



Agency on Elderly Affairs

Fiscal Year 2023 Annual Report

July 1, 2022 – June 30, 2023

Kealoha Takahashi
Executive



I. MISSION STATEMENT

The Agency on Elderly Affairs as the designated lead County agency, plans, implements, supports, and advocates for the well-being of older adults; and as the Aging and Disability Resource Center (ADRC) serves as a one-stop source of information on long term care support options and services for all residents.

Vision Statements

- Older adults will live independently at home or in the community with dignity and respect.
- Family caregivers receive adequate support to care for their older adults.
- 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 older adults to age well, remain active and enjoy quality lives while engaging in their communities.
 1. Promote healthier living through evidence-based programs and volunteerism.
- B. Forge partnerships and alliances that will give impetus to meeting Hawai'i's greatest challenges of the aging population.
 1. Expand and strengthen access to services with the Aging Network.
 2. Increase the quality of life for older adults and persons with disabilities living in the community.
- C. Strengthen the statewide Aging and Disability Resource Center (ADRC) system for persons with disabilities, older adults, and their families.
 1. Promote and strengthen the Aging and Disability Resource Center (ADRC) system process.

- D. Enable older adults to live in their communities through the availability of and access to high quality long-term services and supports (LTSS), including supports for families and caregivers.
 - 1. Promote and expand innovative programs that meet the needs of older adults and their caregivers.
 - 2. Pursue and promote a person-centered system that meets the needs of older adults and their caregivers.
- E. Optimize the health, safety, and independence of Hawai'i's older adults.
 - 1. Expand and foster collaboration with the Aging Network to ensure older adults and persons with disabilities live safely and independently.

III. PROGRAM DESCRIPTIONS

- A. Objectives
 - 1. Increase the number of volunteers in the Healthy Futures focus area to 35% by October 2023.
 - 2. Offer five (5) Better Choices Better Health Program (BCBH) workshops each year.
 - 3. By October 2023, re-establish Interdisciplinary Team (IDT) meetings with in-home service providers, government agencies and other network organizations and partners.
 - 4. AEA's service provider organizations, other partner organizations in the Aging Network, and government agencies will become Dementia Friends by September 30, 2023.
 - 5. Establish semi-annual information meetings with service contractors, by July 2023.
 - 6. Increase the number of ADRC website visits by 20% annually.
 - 7. Expand educational opportunities for older adults and caregivers.
 - 8. Expand the multi-contract procurement for solicitation for Title III and Kupuna Care services by September 2023.
 - 9. Increase the number of older adults referred to the Falls Prevention Program by 5% annually.

10. Expand private hire list to include yard maintenance, home repair and private shopper services, by 2023.
11. Promote awareness and advocacy of elder abuse through workshops, outreach, and informational materials.

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, 2022, to June 30, 2023. Fiscal resources for this period were:

<u>Federal</u>	<u>FY 2023</u>
Title III B Support Services	\$236,091.00
Title III C-1 Nutrition, Congregate	128,515.00
Title III C-1 Administration	65,450.00
Title III C-2 Nutrition, Home Delivered Meals	142,574.00
Title III D Health Promotion	9,522.00
Title III E Caregiver Support Program	<u>72,355.00</u>
Title III/Federal Subtotal	\$654,507.00
RSVP	75,000.00
NSIP	<u>36,597.00</u>
Federal Total	\$766,104.00
<u>State</u>	
Adult Day Care	90,000.00
Case Management	80,000.00
Homemaker/Housekeeping	50,000.00
KC Transportation	85,000.00
Nutrition, Home Delivered Meals	161,810.00
Personal Care	103,000.00
Chore	0
Elder Abuse Prevention	12,000.00
Area Agency Administration	<u>63,312.00</u>
Kupuna Care/State Subtotal	\$645,122.00
SHIP	0
Healthy Aging-BCBH	0
Healthy Aging-EnhanceFitness	0
ADRC	107,250.00
Kupuna Caregiver Program	0
Long-Term Care Ombudsman	<u>0</u>
State Total	\$752,372.00
<u>County</u>	
County General Funds	<u>\$1,526,900.00</u>
County Total	\$1,526,900.00
TOTAL	\$3,045,376.00

V. ACCOMPLISHMENTS/EVALUATION (ADDRESSING RISE INITIATIVE PRINCIPLES)

A. Our Mobility

Our goal is to ensure we have safe roads for all modes of transportation and eco-friendly options to travel through our daily lives.

