

GERONTOLOGY

RESOURCES REFERRAL

MANUAL



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**** The listings in this community referral resource manual are for reference only, and are not intended to be an endorsement, nor offer or replace medical advice.**

Food Banks/Food Pantries

Hawaii Foodbank 836-3600 www.hawaiifoodbank.org

2611 Kilihau Street Honolulu 96819

For coordination or to donate. For a food pantry in your area call Aloha United Way at 211. HFB also offers the Seniors Farmer's Market Nutrition Program. Qualifying seniors receive voucher booklets to be used at various farmer's markets to purchase fresh, locally-grown fruits and vegetables.

Honolulu Community Action Program (HCAP) 521-4531 www.hcapweb.org

33 S. King Street Suite 300 Honolulu 96813

Through the Ohana Produce Program, HCAP distributes fresh produce and non-perishables to individuals and families in need. Call to find closest district location.

Salvation Army 522-8400 www.salvationarmyhawaii.org

322 Sumner Street Honolulu 96817

Meals

Planned by a dietitian for pick-up, group dining or home-delivery. Some of these organizations also provide meals for low-sodium, low-fat, diabetic or renal diets.

Alu Like's Ke Ola Pono No Na Kupuna Project 535-1328 www.alulike.org

458 Keawe Street Honolulu 96813

Meals for Native Hawaiian Elders, including recreation and limited transportation.

Arcadia Home Care Services 941-0941 www.arcadia-hi.org

1434 Punahou Street Honolulu 96822

Home-delivered meals Monday - Friday. Nuuanu to Waiialae/Kahala.

Hawaii Meals on Wheels 988-6747 www.hmow.org

P.O. Box 61194 Honolulu 96839

Hot meals home-delivered Monday thru Friday in Honolulu, Aiea, Pearl City Waipahu, Ewa Beach, Mililani, Kaneohe, Kailua and Waimanalo.

Lunalilo Meal Service 395-1000 www.lunalilo.org

501 Kekauluohi Street Honolulu 96825

Pick up or meals delivered everyday of the week in East Oahu area. Hot lunches and chilled meals for lunch/dinner.

Lanakila Meals on Wheels 531-0555 www.lanakilapacific.org

1809 Bachelot Street Honolulu 96817

Home-delivered meals island-wide. For group dining, contact Lanakila to enroll.

Palolo Chinese Home 737-2555 www.palolochinesehome.org

2459 10th Avenue Honolulu 96816

Nutritious lunch/dinner meals delivered Monday thru Friday to seniors living within a 4.5 mile radius from PCH.

Kupuna Wellness Center Sites www.lanakilapacific.org

A program provided by Lanakila Rehabilitation. Main: 531-0555

Honolulu:

KKV (**Kalihi**) 848-0977; Kuhio Park Terrace (**Kalihi**) 848-0977; Lanakila Multi-Purpose Senior Center (**Liliha**) 847-1322; (**Moiliili**) Community Center 955-1555; Paoakalani (**Waikiki**) 531-0555; Pauahi (**Chinatown**) 352-0288; Pohulani (**Kakaako/Downtown**) 352-0294

Leeward/Central:

Hale Mohalu (**Pearl City**) 352-0288; (**Wahiawa**) Recreation Center 352-0288; (**Waianae**) District Park 352-0288; West Loch Village (**Ewa**) 352-0288

Windward:

Kahaluu Key Project 561-0822; Lani Huli (**Kailua**) 561-0822; (**Waimanalo**) 259-7436

North Shore: Hauula Satellite City Hall; Waialua Kupuno Home ‘O Waialua

Housing

Most elder adults prefer to age-in-place and many are able to live in their own homes with support (see **Family Support**). Others may choose or find it necessary to live with others or move to another type of dwelling. Housing needs and options for the elderly vary greatly. For independent seniors, there are retirement residences/communities and low-income senior housing. These units have minimum age restrictions, which typically range from 55 for retirement residences to 62 for low-income senior rentals.

For those who need help with activities of daily living, options include getting **in-home assistance** or residing in an Adult Residential Care Home (ARCH) or Assisted Living Residence. For those with greater needs, entry to a Skilled Nursing or Intermediate Care Facility (also known as nursing homes), Expanded ARCH, or Foster Family Home, may be necessary. Refer to the **Hawaii’s Seniors Handbook/Oahu Housing Guide** (www.elderlyaffairs.com).

Home Improvement

Home modifications such as walk-in showers, grab bars, better lighting and lever door handles may allow a person who is increasingly frail to remain in their home. Go to www.aarp.org/families/home_design for more ideas on how homes can be modified.

Department of Community Services (Rehabilitation Loans) 768-7076 www.honolulu.gov

51 Merchant Street 1st Floor Honolulu 96813

U.S. Department of Agriculture Rural Development 541-2600 www.rd.usda.gov/hi

300 Ala Moana Boulevard #1-340 Honolulu 96850

Rural Development grant and loan program for very low-income and rural homeowners 62 years and older.

Housing Search and Information

It is important to start your search early as waiting lists for low-income senior housing can be very long, especially for units in urban Honolulu. For comprehensive and most current listings, call Catholic Charities Hawaii at 521-4357. Also visit www.elderlyaffairs.com for the **Oahu Housing Guide**, a list which includes rentals for seniors with low-income.

Catholic Charities Hawaii 524-4673 www.catholiccharitieshawaii.org
1822 Keeaumoku Street Honolulu 96822
Housing Assistance Program that helps seniors find affordable rentals.

Hawaii Public Housing Authority 832-4692 www.hpha.hawaii.gov
1002 North School Street Honolulu 96817
Applications for housing.

Housing Solutions, Inc. 973-0050 www.hsiservices.net
P. O. Box 11360 Honolulu 96828
Housing for elders experiencing homelessness.

