



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

Agencies That Care About Growing Older

The Elderly Affairs Division has contracts with these agencies during July 2009 - June 2010 to provide a wide range of services and programs for older adults and their caregivers. Many other programs are available. To learn about options, call the **SENIOR HELPLINE, 768-7700** between 7:45 a.m. and 4:30 p.m., Monday through Friday except holidays.

CAREGIVER EDUCATION

◆ Alzheimer's Association

Information for caregivers who provide care to individuals with cognitive impairments, moderate and severe dementia, and Alzheimer's Disease.

Aloha Chapter, 591-2771.

www.alz.org/hawaii

◆ Caregiver Education Groups

City and County of Honolulu, Elderly Affairs Division, 768-7700.

www.elderlyaffairs.com

◆ University of Hawaii Elder Law Project

Legal Advice and assistance, education and community outreach. *William S. Richardson School of Law, 956-6544.*

◆ ORI Anuenue Hale

Caregiver training and information, **622-3929.**

CAREGIVER RESPITE

Respite provides temporary relief for caregivers in the home or in a facility.

◆ Caregiver Respite Program

A source for referrals of paid in-home companion aides to relieve caregivers. *Child & Family Service, Honolulu Gerontology Program,*

543-8405.

www.childandfamilyservice.org

◆ Caregiver Respite in Kalihi Valley

Training of respite aides, provision of respite services, **848-0977.**

www.kkv.net

◆ Respite Services

Information and assistance provided to caregivers needing respite. *Catholic Charities Hawaii, 595-0077.*

www.catholiccharitieshawaii.org

CAREGIVER SUPPORT GROUPS

Support groups offer emotional support, stress relief activities, counseling, and information.

◆ Caring for the Caregiver

Project Dana, 945-3736

www.moiiliihongwanji.org/Project_Dana_.htm

◆ Ohana Care

Child & Family Service, Honolulu Gerontology Program, 543-8468

www.childandfamilyservice.org

◆ Kalihi Valley Support Group

Kokua Kalihi Valley, 848-0977

www.kkv.net

◆ Tutu Support Group

Services for grandparents 55+ caring for relatives age 18 and younger. *Hawaii Family Services, Inc., 696-3482.*

CASE MANAGEMENT

◆ Senior Case Management

Assesses frail elders, develops a care plan and links clients to needed services. *Child & Family Service, Honolulu Gerontology Program, 543-8497.*
www.childandfamilyservice.org

◆ Case Management for Abused Elders (REACH)

Assesses frail elders in a potentially abusive situation or experiencing poor self-care. Develops a care plan and links clients to needed services. *Child & Family Service, Honolulu Gerontology Program, 543-8468.*
www.childandfamilyservice.org

◆ Ohana Care

Assesses caregiver's situation, develops a care plan and links to services, provides counseling, supplemental services, support groups. *Child & Family Service, Honolulu Gerontology Program, 543-8468.*
www.childandfamilyservice.org

◆ Case Management in Kalihi Valley

Assesses frail elders, develops care plan and links clients to needed services. *Kokua Kalihi Valley Elderly Services, 848-0977.*
www.kkv.net/elderlyservices.htm
Email: mcompton@kkv.net

OTHER INDIVIDUAL ASSISTANCE

◆ Homemaker Services

Provides light housekeeping assistance. *Child & Family Service, Honolulu Gerontology Program, 543-8497.*
www.childandfamilyservice.org
Kokua Kalihi Valley Elderly Services (for elders in Kalihi Valley), 848-0977.
www.kkv.net/elderlyservices.htm

◆ Chore Services

Provides heavy housekeeping assistance. *Child & Family Service, Honolulu Gerontology Program, 543-8497.*
www.childandfamilyservice.org
Kokua Kalihi Valley Elderly Services (for elders in Kalihi Valley), 848-0977.
www.kkv.net/elderlyservices.htm

◆ Paraprofessional Elderly Services

Paraprofessional counseling and escort. *Catholic Charities Hawaii, 595-0077.*
www.catholiccharitieshawaii.org

◆ Project Dana

Volunteers provide home safety assessments, friendly visiting, respite for caregivers, transportation to medical appointments and grocery shopping assistance for elderly persons. *Project Dana, 945-3736.*
www.moiiliihongwanji.org/Project_Dana_.htm

◆ Personal Care

Assists frail elders with bathing and grooming. *St. Francis Health Services for Seniors, 547-6121.*
www.stfrancishawaii.org/sfhs/ent/comm.htm

