



Agency on Elderly Affairs

Fiscal Year 2019 Annual Report

July 1, 2018 – June 30, 2019

Kealoha Takahashi
Executive



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. Maximize opportunities for seniors to age well, remain active and enjoy quality lives while engaging in their communities.
- B. Forge Strategic Partnerships and Alliances that will give impetus to meeting Hawai'i's Greatest Challenges for the Aging Population.
- C. Develop a statewide ADRC System for Kupuna and people with disabilities and their Ohana and caregivers to access and receive long-term support services (LTSS) information and resources within their respective Counties.
- D. Enable people with disabilities and older adults to live in the community through the availability of and access to high-quality long-term services and supports, including supports for families and caregivers.
- E. Optimize the health, safety and independence of Hawai'i's older adults.

III. PROGRAM DESCRIPTION

A. Objectives

1. Three hundred fifty (350) older adults will be engaged in volunteer opportunities through RSVP.
2. Offer seven (7) Better Choices Better Health Program (BCBH) workshops each year.
3. Leverage available funding to increase the current number of EnhanceFitness Program participants by 5% annually.
4. Explore development of a coalition of transit service providers.
5. Explore a referral system to establish access to in-home mental health services.
6. Attend advocacy meetings to support efforts to increase pedestrian safety, annually.
7. Establish and update Memoranda of Understanding (MOUs) with government, disability, aging, health care and business agencies/ organizations, annually.
8. Support State's efforts to integrate a No Wrong Door Model of a statewide ADRC System.
9. Update of the resource database in the Kaua'i ADRC website, annually.
10. On-going implementation and improvements of options counseling service/person centered planning.
11. Increase the number of identified older adults and people with disabilities by 15%, annually.
12. Establish a pool of vendors to allow participants more choices.
13. Develop and distribute quality of in-home services survey, annually.
14. Expand educational opportunities for Kaua'i's older adults and caregivers to include conducting mini educational workshops throughout the community, annually.
15. Establish accessible emergency safe havens for vulnerable elders.
16. Annual updates of individual emergency disaster plans.
17. Implement a low cost home modification program to minimize falls among 85+ year olds.

B. Highlights

1. 53rd Annual Older Americans Award

The 53rd Annual Older Americans Award Recognition Ceremony held at the Kaua'i Beach Resort on Friday, May 3, 2018 honored nineteen outstanding Na Kupuna for their contributions to the community, their personal achievements and their accomplishments. This year's theme, "**Connect, Create, Contribute**," encourages older adults and their communities to: 1) Connect with friends, family, and local services and resources; 2) Create through activities that promote learning, health, and personal enrichment; 3) Contribute time, talent, and life experience to benefit others. The Office of the Mayor and Agency on Elderly Affairs celebrates Older Americans Month to focus on how Kupuna in our community are participating in activities that promote mental and physical wellness, offering wisdom and experience to the next generation. No matter where you are in your life, there is no better time than now to join in and "Connect, Create & Contribute!"



Pictured from left to right front row: Honorees Gary Pacheco, Phyllis Meighen, Magdalen Mission, Estelita Manglinong, Maryanne Kusaka, vacant seat for Annie Kanahale who passed away prior to photo, Dawn Kawahara, Jean Dobashi, Catherine Butler, Kay Naito and Elyse Litvack; 2nd row: Guy Ambrose, Neil Brosnahan, Carl Todd, Manuel Pascua, Richard Ueoka, Mayor Derek S.K. Kawakami, Juliet Souza, Wayne Medeiros and Eric Normeier.

2. Older Americans Month Festival



Celebrating Older Americans Month Festival at Kukui Grove Food Court

The Kaua'i Agency on Elderly Affairs in partnership with Kukui Grove Shopping Center hosted its Older Americans Month Festival at the Kukui Grove Food Court on Friday, May 10. The event featured entertainment by Alu Like Kupuna, line dancing, Filipino dance and Tai Chi. Vendors included agencies who assist seniors and organizations that offer opportunities for older adults to volunteer their skills and expertise to the community. An abundance of door prizes rounded out the festivities.

3. 2018 Annual RSVP Recognition Luncheon

Two hundred thirty five including volunteers, volunteer station coordinators and elected officials attended the annual recognition event held on Friday, December 14, 2018, at the Kaua'i Beach Resort. RSVP's annual event honors and recognizes service efforts of over 375 volunteers. This past fiscal year, volunteers served 34,249 hours at more than 30 volunteer stations island wide including local nonprofit organizations, government agencies, hospitals, churches and museums. RSVP, Retired & Senior Volunteer Program, a Senior Corps program of the Corporation of National and Community Service, provides meaningful and rewarding opportunities for persons aged 55 and better to meet critical community needs.



