



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. 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 Hawaii'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 Hawaii's older adults.

III. Program Description

A. Objectives

1. Three hundred fifty (350) older adults will be engaged in volunteer opportunities through RSVP.
 - *Three hundred twenty seven (327) active older adults were engaged in volunteer opportunities through Kauai RSVP who provided 26,979 hours of service.*

2. Offer seven (7) Better Choices Better Health Program (BCBH) workshops each year.
 - *Conducted six (6) workshops; collaborated with National Kidney Foundation on two workshops.*
3. Leverage available funding to increase the current number of EnhanceFitness Program participants by 5% annually.
 - *12% increase of new participants enrolled in EnhanceFitness.*
4. Explore development of a coalition of transit service providers.
 - *Completed MOU with transit service providers.*
5. Explore a referral system to establish access to in-home mental health services.
 - *Completed MOU with Clinical Social Work/Therapist.*
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.
 - *Completed 24 MOUs*
8. Support State's efforts to integrate a No Wrong Door Model of a statewide ADRC System.
 - *Monthly ADRC Operations Workgroup meetings are held to review intake, assessment, and support plan and flag items to improve; discuss ongoing concerns; develop outcome measures and continuous quality improvement; share materials across counties; county site visit exchanges.*
9. Update of the resource database in the Kaua'i ADRC website, annually.
 - *Seventy-five (75) resource organizations have met inclusion in the resource database.*
10. On-going implementation and improvements of options counseling service/person centered planning.
 - *Staff attended Person Centered Practice training.*
11. Increase the number of identified older adults and people with disabilities by 15%, annually.
 - *Twenty-four percent (24%) increase number of identified individuals for fiscal year 2017.*
12. Establish a pool of vendors to allow participants more choices.
13. Develop and distribute quality of in-home services survey, annually.
 - *Distributed survey for **home-delivered meals** to 180 participants and 45% responded; 68% of respondents are very satisfied with the meals and 31% are somewhat satisfied.*
 - *Distributed survey for **congregate meals** to 131 participants and 73% responded; 79% of respondents go to the congregate meal sites because they enjoy socializing.*
 - *Distributed survey for **homemaker** to 32 participants and 47% responded; 53% of respondents very satisfied and 40% somewhat satisfied.*

- *Distributed survey for **personal care** to 21 participants and 52% responded; 100% of the respondents indicated that their needs are met by the personal care service.*
 - *Distributed survey for **transportation** to 67 participants and 55% responded; 84% of respondents remained independent due to the transportation service.*
 - *Distributed survey for **legal assistance** to 122 participants and 41% responded; 62% of respondents are very satisfied and 23% somewhat satisfied.*
14. Expand educational opportunities for Kauai’s older adults and caregivers to include conducting mini educational workshops throughout the community, annually.
 - *Thirty-six educational workshops were provided by AEA and partner agencies.*
 15. Establish accessible emergency safe havens for vulnerable elders.
 16. Annual updates of individual emergency disaster plans.
 - *Disaster plans are part of in-home assessments that are ongoing at new initial intake and annual assessments.*
 - *Purchased ready-to-eat emergency meal packets and canned water for congregate meal participants.*
 17. Implement a low cost home modification program to minimize falls among 85+ year olds.
 - *The Agency on Elderly Affairs manages the referrals and appointments of older adults to the program and provides some falls prevention equipment. Kauai Fire Department conducts a fire safety assessment and installation of smoke detectors and the falls prevention equipment and American Medical Response conducts a medical consultation which includes medication assessment.*

B. Highlights

1. 51th Annual Older Americans Award



Pictured from left to right front row: Honorees Allan Villaflor, Janet Taketa, Marcelina Parinas, Winona Steed, Outstanding Female Honoree Sanae Morita, Outstanding Male Honoree James Jung, Rebecca Fries,

Trinidad Dela Cruz, Timothy Albao, Missing: Jonathan McRoberts. 2nd row: Council Chairman Mel Rapozo, State Representatives Nadine Nakamura and Dee Morikawa, Councilmembers Joanne Yukimura, Arryl Kaneshiro, Derek Kawakami. 3rd row: Executive on Aging Kealoha Takahashi, Mayor's Representative Cyndi Ayonon, Governor David Ige's Liaison Clarrice Gardner.