Housing Urban Development (HUD) 457-4662
www.portal.hud.gov/hudportal/HUD?src=/states/hawaii/offices
1132 Bishop Street #1400 Honolulu 96813

Household Goods

Helping Hands Hawaii 440-3800 www.helpinghandshawaii.org
2100 North Nimitz Highway Honolulu 96819
Community Clearinghouse. Call to donate items. Recipients should apply through social agencies, welfare & churches

Kaunakapili Church Free Store 845-0908 www.kaunakapili.org
766 North King Street Honolulu 96817
Provides clothes and household items to those in need. Call for hours.



Nursing Facilities

Listed below are long-term care facilities that provide intermediate and skilled care to persons who require nursing services. Concerns may be discussed with the **Long Term Care Ombudsman** at 587-0770. Complaints for improper hospital or nursing home discharge procedures may be reported to the **Office of Health Care Assurance** at 234-5380.

**To check ratings of Nursing Homes go to www.medicare.gov and click “find nursing homes” under the heading Find doctors, providers, hospital, plans and suppliers.

Aloha Nursing and Rehab Centre 247-2220 www.alohanursing.com
45-545 Kamehameha Highway Kaneohe 96744

Ann Pearl Nursing Facility 247-8558 www.annpearlnursing.com
45-181 Waikalua Road Kaneohe 96744

Avalon Care Center 847-4834; 848-8020 www.avalonhci.com/communities/
1930 Kamehameha IV Road Honolulu 96819

Convalescent Center of Honolulu 531-5302 www.ccoh.us
1900 Bachelot Street Honolulu 96817

Crawford’s Convalescent Home 638-8514
58-130 Kamehameha Highway Haleiwa 96712

Hale Ho Aloha 524-1955 ext. 112 www.halehoaloha.com
2670 Pacific Heights Road Honolulu 96813

Hale Malamalama 396-0537
6163 Summer Street Honolulu 96821

Hale Ola Kino 983-4444 www.haleolakino.com
The Health Center at One Kalakaua
1314 Kalakaua Avenue Honolulu 96826

Hiolani Care Center at Kahala Nui 218-7200 www.kahalanui.com
4389 Malia Street Honolulu 96821

Island Nursing Home 946-5027
1205 Alexander Street Honolulu 96826

Ka Punawai Ola 674-9262 www.lcca.com
Life Care Centers of America
575 Farrington Highway Kapolei 96707

Kahuku Medical Center 293-9221 www.kahuku.hhsc.org
56-117 Pualalea Street Kahuku 96731

Kuakini Geriatric Care 547-9741 www.kuakini.org

347 North Kuakini Street Honolulu 96817

Leahi Hospital Nursing Home 733-8000 www.leahi.hhsc.org

3675 Kilauea Avenue Honolulu 96816

Liliha Healthcare Center 537-9557

1814 Liliha Street Honolulu 96817

Maluhia 832-5874 www.maluhia.hhsc.org

1027 Hala Drive Honolulu 96817

Maunalani Nursing & Rehabilitation Center 732-0771 www.maunalaninursing.org

5113 Maunalani Circle Honolulu 96816

Nuuanu Hale 595-6311

2900 Pali Highway Honolulu 96817

Oahu Care Facility 973-1900 www.oahucarefacility.com

1808 South Beretania Street Honolulu 96826

Palolo Chinese Home 737-2555 www.palolohome.org

2459 10th Avenue Honolulu 96816

PohaiNani (Good Samaritan Society) 247-6211 www.good-sam.com/pohainani

45-090 Namoku Street Kaneohe 96744

Pearl City Nursing Home 453-1919 www.pearlcitynursinghome.com

919 Lehua Avenue Pearl City 96782

Puuwai 'O Makaha 695-9508 www.ohanapacific.com

84-390 Jade Street Waianae 96792

St. Francis Healthcare System of Hawaii 547-6500 www.stfrancishawaii.org

2226 Liliha Street Suite 227 Honolulu 96817

U.S. Department of Veterans Affairs 433-0600 www.hawaii.va.gov

Pacific Islands Health Care System

Center for Aging/Community Living Center

Short-term convalescence & rehabilitation for registered eligible veterans.

459 Patterson Road Honolulu 96819

Wahiawa General Hospital 621-8411 www.wahiawageneral.org

Long-term care facility

128 Lehua Street Wahiawa 96786

Residential Care Homes and Foster Homes Adult Residential Care Homes

(ARCH), Expanded ARCH, and Foster Family Homes provide shelter, supervision, and care for persons needing help with daily living activities. **ARCH and Expanded ARCH** are regulated and licensed by the State Department of Health **Office of Health Care Assurance**. There are over 400 licensed ARCHs and Expanded ARCHs on Oahu. Most are private homes in residential communities licensed for up to 5 persons. A few of them are large facilities with many residents. Some offer specialized care; such as for persons with Alzheimer's disease. Costs vary greatly depending on amenities and amount of care provided. When choosing an ARCH it is a good idea to interview the caregivers and residents, observe the condition of the physical and social environment, understand the rules on visiting hours, etc. You should also ask the ARCH operator for the most recent survey/inspection findings done by the Department of Health. For assistance in choosing an ARCH, see *Case Management*. For concerns about a facility, see the *Long Term Care Ombudsman, 586-7268*.

Foster Family Homes, also known as **Residential Alternatives to Community Care Program (RACC)** homes, are regulated by the State Department of Human Services. Placement into a Foster Family Home must be done through a Department of Human Services contracted case management agency. Refer to *Hawaii's Seniors Handbook* for more details about these residential options, available online at www.elderlyaffairs.com

Adult and Community Care Services 586-7754 www.humanservices.hawaii.gov
Department of Human Services Care Home placement

Executive Office of Aging 586-0100 www.health.hawaii.gov/ea/
Department of Health. Information on adult care home resources, support, licensure and vacancies.
250 South Hotel Street Suite 406 Honolulu 96813

Retirement and Assisted Living Residences

Retirement residences are for independent living, often with amenities such as housekeeping and dining rooms. **Assisted Living residences** add the component of intermittent personal care. Some facilities offer special dementia units and skilled nursing care facilities on the premises. Units in some facilities such as **Olaloa Retirement Community** and **One Kalakaua Senior Living** are bought and sold by individuals. Contact a realtor for assistance in purchasing these units.