1. Provide transportation from one location to another, may involve a helpful driver pushing an older adult in a wheelchair to the vehicle, loading and unloading assistive devices into the vehicle and securing an older adult in the seat.

County Transportation Agency, contracted service provider, served 83 older adults providing 7,739 one-way trips.

Assisted transportation helps with transportation, including, escort, for consumers with physical and cognitive difficulties using regular vehicular transportation for medical appointments only.

Regenerative Services, Kaua'i served 29 consumers with 836 one-way trips.

B. Our Home

Our goal is to have safe and decent housing for local residents, where our public spaces are a welcoming and inclusive gathering place for all.

1. Provide personal assistance to an older adult in the home with homemaker, personal care, respite, and/or chore services. Chore services assist consumers with heavy housework or yard work that may present a health or safety problem.

For this fiscal year, Mastercare and Regenerative Services Kaua'i were contracted to provide the following combined total of one served respite services; three older adults with personal care services; 40 older adults with homemaker services and 14 older adults with chore services.

One of the major challenges faced by contractors providing in-home services is staffing shortages.

2. Coordinate the 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 educate older adults about available resources. There are a few pieces of equipment added to the inventory including car safety tools to help assistance with getting in and out of vehicles, blood pressure monitors, non-slip rugs, and commodes, transfer benches, grip tape, shower chairs, night lights, and bands for strengthening exercises to prevent falls.

For the period of July 1, 2022 through June 30, 2023:

- 110 homes were served
- 162 homes are on the waitlist to be visited

Falls Prevention Equipment installed/distributed:

Smoke Detectors	122	Night Lights	144
Grip Tape	4	Shower Grip Tape	4
Shower Chairs	39	Handrails	1
Thera bands	61	Grabber Reacher	83
Commode/Safety Chairs	0	Rugs	71
Car Safety Tool	62	Blood Pressure Monitor	3
Bathtub Mat	45	Light Bulbs	321
Potholders	29		
Stair path light	23		
Whistle	68		

It has been seven years since the start of the program on April 1, 2016. As of June 30, 2023, nine hundred forty-one (941) individuals were served assessing 772 homes for fall hazards.

During the Falls Prevention visits many individuals were grateful for the opportunity for medics, Agency on Elderly Affairs staff, as well as firemen in their district to come out to assess their homes as well as provide them with education and equipment to make their homes safer.

C. **Our Connections**

We understand that excellent public service is the outcome of a caring person in a working environment that supports teamwork and continuous improvement.

1. Agency on Elderly Affairs (AEA) Associates provide person-centered approach to assist individuals in assessing their existing or anticipated long-term care needs; developing and implementing a plan for services, supports and care that is consistent with the individual's specific needs, goals and circumstances.

AEA Associates assisted with 6,037 phone calls from consumers inquiring about nutrition services, home and community-based services, concerns on health and wellness, and transportation. Associates provided 1,501 consumers with information and assistance and provided outreach to 870 elders.

2. Annual RSVP Recognition
Despite the challenges of post-COVID, the 2022 RSVP Recognition Training event themed "Happy New Year, Welcome Back" brought out the excitement of coming together in person! The event was held on January 12, 2023, at the Kaua'i Beach Resort by honoring 232 volunteers. Joining RSVP Staff, RSVP Advisory Council members and AEA Staff, a multitude of others from volunteer station staff to County Council members, including Mayor

Kawakami, filed the banquet room as “new year cheers” welcomed volunteers to enjoying a program recognizing their years of service, appreciation gifts, information on fall prevention, and enhancement fitness.