The Annual Older Americans Award Recognition Ceremony was held at the Courtyard Marriott Kaua'i on Friday, May 5, 2016. In honor of the 51st anniversary of the Kaua'i Agency on Elderly Affairs, 10 outstanding Na Kupuna were recognized for their contributions to the community, their personal achievements and their accomplishments. This year's theme, "**Age Out Loud**," emphasizes the ways Kupuna are living their lives with boldness, confidence and passion. The Office of the Mayor and Agency on Elderly Affairs use Older Americans Month to focus on how Kupuna in our community are redefining aging – by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts.

2. Second Annual Older Americans Month Information & Resource Fair



The Kaua'i Agency on Elderly Affairs in partnership with Kukui Grove Shopping Center, hosted its 2nd Annual Older Americans Month Resource Fair at the Kukui Grove Food Court. Activities included presentations on Living Falls Free, How to Age Well, and Scams/Fraud Prevention. Twenty-three participating organizations distributed information about their programs and services, provided free glucose testing, blood pressure checks, free blood test vouchers and . The shopping center management and its stores contributed music, food discounts and Bingo prizes to make this a fun-filled festival. The Older Americans Month Fair engages our older adults with opportunities available to live and remain actively in our community.

3. The 44th Annual Volunteer Recognition Luncheon



Lillian Takiguchi, 90 and Misao Tamura, 99 seated left and right respectively, were honored as Living Treasures. Recognitions were made for volunteers who are Veterans, Living Treasures (Oldest Living and Longest Serving), Presidential Volunteer Service Awards (Lifetime and Gold) and Years of Service Awards.

C. Activities

1. Kauai RSVP – September 11th National Day of Service and Remembrance



Jason Honjiyo, the Kauai Economic Opportunity shelter manager, Jose Madrid, the KEO Weatherization Assistance Program director, and Emma Gaboy, the KEO Day Activities Center director, accept a load of hygiene products

2. Kauai RSVP – Martin Luther King Jr. Day of Service



An outpouring of support made for a successful service project. Linda Uyehara, Koloa Elementary School principal gratefully received an abundance of school supplies as part of the Martin Luther King Jr. Day of Service project. Youth from Cub Scout Pack 148 and Girl Scout Troop 823 also assisted in collection of supplies.



3. Live Well, Age Well Symposium



An opportunity to provide information about the wellness programs and services offered to Kupuna in our island community. Acknowledged the efforts and work of the Community Service Program Assistants and Better Choices, Better Health Program Coordinator.

IV. Program Measures - Accomplishments/Evaluation

A. 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.

• Kaua’i Agency on Elderly Affairs	12
• Kaua’i Fire Department	3
• Dept. of Health	1
• Alzheimer’s Association Hawaii, Kaua’i	3
• Kaua’i Police Department	1
• Kupuna Alert Partners (State Attorney General, DCCA, SMP Hawaii, Public Safety-Narcotics Division	1
• AARP	1
• Kaua’i Emergency Management Agency	1
• American Medical Response	1
• Kaua’i Economic Opportunity/Ho’ola Lahui	1
• National Kidney Foundation of Hawaii	1
• Adult Protective Service	1
• Senior Medicare Patrol	2
• Wilcox Memorial Hospital	2
• County Transportation Agency	3
• Kaua’i Hospice	1
• Kaua’i Veterans Center	1

Thirty-six mini workshops provided training and information on fire safety, disaster preparedness, falls prevention, medication management, nutrition, diabetes self-management, chronic disease self-management, Caregiver training: legal/financial affairs, Alzheimer’s disease, behaviors, self-care, managing caregiving, care facilities, family & community resources, VA benefits, scams/fraud prevention, transportation services, elder abuse, prescription drug misuse, immunization shots, healthy living for the brain & body.

B. AEA Staff attended (27) training sessions to enhance the agency’s services provided to older adults and people with disabilities in the community. Training included:

- Cultural Competency: Developing cultural competence to serve Asian & American Pacific Islanders, the LGBTQ Community, People with Disabilities
- Knowledge & Understanding of Mental Health and Dementia

- Medicare Benefits and Programs Updates
- Caregiver Supports & Services
- Disaster Preparedness & Awareness
- Elder Justice: Elder Abuse, Scams & Fraud Protection
- Customer Service: Person-Centered & Options Counseling
- Oral Health for the Older Adult Community
- Fundamentals of Gerontology: The Study of Aging; Demographic Trends & Projections; Theories in the Sociology of Aging Societies; Psychological Perspective of Aging; Biology & Biomarkers of Aging; Key Diseases Associated with Aging; Policies & Programs Affecting Older Americans.
- Community Resources available in our community to Kauai's older adults and persons with disability.