15 Craigside 523-7000 www.15craigside.org
Independent living, assisted living & skilled nursing available.
15 Craigside Place Honolulu 96817

Arcadia Retirement Residence 941-0941 www.arcadia-hi.org
Independent living, assisted living & skilled nursing available.
1434 Punahou Street Honolulu 96822

Hawaii Kai Retirement and Assisted Living Community 518-3702 www.hawaiikail.com
428 Kawaihae Street Honolulu 96825

Kahala Nui Life Care Retirement Community 218-7200 www.kahalanui.com
4389 Malia Street Honolulu 96821

Oceanside Hawaii Assisted Living 293-1100 www.oceansidehawaii.com
53-594 Kamehameha Highway Hauula 96717

Plaza at Punchbowl 377-5292 www.theplazaassistedliving.com
918 Lunalilo Street Honolulu 96822
Independent living, assisted living, memory care, adult day care, respite care.
Mililani 626-8807; 95-1050 Ukuwai Street Mililani 96789
Moanalua 833-8880; 1280 Moanalualani Place Honolulu 96813
Pearl City 455-8808; 1048 Kuala Place Pearl City 96782
Waikiki 955-0800; 1812 Kalakaua Ave Honolulu 96815

PohaiNani (Good Samaritan Society) 247-6211 www.good-sam.com/pohainani
45-090 Namoku Street Kaneohe 96744

Transportation

Driver and Pedestrian Information

Driver's Evaluation & Rehabilitation Program 531-3511 www.rehabhospital.org
226 North Kuakini Street Honolulu 96817
Program helps maintain safe driving skills and determines if any adaptive equipment is needed. Program for persons with a medical condition that may impair driving ability.

AARP: Driver Safety Education 1-888-687-2277

Refresher course for drivers 50 years & older. Learn about normal age-related changes and how to adjust your driving to allow for these changes. Classroom or online courses are available. To find nearest location, call or visit website: www.aarp.org/home-family/getting-around/driving-resource-center

Driver's License and Motor Vehicle 532-7700 www.honolulu.gov/csd
Registration, vehicle, and licensing information
1031 Nuuanu Avenue Honolulu 96817

Driver Information Websites:

These websites provide information regarding older persons and safe driving:

AAA Foundation for Traffic Safety www.aaafoundation.org

American Occupational Therapy Association, Inc. www.aota.org/olderdriver
National Highway Traffic Safety Administration www.nhtsa.gov/Senior-Drivers

The Hartford www.thehartford.com/talkwitholderdrivers

Driver and Pedestrian Information

Local Transportation and Passes

Also see **Escort** and refer to the Yellow Pages for taxi cabs. Some services are for persons who are elderly or disabled who can travel alone; others are for persons who need to be accompanied. Also, you may want to pick up a **Persons with Disabilities Parking Permit** application at any **Satellite City Hall** or download form from www.hawaii.gov/health/dcab.

The following providers offer non-emergency curb-to-curb service. **Curb-to-curb** service is pick up and drop off only. Some may offer door-to-door, escort or other services. **Door-to-door** service includes assistance between vehicle and building entrance, usually for passengers who are frail or use a wheelchair. Some medical transportation providers also accommodate gurneys and stretchers and may accept Medicaid for qualified medical appointments; these services are non-emergency transportation only.

American Cancer Society Road to Recovery 595-7544 www.cancer.org

For cancer patients to doctor appointments.
2370 Nuuanu Avenue Honolulu 96817

Catholic Charities Hawaii 527-4777 www.catholiccharitieshawaii.org

Transportation services for seniors
1822 Keeaumoku Street Honolulu 96822

Charley's Taxi and Limousine - MediCab 233-3333 www.charleystaxi.com

1451 South King Street Suite 300 Honolulu 96814

CNA Para Transport 735-9500

2677 Ipulei Place Honolulu 96816

GDD Handi Trans, LLC 265-0507

94-601 Palai Street Waipahu 96797

Handi Wheelchair Transportation, LLC 946-6666

1521 South King Street #409 Honolulu 96826

JCRG Elder Care and Transervices, LLC 672-8670

92 Kokio Lane #1088 Honolulu 96818

Malama Lima Handi-Trans, LLC 226-0109

P. O. Box 970324 Waipahu 96797

Transporter 3, LLC 834-3414

1328 Kamehameha IV Road Honolulu 96819

Persons with Disabilities Parking Permit 586-8121

City & County of Honolulu, Customer Services Department. Download parking permit form: www.hawaii.gov/health/dcab or go to any Satellite City Hall for application.
919 Ala Moana Boulevard Room 101 Honolulu 96814

TheBus - Oahu Transit Services, Inc. 848-4500www.thebus.org

811 Middle Street Honolulu 96819

Medicare beneficiaries are eligible for discounted fares. Show your valid Medicare Card to the bus driver or apply for a Senior Bus Pass at the Middle Street office. Bus pass renewal also available at Satellite City Halls.

Bus Pass Office/Lost & Found 848-4444

Customer Service 848-4500

Schedules and Routes 848-5555

The Handi-Van Oahu Transit Services, Inc. 538-0033www.thebus.org

For persons with disabilities who are unable to use TheBus.

Department of Transportation Services,

650 South King Street, Third Floor

Applications for services at TheHandi-Van Eligibility Center located in the First Insurance Center at 1100 Ward Ave #835 in Honolulu (538-0033)

Customer Service, Reservations/Cancellations/Late Pick-Up 456-5555

Information and Referral**Action Line 591-0222** www.khon2.com

Weekdays 11:00 a. m. to 1:00 p. m.

c/o KHON2 88 Piikoi Street Honolulu 96814

Aloha United Way 211 Hotline 211; 536-1951 www.auw211.org

200 North Vineyard Boulevard #700 Honolulu 96817

Information and referral for community service resources. Confidential calls, 24 hours.

