



I. Mission Statement

The Kaua'i 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:

- Kaua'i older adults will live independently at home or in the community with dignity and respect.
- Kaua'i 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. 47th Annual Older Americans Award

The 47th annual Older Americans Award Recognition Ceremony was held at the Kauai Beach Resort on Thursday, May 9, 2013. 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. The women nominated were: Lourdes Domingo of Kekaha, nominated by Sakiko Okihara of Kekaha Senior Center; Irenia Edrada of Waimea, nominated by Kay Hill of Waimea Senior Center; Romana L. Espanto of Lihue, nominated by Anne Miyamoto with Foster Grandparent Program; Annette Cha Cha Kaluahine of Lihue, nominated by Jane Gray of the Kauai Museum; Dr. Lucy Miller of Lihue nominated by Linda Nuland-Ames with the Mayor's Advisory Committee for Equal Access; Porfiria Carole C. Nacion of Eleele, nominated by Vicki Valenciano; and Itsue Frecki Okada of Lihue, nominated by Jennie Yuimura of Lihue Senior Center. The men were as follows: Katsumi Gutsy Okada of Waimea, nominated by Basilio Fuertes, Jr. of Waimea Senior Center and Brandon Moises; Larry Mendonca of Kapaa, nominated by Renae Hamilton of YWCA of Kauai; and William Neil Rapozo, Sr. of Lihue, nominated by Teresa Caires.



The theme for this year's Older Americans Month is "Unleash the Power of Age," recognizing the power our Na Kupuna have as they share their experience, wisdom and knowledge with others, as well as embark on new exciting careers and activities.

2. The 40th Annual Volunteer Recognition Luncheon



This highly anticipated event of the year brought together RSVP volunteers who celebrated on December 7, 2012 at the Kauai Beach Resort. Almost 350 volunteers were honored for their contributions to our island community.

C. Activities

1. On January 21, 2013, 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 launching its project of giving back to those less fortunate through the Save Our Slipper campaign. A total of 155 slippers were collected and these were presented to the Easter Seals and ARC of Kauai.

2. Kauai RSVP volunteers supported organizations in their fund-raising activities.



Volunteers at Mahelona Hospital raised money for their scholarship program and for the yearly picnic for their residents.



Volunteers for the Muscular Dystrophy Lock-up Program raised funds to assist families with neuromuscular disease.

3. Senior ID events were held at the congregate meal sites; at Lihue Senior Center; Waimea Senior Center; at island wide events including the Hanafuda Workshop sponsored by the Parks and Recreation Department; Medication Management workshop held at Kekaha Neighborhood Center; County Wellness Fair; PrimeTime Wellness Fair; Seniors' Law Day; Kauai Developmental Disabilities Committee (DD) Legislative Forum; Alu Like Seniors at Anahola and Waimea; and the County Green Team Open House.

IV. Program Measures - Accomplishments/Evaluation

A. Aging and Disability Resource Center (ADRC)

1. Kauai Care Transitions Program

In March 2012, the County of Kauai, Agency on Elderly Affairs in conjunction with Kauai Veteran's Memorial Hospital launched the Kauai Care Transition program. The purpose of this program is to reduce hospital readmissions and assist patients to successfully transition back to home and empower them in managing their own health. The target populations are people 60 years and over who reside in West Kauai (from Koloa to Kekaha) and present one or more admitting diagnoses which include: 1) severe respiratory/pulmonary diseases (i.e. chronic obstructive pulmonary disease (COPD), pneumonia, etc.); 2) cardiac-related diseases (i.e. arrhythmias/congested heart failures); 3) sepsis; and 4) cellulitis.

Hospital admission records from April 1, 2012 to March 31, 2013 were used to evaluate the effectiveness of the Care Transition Intervention (CTI) program in preventing and reducing hospital

readmission rates as well as in assisting patients with successful transition and managing their own health. Both quantitative and qualitative evaluations were conducted and an evaluation report was submitted by Fenfang Li, PhD, Principal Investigator and Pam Arnsberger, PhD, Co-Investigator. Evaluation Report is available at the Agency on Elderly Affairs.

In summary, this study demonstrated that an educationally based intervention designed to address readmission rates can be successfully implemented in a small acute hospital setting and can reduce readmission rates for variously measured time periods even while controlling for other possible predictors of readmission. By providing Care Transitions Intervention to patients with risk factors, this study was successful in reducing risk of readmission rates among those patients and subsequently, reduced readmission rates hospital wide. The intervention was also able to empower and educate patients with better skills in managing their own health.

2. Community Living Program

The Community Living Program (CLP) was a 3-year pilot program that began in September 2009, with support from an Administration on Aging grant awarded to the State of Hawaii Executive Office on Aging (EOA). The first two years were spent in project design and development, as well as staffing and procuring contractors; the third year was the implementation of the pilot program. The pilot was originally scheduled to close on September 29, 2012, however, a no-cost extension was granted, which modified the final closing date of the program to March 31, 2013. The goal of the program was to empower participants to direct and determine the type of services and supports needed to live independently in the community. Eligible participants were given a monthly budget and with the support of a Program Coach, developed a support plan and spending plan for needed home and community-based services and goods/supplies. EOA contracted with the University of Hawaii Center on Aging (COA) to conduct program evaluation of the implementation phase of the pilot project. Program Evaluation Report is available at the Agency on Elderly Affairs.