Volunteers recognized for 30 years of service pictured above, seated from left (the late) Misao Tamura, Kay Matsuwaki and Dorothy Higuchi. Honored guests standing from left are Kealoha Takahashi, Mayor Derek S.K. Kawakami, Carrice Gardner, Kaulana Finn, Donna Olivas-Kaohi, Gerald Ako, Council Chair Arryl Kaneshiro and Council Members KipuKai Kualii and Felicia Cowden.

C. Activities

1. Kaua'i RSVP – 2018 September 11th National Day of Service and Remembrance



Thankful recipient



Members of Kaua'i Veteran's Council & VA Kaua'i Community Based Outpatient Clinic staff

As part of September 11 National Day of Service and Remembrance, RSVP Advisory Board chose a project honoring homebound veterans. Gift bags contained a letter of appreciation, informational brochures,

lunch tote, plastic portfolio document holder and a gift card to local vendors. Gift cards were purchased through donations received at collection drives held during the month of September and a generous donation from the RSVP Advisory Board. Gift bags were distributed through the help of AEA's Information & Referral staff, members of Kaua'i Veteran's Council and VA Kaua'i Community Based Outpatient Clinic staff.

2. Kaua'i RSVP – Diabetes Self-Management Program.



Diabetes Self-Management Workshop Participants and Leaders

RSVP volunteers assisted in leading Diabetes Self-Management workshops. The DSMP workshop and materials are part of an evidence-based program developed by Stanford University. With the number of adults in Hawai'i diagnosed with diabetes, these volunteers continue to lead workshops in the community to help participants better manage their health.



Volunteers & members of Kaua'i RSVP Advisory Board

3. Symposium

The Symposium for Building a Dementia Friendly Community was held on Thursday, August 22, 2019 at the Kaua'i War Memorial Convention Hall. Dr. Ritabell Fernandes and Dr. Pezzatto were presenters. The vendor tables will re-open after the session. Enhanced Fitness Master Instructor Kay Holt will start the program with a short exercise routine starting at 8:45 a.m.

IV. 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, 2018 to June 30, 2019. Fiscal resources for this period were:

<u>Federal:</u>	<u>FY 19</u>
Title III B Support Services	\$225,146.00
Title III C-1 Nutrition, Congregate	100,000.00
Title III C-1 Administration	58,344.00
Title III C-2 Nutrition, Home Delivered Meals	124,564.00
Title III D Health Promotion	8,951.00
Title III E Caregiver Support Program	66,431.00
RSVP	70,347.00
NSIP	<u>43,103.00</u>
	\$696,886.00
 <u>State (Kupuna Care):</u>	
Adult Day Care	88,449.00
Case Management	70,000.00
Homemaker/Housekeeping	98,644.00
KC Transportation	135,000.00
Nutrition, Home Delivered Meals	288,536.00
Personal Care	115,642.00
Chore	0
Elder Abuse Prevention	22,610.00
Area Agency Administration	<u>33,177.00</u>
	\$758,263.00
 <u>State (Other)</u>	
Healthy Aging -BCBH	0
Healthy Aging -EnhanceFitness	0
ADRC	2,790.00
Kupuna Caregiver Program	<u>62,815.00</u>
	\$917,663.00
 <u>County:</u>	
County General Funds	<u>\$1,376,261.00</u>
	\$1,376,261.00
 TOTAL (FY2019)	 \$2,990,810.00

V. ACCOMPLISHMENTS/EVALUATION

A. Kupuna Caregivers Program

On July 2017 Governor David Ige signed into law the Kupuna Caregivers Program (*Act 102 (HB607, CD1), 2017 Legislative Session*). The Kupuna Caregivers Program (KCG) provides financial assistance for support services to working caregivers of older adults to remain in the workforce.

On June 2019 Governor Ige signed into law Act 126 (*SB1025 SD1 HD2, 2019 Legislative Session*) relating to the Kupuna Caregivers Program which provided additional financial assistance (\$1.5 mil) for support services. This supports the working caregivers of older adults so they can remain in the workforce. Act 126 changed the program funding allocation cap to \$210 per week and authorizes the State Executive Office on Aging to adopt administrative rules to implement and administer the program.

