



I. Mission Statement

The Kaua'i Agency on Elderly Affairs as the designated lead County agency, plans, implements, supports, and advocates for the well-being of Kaua'i's older adults; and serves as a one stop source of information on long term care support options and services for all residents.

Vision Statements

- Kaua'i's older adults will live independently at home or in the community with dignity and respect.
- Kaua'i's family caregivers receive adequate support to care for their older adults.
- Kaua'i's older adults, persons with disabilities and family caregivers will make informed choices and have streamlined access to long term care support.

II. Department Goals

- A. Develop Hawaii's Aging and Disability Resource Center (ADRC) to its fully functioning capacity to serve as a highly visible and trusted place where all persons regardless of age, income and disability can find information on the full range of long-term support options.
- B. Enable older adults to remain in their own homes with a high quality of life for as long as possible through the provision of home and community-based services, including supports for family caregivers.
- C. Empower older adults to stay healthy using prevention and disease self-management strategies; and stay active and socially engaged through volunteer opportunities.
- D. Manage funds and other resources efficiently and effectively, using person-centered planning, to target public funds to assist persons at risk of institutionalization and impoverishment.
- E. Ensure the rights of older people and prevent their abuse, neglect and exploitation.

III. Program Description

A. Objectives

1. 1200 visits will be made annually by older adults, caregivers, and community-at-large at the ADRC website to access information.

2. By end of Year 1, Memorandum of Agreements (MoAs) will be established with 90% of identified partners relevant to AAA and the ADRC.
3. Minimum of 4 meetings will be planned and coordinated annually with ADRC partners.
4. Develop survey to collect input from ADRC partners annually.
5. 6000 Information & Referral contacts will be provided to older adults annually.
6. Conduct a minimum of one training annually for AAA staff and partners on the development of the ADRC.
7. Develop Information Technology infrastructure for ADRC.
8. A minimum of 6 contracts issued by start of federal or state fiscal year.
9. Monitoring done quarterly (desktop and site visits/meetings with providers).
10. 800 older adults receive home and community-based services.
11. 130 caregivers (including grandparents) receive support through Home and Community-Based services.
12. A minimum of 2 trainings/meetings per year will be coordinated for service providers.
13. Emergency Preparedness plans will be updated annually or as appropriate.
14. 8 Lay Leaders (LL) will be trained annually for the Better Choices, Better Health (BCBH) program.
15. 9 BCBH trainers and Lay Leaders will lead workshops annually.
16. 7 BCBH workshops/year will be provided.
17. 55 older adults will complete BCBH workshops/year.
18. Recruitment for participants and leaders will be done at all congregated sites.
19. 175 elders will participate in EnhanceFitness (EF) classes/year.
20. 8 EF classes will be maintained with fidelity with a minimum of 8 certified fitness instructors (regular instructors and subs) trained to teach EF.
21. EF New Instructor training will be conducted annually with a minimum of 2 new instructors trained.
22. 350 older adults will be engaged in volunteer opportunities through RSVP.
23. Develop hospital discharge planning model for Medicaid eligible clients to streamline access to services in the community by end of Year 1. (Kaua'i Care Transitions Program completed in Fiscal Year 2013.)
24. A minimum of 10 older adults who are discharged from KVMH will participate in their own plan of care for home and community-based services to support them living at home by the end of Year 2. (Kaua'i Care Transitions Program completed in Fiscal Year 2013.)
25. Develop written protocol for interagency referral for older adults not eligible for Medicaid for Community Living Program. (Completed)

26. 10 older adults will participate in person centered planning each year during grant period. (Community Living Program completed)
27. Database tracking of client service utilization and demographics will be completed.
28. Develop and distribute client satisfaction survey to all clients.
29. 400 older adults will receive legal assistance services.
30. A minimum of 6 partners/stakeholders will complete a Memorandum of Agreement.
31. Written protocol and procedures are developed for referral process and are appropriate.
32. Collaborate on a minimum of 12 potential elder abuse cases and scams, which may include financial exploitation, per year with a record of completion.
33. A minimum of 4 partner meetings per year will be held.
34. Conduct 1 annual evaluation of partnership/coalition.
35. Conduct minimum of 1 educational workshop or training annually on prevention and awareness.