Seventy-one volunteers received special recognition on January 12, 2023, for the years of service as of 2022. Thirty-three honored with 5 years of service, thirteen honored for 10 years, eight volunteers honored with 15 years of service, fourteen honored with 20 years of service, two volunteers honored with 25 years of service and one recipient, Marie Petro, honored with 30 years of service with RSVP.



Natsuko Daida pictured above is honored for her 20 years of service and surprised everyone for being 100 years old.

3. September 11th National Day of Service and Remembrance

In a spirit of resilience and unity, the Kaua'i RSVP Advisory Council's September 11th, 2022, service project collaborated with Melody Lopez, Kaua'i Voluntary Organizations Active in Disaster (VOAD) Chair and HI VOAD Executive Team. Though it has been over 20 years, we can never forget the tragic event of 9/11/2001, therefore the theme “Together We Stand 9/11,” brought us closer and stronger, our first outside event post-COVID. We encouraged recruitment of volunteers by welcoming 35 stations on display. This was Kaua'i's largest event at Kukui Grove Shopping Center with over 300 plus attending.

4. Kaua'i RSVP Volunteer Program

RSVP saw an increase in the number of volunteers actively serving from the previous fiscal year. Two hundred twenty-four (224) volunteers served 19,675 hours at thirty nonprofit organizations and government agencies, reflecting a savings value of \$625,665.00 through volunteer service activities of the AmeriCorps Seniors Kaua'i RSVP program.

Volunteers serving as AARP Tax Aides provided 715 hours of in person tax services earlier this year completing 390 tax returns at no cost for seniors and those with low income who are unable to afford tax return preparation services. These returns provided \$269,642.00 in state and federal refunds back into the wallets of these individuals while saving tens of thousands of dollars in tax preparation fees to those in most need.

AmeriCorps Seniors RSVP program continues to be a win for all, addressing critical community needs while engaging adults aged 55 years and better, stay mobile, engaged, and healthy. The volunteer satisfaction surveys are reflective of how the program has positively affected its volunteers, reduced social isolation, and kept volunteers healthy post-COVID. Volunteers continue to report 100% would recommend volunteering with RSVP, agreed that they do not feel lonely, feel good by keeping active and healthy, while having a more positive attitude. The average age of RSVP volunteers remains at 74.



Kaua'i RSVP continues to partner on many projects including assembling and delivering bags of non-perishable food items, frozen local ground beef and tofu kits through the Kaua'i Independent Food Bank and delivering fresh produce from Kaua'i farmers through Aina Ho'okupu O Kilauea and the Hawai'i Food Bank – Kaua'i Branch. Volunteers delivered over 3,600 boxes and bags of fresh produce, non-perishable food items, and helpful flyers and brochures that provide notification and informational alerts in each delivery.

D. Our Money

Public funds are used carefully to meet our needs. We account for every dollar and invest wisely for our future.

1. Provide nutritious meals in a congregate setting and for frail elders who are homebound; and provide food distribution to meet food security needs of older adults.

Some Neighborhood Centers re-opened, and meals were served in congregate settings to 76 older adults providing 1,913 meals.

Kaua'i Economic Opportunity Inc. (KEO) is the contracted provider delivering hot home-delivered meals to eligible participants. KEO served 337 older adults providing 45,831 meals. KEO has staffing shortages of meal deliverers and cooks.

Mom's Meals is the second provider of home delivered meals, which are ten special diet frozen meals shipped directly to the homes of eligible participants two times a month. Thirty-five (35) older adults were served, providing 2,894 meals.