Better Business Bureau of Hawaii, Inc. 536-6956www.hawaii.bbb.org

1132 Bishop Street Suite 615 Honolulu 96813

National Eldercare Locator 1-800-677-1116 www.eldercare.gov

Access to more than 4,800 Information and Referral service providers in the U.S.

Hawaii Senior Helpline 768-7700**Elderly Affairs Division 768-7700** www.elderlyaffairs.com

City & County of Honolulu Aging & Disability Resource Center (ADRC)

715 South King Street Suite 200 Honolulu 96813

Help people find assistance for aging, disability, and caregiving.

Department of Community Services City and County of Honolulu 768-7762www.honolulu.gov/dcs.html

715 South King Street Room 311 Honolulu 96813

Telephone and personal consultation, information and referral to services, outreach, speakers, brochures, and lending library.



Personal Identification

Alzheimer's Association 1-800-272-3900

Safe Return www.alz.org/Hawaii

MedicAlert 1-800-432-5378

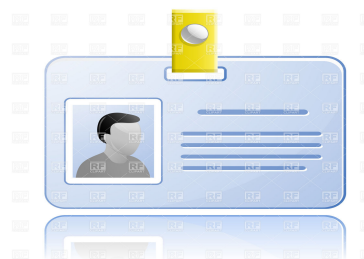
Medical identification bracelets and services. www.medicalert.org

Life Alert 1-800-920-3410 www.lifealert.com

Emergency notification system.

Customer Service Department Information Line 768-3798

Driver's license, motor vehicle registration, bus pass renewal, persons with disabilities parking permit and other services. For Satellite hours and services, go to www.honolulu.gov/csd/ satellite or call 768-3798.



Satellite City Halls

Ala Moana Center 768-4300

1450 Ala Moana Boulevard #1286 Honolulu 96814

Fort Street (Downtown) 768-4103

1000 Fort Street Mall Honolulu 96813

Hawaii Kai Corporate Plaza 768-4800

6600 Kalaniana'ole Highway Suite 101 Honolulu 96825

Kalihi - Kapalama City Square 768-4500

1199 Dillingham Boulevard A109 Honolulu 96817

Kaneohe - Windward City Shopping Center 768-4100

45-480 Kaneohe Bay Drive Unit C06 Kaneohe 96744

Kapolei Hale 768-3400

1000 Uluohia Street Kapolei 96707

Pearlridge Shopping Center – Uptown 768-5000

98-1005 Moanalua Road Suite 244B Aiea 96701

Wahiawa 768-4700

330 North Cane Street Wahiawa 96786

Waianae Neighborhood Community Center 768-4900

85-670 Farrington Highway Waianae 96792

Senior Centers

Recreation, education, social support, and volunteer activities for independent older adults.

Catholic Charities Hawaii Lanakila Multi-Purpose Senior Center 847-1322

www.catholiccharitieshawaii.org

1640 Lanakila Avenue Honolulu 96817

Serving Moanalua to Kakaako.

Premium Senior Services 527-4777

1822 Keeaumoku Street Honolulu 96822

Kaneohe Community and Senior Center 233-7317

45-613 Puohala Street Kaneohe 96744

Kapahulu Senior Center 737-1748 www.kaphulucenter.org

3410 Campbell Avenue Honolulu 96815

Makua Alii Senior Center 973-7263

1541 Kalakaua Avenue # 3 Honolulu 96826

Moiliili Senior Center 955-1555 www.moiliilicc.org

Moiliili Community Center

2535 South King Street Honolulu 96826

Serving seniors from Hawaii Kai to Makiki. Special group program also available for frail elders.

ORI Anue Nue Hale Inc. 622-3929

64-1488 Kamehameha Highway Wahiawa 96786

Waikiki Community Center 923-1802 www.waikikicommunitycenter.org

310 Paoakalani Avenue Honolulu 96815

Senior Clubs and Organizations

Call Senior Centers and ask about ethnic clubs. Call churches and temples and ask for senior groups. See “Associations” and “Clubs” in the Yellow Pages.

AARP-Honolulu 545-6024 www.aarp.org/states/hi

American Association of Retired Persons

1132 Bishop Street #1920 Honolulu 96813

HGEA-Retirees Unit 543-0000 www.hgea.org

Hawaii Government Employees Association

888 Mililani Street #601 Honolulu 96813

HSTA-R Hawaii State Teachers Association-Retired 833-2711 www.hsta.org

1200 Ala Kapuna Street Honolulu 96819

Hawaii UPW Retiree Chapter 847-2631 www.upwhawaii.org
 United Public Workers
 1426 North School Street Honolulu 96817

Kokua Council 540-1928 www.kokuacouncil.org
 Mail: c/o Harris United Methodist Church
 20 South Vineyard Boulevard Honolulu 96813

National Active & Retired Federal Employees Association (NARFE) 521-3487 www.narfe.org
 300 Ala Moana Boulevard Room 7-213 Honolulu 96850



Volunteer Opportunities

Add life to years and years to life by volunteering. In addition to the agencies listed below, call other organizations listed in this handbook for information about their volunteer opportunities.

Department of Human Services www.humanservices.hawaii.gov
Adult Protective & Community Care Branch
 420 Waiakamilo Road Suite 202 Honolulu 96817

Foster Grandparent Program 832-5169

For income-eligible persons 60 years and older, interested in serving children with special needs in schools.

Senior Companion Program 832-0340

For income-eligible persons 60 years and older interested in serving frail seniors.

Respite Companion Program 832-5236

For 55 years and older; to assist frail seniors.

Project Dana 945-3736 www.projectdana.org
 2720 Nakookoo Street Honolulu 96826
 Volunteers provide services to frail seniors

Waikiki Friendly Neighbors 926-8032 www.waikikihc.org
 277 Ohua Avenue Honolulu 96815
 Volunteers provide services to frail seniors residing in Waikiki.

