



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; 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.

- For the reporting period of July 1, 2015 to June 30, 2016, there were 4,374 visits to the www.kauaiadrc.org website with 1,901 new visits.*
2. 6000 Information & Referral contacts will be provided to older adults annually.
A total of 8,086 Information & Referral contacts were made assisting individuals with available services and making linkages to appropriate agencies. A total of 989 outreach contacts were made which resulted in an intake assessment.
 3. Develop Information Technology infrastructure for ADRC.
Harmony Training with Jeff Benjamin of Harmony, Ashley Muraoka-Mamaclay of EOA
 4. Monitoring done quarterly (desktop and site visits/meetings with providers).
Presentation and updates on No Wrong Door System was scheduled with AEA staff and service providers; on-site home visits with homemaker and personal care services workers; provided Harmony training to service providers for data services input and service orders; monitored caregiver training sessions.
 5. 800 older adults receive home and community-based services.
Served 436 individuals
 6. 130 caregivers (including grandparents) receive support through Home and Community-Based services.
One hundred twenty-nine (129) caregivers were provided access assistance, counseling, information services, respite in-home services, support groups and training.
 7. 175 elders will participate in EnhanceFitness (EF) classes/year.
Two hundred eleven (211) elders participated in the EnhanceFitness classes this reporting period.
 8. 8 EF classes will be maintained with fidelity with a minimum of 8 certified fitness instructors (regular instructors and subs) trained to teach EF.
There are 211 participants; 9 classes at 7 sites: Kekaha N/C, Waimea N/C, Hanapepe N/C, Koloa N/C, Lihue N/C, Kapaa United Church of Christ and Kilauea N/C; 41% of our participants are between 70-79 years old; the top 3 chronic conditions for EF participants are Hypertension (44%), Arthritis (36%) and Diabetes (21%).
 9. 350 older adults will be engaged in volunteer opportunities through RSVP.
There are 387 active older adults engaged in volunteer opportunities through Kauai RSVP and provided 32,343 hours of service.
 10. Database tracking of client service utilization and demographics will be completed.
Continue to track the timeliness of services delivered from client point of entry or initial contact with AEA/ADRC.
 11. Develop and distribute client satisfaction survey to all clients.
Satisfaction surveys were sent to those receiving information and referral services and home delivered meals; Developing an in-home services survey which will be distributed annually to older adults

receiving services from contracted service providers for long term care supports and services.

12. 400 older adults will receive legal assistance services.

Served 332 individuals

13. Conduct minimum of 1 educational workshop or training annually on prevention and awareness.

Twenty-two educational workshops were provided by AEA and partner agencies.

B. Highlights

1. 50th Annual Older Americans Award



Pictured from left to right front row: Aileen Mawae, Patricia Fallbeck, Gini Stoddard, Elvira Kimokeo; back row from left to right: Wilma Chandler, Nathan Kalama, Tom Timmons, Richard Coller, Keith Holdeman, Mayor Bernard Carvalho Jr., Shirley Simbre-Medeiros, Edward Kawamura, Dr. Krishna Kumar.

The Annual Older Americans Award Recognition Ceremony was held at the Hilton Kaua'i Beach Resort on Friday, May 6, 2016.

In honor of the 50th anniversary of the Kaua'i Agency on Elderly Affairs, 12 outstanding Na Kupuna were recognized for their contributions to the community, their personal achievements and their accomplishments. They are an inspiration to other older adults as examples of how to **Blaze a Trail**, this year's theme, by taking charge of their health, getting engaged in their community and making a positive impact in the lives of others.

2. First Annual Older Americans Month Information & Resource Fair



The Kaua'i Agency on Elderly Affairs hosted its First Annual Older Americans Month Information & Resource Fair that included workshops on falls prevention/home modification program, proper use of walkers and other durable equipment, a presentation on fraud prevention and information from partnering resources and organizations at the County Complex in Lihue on Friday, May 19, 2016. This event will hopefully become an annual festival to encourage engagement by our older adults of opportunities available to remain active in our community.

