



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.
 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 Kauai'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. 52nd Annual Older Americans Award



Pictured from left to right front row: Honorees Michael J. Vidinha, Sonia Song, Martina A. Semana, Outstanding Male Honoree Peter

Rayno, Outstanding Female Honoree Janice F. Nitta, Clorinda Nakashima, Margaret McGinty, Elvira Kimokeo; 2nd row: Executive on Aging Kealoha Takahashi, State Representative Nadine Nakamura, Councilmember Derek Kawakami, State Representative James Tokioka, Mayor's Representative Lenny Rapozo, First Lady Mrs. Dawn Ige, Council Chairman Mel Rapozo, Councilmembers Arthur Brun, JoAnne Yukimura.

The Annual Older Americans Award Recognition Ceremony was held at the Kaua'i Beach Resort on Friday, May 4, 2018. In honor of the 52nd anniversary of the Kaua'i Agency on Elderly Affairs, eight outstanding Na Kupuna were recognized for their contributions to the community, their personal achievements and their accomplishments. This year's theme, "**Engage at Every Age,**" emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. 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 "Engage at Every Age!"

2. Older Americans Month Festival



Zumba Gold Demonstration

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 11. The event featured fun activities such as Zumba Gold, line dancing, entertainment by Alu Like Kupuna and the Paraluman Dancers, demonstrations of crafts, Tai Chi, Nordic Walking, and included agencies who offer assistance to

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. 2017 Annual RSVP Recognition Luncheon

The annual recognition event held on Friday, December 15, 2017, at the Kauai Beach Resort, included more than 260 attendees including volunteers, volunteer station coordinators, elected officials and Hawaii State Program Director of the Corporation for National & Community Service.



Volunteers recognized for Presidential Volunteer Service Awards pictured above, Margaret McGinty (seated left) – Gold Award for serving more than 500 hours in the last year and Michiye Funaku (seated right) – Lifetime Achievement Award for contributing more than 4000 service hours. Honored guests standing from left are Carrice Gardner, Rep. Nadine Nakamura, Mayor Bernard P. Carvalho, Timmy Albao, Council Chair Mel Rapozo, Donna Olivas-Kaohi, Derrick Ariyoshi, Rep. Jimmy Tokioka, Clyde Kodani, and Kealoha Takahashi.

C. Activities

1. Kaua'i RSVP – Diabetes Self-Management Program Training

Seven RSVP volunteers successfully completed the Diabetes Self-Management Workshop Leader's Training in June 2018. The DSMP workshop and materials are part of an evidence-based program developed by Stanford University. With the number of adults in Hawaii being diagnosed with diabetes, on the rise, these seven volunteers will lead workshops in the community to help participants better manage their health.



Diabetes Self-Management Workshop Participants and Leaders

2. Kaua'i RSVP – 2017 September 11th National Day of Service and Remembrance



As part of September 11 National Day of Service and Remembrance project, RSVP Advisory Council board and volunteers presented Kaua'i's first responders with a care package on September 11, 2017. Gift baskets filled with donations from local businesses were delivered to each Kaua'i Police and Fire headquarters and substation as well Emergency Medical Services stations, in appreciation and gratitude for their service that they provide to our community 24/7.



3. Live Well, Age Well Symposium

The Symposium focused on Healthy Aging with 152 individuals in attendance. “Healthy Cooking” was the theme. A “Cook Off” competition among Kauai Officials to see who could prepare the healthiest, tastiest meal.



Winners of the “Cook Off”

IV. Program Measures - Accomplishments/Evaluation

A. Kupuna Caregivers Program

In July 2017 Governor David Ige signed into law, HB 607 establishing the Kupuna Caregivers Program, which addresses the growing needs of caregivers. The Program assists qualified caregivers to obtain care for older adults while remaining in the workforce.

A qualified Caregiver is an individual providing care for a care recipient (older adult) and employed at least thirty hours per week by one or more employers. The care recipient must meet the eligibility requirements of Kupuna Care.

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 law allows a qualified caregiver support of up to \$70.00 a day paid to a service provider not caregiver. The Agency on Elderly Affairs has contracted with Kauai Adult Day Health Center to provide adult day care services for \$70.00 a day. We currently serving five employed caregivers.

A Daughter's testimony:

"Now that she is attending Adult Day Care, I don't have to worry about going home during lunch to check on her. I do not need to take off from work now because she enjoys going to the Adult Day Care. I have now more peace of mind knowing that somebody is looking after her while I am at work."

"In her case, I notice that she has become sharper since she started socializing with other people while at Adult Day Care; and because the participants are engaged in activities during their stay at the Center, she can sleep better now."