The American Rescue Plan funds provided the following services:

- a. Food security services:
 - i. Kaua'i Economic Opportunity, Inc served 34 older adults with prepared meals twice a week.
 - ii. Nourish Kaua'i Ohana served 20 adults with meal kit every week.
 - iii. Malama Kaua'i served 34 adults with fresh produce every other week.
 - b. Mental health counseling:
 - i. WorkLife, Child & Family Service, served nine older adults.
 - ii. YWCA served 14 younger consumers, below the age of 60 years.
2. The State Executive Office on Aging provided American Rescue Plan Act funding from the State Legislature for senior center programs which include exercise/physical fitness and recreation/leisure activities. Activities were hula, ukelele lessons, line dance, craft, bonsai, bingo, healthy cooking, chair yoga, weights, drumercise, chi gong, Kupuna wellness, Nordic walking, tai chi, and pickleball. Two hundred fifty-two (252) older adults have participated in such activities.
 3. Service Utilization Tables 1-6 are referenced at the end of the report.

E. Our Freedom

To enjoy what life in our community has to offer and we take responsibility to engage one another with empathy and respect.

1. Provide legal assistance for older adult including but not limited to: legal advice, counseling, education, training, seminar, personal counseling, advance directives, power of attorney, health care power of attorney, deeds and leasehold agreements.

Legal Aid Society of Hawai'i, contracted service provider, assisted 309 older adults.

Managing and Staff Attorneys represented and assisted senior clients with housing matters and family matters including divorce, adoptions, name changes, estate planning, and a temporary restraining order for domestic violence. The pandemic continues to result in Legal Aid seeing more housing cases than in pre-pandemic times. Housing cases are more complex.

Paralegals assisted senior clients with social security matters including disability, retirement, and overpayment issues; obtaining vital documents; assisted with Durable Powers of Attorney, Advance Health Care Directives, Simple Wills, Transfer on Death Deeds, guardianship, and unemployment matters.

F. Our Heart

We are supported to discover our best selves as a community.

1. 57th Annual Older Americans Award Recognition



2023 Kaua'i Outstanding Older Americans Honorees pictured above from top row left to right: Bruce Barraclough, Edith E. "Edie" Ignacio-Neumiller, Consuelo "Connie" Baniaga, Gloria Jean Aqui; second row left to right: Henrie Rose Kai, Henry "Curt" Colby; third row left to right: Leonard Vierra, Soledad Negrillo, Marina LaMadrid, and Virginia Cruzada.

The 57th Annual Older Americans Award Recognition Ceremony was held on May 18, 2023, honoring Kaua'i's ten Na Kupuna who were recognized at a ceremony at the Kaua'i Beach Resort & Spa. The Older Americans Month theme was "Aging Unbound" offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.



Consuelo "Connie" Baniaga and Bruce Barraclough pictured above wearing the purple orchid leis were selected to represent Kaua'i at the State Recognition event on June 2, 2023.

2. Provide support for caregivers caring for frail elders with dementia.

Kaua'i Adult Day Health Center served fifteen (15) participants daily.

Alzheimer's Association provided 21 caregivers with counseling, support group sessions and training.

Child and Family Service provided support to eight grandparents raising grandchildren.

3. Provide evidence-based health promotion programs related to the prevention and mitigation of the effects of chronic diseases; programs regarding physical fitness and group exercises; including counseling for the prevention of negative health effects associated with social isolation.

Better Choices, Better Health is known nationwide as the Chronic Disease Self-Management Education, an evidence-based program where individuals with chronic or ongoing medical condition can learn how to better manage their health conditions to improve their quality of life.

Better Choices Better Health is a 6-week self-management workshop that was developed and tested by Stanford University. The workshop does not replace prescribed treatment. Instead, the workshop complements and supports medical-professional-recommended treatment plans. People learn skills to help them manage their health conditions and interact with their health care providers.

Two types of workshops conducted this fiscal year were Diabetes Self-Management Program and Cancer Thriving & Surviving workshops. The Agency on Elderly Affairs conducted two Diabetes Self-Management Program (DSMP) workshops via phone with a total of seven participants completed. An in-person Cancer Thriving & Surviving workshop was provided with eight participants completed.

EnhanceFitness is an exercise program designed for older adults to improve cardiovascular fitness, strength, flexibility, and balance for older adults. The program helps build relationships among participating seniors, creates an exercise environment that is fun and friendly.

This fiscal year has been challenging with only two EnhanceFitness instructors providing two virtual senior classes for a total of 72 participants.