B. Highlights

1. 48th Annual Older Americans Award

The 48th annual Older Americans Award Recognition Ceremony was held at the Kaua`i Beach Resort on Thursday, May 8, 2014. May is nationally celebrated as Older Americans Month and we honor Kaua`i's outstanding seniors for their contributions to the community, their personal achievements and accomplishments.

This year we honored 10 seniors who were nominated by organizations and individuals. The seniors nominated were: **Asako Iwamoto**, nominated by Lisa Murphy Allison of Kaua`i Government Employees Federal Credit Union; **Loren Johnson, Sr.**, nominated by Jessica Clabo of Kaua`i Habitat for Humanity; **Deloros Kaauwai**, nominated by Lisa Murphy Allison of Kaua`i Government Employees Federal Credit Union; **JoAnne Machin**, nominated by Momi Machado of Child and Family Service Nana's House; **Marilyn Matsumoto**, nominated by Paula Green and Herman Paleka of Lihue Senior Center; **Roy Miyashiro**, nominated by Naoko Ho of Waimea Senior Center; **Florentina Moreno**, nominated by Lourdes Domingo of Kekaha Senior Center; **Yukie Okino**, nominated by Kay Hill of Waimea Senior Center; **Aida Rajel**, nominated by Anne Miyamoto of the Foster Grandparent Program; and **Robert Sims**, nominated by Jiro Yukimura of East Kaua`i Y's Mens Organization.



Pictured from left to right front row: Asako Iwamoto, Aida Rajel, Roy Miyashiro, Florentina Moreno; back row: Deloros Kaauwai, Yukie Okino, JoAnne Machin, Marilyn Matsumoto, Mayor Carvalho, Robert Sims, and Loren Johnson, Sr. The theme for Older Americans Month was “Safe Today, Healthy Tomorrow” with a focus on taking care of ourselves today for healthier tomorrows.

2. The 41st Annual Volunteer Recognition Luncheon



The RSVP Annual Recognition Luncheon was held at the Kaua`i Beach Resort last December 12, 2013 and it very successful. It was attended by more than 200 volunteers together with the CNCS State Program Director Laurie Cannady, local dignitaries and public officials. There were 3 awardees with 25 years of volunteer service.

C. Activities

1. On January 20, 2014, Americans of all ages and backgrounds celebrated Dr. King's life through service projects that strengthen communities, empower individuals, bridge barriers, and create solutions.



Kaua'i RSVP observed the day by launching its project of giving back to the homeless veterans through the Hygiene Collection. The collection drive outcome was overwhelming. Planned for 50 kits but the total collection was over 100 kits. Kaua'i RSVP provided 34 kits to the Point in Time Homeless Count Project and the rest of the kits to veterans in need through the Veterans Clinic.

2. Kaua'i RSVP volunteers supported organizations in their fund-raising activities.



Volunteers at the Wilcox Hospital Gift Shop raised money for the purchase of equipment for the hospital.



Volunteers for the Muscular Dystrophy Lock-up Program raised funds to assist families with neuromuscular disease.

3. The Kaua'i RSVP Advisory Board sponsors an ongoing educational outreach project on the importance of the Emergency Medical Technician magnets. Volunteer, Dennis Pezzato, PhD, does the educational presentations and distribute the EMT's.



Volunteers, pictured above, are assembling the EMT's for distribution during Outreach sessions.

4. The 2nd Proclamation for Mayors Day of Recognition for National Service was held last April 1 and it was attended by representatives of the different national service organizations – VISTA, AmeriCorps and Senior Corps (Foster Grandparent Program, Senior Companion Program and RSVP).



IV. Program Measures - Accomplishments/Evaluation

A. Aging and Disability Resource Center (ADRC)

1. Hi`i Ola Program (Hawaii Health Connector)

The County of Kaua`i Agency on Elderly Affairs conducted over 453 cases in the Hi`i Ola Program in the past 7 months (January to July 2014). Our goal outlined in our contract was to provide 300 cases within a 12 month period. We provided 150% of our goal within the seven month period of time.

