

EAD: 2007 IN REVIEW

By Pat Tompkins, Chief Planner

AGING NETWORK SERVICE SYSTEM

With a Fiscal Year 2007 budget of \$6.2 million from local, state and federal sources, Elderly Affairs Division (EAD) provided a wide range of services for older adults through 31 contracts with 17 public and non-profit agencies.

- 5,100 older adults received a variety of in-home and community based services such as meals, personal care and transportation;
- 19,000 received additional services such as counseling, health promotion, housing and legal assistance;
- 1,000 family caregivers received a variety of assistance from case

management to supplemental services; and

- 1,800 family caregivers received information services.

Of those older adults and their care-givers receiving registered services:

- 36.1% live at or below the poverty level;
- 68% need assistance with an Activity of Daily Living or an Instrumental Activity of Daily Living;
- 8.1% live in rural areas;
- 26.9% are considered low-income minority.

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◀ EAD STAFF

FRONT ROW: Kelly Yoshimoto, Joel Nakamura, Pat Tompkins, Tony Baccay, Craig Yamaguchi, Eugene Fujioka

ROW 2: George Miyamoto, Mona Yamada, May Fujii Foo, Lei Shimizu, Lorraine Souza, Karen Miyake, Ashley Muraoka, Amy Noborikawa

ROW 3: Doug Gilman, Alex Blackwell, Roger Clemente, Donna DeBiasi, Jules Sullivan, Sara Voneida, Teresa Bright

ROW 4: Ariel De Jesus, Barbara Evans, Tauamatu Marrero, Sharra Feliciano, Susan Tambalo, Ryan Gallardo

ROW 5: Susan Miyamoto, Melanie Hite, Carlton Sagara, Johnell Yamamoto, Carolyn Tellio

KUPUNA CARE PROGRAM

The Kupuna Care Program provides assistance to frail older adults who cannot live at home without adequate help from family and/or formal services.

These services and number served include: Adult Day Care (14); Attendant Care (647); Case Management (749); Home Delivered Meals (1,945); Home-maker (146); Personal Care (471); and Transportation (581). Waitlists for the program continued to grow with an average of 314 people waiting for services at the end of each quarter.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (NFCSP)

Funding from the NFCSP provided support for family caregivers assisting older adults and minor relatives.

Services and number served include: Access Assistance (842); Case Management (116); Individual Counseling (331); Caregiver Support (268); Education/Training (319); Information Services (1,175); Legal Information & Assistance (690); Adult Day Care (33); Other Respite (70); Respite Linkage (52); and Supplemental Services (18).

Other activities under the NFCSP include: the **WE CARE** program that encourages Oahu employers to establish in-house caregiver support for employees; **Making the Link**, a program targeting medical personnel to identify caregivers and connect them to services; caregiver support sessions and pre-retirement training for City employees; and participation in the statewide Caregivers Coalition and its Advocacy Committee to support legislative bills.

OTHER AGING NETWORK SERVICES

Other services funded by the federal Older Americans Act and the number served included: Congregate Meals (1,535); Counseling (2,583); Escort (94); Health Education/Promotion (206); Health Screening/Maintenance (206); Housing Assistance (544); Information & Assistance (1,016); Legal Assistance (386); Literacy/Language Assistance (87); Nutrition Counseling (146); Nutrition Education (6,867); Outreach (4,156); Recreation (5,330); and Transportation (491).

Services and the number served funded by the State for 2 Senior Centers included: Assisted Transportation (23); Case Management (90); Counseling (30); Education/Training (790); Escort (16); Exercise/Physical Fitness (897); Friendly Visiting (29); Health Education/Promotion (1,838); Health Screening/Maintenance (876); Information & Assistance (22); Literacy/Language Assistance (19); Recreation (3,919); Telephone Reassurance (16); and Transportation (320).

The State continued to fund Project REACH, a case management program for seniors who do not meet the strict definition of abuse (dependent and in imminent danger) required to receive services from the State's Adult Protective Services unit. REACH services were provided to 71 seniors.

PROGRAM DEVELOPMENT AND COORDINATION ACTIVITIES

In support of the delivery and coordination of services to older adults, EAD staff completed the agency's Four Year Area Plan on Aging, implemented the Healthy Aging Partnership grant, advocated support for Older

Americans Act and aging issues, began implementation of a virtual Aging and Disability Resource Center, and provided technical assistance to service providers and others.

As part of community involvement, staff participated in several advisory councils, boards and planning groups. Among others, this included the Falls Prevention Coalition, Ha Kupuna: Native Hawaiian Resource Center, National Association of Area Agencies on Aging, Walkwise Hawaii, Physical Activity and Nutrition Committee, and 'Ohana Women's Health and Wellness Program.