"The Caregiver Program has really helped me and my mom."

B. Kauai RSVP – Volunteer Program

Three hundred sixteen (316) active volunteers engaged in service opportunities provided 27,330 hours of service. Mailed out 320 volunteer satisfaction surveys and received 189 responses. There were 187 volunteers satisfied with assignments and 185 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.

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. Over \$454,664 in donations were collected through direct and indirect efforts of Kauai RSVP volunteers 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 203 participants and 53% responded; 82% of respondents are very satisfied with the meals and 16% are somewhat satisfied. There are more very satisfied participants this year. There is an improvement on the timeliness of meal delivery this year.

Distributed survey for **congregate meals** to 181 participants and 55% responded; 70% 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. There is an improvement on the timeliness of meal delivery this year.

Distributed survey for **homemaker** to 35 participants and 49% responded; 88% completed the survey themselves; 100% of respondents would

recommend BAYADA to others; 100% indicated that the workers are mostly on time, work as long as they are supposed to and treated them with courtesy and respect; 86% received very good to excellent service.

Distributed survey for **personal care** to 18 participants and 44% responded; 57% completed the survey themselves; 88% would recommend BAYADA to others needing personal care; 100% indicated that the workers are mostly on-time, work as long as they are supposed to and treated them with courtesy and respect; 100% received very good to excellent service.

Distributed survey for **transportation** to 72 participants and 54% responded; 95% of respondents are satisfied with the transportation service and received good to excellent service. Main reasons for the use of the transportation service is for medical appointments and Adult Day Care. Suggestions include the possibility of using bus for Kupuna activities and extension of the service after 6pm on Saturdays.

Distributed survey for **legal assistance** to 250 participants and 30% responded; 75% of respondents are very satisfied and 13% somewhat satisfied; 41% of the participants got information from the Agency on Elderly Affairs compared to 21% last year; 89% got good to excellent service. Most sought services are for Living Will, Health Care Directives and Power of Attorney.

Distributed survey for **adult day care** to 26 participants and 62% responded; 100% are satisfied with the service and got good to excellent service. Ninety-three percent (93%) of the caregivers indicated that the service gave them more time for themselves.

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, 2017 to June 30, 2018. Fiscal resources for this period were:

<u>Federal:</u>	<u>FY 18</u>
Title III B Support Services	\$298,019.00
Title III C-1 Nutrition, Congregate	85,815.00
Title III C-1 Administration	1,823.00
Title III C-2 Nutrition, Home Delivered Meals	139,094.00
Title III D Health Promotion	8,893.00
Title III E Caregiver Support Program	66,667.00
RSVP	62,847.00
NSIP	<u>42,615.00</u>
	\$705,863.00
 <u>State (Kupuna Care):</u>	
Adult Day Care	70,000.00

Case Management	65,300.00
Homemaker/Housekeeping	83,500.00
KC Transportation	135,000.00
Nutrition, Home Delivered Meals	251,514.00
Personal Care	86,200.00
Chore	0
Area Agency Administration	44,139.00
	<u>\$758,263.00</u>
<u>State (Other)</u>	
Elder Abuse Prevention	22,610.00
Healthy Aging-CDSMP	15,240.00
Healthy Aging-EnhanceFitness	122,944.00
ADRC	115,575.00
Kupuna Caregiver Program	62,815.00
	<u>\$1,074,837.00</u>
<u>County:</u>	
County General Funds	<u>\$1,329,215.00</u>
	<u>\$1,329,215.00</u>
 TOTAL (FY2018)	 \$3,109,915.00

VI. Statistics

A.	State Funded Services		
	<u>Adult Day Care</u>	<u>2018 Estimate</u>	<u>2018 Actual</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	31
	# of units	9,585	11,249
	 <u>Case Management</u>		
	To provide case management services to functionally dependent older adults.		
	# of older adults served	90	138
	# of hours	846	535
	 <u>Home Delivered Meals</u>		
	To deliver meals to homebound older persons five days a week.		
	# of older adults served	300	321
	# of meals	39,623	45,727

<u>Homemaker/Housekeeping</u>	<u>2018 Estimate</u>	<u>2018 Actual</u>
To provide homemaker/ housekeeping service to frail, older individuals.		
# of older adults served	35	43
# of hours	1,975	1,949

Kupuna Caregiver Program
To support employed caregivers
in addition, provide adult day care
services.

# of employed caregivers	7	5
# of days	1,680	161

Kupuna Care Transportation
To provide curb to curb service
with a helpful driver.

# of adults served	130	86
# of one-way trips	15,100	11,669

Personal Care

To provide personal assistance
for frail, older adults.

