



## **I. Mission Statement**

The Kauai Agency on Elderly Affairs as the designated lead County agency, plans, implements, supports and advocates for the well-being of Kauai'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 congregational 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. 49<sup>th</sup> Annual Older Americans Award

The 49th annual Older Americans Award Recognition Ceremony was held at the Kaua`i Beach Resort on Thursday, May 14, 2015. 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.



Pictured from left to right front row: Guy Ambrose; Ralph Leaman; Barbara Leaman; Roger Caires, 2015 Outstanding Male; Pat Simpson, 2015 Outstanding Female; Charles Rebb; Carolina Mayo Santos and Kama'i Napa'a; back row from right to left: Marilyn Matsumoto,

Loren Johnson, Sr., Terri Byers, Rep. Morikawa, Sen. Kouchi, Rep. Tokioka, Julie Souza, Rep. Kawakami and Kealoha Takahashi.

This year, in honor of the 50th anniversary of the Older Americans Act (OAA), the focus was on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is “**Get into the Act.**”

2. The 42nd Annual Volunteer Recognition Luncheon



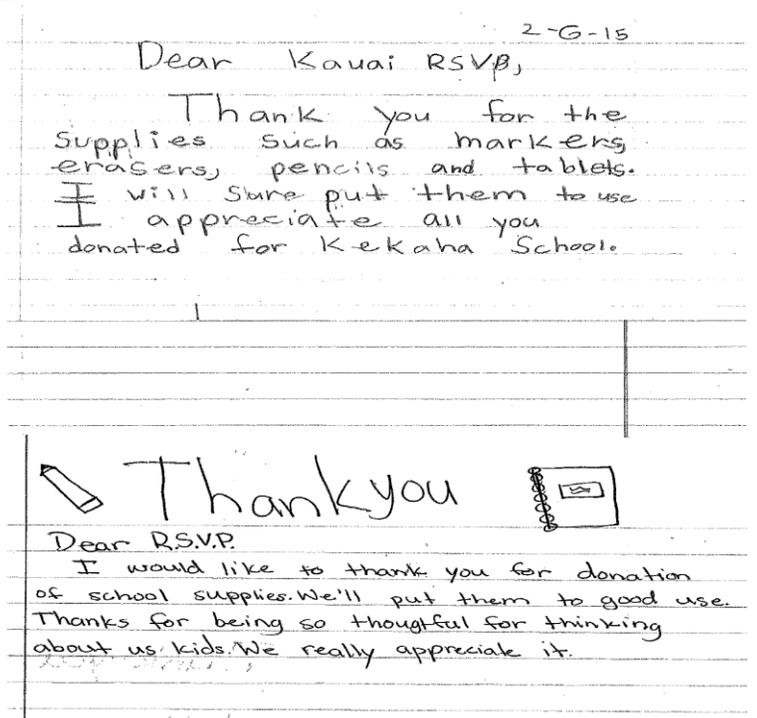
The 2014 Annual Volunteer Recognition luncheon was held at Kauai Beach Resort last December 12, 2014. There were 225 people in attendance. Betty Moore and Kimie Hiraoka (not in picture) were awarded 25 years of volunteer service.

C. Activities

1. On January 19, 2015, Americans of all ages and backgrounds celebrated Dr. King’s life through service projects that strengthen communities, empower individuals, bridge barriers, and create solutions.



Kauai RSVP observed the day by doing a collection drive for school supplies for Kekaha Elementary School. The students were very appreciative of this effort and RSVP got plenty of Thank You notes from them.



2. The 3<sup>rd</sup> Mayors Day of Recognition for National Service was held April 23, 2015 at the Moikeha Rotunda. All the national service organizations participated – RSVP, Foster Grandparent Program, VISTA and AmeriCorps – State and National. A collection drive for school supplies which benefited the Kapaa Elementary School were presented to Superintendent William Arakaki.



3. RSVP volunteers participated in the Go-for-Broke exhibit by the Veterans Council for the whole month of January, 2015.



4. RSVP volunteers were recognized during the Mayor's State of the County address in March, 2015.



5. The Presidential Volunteer Service Awards was presented in August, 2014 to 5 Lifetime awardees (4,000 lifetime volunteer hours) and 5 Gold awardees (500 volunteer hours for the year).

#### **IV. Program Measures - Accomplishments/Evaluation**

- A. Aging and Disability Resource Center (ADRC)/Access to Services



1. Open House for County Employees was held on Friday November 21, 2014. A new agency logo design was launched as well as marketing videos describing services were presented. Mayor Carvalho recognized the outstanding work of the Community Service Program Assistants.

2. Outreach

AEA's outreach efforts focused on targeting the entire community. Partnerships have been formed with various community agencies and organizations on these events. The outcome of these events included better networking between agencies to help residents access public benefits and programs.