3. Certified Information and Referral Specialists on Aging (CIRS-A)

A total of seven staff including Edith Abigania, Kanani Fu, Patricia Gonsalves, Gale Kashuba, Rose Manago, Charlyn Nakamine and June Renaud are now Certified Information and Referral Specialists on Aging (CIRS-A). The AIRS Certification Program awards professional credentials internationally to individuals. It is a recognition of demonstrated competencies in the field of information and referral (I&R) that include the knowledge, skills, attitudes and

work-related behaviors needed by I&R practitioners to successfully execute their duties.

B. Better Choices, Better Health



Active Lay Leaders attended update training conducted by two master trainers, Jan Pascua of Agape Health Services and Charlyn Nakamine, Program Specialist.

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, 2012 to June 30, 2013. Fiscal resources for this period were:

<u>Federal:</u>	<u>FY 13</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 (FY2013)	\$2,834,085.00

VI. Statistics

A.	Kupuna Care Services(State)		
	<u>Adult Day Care</u>	<u>'13 Estimate</u>	<u>'13 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	34
	# of units	20,640	17,074
	<u>Case Management</u>		
	To provide case management services to functionally dependent older adults.		
	# of older adults served	100	80
	# of hours	871	153
	<u>Home Delivered Meals</u>		
	To deliver meals to homebound older persons five days a week.		
	# of older adults served	315	436
	# of meals	51,525	73,607

<u>Homemaker/Housekeeping</u>	<u>'13 Estimate</u>	<u>'13 Actual</u>
To provide homemaker/ housekeeping service to frail, older individuals.		
# of older adults served	25	63
# of hours	3,797	3,935

<u>Kupuna Care Transportation</u>		
To provide curb to curb service with a helpful driver.		
# of adults served	125	158
# of one-way trips	15,700	17,029

<u>Personal Care</u>		
To provide personal assistance for frail, older adults.		
# of older adults served	25	45
# of hours	4,704	5,803

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	216
# of meals	11,500	10,513

<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	290
# of counseling sessions	127	412
# of training sessions	8	6
# of support group sessions	40	37
# of information activities	7	5

	<u>'13 Estimate</u>	<u>'13 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	20	12
# of support group sessions	20	7
 <u>Legal Assistance</u>		
To provide legal assistance services to older vulnerable individuals		
# of older adults served	400	315
# of hours	2,000	1,580
 <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	4
# of hours	993	592
 C. <u>Other Federal Grant RSVP</u>		
To provide volunteer opportunities.		
# of RSVP volunteers	350	326
# of volunteer hours	35,000	35,666
 D. <u>Direct Services Information & Referral</u>		
To provide information on available services and make linkages to appropriate agencies.		
# of older adults served	1,400	1,389
# of information and referral contacts	8,000	6,866
 <u>Outreach</u>		
To identify potential clients.		
# of older adults identified/registered	1,200	945
# of senior I.D. sessions	12	11

<u>Telephone Reassurance</u>	<u>'13 Estimate</u>	<u>'13 Actual</u>
To make phone contact with isolated seniors.		
# of older adults served by a caller	20	15
# of phone calls	1,949	825
<u>Friendly Visiting</u>		
To provide companionship.		
# of older adults served by a friendly visitor	50	5
# of visits	751	73

Holo Holo 2020 Projects & Status

A. EnhanceFitness Program

The program has served 212 participants this past fiscal year for a total of 12,494 sessions. 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.



There is time for a photo shoot of the Fabulous and Energetic EnhanceFitness instructors during an in-service meeting with Program Coordinator, Johnny Yago and Master Trainer, Kay Holt (top left).

The chart below shows the current number of enrolled participants and those on a waitlist as of 8/27/13:

Site	# enrolled (max. 22)	# on waitlist
Kekaha	22	1
Waimea	22	5
Kaumakani	22	7
Kōloa	20	7
*Lihue	22	30
*Lihue II	22	17
Lihue III	17	
Kapaa	22	11
Kīlauea	22	4

*11 are on both Lihue and Lihue II waiting list

B. Support Grandparents Raising Grandchildren

The 7th Annual Na Keiki Aloha O Na ‘Ohana Conference was held at the Kauai Beach Resort on November 2, 2012. 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 Kahu Wendell Davis who spoke on “Gravy All Over,” Attorney J. Michael Ratcliffe spoke on “Alternatives to Guardianship,” and Sgt. Roderick Green of the Kauai Police Department spoke on “Internet Safety.”

Community organizations which supported this event were AARP, Alu Like Inc., Child & Family Service, County of Kaua'i, Good Beginnings Alliance, and Queen Lili`uokalani Children’s Center.