◆ Waikiki Friendly Neighbors

Volunteers assist isolated elderly persons in Waikiki by helping with errands, shopping, light housework, etc. and providing respite for caregivers. *Waikiki Health Center, 926-8032.*
www.waikikihc.org
Email: friendlyneighbors@waikikihc.org

HOME DELIVERED AND GROUP DINING MEALS

◆ Hawaii Meals on Wheels

Volunteers deliver hot meals to elders in Aiea, Ewa, Honolulu, Kailua, Kaneohe, Pearl City, Mililani and Waimanalo, **988-6747.**
www.hmow.org
Email: hmow@hawaii.rr.com

◆ Lanakila Meals on Wheels

Nutritious lunches, nutrition counseling and recreation activities provided at group dining sites (Kupuna Wellness Centers) island-wide. Meals also delivered to homebound elders. *Lanakila Pacific, 531-0555.*
www.lanakilapacific.org
Email: bmitsuda@lanakilapacific.org

HEALTH PROMOTION

◆ **Health Maintenance Program**

Exercise and health education program for frail and disabled elders. *Child & Family Service, Honolulu Gerontology Program, 543-8421.*

◆ **Health Maintenance Program, Kalihi**

Exercise and health education program for frail and disabled elders in the Kalihi Valley area. *Kokua Kalihi Valley, Elderly Services Program, 848-0977.*

◆ **Ke Ola Pono**

Chronic Disease Self-Management Program. Participants are taught how to problem-solve to self-manage and improve their health. Call **768-7700** for program sites.

HOUSING

◆ **Housing Assistance Program**

Helps elders find rental housing; manages small group homes. *Catholic Charities Hawaii, 595-0077.*
www.catholiccharitieshawaii.org

LEGAL ASSISTANCE

◆ **University of Hawaii Elder Law Project**

Legal advice and assistance, education and community outreach. *William S. Richardson School of Law, 956-6544.*
www.hawaii.edu/uhelp
Email: uhelp@hawaii.edu

SENIOR CENTERS

Group educational and social programs, individual assistance for seniors in their district.

◆ **Lanakila Multi-Purpose Senior Center**

Serves Fort Shafter to Ward Avenue residents, **847-1322.**
www.catholiccharitieshawaii.org
Email: ktakemoto@catholiccharitieshawaii.org

◆ **Moiliili Senior Center**

Serves Hawaii Kai to Makiki residents, **955-1555.**
www.moiliilicc.org/seniors.htm
Email: moisrctr@hawaii.rr.com

TRANSPORTATION

◆ **Catholic Charities Hawaii**

Transportation Services Program. Door-to-door or curb-to-curb van service to group dining centers, doctor's office, bank, etc., **595-0077.**
www.catholiccharitieshawaii.org

**For other senior services and community resources,
Call the SENIOR HELPLINE at 768-7700.**



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SENIOR INFORMATION AND ASSISTANCE PROGRAM

The Senior Information and Assistance Program is a special unit of the Elderly Affairs Division that provides the following services to help those who are 60 years and older and their caregivers.

- ◆ SENIOR HELPLINE telephone assistance
- ◆ Door-to-door outreach to seek out frail, isolated, and homebound elders
- ◆ Home visits for consultations, assessments, and referrals
- ◆ Follow-up on frail elders and caregivers
- ◆ Walk-in sites, speakers, and exhibits
- ◆ Senior Information and Assistance Handbook and brochures

A PERSON MAY NEED HELP WHEN HE OR SHE...

- ◆ Experiences steadily deteriorating health, weight loss, or poor self care
- ◆ Has problems with daily tasks - e.g. doesn't pay bills, forgets or refuses to take medicine, has difficulty preparing own meals
- ◆ Shows signs of isolation - e.g. disconnected phone, rarely leaves home, expresses loneliness
- ◆ Is at risk for falling or other accidents - e.g. has unexplained bruises/cuts, poor balance
- ◆ Lives in potentially dangerous conditions - e.g. cluttered apartment, inadequate lighting, home in disrepair
- ◆ Shows significant changes in usual behavior or activities - e.g. stops doing hobbies, exhibits extreme or bizarre behavior, trusts strangers
- ◆ Has memory problems that interfere with daily living - e.g. forgets to eat, leaves the stove on, becomes lost in familiar areas
- ◆ Lacks an adequate support system - e.g. family, friends, neighbors, church, agencies

TO FIND OUT WHAT TO DO NEXT, CALL THE

SENIOR HELPLINE 768-7700

www.elderlyaffairs.com