



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. The vision statements are:

- Kauai older adults will live independently at home or in the community with dignity and respect.
- Kauai family caregivers receive adequate support to care for their older adults.

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, active and socially engaged, using prevention and disease self-management strategies.
- 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. 14 BCBH trainers and Lay Leaders will lead workshops annually.
16. 9 BCBH workshops/year will be provided.
17. 90 older adults will complete BCBH workshops/year.
18. A minimum of 20 congregate meals participants will participate in BCBH workshops/year.
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. 500 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.
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.
25. Develop written protocol for interagency referral for older adults not eligible for Medicaid for Community Living Program.
26. 10 older adults will participate in person centered planning each year during grant period.
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 50 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. 46th Annual Older Americans Award

The 46th annual Older Americans Award Recognition Ceremony was held at the Kauai Beach Resort on Tuesday, May 8, 2012. Each year during May which is nationally celebrated as Older Americans Month, we are honored to recognize Kaua'i's outstanding seniors for their contributions to the community, their personal achievements and accomplishments.

This year we honored 10 seniors who were nominated by organizations and individuals namely: Mrs. Florencia R. Balualua, nominated by Anne Miyamoto, Foster Grandparent Program; Mrs. Dorothy "Dollie" Brierley, nominated by Michelle Correa, Koloa Neighborhood Center; Mrs. Martina Brun, nominated by Juliet Souza, St. Raphael Church; Mrs. Kay Hill, nominated by Naoko Ogata, Waimea Senior Center; Mrs. Lorin Wade nominated by Jane Gray, Kauai Museum; Mrs. Joanne Watanabe nominated by Jiro Yukimura; Mr. John Lydgate nominated by Jennie Yuimura, AARP-Chapter #654-Kauai; and Mr. David Walker nominated by Basilio Fuertes, Jr., Waimea Senior Center and Mark Nellis, West Kauai Business Professional Association.



This year's theme—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations recognized the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

2. The 39th Annual Volunteer Recognition Luncheon



This highly anticipated event of the year brought together RSVP volunteers who celebrated on December 2, 2011 at the Kauai Beach Resort. More than 360 volunteers were honored for their contributions to our island community.

C. Activities

1. On January 16, 2012, Americans of all ages and backgrounds celebrated Dr. King's life through service projects that strengthen communities, empower individuals, bridge barriers, and create solutions.



Kaua'i RSVP observed the day by launching its projects to promote sustainability – through **recycling unwanted eyewear** to reduce landfill impact while providing eyeglasses to those in need through the OneSight free eye clinics in the US and around the world; and **recycling unwanted cell phones (working or broken)** to reduce the amount of toxins entering the landfills. Funds raised from cell phone recycling were donated to Kaua'i Hospice to assist with its ongoing support for people with life threatening conditions and their caregivers.

2. Kauai RSVP volunteers helped to distribute free school supplies to at least 1,500 children from 850 families.



3. Senior ID events were held at the Kōloa Neighborhood Center; Kekaha Haaheo Housing; PrimeTime Wellness Fair; Seniors' Law Day; Lihue Civic Center; and the Mahelona Kupuna Health Fair. I&R staff did presentations on the Aging and Disability Resource Center (ADRC) website at the Hanapēpē, Kōloa, Lihue, Waimea and Kalaheo Senior Centers. ADRC presentation was also made at the Kauai Filipino Chamber of Commerce quarterly meeting with 109 members and guests on June 12, 2012.



Pharmacist, Noli Melchor, was a guest speaker at Kekaha Senior Center and provided information on “Managing Your Medication.”

4. Seniors' Law Day held on September 29, 2011 with presentations given by J. Michael Ratcliffe, Esq. on “Your Trust is 10 Years Old, What is it Doing?” Other topics covered included “Identity Theft and Scam Alert and Put the Kids on the Deed, Dangerous Stuff.”