Education-Learning Opportunities

See Yellow Pages under “Schools-Universities and Colleges” for private colleges. Also see Senior Centers, and Senior Clubs and Organizations. Use your library! Hawaii State Public Library System online: www.librarieshawaii.org

Department of Education Adult Education Program 586-3230 www.hawaiipublicschools.org
1390 Miller Street Honolulu 96813
Community schools for adults island-wide.

Hawaii Literacy Inc. 537-6706 www.hawaiiliteracy.org
245 North Kuakini Street Suite 202 Honolulu 96817

Honolulu Community College 845-9211 www.honolulu.hawaii.edu/cet
Emeritus College/Honolulu SeniorNet
874 Dillingham Boulevard Building 2 #408 Honolulu 96817
Instruction and access to computers for seniors.

Kapiolani Community College www.kcc.hawaii.edu
Continuing Education and Training 734-9211
4303 Diamond Head Road Honolulu 96816
Non-credit courses for enrichment, professional development and/or re-careering.

Leeward Community College 455-0477 www.ocewd.org
Office of Continuing Education & Workforce Development
96-045 Ala Ike Street Room CE-10 Pearl City 96782

University of Hawaii at Manoa Center on Aging 956-5001 www.hawaii.edu/aging
1960 East West Road Bio Medical Sciences T-705B Honolulu 96822

Osher Lifelong Learning Institute at UHM 956-8224 www.osher.socialsciences.hawaii.edu
PMB460 2440 Campus Road Honolulu 96822
Educational opportunities for seniors

Senior Citizen Visitor Program 956-4642 www.hawaii.edu/diversity
Office of Student Equity, Excellence & Diversity
QLCSS #413
2600 Campus Road Honolulu 96822
Hawaii residents 60 years+ can participate in regular classes without paying tuition.

University of Hawaii - West Oahu 689-2800 www.uhwo.hawaii.edu
91-1001 Farrington Highway Kapolei 96707

Windward Community College 235-7400 www.windward.hawaii.edu
45-720 Keaahala Road Kaneohe 96744
Office of Continuing Education and Training

Family Support

This section describes programs and services that promote quality of life by supplementing the care for frail elders that is generally provided by families. If you help a friend or family member with trips to the doctor or grocery store, or help with their grooming or household chores, then you are a family caregiver.

People often think of nursing homes when they hear the term long-term care (LTC). However, LTC includes any type of ongoing service a person would need to maintain quality of life, including assistance provided in the home by family members or agencies. Medical insurance (such as Medicare) will usually only cover skilled nursing care for a very limited time. LTC insurance may cover additional skilled nursing care and custodial care, which includes assistance with activities of daily living such as bathing, dressing, and toileting. Refer to *A Shopper's Guide to Long-Term Care Insurance* from the National Association of Insurance Commissioners, online: www.ltcfeds.com/documents/files/NAIC_Shoppers_Guide.pdf

Caregiver Education

See also Support Groups and Health & Safety Education. Go to www.elderlyaffairs.com for the *Family Caregiving Guide*.

Alzheimer's Association 591-2771 www.alz.org/Hawaii
1050 Ala Moana Boulevard Suite 2610 Honolulu 96814
Classes, orientation, and information for caregivers of dementia patients.

American Red Cross 734-2101 www.redcross.org/local/hawaii
4155 Diamond Head Road Honolulu 96816
Training & Preparedness Section Family Caregiving reference guide with DVD for self-training at your own pace (stock #653975, \$24.95). For Nurse Aide training, see website or call.

American Heart Association Hawaii 377-6630 www.heart.org
677 Ala Moana Boulevard Suite 600 Honolulu 96814
CPR and ECC training materials and classes, and other useful information for caregivers.

Elderly Affairs Division 768-7700 www.elderlyaffairs.com
Information, consultation and referrals for seniors, caregivers, businesses, and physicians.

ORI Anuenue Hale Inc. 622-3929 www.ori-hawaii.com
64-1510 Kamehameha Highway Wahiawa 96786
Caregiver training and information.

Case Management

Case managers help with coordinating care for the needs of a frail or disabled elderly person. They develop care plans based on individual needs, coordinate service delivery, and monitor progress. Some also specialize in helping elders get placed into long-term care facilities. It is a good option for long distance caregivers and those who have limited time.

Case managers may be Licensed Social Workers (LSW), Registered Nurses (RN), etc. It is common practice to ask for qualifications when looking to hire one. Also look for “Home Health Service” in the Yellow Pages for other private companies.

Case Management Coordination Program Department of Health, Public Health Nursing Branch Administration 586-4619

1250 Punchbowl Street Honolulu 96813

Central Oahu 453-5953

860 Fourth Street Room 130 Pearl City 96782

Diamond Head Community Mental Health Center 733-9260

3627 Kilauea Avenue Room 408 Honolulu 96816

Kalihi Palama Community Mental Health Center 832-5800

1700 Lanakila Avenue Room 201 Honolulu 96816

Makaha Community Mental Health Center 697-7880

84-1150 Farrington Highway Waianae 96792

Windward Community Mental Health Center 233-3775

45-691 Kealahala Road Kaneohe 96744

CFS Gerontology Program Child & Family Service www.childandfamilyservice.org

Ohana Care Program 543-8468

Senior Case Management

91-1841 Fort Weaver Road Ewa Beach 96706

Case management and counseling for unpaid caregivers and their elderly care receivers.

Community Case Management Corporation 792-1055

www.ccmchawaii.com

HMSA 948-6079 www.hmsa.com

HMSA and HPH members only.

818 Keeaumoku Street Honolulu 96814

Ke Ola Mamo www.keolamamo.org

Native Hawaiian Health Care System

Island-wide services for Native Hawaiians.

Honolulu: 845-3388; 1505 Dillingham Boulevard Suite 205 Honolulu 96817

Kolauloa: 232-2222; 56-117 Pualalea Street Kahuku 96731

Koolaupoko: 259-6664; 41-253 Ilauhole Street Waimanalo 96795

Waianae: 668-1110; 87-2070 Farrington Highway Suite K Waianae 96792

Kokua Kalihi Valley Comprehensive Family Services (KKV) 791-9400 www.kkv.net
 2239 North School Street Honolulu 96819
 Case management for frail elderly in Kalihi Valley.