Service Utilization Tables 1-6

Table 1. Utilization of Access Services				
SERVICES	Provider	PERSONS SERVED (Undup Count)	UNITS OF SERVICE	EXPENDITURES
Information and Assistance⁵	AEA	1,501	5,710	\$459,319.70*
Outreach⁵	AEA	870	2,956	\$29,818.07*
Case Management²	AEA	68	365	\$80,751.98*
Transportation²	Kaua'i Bus	83	7,739	\$116,085.00
Assisted Transportation²	Regenerative Kaua'i	29	836	\$35,452.00
Senior Center Program²	COK – Parks & Recreation	252	3,345	\$93,222.00

Table 2. Utilization of In-Home and Community-Based Services				
KUPUNA CARE SERVICES	Provider	PERSONS SERVED (Undup Count)	UNITS OF SERVICE	EXPENDITURES
Personal Care ²	Mastercare	3	264.75	\$9,531.00
Homemaker ²	TOTAL	40	2,219.9	\$75,452.46
	Mastercare	4	175.19	\$5,956.46
	Regenerative Kaua'i	37	2,044	\$69,496.00
Chore	Regenerative Kaua'i	14	355	\$15,975.00
Adult Day Care ²	Kaua'i Adult Day Health Center	15	10,218	\$71,451.50
Exercise Physical Fitness ⁹	AEA	72	2,719	\$132,296.68*

Table 3. Utilization of Nutrition Services				
SERVICES	Provider	PERSONS SERVED (Undup Count)	UNITS OF SERVICE	EXPENDITURES
Home Delivered Meals ⁶	TOTAL	363	48,725	\$758,074.50
	KEO-Regular	337	45,831	\$706,611.00
	Mom's Meals	35	2,894	\$51,463.50
Congregate Meals ¹	KEO	76	1,913	\$21,956.00
Food Security ¹⁰				
Prepared Meal	KEO	34	1,790	\$18,795.00
Fresh Produce	Malama Kaua'i	73	1,584	\$23,760.00
Meal Kit	Nourish Kaua'i	20	689	\$17,225.00

Table 4. Utilization of Legal Services				
SERVICES	Provider	PERSONS SERVED (Undup Count)	UNITS OF SERVICE	EXPENDITURES
Legal Assistance ¹	Legal Aid Society of Hawai'i	309	1,919.40	\$85,606.00

Mental Health Counseling¹⁰				
Elderly	Child & Family Service-WorkLife	9	210	\$37,800.00
<60 years old	YWCA	14	138	\$9,660.00

Table 5. National Family Caregiver Support Program (NFCSP) – Family Caregivers of Older Adults				
SERVICES	Provider	PERSONS SERVED (Undup Count)	UNITS OF SERVICE	EXPENDITURES
Counseling, Support Groups, Training¹	Alzheimer’s Association	25	66	\$4,679.50
Respite Care¹	Mastercare	1	92.25	\$3,228.75
Kupuna Caregiver Program³	Kaua’i Adult Day Health Center	15	10,218	\$71,451.50
Falls Prevention⁷	AEA	120	1,098	\$14,093.19*

Table 6. NFCSP – Grandparents or Relative Caregiver 55+ Service Utilization				
SERVICES		PERSONS SERVED (Undup Count)	UNITS OF SERVICE	EXPENDITURES
Counseling, Support Groups, Training¹	Child & Family Service	8	16	\$4,000.02

Funding References for Tables 1-6:

¹Federal Title III Funded Service

²State Kupuna Care Funded Service

³State Kupuna Caregiver Program

⁴Federal Title III and State Kupuna Care Funded Service

⁵Federal Title III and County Funded Service

⁶Federal Title III, State Kupuna Care and County Funded Service

⁷Federal Supplemental services may include but are not limited to home modification, assistive technology, emergency response systems, and incontinence supplies.

⁸Federal Corporation for National and Community Service Senior Corps Grant

⁹County Funded

¹⁰American Rescue Plan Act Funded

N/A = Not Available