The goal of the program is for caregivers to maintain employment and reduce their level of stress. Help family caregivers from taking leaves from work or leaving the workforce entirely, so the family caregiver will not have to sacrifice their financial future to care for a loved one.

The Agency on Elderly Affairs has contracted with Kaua'i Adult Day Health Center to provide adult day care services and currently serving eight employed caregivers.

B. Kaua'i RSVP – Volunteer Program

Three hundred seventy-nine active volunteers engaged in service opportunities provided 34,249 hours of service. Mailed out 379 volunteer satisfaction surveys and received 215 responses. There were 196 volunteers satisfied with assignments and 205 volunteers would recommend volunteering with RSVP to others. Primary reasons for volunteering: makes me feel good by keeping active and my brain healthy; and fills a need to help other people or the community. Hundred seventy-five volunteers strongly agrees that they do not feel lonely because they volunteer.

Community needs are many, but social service agencies are unable to meet those needs due to lack of funds and limited staff. Volunteers help with fund-raising activities at Habitat for Humanity, Hanapepe Salvation Army, National Botanical Gardens and Rotary Club of Kapaa. These organizations are able to leverage these cash resources in numerous ways that make these organizations more efficient in providing services to help strengthen our community.

C. Completed client satisfaction surveys.

Distributed survey for **home-delivered meals** to 250 participants and 44% responded with 100% of respondents are very satisfied with the meals. Comments received: clients are very fortunate that this program exist; it is

a great service to the homebound elderly; relieve burden of preparing food and help with the budget; lunches are delicious and nutritious; pleasant and friendly deliverers are the only contact for most days.

Distributed survey for **congregate meals** to 161 participants and 58% responded; 76% of respondents go to the congregate meal sites because they enjoy socializing. Another reason is because participants enjoy the meals and the activities provided. Seventy-two percent (72%) of the participants have the congregate meal as their main source of nutrition. Comments received: food improved over last year; grateful for this service and meals help financially, especially to seniors with low-income.

Distributed survey for **homemaker** to 47 participants and 49% responded; 70% completed the survey themselves; 96% indicated that workers worked as long as scheduled; treated with courtesy and respect; treated the way they wanted to; workers explained things in a way easy to understand; listened carefully; and workers were on-time. There are two service providers, BAYADA (22) and Regenerative (25).

Distributed survey for **personal care** to 16 participants and 63% responded; 50% completed the survey themselves; 80% would recommend the workers to others needing personal care; 90% indicated that the workers are mostly on-time, work as long as they are supposed to and 100% indicated that the workers treated them with courtesy and respect. There are two service providers, BAYADA (14) and Regenerative (2).

Distributed survey for **transportation** to 67 participants and 48% responded; 94% of respondents are satisfied with the transportation service; received good to excellent service; remained independent. Main reasons for the use of the transportation service is for medical appointments and Adult Day Care.

VI. Statistics

A. State Funded Services

Adult Day Care

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

33

of units

9,585

11,115

Case Management

To provide case management services to functionally

dependent older adults.		
# of older adults served	90	159
# of hours	846	793

Home Delivered Meals

To deliver meals to homebound older persons five days a week.

# of older adults served	300	301
# of meals	39,623	44,672

Homemaker/Housekeeping

To provide homemaker/housekeeping service to frail, older individuals.

# of older adults served	35	54
# of hours	1,975	2,391

<u>Kupuna Caregiver Program</u>	<u>2019 Estimate</u>	<u>2019 Actual</u>
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To support employed caregivers in addition, provide adult day care services.

# of employed caregivers	7	8
# of days	1,680	1,234

Kupuna Care Transportation

To provide curb to curb service with a helpful driver.

# of adults served	130	86
# of one-way trips	15,100	10,039

Personal Care

To provide personal assistance for frail, older adults.

# of older adults served	25	26
# of hours	2,135	2,016

B. Federal Grant Funded Services

Congregate Meals

To implement a nutrition program which provides older individuals with congregate meals and nutrition education sessions.

# of older adults served	200	196
# of meals	10,600	9,345

Family Caregiver Support
Caregiver Counseling and Training

To provide counseling and training for individuals who are caregivers of frail elders.

# of caregivers	200	105
# of counseling sessions	93	96
# of training sessions	8	18
# of support group sessions	40	45
# of information activities	7	16

Grandparents Raising Grandchildren 2019 Estimate 2019 Actual

To provide counseling and training for individuals who are caregivers of children (infant-17years old).