Life Foundation 521-2437 www.lifefoundation.org
 677 Ala Moana Boulevard #226 Honolulu 96813
 Case management and support services for people with HIV.

Queen's Medical Center 691-7117 www.queensmedicalcenter.org
 Queen's Community Based Programs
 1301 Punchbowl Street Honolulu 96813

Emergency Alert Systems

Personal Emergency Alert systems attach to a home telephone and will call your designated number when the wireless unit (that is worn on the person) is activated. Such devices may be useful for elders who live alone. Also consider the Carrier Alert Program. If enrolled, mail carriers report seniors who have not picked up mail in a while. Call the Senior Helpline at 768-7700 for registration.

Kupuna Monitoring Systems, Inc. 721-1201 www.kupunamonitoring.com
 Statewide service.
 P. O. Box 2247 Aiea 96701

Lifeline Fire and Security 548-5433 www.lifeline-hawaii.com
 Serving all islands.

Queen's Lifeline 691-7585 www.queensmedicalcenter.org
 1301 Punchbowl Street Honolulu 96813

Escort

Someone who accompanies and personally assists an elder with a service. Also see Transportation. See Yellow Pages under "Home Health Service."

Catholic Charities Hawaii 527-4777 www.catholiccharitieshawaii.org
 Escort assistance for seniors.
 1822 Keeaumoku Street Honolulu 96822

Project Dana 945-3736 www.projectdana.org
 Door-to-door transportation and/or escort assistance for frail elders.
 2720 Nakookoo Street Honolulu 96826



Exercise for Frail and Disabled Elders

See also Education and Senior Center. Check also with your health insurance plan or local clinic or hospital to see what they have to offer.

Arthritis Foundation, Hawaii Branch 596-2900 www.arthritis.org/hawaii
2752 Woodlawn Drive Suite 5-204B Honolulu 96822
Land exercises, AQUA, and Tai Chi, various locations.

CFS Gerontology Program 543-8468 www.childandfamilyservice.org
91-1841 Fort Weaver Road Ewa Beach 96706
Arthritis and No Fear of Falling Exercise programs and education groups for older adults at risk for falls.

Department of Parks & Recreation www.honolulu.gov/parks/dprtru.html
Therapeutic Recreation Unit 768-3027
1000 Uluohia Street Suite 309 Kapolei 96707
Support for the inclusion of people with disabilities into Parks and Recreation programs.

Elam Sports Oahu 674-9595 www.elamsports.com
91-1027 Shangrila Street Building #1867 Kapolei 96707
Physical and aqua therapy. No extra charge for home visit.

Kaiser Permanente Lifestyle Program 432-2270 www.kaiserpermanente.org
1010 Pensacola Street Honolulu 96814
Kaiser members only.

Kokua Kalihi Valley (KKV) Elderly Services Health Maintenance Program 791-9400
www.kkv.net
2239 North School Street Honolulu 96819
KKV Elder Center
For elders residing in Kalihi Valley.

KPT Family Center 841-6177
1485 Linapuni Street #103 Honolulu 96819
For Kuhio Park Terrace residents.

Salvation Army Ray and Joan Kroc Corps Community Center Hawaii 682-5505
www.kroccenterhawaii.org
91-3257 Kualakai Parkway Ewa Beach 96706

YMCA www.ymcahonolulu.org
Aqua exercise classes for people with arthritis and Silver and Fit, land exercise class for seniors.

Atherton Branch 946-0253

1810 University Avenue Honolulu 96822

Camp Erdman 637-4615

69-385 Farrington Highway Waialua 96791

Central Branch 941-3344

401 Atkinson Drive Honolulu 96816

Kalihi Branch 848-2494

1335 Kalihi Street Honolulu 96819

Kaimuki-Waialae 737-5544

4835 Kilauea Avenue Honolulu 96816

Leeward Branch 671-6495

94-440 Mokuola Street Waipahu 96797

Mililani West Oahu Branch 625-1040

95-1190 Hikikaulia Street Mililani 96789

Nuuanu Branch 536-3556

1441 Pali Highway Honolulu 96813

Windward 261-0808

1200 Kailua Road Kailua 96734

Respite - Adult Day Care and Day Health

Adult Day Care programs include supervision, recreation, socialization, exercise, meals, and group activities. Facilities are licensed by the Department of Human Services, Adult and Community Care Services Branch. Most centers require participants to be 55 years or older, ambulatory, continent, a non-wanderer, non-combative, able to eat independently and transfer with little or no assistance. Some provide additional assistance or special services, usually for an added cost.

Adult Day Health programs are for those who require a higher level of care, usually intermediate care facility (ICF) level. Services could include health assessments, administration of medication, or care coordination. There may also be specialized care such as programs for dementia patients. Adult Day Health Centers are staffed with Registered Nurses who are qualified to dispense medication and provide skilled nursing level care. Facilities are licensed by the Department of Health, Office of Health Care Assurance. These facilities require TB and medical clearance (physical exam). Some providers will suggest a trial period if they are unsure your family member is appropriate for their program.