The numerous 1-on-1 consultations provided to consumers with information about the Health Reform Act and assistance with Medicaid applications and qualified health plan applications through the Hawaii Health Connector's Marketplace, equaled to an astounding 523 Education Activities from January to July 2014.

Over the short time period of seven months, Outreach Activities were planned on a grassroots level: soup kitchens, food pantries, community meetings, farmers' markets, small individual business owners, neighborhood shopping strip malls, senior clubs, etc. This worked out fine for our organization as we conducted approximately 214 Outreach Activities.



Pictured above is Pam Schrack, one of five Hi'i Ola Program Kokuas, providing outreach at the Tropic Care Event at Kapaa Middle School.

2. Certified Information and Referral Specialists on Aging (CIRS-A)
There are 12 staff including Edith Abigania, Lito Asuncion, Kathy Coil, Patricia Gonsalves, Julie Kajiwaru, Gale Kashuba, Emrids Kiamzon, Rose Manago, Charlyn Nakamine, Iris Parongao, June Renaud and Kealoha Takahashi who are Certified Information and Referral Specialists on Aging (CIRS-A). The AIRS Certification Program awards professional credentials internationally to individuals. It is recognition of demonstrated competencies in the field of information and referral (I&R) that include the knowledge, skills, attitudes and work-related behaviors needed by I&R practitioners to successfully execute their duties.
3. There were a total of 5,374 visitor sessions made on the www.kauaiadrc.org website from the period of July 1, 2013 to June 30, 2014.
4. A total of 8,346 Information & Referral contacts were made assisting individuals with available services and making linkages to appropriate agencies.
5. Strategic Plan and Marketing Plan were developed and may be downloaded from publications tab on the www.kauaiadrc.org website.

6. Informational Meeting with Martha Roherty and Mike Hall from National Association of States United for Aging and Disabilities and Sandy Markwood from National Association of Area Agencies on Aging was held on November 4, 2013.

B. Home and Community-Based Services, including supports for family caregivers

1. In Fiscal Year July 1, 2013 to June 30, 2014, Kaua'i seniors enrolled for personal care, homemaker, home delivered meals, transportation, adult day health/care and case management services totaled 584 unduplicated.
2. AEA staff conducted 505 home visits assisting our kūpuna and family caregivers obtain needed respite services, and/or sign up for government programs such as Medicare and Medicaid.
3. Alzheimer's Association, Aloha Chapter, provided caregiver training and successfully completed the "What Now." The course provides caregivers with the information and resources they need to make caregiving a more reasonable experience.

C. Stay healthy, active and socially engaged.



1. Above photo of participants and AEA staff at a recent Better Choices, Better Health (BCBH) workshop.

The BCBH workshops are a fun, interactive way for persons with chronic health conditions to gain knowledge in and practice ways to better self-manage their health. Participants meet once a week for 6 weeks with 2 facilitators. KAEA provides two evidence-based

programs, Better Choices, Better Health and the EnhanceFitness program for Kauai’s seniors. Both help our Kupuna to stay healthy and active, as they age well, and live well.

One participant commented: “Being only a six-week commitment made it desirable to me. Once a week was good because it gave me time to do other things. This program was ‘doable.’

“The Action Plan was terrific! It took me a while to understand it. John gently kept telling me to limit the scope of my plan (to clean my desk). It took some prodding, but finally I caught on and limited my week’s plan to just the top of my desk. It seemed ridiculous at the time, but when I accomplished the task, it was a positive 10! Now I know why I was having difficulty doing household tasks. Previous to this, I had thought of hiring someone to assist me with my housecleaning. Now, I feel more confident and will be able to help myself—just take one small task at a time.”