# of respite care	5	14
# of support group sessions	18	19

Legal Assistance

To provide legal assistance services to older vulnerable individuals

# of older adults served	300	364
# of hours	1,295	1,305

Respite Care

To provide caregivers a brief period of relief or rest by providing in-home respite services.

# of older adults served	10	14
# of hours	993	1,013

C. Other Federal Grant

RSVP

To provide volunteer opportunities.

# of RSVP volunteers	350	379
# of volunteer hours	35,000	34,249

D. Direct Services

Information & Referral

To provide information on available services and make linkages to appropriate agencies.

# of older adults served	1,400	1,713
# of information and		

referral contacts	6,700	6,090
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Outreach

To identify potential clients.

# of older adults identified/registered	1,006	904
# of activities	12	39

VII. Other Projects & Status

- A. Provide Better Choices, Better Health workshops, which includes Chronic Disease Self-Management Program and Diabetes Self-Management Program and EnhanceFitness classes.

EnhanceFitness has had a positive impact on a participant who completed a 10th year fitness check at 95 years old. Her baseline fitness check was 18 chair stands within 30 seconds; 11 repeating arm curls within 30 seconds; and completed 8' up and go (stand up from sitting position, walk 8' around a cone and return back to sitting position) within 6 seconds. Tenth year fitness check, participant completed 17 chair stands within 30 seconds; 10 repeating arm curls; and 7.66 seconds for 8' up and go.

There are 216 participants in EnhanceFitness classes. There are 7 classes at 6 sites: Kekaha Neighborhood Center (N/C), Hanapepe N/C, Koloa N/C, Lihue N/C, Kapaa United Church of Christ and Kilauea N/C.

- B. Provide personalized counseling and assistance to help consumers choose their Medicare benefits, including Medicare Advantage, Medicare Part D prescription drug coverage and Medigap coverage.

Since April 1, 2017, KAEA has completed 464 assessment sessions with 379 consumers; agency logged 1,097 calls on health insurance; and provided 79 public awareness and media events reaching 2,979 consumers.

- C. Promote and increase public awareness of the Agency on Elderly Affairs/Aging and Disability Resource Center through media and outreach events as a valuable resource for older adults, people with disabilities and family caregivers.

Conducted outreach events throughout the island coordinating with partner agencies at the following locations and events: AARP Caregivers Conference; AEA Symposium; Wilcox Hospital- Diabetes Meeting; Hooluana Hanalei Foodbank, ILWU Pensioners Picnic, Ohana Sports Medicine, County Fair; Elder Law Day, Aloha Care Provider Training; County Health and Wellness Fair; Princeville Foodland; Legislative Forum; Hanalei Big Save; Kaua'i Bible Church; Salvation Army Hanapepe; Hyatt Health and Wellness Outreach; Alzheimer's Association; Kekaha Community Meeting; KKCR Radio Station Talk Show; Lihue Rotary Club; HGEA-HSTA Meeting; Tutu and Me Traveling Preschool Anahola and

Kapaa; Wainiha Community Meeting; Chamber of Commerce; County Housing Department; Waimea High School Health Fair; Med-Quest Office; Foodbank Hanalei; Lihue & Kaikea Firestations; Price Kuhio Festival; Immaculate Conception Prayer Shawl Ministry; Lihue Honwanji; Older Americans Festival; Regency at Puakea; Lihue Neighborhood Center; Mahelona Hospital Staff; Wilcox Physician's Group; Lihue Court Townhomes.

Media coverage included article on Kupuna services offered to promote fall prevention, wellness; article on Medicare open enrollment period begins October 15 to December 7, 2019; KONG radio promo on Lay Leader Training; and Radio ads on Falls Prevention.

- D. Promote Fall Prevention and Wellness Program, a multi-agency coalition involving the Kaua'i Fire Department, American Medical Response and the Department of Health to ensure safety in homes, educate about falls prevention and do wellness checks.

For the period of July 1, 2018 through June 30, 2019:

- 117 homes were served
- 203 homes are on the waitlist to be visited

Falls Prevention Equipment installed/distributed:

Smoke Detectors	263	Night Lights	172
Grip Tape	36	Shower Grip Tape	15
Shower Chairs	46	Handrails	18
CO Detectors	63	Grabber Reachers	114