Adult Day Care and Day Health Center 941-0941

1434 Punahou Street Honolulu 96822

www.arcadia-hi.org

Aged to Perfection 622-4717

Central Oahu Senior Day Care Association
1445 California Avenue Wahiawa 96786

Aloha Nursing & Rehab Center 247-2220 www.alohanursing.com

45-545 Kamehameha Highway Kaneohe 96744

Aloha Wellness Center Inc. 393-7000

94-1388 Moaniani St #203 Waipahu 96797

Ann Pearl Adult Day Health 247-8558 www.annpearlnursing.com

45-181 Waikalua Road Kaneohe 96744

Beckwith Hillside Adult Day Care 497-8489

2375 Beckwith Street Honolulu 96822

Casamina Adult Day Care 839-9733

1426 Ala Napunani Street Honolulu 96818

Hulu Makua Adult Day Care 447-7844

1029 Kapahulu Avenue Suite 408 Honolulu 96816

Franciscan Adult Day Center 988-5678 www.stfrancishawaii.org

2715 Pamoia Road Honolulu 96822

Fukumoto Adult Care, LLC 487-7528

98-779 Kaamilo Street Aiea 96701

Furukawa Living Treasure Day Care Centers 842-5175, 737-4345

1449 Brigham Street Honolulu 96817

1647 Palolo Avenue Honolulu 96816

Hale Kako'o 227-2178

1816 Alewa Drive Honolulu 96817

Ka Hale O Kupuna, LLC [Jass Adult Day Care] 737-8998 www.jassaduldaycare.com

828 18th Avenue Honolulu 96816

Kilohana Senior Enrichment Center 373-2700 www.aduldaycare.org/directory

5829 Mahimahi Street Honolulu 96821

King Lunalilo Adult Day Care Center 395-1000 www.lunalilo.org

501 Kekauluohi Street Honolulu 96825

Kuakini Adult Day Care 547-9534 www.kuakini.org

347 North Kuakini Street Honolulu 96817

Aiea: 487-1586; 98-939 Moanalua Road Aiea 96701

Pali: 528-4621; 1727 Pali Highway Honolulu 96813

- Leahi Adult Day Health Center 733-7958** www.leahi.hhsc.org
3675 Kilauea Avenue Honolulu 96816
- Leedham Center 261-5027** www.adultcare.org/directory
1276 Kailua Road Kailua 96734
- Lotus Adult Day Care Center 486-5050**
99-186 Puakala Street Aiea 96701
- Malama Adult Day Care 946-9672** www.malamaadultdaycare.com
1205 Artesian Street Honolulu 96826
- Maluhia Adult Day Health Center 832-5874** www.maluhia.hhsc.org
1027 Hala Drive Honolulu 96817
- Palolo Chinese Home 737-2555** www.palolohome.org
2459 10th Avenue Honolulu 96816
Open to all, 7 days a week.
- Pearl City Hale 456-4490**
858 Second Street Pearl City 96782
- Sakura House 536-1112** www.sakurahousehawaii.com
Bilingual (Japanese & English) services.
1666 Mott Smith Drive Honolulu 96822
- Salvation Army - Adult Day Health Services 521-6553** www.salvationarmyhawaii.org
296 North Vineyard Boulevard Honolulu 96817
- Seagull Schools Adult Day Center of Seagull Schools Inc. 674-1160**
www.seagullschools.com/adultdaycenter
91-531 Farrington Highway Kapolei 96707
Intergenerational activities provided.
- Special Education Center of Hawaii (SECOH) Senior Center 488-8884** www.secoh.org
708 Palekaua Street Honolulu 96816
- St. Francis Healthcare System of Hawaii 547-6500** www.stfrancishawaii.org
2226 Liliha Street Suite 227 Honolulu 96817
- Waianae Coast Comprehensive Health Center** www.wcchc.com
Waianae: 697-3300; 86-260 Farrington Hwy Waianae 96792
Mililani: 497-9760; 95-257 Kaloapau Street Mililani 96789
Pearl City: 456-4490; 855 2nd Street Pearl City 96782
Wahiawa: 554-7018; 64-1488 Kamehameha Highway Wahiawa 96786
- Waipahu Hale 676-5280**
94-830 Hikimoe Street Waipahu 96797

Waipahu Hongwanji Mission 678-1770 www.adultdaycarehawaii.org
94-821 Kuhaulua Street Waipahu 96797

Windward Seniors Day Care Hope Center 261-4947 www.adultdaycare.org/directory
77 North Kainalu Drive Kailua 96734

For other locations please call 227-2178, or refer to www.humanservices.hawaii.gov for a list of licensed day care/services.

Respite - In Home

Temporary relief for caregivers provided in the home. Also see In Home Assistance and "Home Health Service" in the Yellow Pages for other agencies.

CCH Respite Connection 595-0077 www.catholiccharitieshawaii.org
Catholic Charities Hawaii
1822 Keeaumoku Street Honolulu 96822

CFS Gerontology Program 543-8468
91-1841 Fort Weaver Road Ewa Beach 96706

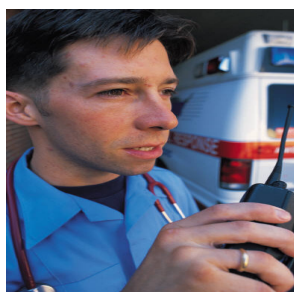
Jewish Community Services 595-7451
2550 Pali Highway Honolulu 96817
Counseling, referrals and resources.

Kokua Kalihi Valley Elderly Services 791-9400 www.kkv.net
2239 North School Street Honolulu 96819
Caregiver Respite Program

Project Dana 945-3736 www.projectdana.org
2720 Nakookoo Street Honolulu 96826
Services provided by volunteers.

St. Anthony of Padua Outreach 266-2222 www.stanthonyskailua.org
148-A Makawao Street Kailua 96734

Waikiki Friendly Neighbors 926-8032 www.waikikihc.org
277 Ohua Avenue Honolulu 96815
Services provided by volunteers.



Respite – Other

This section lists other providers of temporary relief for caregivers, including overnight stays in facilities. Allow ample time in advance when making reservations at a respite center as they fill up quickly. Some Care Homes also provide respite care.

King Lunalilo Home 395-1000 www.lunalilo.org
501 Kekauluohi Street Honolulu 96825

Hale Ho Aloha 524-1955 www.halehoaloha.com
2670 Pacific Heights Road Honolulu 96813

Oceanside Hawaii 293-1100 www.oceansidehawaii.com
53-594 Kamehameha Highway Haaula 96717

Palolo Chinese Home 737-2555 www.palolohome.org
PCH Respite Center
2459 10th Avenue Honolulu 96816
Open to all day and overnight services.