3. The 43rd Annual Volunteer Recognition Luncheon



Pictured above front row from left to right: Kealoha Takahashi; Living Treasures: Dorothy Higuchi and Sakiko Okihara; Rowena Cobb. Standing in the back row from left to right are Carrice Caspillo; Rep. Tokioka;

Councilmember Chock; Councilmember Kualii, Mayor Bernard P. Carvalho, Jr.; Councilmember Kaneshiro; Councilmember Rapozo; Rep. Kawakami; Celia Melchor-Questing and Gerald Ako.

Recognitions were made for volunteers who were Veterans, Living Treasures (Oldest Living and Longest Serving), Presidential Volunteer Service Awards (Lifetime and Gold) and Service Awards

C. Activities

1. September 11th National Day of Service and Remembrance



Collection of hygiene supplies for the YWCA Women's Shelter. It was a very successful drive being able to partner with YWCA and getting a lot of support from the community for this project.

2. Martin Luther King Jr. Day of Service

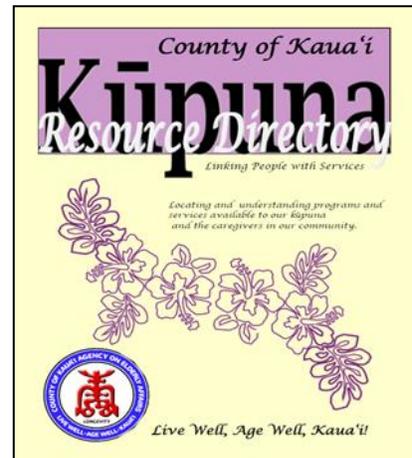


Pictured above is Melissa Speetjens, Waimea Canyon Middle School principal, and William Arakaki, the Kauai Area Complex Superintendent, look over some of the Martin Luther King Jr. Day of Service school supplies collection with Grace Domingo-Delos Reyes.

IV. Program Measures - Accomplishments/Evaluation

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

1. The Kaua'i Agency on Elderly Affairs Resource Database has been updated and includes over 70 community resources available to older adults, people with disabilities, and their families and caregivers. It can be accessed on the ADRC website, www.kauaiadrc.org and will soon be available for distribution in print.



2. 21 Memoranda of Understanding have been established with government, disability, aging, health care and business agencies/organizations, including a resource for in-home mental health services.
3. Mini educational workshops were provided to Kaua'i's older adults and caregivers throughout the community by the Kaua'i Agency on Elderly Affairs and its partners.

- Kauai Agency on Elderly Affairs: 4
- Workforce Development 1
- Legal Aid Society 3
- Kauai Fire Department 4
- Dept. of Health 1
- Alzheimer's Association Hawaii, Kauai 4
- Kauai Police Department 2
- Gammie Homecare 1
- Kupuna Alert Partners (State Attorney General, DCCA, SMP Hawaii, Public Safety-Narcotics Division 1
- AARP/DCCA/BBB/County of Kauai/ FINRA Investor Education Foundation 1

Mini workshops provided training and information on Medicare, legal/financial services, fire safety/prevention, volunteer opportunities, caregiver training, scams/fraud prevention, prescription drug misuse, medical durable equipment, falls prevention/home modifications, disaster preparedness, memory loss, chronic disease self-management.

4. AEA Staff attended (17) training sessions to enhance the agency's services provided to older adults and people with disabilities in the community. Training included cultural competency, an introduction to the LGBT community, people with disabilities and customers with dementia, Medicare, caregiver support, mental illness, customer service, case management, work ethics, scams and fraud protection and natural disaster awareness.
5. AEA's outreach efforts focused on targeting the entire community. Partnerships have been formed with various community agencies and organizations. The outcome of these events included better networking between agencies to help individuals access public benefits and programs. Outreach events took place at the following locations:
 - VISION VAN at Hanapepe, KVMH, Mahelona and Koloa
 - Rice Camp (Kaniko'o)
 - Elder Law Fair on September 11, 2015
 - County Health and Wellness Fair on September 18, 2015
 - Hyatt
 - October 30 at Na Keiki Aloha O Na Ohana Conference; and Courtyard Marriot
 - Prime Time Wellness Fair at Kauai Beach Resort on November 10th (122 contacts)
 - AARP Caregiver Conference on November 14th (50 contacts)
 - Holy Cross Church at Kalaheo on January 19th
 - King's Chapel – Food Pantry
 - Kalaheo Missionary Church
 - Rotary Club of Kapaa
 - Sun Village; Nana House
 - Contractor's Association Kauai Home Show on April 8-9, 2016; made 155 contacts.
 - Gay n Robinson in Kaumakani
 - Lihue Neighborhood Center
 - Professional Resource Fair in Lihue on June 17
 - Tropic Care in Eleele on June 20; Tropic Care in Kapaa on June 23; and Tropic Care in Kilauea on June 24.