2. Seniors enrolled in the popular EnhanceFitness programs throughout Kaua’i totaled 203. This is a nationally recognized low-impact aerobics class for seniors. The oldest participant is 95 years old. There are seven sites with nine classes on the island; all sites currently have a wait list. Due to the waitlist for EnhanceFitness, options of other physical activities are provided.
3. Pictured below at the completion of New Instructor Training from left to right: Johnny Yago, Program Coordinator; Kay Holt, Master Trainer; Kimberly Mohler, New Instructor; Natalie Senyk, New Instructor; Chelci Lamay-McVay, New Instructor; and Carol Arreola, Instructor. AEA is truly grateful to the commitment of the Certified EnhanceFitness Instructors, who have played a major contributor to the success of the program.



4. EnhanceFitness Testimonial from a participant stated: “Shortly after a third session of EnhanceFitness was opened, I signed up and began attending the exercise classes three times a week. For a person who had been physically or socially inactive since 1997, any exercise program sounded very intimidating in many ways. Observing and then participating in this program has been rewarding. Now I am able to raise my right arm straight up without assistance from the left arm. This was the first improvement I notices within a month or two of beginning EnhanceFitness. This realization made me so excited; it was such an ego booster for me since I was resigned to the fact that I would never be able to fully raise my right arm.”

D. Rights of Older Adults

1. Legal Aid Society of Hawaii served 334 persons providing the legal assistance services.
2. Elder Law Day was held; 150 participants on elderly abuse prevention, scams and frauds, advanced health care directives, will and trusts were topics of discussion at this event.
3. Legal Aid Society of Hawaii created a new partnership with Alu Like, Inc. to conduct on-site services at the Waimea and Anahola Kupuna Group meetings in order to reach the elderly of Hawaiian decent and those who do not have transportation. Presentations on the issues of Advance Health Care Directives, Powers of Attorney, Estate Planning and Frauds & Scams were conducted at these group meetings as well as at the Waimea Senior Center and the Lihue Senior Center.

V. **Budget**

The program year for the Federal Title III B, Title III C, Title III D, Title III E and State Purchase of Service grants is from July 1, 2013 to June 30, 2014. Fiscal resources for this period were:

<u>Federal:</u>	<u>FY 14</u>
Title III B Support Services	\$223,042.75
Title III C-1 Nutrition, Congregate	123,031.25
Title III C-1 Administration	55,532.00
Title III C-2 Nutrition, Home-Del.	89,084.75
Title III D Health Promotion	7,662.00
Title III E Caregiver Support Program	56,962.75
RSVP	<u>62,847.00</u>
	\$618,162.50
<u>State (Purchase of Service):</u>	
Adult Day Care	118,960.00

Case Management	65,325.00
Homemaker/Housekeeping	110,244.00
KC Transportation	140,934.00
Nutrition	225,067.00
Personal Care	142,870.00
Chore	0
Elder Abuse Prevention	22,610.00
Area Agency Administration	68,287.00
	<u>\$894,297.00</u>
<u>County:</u>	
County General Funds	<u>\$1,212,809.00</u>
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TOTAL (FY2014)	\$2,725,268.50

VI. Statistics

A. Kupuna Care Services(State)

	<u>'14 Estimate</u>	<u>'14 Actual</u>
<u>Adult Day Care</u>		
To provide frail, disabled and/or cognitively impaired older persons with supervision at an Alzheimer's Day Care; to provide restorative or rehabilitative services for older adults.		
# of older adults served	30	32
# of units	15,491	15,492
<u>Case Management</u>		
To provide case management services to functionally dependent older adults.		
# of older adults served	90	52
# of hours	871	215
<u>Home Delivered Meals</u>		
To deliver meals to homebound older persons five days a week.		
# of older adults served	350	332
# of meals	52,315	53,911

	<u>'14 Estimate</u>	<u>'14 Actual</u>
<u>Homemaker/Housekeeping</u>		
To provide homemaker/ housekeeping service to frail, older individuals.		
# of older adults served	50	32
# of hours	3,499	2,657
 <u>Kupuna Care Transportation</u>		
To provide curb to curb service with a helpful driver.		
# of adults served	125	133
# of one-way trips	15,100	16,630
 <u>Personal Care</u>		
To provide personal assistance for frail, older adults.		
# of older adults served	60	28
# of hours	3,411	4,030