SENIOR INFORMATION AND ASSISTANCE

In FY07, more than 45,000 people were reached by Information and Assistance staff through calls to the Senior Helpline, door-to-door community outreach, open markets, and housing projects. Walk-in sites at satellite city halls, senior clubs and group dining sites provided additional contacts as well as participation at community health fairs and group presentations.

HONOLULU COMMITTEE ON AGING

The Honolulu Committee on Aging, EAD's advisory body, provided data and information in the area of funding for senior services, livable communities, transportation and workforce development through its Planning, Education and Advocacy Subcommittee.

The Senior Recognition Subcommittee planned the Mayor's Annual Senior Recognition Program, Healthy Living by Sharing Aloha, held in April at the Sheraton Waikiki.

For more detailed information, contact Pat Tompkins at 768-7712. 

SURFING THE AGING NETWORK.COM

By Joel Nakamura

www.ltcfeds.com/documents/files/NAICShoppers_Guide.pdf Are you considering Long Term Care insurance? Is it right for you? Check out this comprehensive guide from the National Association of Insurance Commissioners.

www.medlineplus.gov Medlineplus provides authoritative health information on medications, health conditions, treatments and more.

www.aarp.org/families/home_design Learn about "Universal Design" and how modifications such as improved lighting can allow you to age-in-place in your own home.

www.diabetes.org 6.2 million people in the U.S. are unaware they have diabetes. The American Diabetes Association website has information; they also offer recipes and helpful tips for managing diabetes.

www.arthritis.org Arthritis and its related diseases affect 46 million Americans. The Arthritis Foundation website has excellent resources, including information on treatment options.

www.americanheart.org Do you know if you are having a heart attack or stroke? Heart disease is preventable but is still the number one killer. Find out how to reduce your risks from the American Heart Association.



Aloha!

This last issue of 2007 features our annual review of what has been accomplished to address senior needs, and an article about a relatively new problem, hoarding and cluttering, for which no services are readily available. An odd combination of topics, not entirely planned, but typical of what happens.

We accomplish a lot with limited resources and celebrate those accomplishments, but new issues emerge, as this group, called seniors, grows in numbers in an environment that constantly changes and challenges their capacities to cope.

Coping with traffic and staying safe as a pedestrian; coping with the flood of junk mail and those eager to scam; coping with a life lengthened with new medicines and technology. It's not easy being a senior and for many whose coping skills diminish with age, it gets harder and harder.

In addition to services, getting good information helps with coping. We've made strides to improve the way we communicate in 2007 and would like to thank **McNeil Wilson Communications, Design Asylum, American Savings Bank**, and **HMSA** for their contributions towards this effort. We now have a catchy tag line "Age Smart" which tells everyone to plan well and early. A new logo and look has resulted in a more readable newsletter and a Senior Handbook that has been a big hit. We also have a presence on the radio.

Next year will bring more challenges and we welcome you to help us in this effort. Best wishes for the New Year and call me at 768-7708 if you have interest in aging issues! ☺

Karen Miyake
County Executive on Aging



HOARDERS AND PEOPLE WHO CLUTTER

By Lei Shimizu, MSW

Who are hoarders and clutterers?

Television shows like “Mission Organization” have brought to the forefront this phenomenon often observed but rarely addressed. It has opened our eyes to thousands who may find themselves living in fear, isolation, shame and self neglect.

The elderly are particularly at risk. For many, it borders eccentricity; for others, it results in eviction notices and visits by social workers, police, and others.

WHY DO PEOPLE HOARD?

Dr. Harry Moody of the International Longevity Center said, “Hoarders are refusing to let go of the past.” He posited that our capitalistic society of “more is best” contributes to our “collecting our way into immortality.” Hanging on to our past creates a dead sea – water going in, but no water going out.

Referring to Erik Erikson’s last two stages of life, Generativity versus Stagnation, and Integrity versus Despair, we equate Generativity to generosity, or the giving of one’s self, and one’s stuff, and Integrity to the feeling of peace after having accomplished what was meaningful in life. Contrarily, we face Stagnation and Despair when, as a result of hoarding, we experience feelings of

being stuck, resentment, a sense of not having reached our goals in life.

HOARDING OR COLLECTING?

There is a difference between hoarding and cluttering, and collecting. According to Dr. Monika White, President and CEO for Healthy Living, cluttering has a disorganized environment while collecting has order and value.

Dr. White states that hoarding and obsessive compulsive behavior is partly genetic and partly learned. Hoarders tend to mimic the life style of parents with obsessive compulsive disorder, have some degree of dementia, past experiences of deprivation, sentimental attachment to items, or a strong need to keep in control. The individual is unable to move on, perpetually living in the past.