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 436 unduplicated.

2. Through Kauai Economic Opportunity, Inc., home delivered meals in the amount of 58,530 were provided to 373 participants.
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, training, support groups and information services.

C. Stay Healthy, Active and Socially Engaged

1. EnhanceFitness

A low-cost, evidence-based group exercise program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

A certified instructor, who has completed the EnhanceFitness training, will safely lead the class through an hour of dynamic exercises at a pace that's right for the participants. A New Instructor Training was conducted by Johnny Yago, Program Coordinator and Kay Holt, Certified EnhanceFitness Master Trainer.



(Left to Right): Laura Dillman, JaNeen Harty, Johnny Yago, Kay Holt, Melissa Goolesby, Natalie Senyk, Cynthia Fowler

One participant reported: "I am 85 years old and many people comment how well I look for my age and I attribute the compliment to my participation in your program. I have a hard time with my balance and have frequently experienced falls. My balance has greatly improved because of the exercise I do with balance. Your program improves the quality of my life and gives me more pep and vitality."

2. Better Choices, Better Health

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.

Letter from a participant of the Diabetes Self-Management Program:

This session was started on January 7, 2016. When I first started, I felt this class was really not for me. Nearly all the attenders were diabetics or spouses of diabetics, and then I did not have a chronic ailment. However, I was encouraged to continue because there were many other areas of different topics that will be beneficial. Yes, I am glad I stayed.

What did I gain?

1. Weekly action plan. Make a commitment and that motivated you to keep that commitment. I am planning to continue this practice after the sessions are over.
2. Nutrition. I did pay some attention to calories and cholesterol and sodium contents. But not too much to carbohydrates and fat contents (not to the different fats anyway). Now I'm reading labels and feeling good about being able to understand what I'm reading.
3. I have done daily walking for many years, but not being a breakfast person, I walked before breakfast. This was discouraged, and it was recommended that breakfast be eaten before walking. I did some re-adjusting, I realize that breakfast before walking does help my energy level.
4. Coping with depression., worry, frustration and general problems was beneficial to me in more ways then I expected. I realized that some of the signs that I was experiencing might be depression. Realizing this, I was able to redirect myself. First step was, have earlier supper which helps me to go to bed earlier, which enables me to wake up earlier. Having an earlier start in the morning seems to help make my day fuller.
5. The art of relaxing. So many of the time, we don't realize we are not listening to our body. We forget to nurture it. After these sessions, I am more alert to it's callings. It's good to sit and do nothing, to close your eyes and take a short nap, find a good book and immerse yourself in it.
- 6: I learned not to be so hard on myself. It was good being with the other buddies. It seems we are all pretty much traveling the same road. Yes, others do have other issues to contend with, just as I do mine.

D. Person-Centered Planning

I&R program component mailed out 56 surveys; 25 responded; 76% indicated that they learned about options and choices of support and services available; 80% indicated with the information received they were able to make better decisions; 80% indicated that services received are helping them to remain at home and live independently.

E. Rights of Older Adults

1. Provided 3 nights' emergency sheltering services, personal care services, case management services and transportation to an elderly man who was stranded at Lihue airport; after intervening with options, man decided to return to Las Vegas.
2. Legal Aid Society of Hawaii served 332 persons providing legal assistance services.
3. Elder Law Day was held with presentations on Estate Planning, consumer issues and Technology related problems.