B. Federal Services

<u>Congregate Meals</u>		
To implement a nutrition program which provides older individuals with congregate meals and nutrition education sessions.		
# of older adults served	210	199
# of meals	11,500	10,194

<u>Family Caregiver Support</u>		
<u>Caregiver Counseling and Training</u>		
To provide counseling and training for individuals who are caregivers of frail elders.		
# of caregivers	200	151
# of counseling sessions	125	431
# of training sessions	8	103
# of support group sessions	40	182
# of information activities	7	9

	<u>'14 Estimate</u>	<u>'14 Actual</u>
<u>Grandparents Raising Grandchildren</u>		
To provide counseling and training for individuals who are caregivers of children (infant-17years old).		
# of respite care	20	12
# of support group sessions	20	820
 <u>Legal Assistance</u>		
To provide legal assistance services to older vulnerable individuals		
# of older adults served	425	334
# of hours	1,200	1,632
 <u>Respite Care</u>		
To provide caregivers a brief period of relief or rest by providing in-home respite services.		
# of older adults served	8	19
# of hours	962	1,379
 C. Other Federal Grant		
 <u>RSVP</u>		
To provide volunteer opportunities.		
# of RSVP volunteers	350	289
# of volunteer hours	35,000	31,533
 D. Direct Services		
 <u>Information & Referral</u>		
To provide information on available services and make linkages to appropriate agencies.		
# of older adults served	1,400	1,526
# of information and referral contacts	8,000	8,346

<u>Outreach</u>	<u>'14 Estimate</u>	<u>'14 Actual</u>
To identify potential clients.		
# of older adults identified/registered	1,200	919
# of activities	12	60
 <u>Telephone Reassurance</u>		
To make phone contact with isolated seniors.		
# of older adults served by a caller	20	11
# of phone calls	1,949	262
 <u>Friendly Visiting</u>		
To provide companionship.		
# of older adults served by a friendly visitor	50	14
# of visits	751	72

VII. Holo Holo 2020 Projects & Status

A. EnhanceFitness Program

The program has served 203 participants this past fiscal year for a total of 12,122 sessions. Fitness Checks evaluate participants' progress and indicate that Kaua'i s participants have shown improvements in strength (lower and upper body) and reduction in falls. Participants have expressed their appreciation for the program as it has helped them with their energy, stamina, strength and balance. An added benefit is their opportunity to meet new people and develop new friendships in this group design exercise setting.



The chart below shows the current number of enrolled participants and those on a waitlist as of 8/26/14:

Site	# enrolled (max. 22)	# on waitlist
Kekaha	22	1
Waimea	22	5
Hanapepe/Kaumakani	22	9
Kōloa	22	6
*Lihue	22	27
*Lihue II	22	17
Lihue III	22	6
Kapaa	22	11
Kīlauea	22	2

*13 are on both Lihue and Lihue II waiting list; *2 are on Lihue III

B. Support Grandparents Raising Grandchildren

The 8th Annual Na Keiki Aloha O Na ‘Ohana Conference was held at the Kaua`i Beach Resort on October 25, 2013. The conference was enjoyed by all, caregivers and agency staff. Caregivers in attendance strongly agreed that the information shared was useful. The guest speaker was Gerry Silva, AARP President. He spoke on “Find Your Way Around the Health Care Law.” The featured speaker was Dennis Kauahi who spoke on *“Ka Makana Na ‘auao ‘o Nā Kupuna: The Gift of Wisdom of Our Ancestors, The Hawaiian Family System.”*

One participant commented on Dennis Kauahi’s presentation: “I enjoyed his presentation of our roots and the development over time from a self-sufficient, self-sustaining inclusive society to a present day system which has devastated and caused many to be incarcerated. I appreciated his unique presentation of Queen Lili‘uokalani’s response to the overthrow. The ho‘oponopono process need to be further developed so our families today can use it.