The prevalence of hoarding is unknown because it is a very BIG secret. Doctors, lawyers, or anyone can be a hoarder. Between 18 to 42% of hoarders are diagnosed with obsessive compulsive behavior. 20% have dementia. They usually collect written materials (newspapers, magazines) that are in eye sight. It’s usually large quantities of the same item, of no evident value, or too much of an item that eventually gets ruined, such as 100 rolls of wet toilet paper.

Often we observe the “my neighbor is trying to poison me” syndrome. The individual is usually single, delusional, paranoid, isolated, suspicious, litigious, with some kind of impairment as hearing or vision loss, facing problems

of viction, nuisance, false complaints of fumes or radio static, or mistaken entries and theft; yet, there is rarely evidence to warrant official action.

INTERVENTION

For agencies like the Adult Protective Services (APS) to intervene, a written psychiatric evaluation, supporting a protective order, and ultimately a judge’s decision must occur, carefully protecting against discrimination and violation of rights to self determination. Further, social workers and other health and welfare professionals must determine that the least restrictive alternatives have been tried, and the individual lacks capacity to the point of endangering him/herself or others because of the hoarding behavior.

SOLUTIONS

What’s the solution? As a mental illness, a combination of medication and cognitive behavioral therapy, usually with the younger hoarder, has met with some success. It generally takes a year before positive changes can be appreciated. Other ideas across the nation have been:

- Develop a traveling social service unit, as in “Social Services on Wheels.”
- Have an on site volunteer social service unit, comprised of social work student interns.
- Condo associations contract with social workers specializing in aging.
- Focus on condo by-laws to include proactive clauses, stipulating





consequences for specific non-compliance issues, and follow through with them.

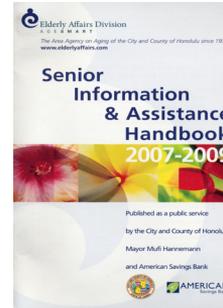
- Start the eviction process immediately, documenting meticulously to establish a track record.
- Call Elderly Affairs Division (EAD), Honolulu Gerontology Program, Catholic Charities, or APS when appropriate
- Implement a Specialized Task Force comprised of Police, Fire, Legal Aid, Association Boards, APS, EAD, Building/zoning code units, or Humane Society to triage cases monthly.
- Lastly, document, document, document. Establishing a track record is essential from any perspective: legal, social or medical.

Hopefully this segment of information can be useful to anyone who faces



challenges with this very special and unique group of individuals, and together, we can all make their lives and ours, a pleasant, peaceful, and productive one. When in doubt, call EAD at **768-7700**. 📞

SENIOR HANDBOOK UPDATES



The Senior Information and Assistance Handbook is published every two years by the

City and County of Honolulu, Elderly Affairs Division.

To help keep the public informed, we will be listing changes to handbook addresses and phone numbers in this newsletter on a regular basis. Changes will also be listed on our website www.elderlyaffairs.com.

We encourage everyone to notify our Senior Helpline **768-7700** of updates.

Page 9: Maui County Office on Aging's new address: 2200 Main Street, Suite 547, Wailuku, HI 96793.

Page 27: Foster Grandparent Program's new address and phone number: Waiakamilo Business Center, 420 Waiakamilo St., Suite 202, Honolulu, HI 96817. Phone number: 832-5169. 📞

BITS AND PIECES

By Tony Baccay

EAD WELCOMES:

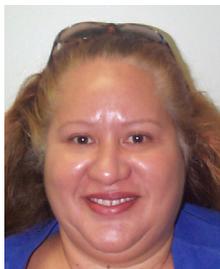


Sara Voneida is EAD's new Aging and Disability Resource Center (ADRC) Program Coordinator. She comes to the City with experience

in planning and delivery of supportive services for seniors, persons with disabilities, and caregivers, and spent the last five years working on a Long Term Care Integration Project which involved establishing San Diego's ADRC program. Sara has a Masters degree in Public Health, a Certificate in Gerontology, and a California Residential Care Facility for the Elderly Administrator's Certificate.

"EAD is well-positioned to develop a successful ADRC with its dedicated staff and leadership in the aging network," she said. "I am excited to be a part of Hawaii's ADRC team and look forward to working with everyone involved to develop an effective program."

NEW COMMUNITY SERVICE AIDES (CSA) ON BOARD:



Teresa Bright is no stranger to EAD. She is a former Kupuna Care Intaker who transitioned to a CSA. Teresa

keeps busy with business ventures and when she finds free time, enjoys lauhala weaving and spending time with her daughter. "For me working with our kupuna has been wonderful, knowing that I am helping and sharing information that will make their lives easier," Teresa said.