These professional development-training sessions resulted in nationally certified staff:

- 4 Certified SHIP Counselors assisting older adults in Medicare Part D (prescription drug coverage) enrollment and Low-Income Subsidy/Extra Help and Medicare Savings Programs.
- 9 Certified Information & Referral Specialists in Aging and Disability (CIRS A/D Specialists) assisting and referring older adults and persons with disabilities to appropriate services and supports.
- 8 Staff members received Certificates of Completion for the Fundamentals of Gerontology course from University of Southern California-Leonard Davis School of Gerontology.

NOTE:

- 6 additional staff members became Certified SHIP Counselors in July 2017.
- 2 additional staff members will become CIRS A/D Specialists during FY2018.
- 5 additional staff members are enrolled in the Fundamentals of Gerontology course from USC Leonard Davis School of Gerontology in August-September 2017.and Community-Based Services/Supports for Family Caregivers

C. 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:

- Kapiolani Women's Center
- DOW Kaumakani Outreach
- Senior State Softball Tournament
- AEA Symposium
- Legal Aid/Senior Law
- Lihue Townhouse Pantry

- AARP Caregivers Conference
- Hyatt Employee Health Fair
- Kapaa Senior Center
- St. Williams Church
- HSTA Meeting
- Hospice Workshop
- Kapaa Hongwanji
- Hanalei Community Center
- Kapaa Missionary Church
- Women Veterans Workshop
- Older Americans Month Fair at Kukui Grove Center
- Kapaa Marriott
- Tropic Care
- Kaniko`o Senior Housing
- Princeville Community
- Lihue Gardens
- CECO Lihue
- Philippine Consulate
- Contractor’s Association of Kauai Homeshow
- Dr. Kheng’s Office

D. EnhancedFitness

There are 198 participants; 8 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; 39% of our participants are between 70-79 years old; the top 3 chronic conditions for EF participants are Arthritis (39%), Hypertension (38%) and Diabetes (22%).

E. Kauai RSVP – Volunteer Program

AEA as the sponsor of the Kauai RSVP, avidly supports the volunteer program which keeps older adults active and healthy by engaging those 55 and better in volunteer service. With the RSVP Program Coordinator now on board, efforts continue to place volunteers at over 35 stations island-wide to meet or exceed the objective of 350 active volunteers. For the past forty plus years, RSVP volunteers make a huge impact in addressing critical challenges facing our community and our nation. RSVP recognized its oldest living volunteer as a “Living Treasure” last December who turned 100 earlier this year, yet continues when he is able, assisting his daughter instruct Tai Chi. Volunteers have been instrumental in garnering donations for events such as the Kapaa Rotary Clubs annual Taste of Hawaii event and Muscular Dystrophy Association’s Lock Up event. Kauai’s Habitat for Humanity volunteers were instrumental in helping to divert 344 tons of waste from our landfills. AARP National recognized a husband and wife team for their outreach efforts in being area coordinators during tax season. Tax aide volunteers were instrumental in helping over 400 people with their taxes. At island wide

soup kitchens and food pantries, volunteers assist with food distribution to hundreds of needy Kaua'i families on a weekly basis.

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, 2016 to June 30, 2017. Fiscal resources for this period were:

<u>Federal:</u>	<u>FY 17</u>
Title III B Support Services	\$183,560.00
Title III C-1 Nutrition, Congregate	129,704.00
Title III C-1 Administration	52,058.00
Title III C-2 Nutrition, Home Delivered Meals	92,487.00
Title III D Health Promotion	7,175.00
Title III E Caregiver Support Program	55,592.00
RSVP	65,166.00
NSIP	<u>40,000.00</u>
	\$625,742.00
<u>State (Kupuna Care):</u>	
Adult Day Care	70,000.00
Case Management	75,000.00
Homemaker/Housekeeping	70,000.00
KC Transportation	135,000.00
Nutrition, Home Delivered Meals	261,248.00
Personal Care	70,000.00
Chore	0
Area Agency Administration	<u>50,821.00</u>
	\$732,069.00
<u>State (Other)</u>	
Elder Abuse Prevention	22,610.00
Healthy Aging	0
ADRC	<u>71,090.00</u>
	\$ 93,700.00
<u>County:</u>	
County General Funds	<u>\$1,282,810.00</u>
	\$1,282,810.00
TOTAL (FY2017)	\$2,734,321.00

VI. Statistics

A. Kupuna Care Services(State)

<u>Adult Day Care</u>	<u>'17 Estimate</u>	<u>'17 Actual</u>
To provide frail, disabled and/or cognitively impaired older persons with supervision		

	<u>'17 Estimate</u>	<u>'17 Actual</u>
at an Alzheimer's Day Care; to provide restorative or rehabilitative services for older adults.		
# of older adults served	30	27
# of units	9,585	13,025

Case Management

To provide case management
services to functionally
dependent older adults.