Pictured above is staff at Syngenta Employee Health Fair. Other outreach events were scheduled at: Hanalei Community; Hanapepe Salvation Army; United Church of Christ; Kalaheo Missionary Church; Sun Village Resource and Health Fair; Tropic Care; Kilauea community center; Hyatt Hotel; Kauai Marriot; McDonalds Restaurant; Farmers Market ( Lihue/Kapaa); St. Catherine's Church in Kapaa; St. Michaels Church; Food Pantry sites; Micronesian group; Church of the Pacific; Prime Time; County Health Fair; Martin Luther King Event-Kukui Grove; Kauai Wellness Expo; Project Vision Van at KVMH; Elder Law conference; and Alu Like Seniors (Waimea/Anahola).

3. A total of 6,726 Information & Referral contacts were made assisting individuals with available services and making linkages to appropriate agencies. A total of 910 outreach contacts were made which resulted in an intake assessment.

B. Home and Community-Based Services/Supports for Family Caregivers

1. Kaua'i seniors enrolled for personal care, homemaker, home delivered meals, transportation, adult day health/care and case management services totaled 560 unduplicated.
2. Through Kauai Economic Opportunity, Inc., home delivered meals in the amount of 45,494 were provided to 341 participants. Additional meals on weekends and holidays were provided to those who live alone and have no social supports.
3. Alzheimer's Association, Aloha Chapter provided essential services to caregivers who care for elderly and/or elderly persons with Alzheimer's disease or related dementia. Essential services included individual counseling (served 137 individuals), training (provided 53 sessions), support groups (provided 177 group sessions) and information services (served 199 individuals).

C. Stay Healthy, Active and Socially Engaged

1. RSVP Volunteer Satisfaction Survey: 92% of the 25 volunteer stations and 62% of the 300 volunteers participated in the volunteer satisfaction survey. Outcomes indicated that all of those who participated are satisfied with RSVP; more than half of the volunteer stations got significant help from RSVP; 95% of the volunteers indicated that they would recommend RSVP to other seniors.
2. Better Choices, Better Health



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: “We found out there was a lot to learn. The part I felt was the best was the atmosphere or mood the leaders set for us. Open to anything that as said. It really made us feel free to add in discussion. If it wasn’t correct the leaders would reword it for us- No shame!”

Very educational. The resource materials and its presentations provide a better understanding of health issues/problems and a tool to self-health manages in between regular visits to the doctor.

#### D. Person-Centered Planning

Client satisfaction surveys were sent to 244 participants and 77 was received, 32% return rate. Sixty-five responded favorably that AEA staff provided information about resources and programs; 60 respondents know how to find and access senior and community services/resources better; 65 respondents learned about options and choices of support and services available; and 66 respondents were better able to make decisions on services needed. Fifty-two respondents indicated that the current service is helping them remain at home.

E. Rights of Older Adults

1. AEA joined the Kauai Adult Protective Services Multi-Disciplinary Team which was organized to provide a forum for education and discussion, assessment and review of the vulnerable adult population; allow for specific case review based upon request from team members; provide a forum for identifying, discussing and resolving interagency issues; review and address system issues and evaluate system response; strengthen Kauai County wide communication; understand each agency's roles and barriers; and maintain confidentiality of client information.

The Team is comprised of Department of Health Adult Mental Health Division (DOH-AMHD), Department of Health Community Services for The Developmentally Disabled (DOH-CSDD), Department of Health-Public Health Nursing (DOH-PHN), County of Kauai Agency on Elderly Affairs (COK-AEA), U.S. Department of Veteran Affairs – Kauai Community Based Outpatient Clinic, Medical Practitioner-A Geriatrician or Physician skilled in assessing and working with “vulnerable adults.”

2. Case Manager assisted in removing a man from an abusive home environment with the help of the Fire Department.
3. Legal Aid Society of Hawaii served 332 persons providing legal assistance services.
4. Elder Law Day was held; feedback from previous year was considered in coordinating speakers on topics most requested. There were twelve different community agencies providing resources at the event. In addition to the Elder Law Day, Legal Aid Society of Hawaii also provided educational presentations at the Lihue, Koloa, Waimea, Kekaha, Kilauea and Kapaa Senior Centers.

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, 2014 to June 30, 2015. Fiscal resources for this period were:

<u>Federal:</u>	<u>FY 15</u>
Title III B Support Services	\$268,091.91
Title III C-1 Nutrition, Congregate	67,067.00
Title III C-1 Administration	23,864.98
Title III C-2 Nutrition, Home-Del.	99,547.00
Title III D Health Promotion	7,327.00
Title III E Caregiver Support Program	35,881.61
RSVP	<u>62,847.00</u>
	\$564,626.50