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, 2015 to June 30, 2016. Fiscal resources for this period were:

<u>Federal:</u>	<u>FY 16</u>
Title III B Support Services	\$280,127.00
Title III C-1 Nutrition, Congregate	26,498.00
Title III C-1 Administration	54,447.00
Title III C-2 Nutrition, Home-Del.	127,802.00
Title III D Health Promotion	7,175.00
Title III E Caregiver Support Program	55,592.00
RSVP	<u>65,847.00</u>
	\$617,488.00
<u>State (Kupuna Care):</u>	
Adult Day Care	76,231.00
Case Management	55,000.00
Homemaker/Housekeeping	52,491.00
KC Transportation	149,450.00
Nutrition	243,094.00
Personal Care	83,508.00
Chore	0
Area Agency Administration	<u>60,985.00</u>
	\$720,759.00
<u>State (Other)</u>	
Elder Abuse Prevention	22,610.00
Healthy Aging	134,077.00
ADRC	<u>88,863.00</u>
	\$245,550.00
<u>County:</u>	
County General Funds	<u>\$1,288,638.00</u>
	\$1,288,638.00
TOTAL (FY2016)	\$2,872,435.00

VI. Statistics

A. Kupuna Care Services(State)

	<u>'16 Estimate</u>	<u>'16 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	21
# of units	9,585	12,570
<u>Case Management</u>		
To provide case management services to functionally dependent older adults.		
# of older adults served	90	107
# of hours	846	692
<u>Home Delivered Meals</u>		
To deliver meals to homebound older persons five days a week.		
# of older adults served	300	373
# of meals	39,623	58,530
<u>Homemaker/Housekeeping</u>		
To provide homemaker/housekeeping service to frail, older individuals.		
# of older adults served	35	39
# of hours	1,975	1,647
<u>Kupuna Care Transportation</u>		
To provide curb to curb service with a helpful driver.		
# of adults served	130	121
# of one-way trips	15,100	16,235
<u>Personal Care</u>		
To provide personal assistance for frail, older adults.		
# of older adults served	25	17
# of hours	2,135	2,049

B. Federal Services

	<u>'16 Estimate</u>	<u>'16 Actual</u>
<u>Congregate Meals</u>		
To implement a nutrition program which provides older individuals with congregate meals and nutrition education sessions.		
# of older adults served	200	200
# of meals	10,600	9,282
 <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	129
# of counseling sessions	145	67
# of training sessions	8	34
# of support group sessions	40	63
# of information activities	7	2
 <u>Grandparents Raising Grandchildren</u>		
To provide counseling and training for individuals who are caregivers of children (infant-17years old).		
# of respite care	12	12
# of support group sessions	20	20
 <u>Legal Assistance</u>		
To provide legal assistance services to older vulnerable individuals		
# of older adults served	300	332
# of hours	1,295	1,796
 <u>Respite Care</u>		
To provide caregivers a brief period of relief or rest by providing in-home respite services.		
# of older adults served	10	10
# of hours	993	820

C. Other Federal Grant

<u>RSVP</u>	<u>'16 Estimate</u>	<u>'16 Actual</u>
To provide volunteer opportunities.		
# of RSVP volunteers	350	387
# of volunteer hours	35,000	32,343

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	6,700	8,090

<u>Outreach</u>		
To identify potential clients.		
# of older adults identified/registered	1,006	988
# of activities	12	26

VII. Holo Holo 2020 Projects & Status

A. EnhanceFitness Program

The program has served 211 participants this past fiscal year for a total of 11,619 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.

This is a nationally recognized low-impact aerobics class for seniors. The oldest participant is 97 years old. There are seven sites with eight classes on the island.

B. Support Grandparents Raising Grandchildren

Child & Family Service provide support services for Ohana Caregivers and reported the following: "Several families are raising middle school girls and boys. They share within the groups that they need help dealing with teen issues, lying, not listening, sneaky behavior etc."

“Ohana Caregivers seem tired at times, especially when they come for support groups. However they express how “safe” they feel each month attending and sharing their disappointments, frustrations, and setbacks. They also share their joys and accomplishments as well.”