services, typically a minimum of once or twice a week. Some offer temporary respite, live-in care, and/or travel assistance/escort. The lowest level of care typically starts at \$18-24 an hour and includes services such as companionship, house-keeping, and light meal preparation provided by staff often referred to as "companion aides" or "home helpers."

Rates are higher when hands-on services such as help with transferring, bathing, and toileting are provided by specially trained staff, usually by "personal care assistants," "home health aides" or Certified Nursing Assistants (CNA). Skilled care requiring Licensed Practical Nurses (LPN) or Registered Nurses (RN) can cost \$35-60 an hour or more. If your loved one could benefit from a social setting, also consider **Adult Day Care and Day Health** (page 34) which is a more affordable option.

When looking for any agency that provides employees who work in your home, make sure to inquire what kind of safeguards they have established to prevent adverse events. This would include things like insurance, bonding, background checks, accreditations, and certifications.

Listed below are licensed Home Health Agencies on Oahu. For a complete list of licensed Home Health Agencies statewide, go to the Office of Health Care Assurance website at [www.hawaii.gov/health](http://www.hawaii.gov/health), and under "Health Topics," click on "Elder Care." For reviews of Medicare certified Home Health Agencies, go to [www.medicare.gov](http://www.medicare.gov) and under "Resource Locator" click on "Home Health Compare."

## Home Health Agencies - Medicare covered services only

### Kaiser Home Health Agency

**432-5688**

### Prime Care Services of Hawaii, Inc.

**531-0050**

3375 Koapaka St. Suite I-570  
Honolulu 96819

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

### St. Francis Home Care Services

**534-0777**

P.O. Box 29700 Honolulu 96820

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

### Wahiawa General Hospital Home Health

**621-4438**

Serves Mililani to North Shore area.  
128 Lehua St. Wahiawa 96786

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

**Home Health Agencies - Medicare covered and private duty services.**

**Bayada Home Health Care** **591-6050**  
 615 Piikoi St. Suite 600 [www.bayadahomehealth.com](http://www.bayadahomehealth.com)  
 Honolulu 96814

**CareResource Hawaii** **599-4999**  
 680 Iwilei Rd. Suite 660 Honolulu 96817 [www.careresourcehawaii.org](http://www.careresourcehawaii.org)

**Castle Home Care (Medicare covered)** **263-5077**  
**Castle Community Care (Private duty)** **263-5078**  
 46-001 Kamehameha Hwy. [www.castlemed.com](http://www.castlemed.com)  
 Suite 212 Kaneohe 96744

**Kokua Nurses Home Health** **594-2326**  
 1210 Artesian St. Ste. 201 Hon. 96826 [www.hawaiiinursinghomes.com](http://www.hawaiiinursinghomes.com)

**Home Health Agencies - Private duty services only**

**Arcadia Home Care Services** **440-3041**  
 1660 S. Beretania St. Room 203 Honolulu 96826 [www.arcadia-hi.org](http://www.arcadia-hi.org)

**Attention Plus Care** **739-2811**  
 1580 Makaloa St. Suite 1060 Honolulu 96814 [www.attentionplus.com](http://www.attentionplus.com)

**Lou's Quality Home Health Care Services, LLC** **623-7109 or 754-3934**  
 P.O. Box 893224 Mililani 96789 [www.lousqualcare.com](http://www.lousqualcare.com)

**Wilson Homecare** **596-4486**  
 1221 Kapiolani Blvd. Suite 940 [www.wilsonhomecare.net](http://www.wilsonhomecare.net)  
 Honolulu 96814

**Personal Care**


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Health-related services provided in the home, including bathing and grooming. Also see **Home Health Agencies** (page 47) and "Home Health" in the Yellow Pages for more agencies. For hospice eligible clients, see **Hospice** (page 43).

**St. Francis Health Services for Senior Citizens** **547-6121**  
 Bathing service for frail seniors 60 years and older in their home.  
 P.O. Box 29700 Honolulu 96820