IV. Program Measures - Accomplishments/Evaluation

A. Aging and Disability Resource Center (ADRC)

1. Kauai Care Transitions Program

This program was officially launched on March 27, 2012 with clients referred from Kauai Veterans Memorial Hospital (KVMH) to the Agency on Elderly Affairs. The Coach began to contact patients referred from KVMH for a hospital visit, followed by a home visit and phone calls to coach patients' transition from the hospital back to home. The referrals to the Coach were worked out with KVMH staff with few minor adjustments along the way. One of the issues that began to quickly surface was that patients were already being

discharged by the time the Coach was notified of the referral. This resulted in missing the first step of the Care Transition Intervention protocol by which the Coach is self-introduced to patient while still in the hospital. This became an important missing element since 50% of patients referred to Kauai Care Transition Program were declining the home visit and follow up by the Coach. Without a face to face contact, patients seemed less interested and motivated to be engaged in the Kauai Care Transitions Program.

From the period of March 27 to July 2012, there were 23 referrals of which 7 completed the four week program; and one readmission.

2. Community Living Program

Assists Participants and their families in learning to direct their own services and supports so they may remain living at home; provides a monthly allotment based on ADLs/ADRD diagnosis, to be used towards the provision of these services and supports; provides a Coach to assist Participants/Families in development of a service and support plan, a spending plan and the implementation of these plans; and provides a Fiscal Agent to assist the Participants/Families with payments to employees, vendors, agencies and reimbursements and to represent the Participant/Employer with CLP employment matters with the State of Hawaii Department of Labor and the Internal Revenue Service.

There are 7 enrolled in the program.

B. Better Choices, Better Health



Participants completed workshop series and has garnered support from Mayor Carvalho in their efforts towards living a healthy lifestyle.

Each workshop is led by a two-person team of Lay Leaders and/or Master Trainers. There are 4 Master Trainers and 13 Lay Leaders. A Diabetes Self-Management Program was completed in March. Church of the Pacific, Regency at Puakea, and Kauai Care Center workshops were planned to begin this summer, but were cancelled due to low registration. Efforts continue to recruit participants through presentations at community and senior groups as well as articles in newsletters.

C. Caregiver Counseling and Training conducted by Alzheimer’s Association

Support Groups continue to be an essential source of support for caregivers. Support groups are established in Princeville at Church of the Pacific, in Puhī at Regency at Puakea, in Lihue at Agency on Elderly Affairs, and in Waimea at the Kauai Veterans Memorial Hospital.

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, 2011 to June 30, 2012. Fiscal resources for this period were:

<u>Federal:</u>	<u>FY 12</u>
Title III B Support Services	\$223,042.75
Title III C-1 Nutrition, Congregate	123,031.25
Title III C-1 Administration	55,532.00
Title III C-2 Nutrition, Home-Del.	89,084.75
Title III D Health Promotion	7,662.00
Title III E Caregiver Support Program	56,962.75
RSVP	<u>60,228.50</u>
	\$615,544.00
 <u>State (Purchase of Service):</u>	
Adult Day Care	118,960.00
Case Management	65,325.00
Homemaker/Housekeeping	110,244.00
KC Transportation	140,934.00
Nutrition	225,067.00
Personal Care	142,870.00
Chore	0
Elder Abuse Prevention	22,610.00
Area Agency Administration	<u>68,287.00</u>
	\$894,297.00
 <u>County:</u>	
County General Funds	<u>\$1,324,244.00</u>
	\$1,324,244.00
 TOTAL (FY2011)	 \$2,834,085.00