# of older adults served	90	121
# of hours	846	805

Home Delivered Meals

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

# of older adults served	300	305
# of meals	39,623	47,556

Homemaker/Housekeeping

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

# of older adults served	35	39
# of hours	1,975	2,092

Kupuna Care Transportation

To provide curb to curb service
with a helpful driver.

# of adults served	130	97
# of one-way trips	15,100	14,898

Personal Care

To provide personal assistance
for frail, older adults.

# of older adults served	25	37
# of hours	2,135	3,282

B. Federal Services

Congregate Meals

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

# of older adults served	200	222
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	<u>'17 Estimate</u>	<u>'17 Actual</u>
# of meals	10,600	14,809

Family Caregiver Support
Caregiver Counseling and Training
 To provide counseling and training
 for individuals who are caregivers
 of frail elders.

# of caregivers	200	292
# of counseling sessions	93	58
# of training sessions	8	15
# of support group sessions	40	46
# of information activities	7	12

Grandparents Raising
Grandchildren

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

# of respite care	5	2
# of support group sessions	18	15

Legal Assistance

To provide legal assistance
 services to older vulnerable
 individuals

# of older adults served	300	339
# of hours	1,295	1,519

Respite Care

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

# of older adults served	10	20
# of hours	993	970

C. Other Federal Grant

RSVP

To provide volunteer
 opportunities.

# of RSVP volunteers	350	327
# of volunteer hours	35,000	26,979

D.	Direct Services	<u>'17 Estimate</u>	<u>'17 Actual</u>
	<u>Information & Referral</u>		
	To provide information on available services and make linkages to appropriate agencies.		
	# of older adults served	1,400	1,218
	# of information and referral contacts	6,700	6,302
	<u>Outreach</u>		
	To identify potential clients.		
	# of older adults identified/registered	1,006	1,218
	# of activities	12	20

VII. Holo Holo 2020 Projects & Status

- A. Provide Better Choices, Better Health workshops including Chronic Disease Self-Management Program and Diabetes Self-Management Program.
 - *Six workshops were conducted. One participant wrote: "I didn't think that this class was for me because the title stated 'Chronic Conditions.' When my girlfriend said it was a 'really good class' of information and that it went beyond 'chronic,' I decided to try it out. This class was so important to me...tons of information for healthy living."*
- B. As part of the State Health Insurance Assistance Program (SHIP), provide personalized counseling and assistance to help individuals choose their Medicare benefits, including Medicare Advantage, Medicare Part D prescription drug coverage and Medigap coverage.
 - *Four Certified SHIP Counselors provided counseling and assistance to 87 individuals.*
- C. Promote and increase public awareness of AEA's existence, purpose and service as: The leading County agency on aging issues; Valuable resource for Kauai's older adults, people with disabilities and family caregivers.
 - *Twenty-six outreach events were conducted throughout the island coordinating with partner agencies.*
- D. 65% of AEA staff complete the AIRS Certification for Information & Referral Specialist for Aging/Disability (CIRS-A/D) which demonstrates competence in the field of Information & Referral.
 - *53% of AEA staff completed certification for CIRS-A/D.*
- E. In partnership with Kauai Fire Department, American Medical Response and Department of Health, linking Kupuna to the Fall Prevention and Wellness

Program to ensure safety in the home, educate Kupuna about falls prevention and do wellness check.

➤ *As of June 2017:*

- ✓ *76 homes were served*
- ✓ *43 homes are on the waitlist to be visited*
- ✓ *30 homes declined service*

➤ *Falls Prevention Equipment installed/distributed*

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|---------------------------|------------|
| ✓ <i>Smoke Detectors</i> | <i>286</i> |
| ✓ <i>Night Lights</i> | <i>82</i> |
| ✓ <i>Grip Tape</i> | <i>48</i> |
| ✓ <i>Shower Grip Tape</i> | <i>33</i> |
| ✓ <i>Shower Chairs</i> | <i>21</i> |
| ✓ <i>Handrails</i> | <i>14</i> |