<u>State (Purchase of Service):</u>	
Adult Day Care	84,617.54
Case Management	46,690.12
Homemaker/Housekeeping	46,548.00
KC Transportation	141,070.00
Nutrition	127,825.00
Personal Care	84,226.50
Chore	0
Elder Abuse Prevention	22,609.64
Area Agency Administration	<u>15,176.51</u>
	\$894,297.00
<u>County:</u>	
County General Funds	<u>\$1,071,812.00</u>
	\$1,071,812.00
TOTAL (FY2015)	\$2,351,244.90

## VI. Statistics

### A. Kupuna Care Services(State)

	<u>'15 Estimate</u>	<u>'15 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	30
# of units	17,714	22,352
<u>Case Management</u>		
To provide case management services to functionally dependent older adults.		
# of older adults served	90	92
# of hours	871	547
<u>Home Delivered Meals</u>		
To deliver meals to homebound older persons five days a week.		
# of older adults served	350	341
# of meals	54,183	45,494

	<u>'15 Estimate</u>	<u>'15 Actual</u>
<u>Homemaker/Housekeeping</u>		
To provide homemaker/ housekeeping service to frail, older individuals.		
# of older adults served	50	42
# of hours	2,065	1,942
<u>Kupuna Care Transportation</u>		
To provide curb to curb service with a helpful driver.		
# of adults served	125	142
# of one-way trips	15,319	18,547
<u>Personal Care</u>		
To provide personal assistance for frail, older adults.		
# of older adults served	25	20
# of hours	4,056	2,465

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	201
# of meals	12,142	9,581

<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	137
# of counseling sessions	127	497
# of training sessions	8	53
# of support group sessions	40	177
# of information activities	7	7

<u>Grandparents Raising</u>		
<u>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	242

	<u>'15 Estimate</u>	<u>'15 Actual</u>
<u>Legal Assistance</u>		
To provide legal assistance services to older vulnerable individuals		
# of older adults served	400	332
# of hours	1,310	1,585
 <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	9
# of hours	1,864	644
 C. Other Federal Grant		
 <u>RSVP</u>		
To provide volunteer opportunities.		
# of RSVP volunteers	350	387
# of volunteer hours	35,000	33,133
 D. Direct Services		
 <u>Information &amp; Referral</u>		
To provide information on available services and make linkages to appropriate agencies.		
# of older adults served	1,400	1,498
# of information and referral contacts	8,000	6,726
 <u>Outreach</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	4
# of phone calls	1,949	102

<u>Friendly Visiting</u>	<u>'15 Estimate</u>	<u>'15 Actual</u>
To provide companionship.		
# of older adults served		
by a friendly visitor	50	5
# of visits	751	74

## VII. Holo Holo 2020 Projects & Status

### A. EnhanceFitness Program

The program has served 193 participants this past fiscal year for a total of 11,831 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 9/17/2015:

Site	# enrolled (max. 22)	# on waitlist
Kekaha	22	0
Waimea	22	0
Hanapepe/Kaumakani	17	0
Kōloa	22	0
*Lihue	22	10
*Lihue II	22	10

Lihue III	21	0
Kapaa	22	8
Kīlauea	22	0

\*5 are on both Lihue and Lihue II waiting list

Seniors enrolled in the popular EnhanceFitness programs throughout Kaua'i totaled 193. This is a nationally recognized low-impact aerobics class for seniors. The oldest participant is 96 years old. There are seven sites with nine classes on the island; three sites currently have a wait list. Due to the waitlist for EnhanceFitness, options of other physical activities are provided.

Pictured below at the completion of New Instructor Training is (top left to right) Johnny Yago, Sara Folsom, Katie O'Brien, Kay Holt (below) Lanice Pullano and Cristina Pettitt. AEA is truly grateful to the commitment of the Certified EnhanceFitness Instructors, who have played a major contributor to the success of the program.



EnhanceFitness Testimonial from a participant stated: “It has “forced” me to go out beyond my “safe” family group, meeting and interacting with others. It has assisted me in improving my physical abilities by improving my everyday living. Except for my visual disability, when I am indoors in an area known to me, it is now possible to walk without a cane like a normal person due to the improvement of my balance. Although I am slower moving than others, I feel that in time this too will improve. My stamina has improved also. Now I am able to stand for longer periods of time when I am cooking.”

B. Support Grandparents Raising Grandchildren

Child & Family Service reported the busiest for the Ohana Caregivers Support Groups. All group meetings saw a growth in attendance like never before. High levels of stress in the homes caused by drug addicted parents as a result the children’s living arrangements are un-stable until relatives like Grandparents step in to raise them full time. We have families who recently started the process for Legal guardianship or permanency-Adoption. Through Legal Aid Society of Hawaii, they are able to obtain Legal status of their grandchildren. No longer can anyone threaten them to remove the kids from their homes.

Child & Family Service responded to the demand for a third Support Group in Lihue. Our newest Lihue Group started in January with 4 families and saw a huge growth with a total of 9 families all Ohana Caregivers attending the Lihue support group meeting. Grandparents say each time they tried contacting agencies for support services they were told nothing available or to call another agency.