# of older adults served	25	21
# of hours	2,135	2,624

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	202
# of meals	10,600	11,686

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	26
# of training sessions	8	18
# of support group sessions	40	45
# of information activities	7	16

	<u>2018 Estimate</u>	<u>2018 Actual</u>
<u>Grandparents Raising Grandchildren</u>		
To provide counseling and training for individuals who are caregivers of children (infant-17years old).		
# of respite care	5	4
# of support group sessions	18	14
 <u>Legal Assistance</u>		
To provide legal assistance services to older vulnerable individuals		
# of older adults served	300	364
# of hours	1,295	1,729
 <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	18
# of hours	993	1,764
 C. Other Federal Grant		
 <u>RSVP</u>		
To provide volunteer opportunities.		
# of RSVP volunteers	350	316
# of volunteer hours	35,000	27,330
 D. Direct Services		
 <u>Information & Referral</u>		
To provide information on available services and make linkages to appropriate agencies.		
<u>Information & Referral</u>		
# of older adults served	1,400	1,860
# of information and referral contacts	6,700	6,481
 <u>Outreach</u>		
To identify potential clients.		
# of older adults identified/registered	1,006	1,076
# of activities	12	20

VII. Holo Holo 2020 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 relates the most significant outcome has been “keeping up with physical movement in a constructive way of exercising. I do not keep up with physical exercise otherwise, too much of a couch potato. I have made new friends, also. I look forward to class to keep my health up to par. Was diabetic for a brief period but no longer, thanks to this class.”

There are 215 participants in EnhanceFitness classes. There are 8 classes at 7 sites: Kekaha Neighborhood Center (N/C), Waimea N/C, Hanapepe N/C, Koloa N/C, Lihue N/C, Kapaa United Church of Christ and Kilauea N/C.

EnhanceFitness New Instructor Training led by Master Trainer, Kay Holt held on June 23-24, 2018. Attendees included two from Kauai and three from Hawaii County. Participants must have a current Group Fitness or Personal Training certification (or be actively working towards one) as well as visit two EnhanceFitness classes prior to training.



- 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.

Ten Certified SHIP Counselors provided counseling and assistance to 236 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; Alu Like Inc.; CECO Lihue; Contractor's Association of Kauai Home Show; County Departments (17); County Health & Wellness Fair; DOW Kaumakani Outreach; Dr. Kheng's Office; Hanalei Community Center; Hanapepe Salvation Army; HGEA Retirees; Hospice Workshop; HSTA Meeting; Hyatt Employee Health Fair (Koloa); Kaiser Permanente; Kalaheo Missionary Church; Kaniko`o Senior Housing; Kapaa Hongwanji; Kapaa Kauai Athletic Club; Kapaa Marriott; Kapaa Missionary Church; Kapaa Senior Center; Kapiolani Women's Center; Kauai Athletic Club Kapaa and Lihue; Kauai Bible Church; Kaumakani Senior Center; Kekaha Community Meeting; Kekaha LDS Women's Group; Kekaha Senior Center; KEO Congregate Meals Volunteers; Kilauea Neighborhood Center; Koloa Landing; Koloa Rotary Club; KVMH; Legal Aid/Senior Law; Lihue Gardens; Lihue Townhouse Pantry; Mahelona Hospital; OHA Kauai Relief Resource Fair at Hanalei and Kapaa; Older Americans Month Festival at Kukui Grove Center; Philippine Consulate; Pre-Retirement Workshop; Princeville Community Center; Quilters Guild; Senior State Softball Tournament; St. Williams Church; Tropic Care; Waimea High School Health Fair; Waimea Senior Center; Wilcox Hospital Health Fair; and Women Veterans Workshop.

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, 2017; KONG radio promo on Lay Leader Training; and Radio ads on Falls Prevention

- D. Implement continuous training for staff to maintain AIRS certification. Trainings may include options counseling, elder abuse, dementia and trainings with regard to serving older adults and people with disabilities.

There are 11 Certified Information & Referral Specialists in Aging and Disability (CIRS A/D Specialists) assisting and referring older adults, persons with disabilities and caregivers to appropriate services and supports.

Thirteen staff members received Certificates of Completion for the Fundamentals of Gerontology course from University of Southern California-Leonard Davis School of Gerontology.

- E. Promote Fall Prevention and Wellness Program, a multi-agency coalition involving the Kauai 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, 2017 through June 30, 2018:

- 103 homes were served
- 245 homes are on the waitlist to be visited

Falls Prevention Equipment installed/distributed

- Smoke Detectors 265
- Night Lights 131
- Grip Tape 55
- Shower Grip Tape 21
- Shower Chairs 43
- Handrails 20