Donna DeBiasi is another Kupuna Care Intaker who made the transition to a CSA. Donna is a former flight attendant who enjoys scrap booking, beading, sewing, dancing hula and spending time with family and friends.

"I really enjoy working for EAD and helping the kupuna," she said. "What makes it worthwhile is seeing the kupuna's smile, the shine in their eyes when helping them with a service or just being there to talk with them makes me happy."



Ariel De Jesus, originally from Manila, Philippines, is married with 2 children. Since 1989, Ariel has been volunteering as an Emergency Management Responder with the Department of Emergency Management (formerly known as the Oahu Civil Defense).

"Working as a CSA is a commitment I have always had," Ariel said. "I look

forward to helping our kupuna in any way possible."



Ashley Muraoka believes that seniors have a lot of wisdom to share — and they are fun to be around.

"I am aware of the needs of the

elderly and their caregivers and I would love to provide as much assistance as possible," she said. "Aging in Place is a great concept and I hope to be a part of making it happen." Ashley is a graduate of the University of Hawaii with a BA in Sociology, Certificate in Aging, and a minor in Music. Her hobbies include knitting, going to the movies and music.



Johnell Yamamoto loves to travel and has been across the U.S.A, Japan and Europe. Her favorite country is Italy because of its food,

gelato, architecture and its rich history and art.

"I look forward to working with our seniors," she said. "I want to help them find the needed care and services available to them." Johnell graduated from the University of Hawaii with a BA in Communications. She is married and lists tennis and skiing as her favorite sports. 🌀

DANCE THE DAY AND NIGHT AWAY!

The Department of Parks and Recreation Senior Citizen Section is celebrating Valentine's Day with two events.

On Tuesday, February 12, 2008, the Senior Valentine Dance, "To You Sweetheart, Aloha," will be held at the Blaisdell Exhibition Hall, 9 a.m. – 12:30 p.m. This is your chance to dance with your favorite celebrities. Lots of Line Dancing. Admission is free. For information, call **768-3045**.

The Senior Valentine's Ball will be held on Thursday, February 14, 2008 at the Ala Wai Golf Course Palladium, 5:30 – 9:30 p.m. Tickets are \$6 and includes a bento dinner and ballroom dancing. The deadline for ticket purchase is February 1. Glide across the dance floor with the graceful Viennese Waltz, tantalize your partner with the staccato movement of the tango, or hop to the upbeat tempo of the quickstep. Dress for ballroom dancing. For information, call **973-7258**. ☎

HAWAII CAREGIVER COALITION

By May Fujii Foo

Congratulations to the Alzheimer's Association, a recipient for one of the 2007 Family Caregiver Awards. The awards program is part of a project that focuses on issues facing caregivers and their families. The project was launched by KHON2's Elderhood Project and the Hawaii Caregiver Coalition. Winners were featured on the morning news on November 29. Each week KHON will present current topics pertinent to older adults and their family caregivers.

Other upcoming events for 2008 planned by the Hawaii Caregiver Coalition include:

- A year-long Faces of Family Caregiving Campaign.
- The 4th Annual Holo Imua Kakou (Moving Forward Together) on January 15, 2008 at the Hawaii State Capitol. The Annual Meeting is scheduled from 12:30 to 2:30 p.m. A legislative reception will follow from 3 to 4:30 p.m.
- 2008 Family Caregiver Awards Program.

The Coalition was formed four years ago to develop partnerships at local and state levels to advance a coordinated approach to address the needs of Hawaii's family caregivers. The mission of the Coalition is to improve the quality of

life of those who give and receive care by increasing community awareness of caregiver issues through continuing advocacy, education, and outreach. The Coalition's goals include:

- Hawaii caregivers will be well-informed and organized into a caregiver network to better care for their loved ones and themselves.
- To identify gaps in services, to support projects and existing laws and policies, and to advocate for service expansion and policy formulation to fill those gaps.
- To promote education and outreach to non-professional caregivers, professional caregivers, the public at-large, and policy makers regarding caregiver needs, resources, and best practices.

As caregiving touches everyone in our community, there are over 40 organizations and individuals actively participating in the Coalition. If you would like to become a member or want more information about the Coalition, contact the EAD Senior Helpline at **768-7700**. ☎

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

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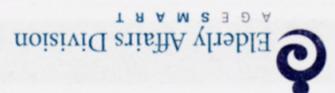
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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs. To be placed on the mailing list, please call 768-7700. Written contributions are welcomed.



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