VI. Statistics

A.	Kupuna Care Services(State)		
	<u>Adult Day Care</u>	<u>'12 Estimate</u>	<u>'12 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	50	29
	# of units	20,640	21,628
	 <u>Case Management</u>		
	To provide case management services to functionally dependent older adults.		
	# of older adults served	100	178
	# of hours	1,042	452
	 <u>Home Delivered Meals</u>		
	To deliver meals to homebound older persons five days a week.		
	# of older adults served	315	352
	# of meals	51,525	62,798
	 <u>Homemaker/Housekeeping</u>		
	To provide homemaker/housekeeping service to frail, older individuals.		
	# of older adults served	25	68
	# of hours	3,797	3,561
	 <u>Kupuna Care Transportation</u>		
	To provide curb to curb service with a helpful driver.		
	# of adults served	125	142
	# of one-way trips	15,700	18,101
	 <u>Personal Care</u>		
	To provide personal assistance for frail, older adults.		
	# of older adults served	25	52
	# of hours	4,704	5,013

B. Federal Services	<u>'12 Estimate</u>	<u>'12 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	210	230
# of meals	11,500	12,655
<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	50	226
# of counseling sessions	100	436
# of training sessions	15	106
# of support group sessions	24	240
# of information activities	7	7
<u>Grandparents Raising Grandchildren</u>		
To provide counseling and training for individuals who are caregivers of children (infant-17years old).		
# of respite care	20	9
# of training sessions	4	5
# of support group sessions	20	15
<u>Legal Assistance</u>		
To provide legal assistance services to older vulnerable individuals		
# of older adults served	400	375
# of hours	2,000	2,186
<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	6
# of hours	993	938

C.	Other Federal Grant	<u>'12 Estimate</u>	<u>'12 Actual</u>
	<u>RSVP</u>		
	To provide volunteer opportunities.		
	# of RSVP volunteers	500	558
	# of volunteer hours	70,000	114,107
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	1,235
	# of information and referral contacts	6,000	8,495
	<u>Outreach</u>		
	To identify potential clients.		
	# of older adults identified/registered	1,200	920
	# of senior I.D. sessions	12	12
	<u>Telephone Reassurance</u>		
	To make phone contact with isolated seniors.		
	# of older adults served by a caller	20	14
	# of phone calls	1,949	1,013
	<u>Friendly Visiting</u>		
	To provide companionship.		
	# of older adults served by a friendly visitor	50	9
	# of visits	751	38
	<u>Senior Companion Program</u>		
	To provide companionship and assistance to frail, homebound older adults.		
	# of older adults served by a senior companion	6	8
	# of hours provided by a senior companion	4,320	1,366

VII. Holo Holo 2020 Projects & Status

A. EnhanceFitness Program

The program has served 321 participants since the launch and implementation in July 2007. There were 208 participants who participated this year. Fitness Checks evaluate participants' progress and indicate that Kauai'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.

Lihue III Class started April 16 as a temporary class with State Rainy Day funding. Participants were those who were waitlisted for Lihue 1 and 2 classes. Funding will continue until end of year.

The chart below shows the current number of enrolled participants and those on a waitlist as of 8/21/12:

Site	# enrolled (max. 22)	# on waitlist
Kekaha	21 enrolling 1	1
Waimea	22	5
Kaumakani	19 enrolling 3	13
Kōloa	21 enrolling 1	24
*Lihue	22	35
*Lihue II	22	25
Lihue III	15	
Kapaa	21 enrolling 1	16
Kīlauea	21 enrolling 1	8

*19 are on both Lihue and Lihue II waiting list



B. Support Grandparents Raising Grandchildren

The 6th Annual Na Keiki Aloha O Na 'Ohana Conference was held at the Kauai Beach Resort on October 28th, 2011. The conference was enjoyed by all, caregivers and agency staff. Caregivers in attendance strongly agreed that the information shared was useful. The featured speaker was C. Kimo Alameda, Ph.D who spoke on "Aloha is Your Kuleana at Difficult Times." Lani Carvalho spoke on "Technology 101" giving tips on cell phone usage.

Community organizations which supported this event were AARP, Alu Like Inc., Child & Family Service, County of Kaua'i, State Department of Health – Executive Office on Aging, Good Beginnings Alliance, Kaua'i Mokihana Festival, and Queen Lili'uokalani Children's Center.