Respite Nanea, Inc. 542-2575
P. O. Box 1285 Pearl City 96782

U.S. Department of Veterans Affairs 973-8387 www.va.gov/directory
1680 Kapiolani Boulevard Suite F-3 Honolulu 96814
VA Center for Aging - Respite Program For eligible veterans.

Support Groups

Alcoholics Anonymous 946-1438 www.oahucentraloffice.com
1188 Bishop Street Suite 3406 Honolulu 96813

Alzheimer's Association 591-2771 www.alz.org/hawaii
1050 Ala Moana Boulevard Suite 2610 Honolulu 96814
Support groups meet island-wide.

American Cancer Society 595-7544 www.cancer.org
2370 Nuuanu Avenue Honolulu 96817
Support for grievors, caregivers, and patients.

American Diabetes Association - Hawaii 947-5979 www.diabetes.org
Pioneer Plaza 900 Fort Street Mall Suite 940 Honolulu 96813

American Heart Association and American Stroke Association 377-6630
www.heart.org
677 Ala Moana Boulevard Suite 600 Honolulu 96814
Mended Hearts and Stroke Support groups.

American Lung Association of Hawaii 537-5966 www.ala-hawaii.org

810 Richards Street Suite 750 Honolulu 96813

Support group for people with lung disease.

Every 4th Thursday of the month at 10:00 a. m. – 12:00 p. m.

Castle Medical Center 263-5050 www.castlemed.org

642 Ulukahiki Street Kailua 96734

Individualized Tobacco Treatment Counseling.

Epilepsy Foundation of Hawaii 528-3058 www.epilepsyhawaii.org

1050 Ala Moana Boulevard Suite 2550 Honolulu 96814

Support groups for people with epilepsy and their caregivers.

Hina Mauka 236-2600 www.hinamauka.org

45-845 Pookela Street Kaneohe 96744

Drug and alcohol treatment services.

Kuakini Medical Center 547-9447 www.kuakini.org**“Us Too!” Prostate Cancer Support Group**

347 North Kuakini Street Honolulu 96817

Kuakini Medical Center 547-9594 www.kuakini.org**Breast Cancer Education and Support Group**

347 North Kuakini Street Honolulu 96817

**Kuakini Parkinson Disease Center and Hawaii Parkinson Association Information
National Parkinson Foundation 528-0935**www.parkinsonshawaii.org

3375 Koapaka Street Suite 1-540 Honolulu 96819

Muscular Dystrophy Association Hawaii Chapter 593-4454 www.mda.org

1221 Kapiolani Boulevard Suite 220 Honolulu 96814

National Kidney Foundation of Hawaii 593-1515 www.kidneyhi.org

1314 South King Street #1555 Honolulu 96814

Overeaters Anonymous 737-3469 www.oa.org1103 9th Avenue Honolulu 96816

Support Groups - Caregivers Only

Alzheimer's Association 591-2771 www.alz.org/hawaii
1130 N. Nimitz Highway, Suite A-265 Honolulu, Hawaii 96817

Castle Home Care 683-6797 www.adventshealth.org
46-001 Kamehameha Highway Suite 212 Kaneohe 96734
Caregiver support group for caregivers, friends, and family. Meets monthly.

Central Oahu Caregivers' Support Group 923-5918
P. O. Box 88776 Honolulu 96815
Part of the Hawaii Association for Certified Nurses Aides. Group meets last Thursday of each month

Ohana Care Program
91-1841 Fort Weaver Road Ewa Beach 96706

The Caregiver Foundation 625-3782 www.thecaregiverfoundation.org
P. O. Box 894794 Mililani 96789

Groups for caregivers of chronically ill elders

Kokua Kalihi Valley Elderly Services 791-9400 www.kkv.net
2239 North School Street Honolulu 96819
Caregiver Support Groups

Koolau Caregivers Support Group 625-3782 www.thecaregiverfoundation.org
P. O. Box 894794 Mililani 96789
Group meets monthly at Koolau Golf Clubhouse

Project Dana 945-3736 www.projectdana.org
2720 Nakookoo Street Honolulu 96826
Caring for the Caregiver Support Group

VA Caregivers Support Group 433-0600 www.hawaii.va.gov
459 Patterson Road Honolulu 96819
Support group held once a month.



In-Home Assistance

It is sometimes difficult for older adults to accept in-home assistance. They may not want strangers in their home, deny the need, or believe that accepting help means the next step is a nursing home. However, this assistance may delay or avoid institutionalization, allowing them to remain at home longer. Assistance in the home comes in various forms. Traditionally, most care is provided by relatives, friends, and neighbors. However, this “informal” care may need supplementing.

“Formal” assistance is provided by non-profit organizations, privately hired independent providers (nurses, therapists, aides, homemakers and companions), home care agencies, home health agencies and government programs. Home health agencies typically provide more medically oriented services than home care agencies. Medicare covers only certain in-home services for a limited period of time; not long-term care. When hospitalized, talk to the doctor, and ask to speak to the social worker or discharge planner to identify the family’s role in caring for the patient at home and services available. Medicaid clients should contact their plan provider to see if they are eligible for service covered under their plan. For more information and referrals for in-home assistance, call the Senior Helpline at 768-7700.

Chore/Homemaker Services

Adult Intake Unit Department of Human Services 832-5115

www.humanservices.hawaii.gov

420 Waiakamilo Road Suite 300A Honolulu 96817

May include housekeeping, shopping, and errands. See “House Cleaning” in the Yellow Pages for other businesses that do cleaning. Some agencies listed under “Home Health Care” in the Yellow Pages may also provide housekeeping.

For low income, SSI and Medicaid eligible.

Akamai Grocery Shopping & Delivery Service 672-7347 www.akamaidelivery.com

92-650 Mehani Street Kapolei 96707

Serves Downtown to Kahala.

CFS Gerontology Program 543-8468 www.childandfamilyservices.org

91-1841 Fort Weaver Road Ewa Beach 96706

Waikiki Friendly Neighbors 922-4787 www.waikikihc.org

277 Ohua Avenue Honolulu 96815

Volunteers assist isolated elderly persons in Waikiki by helping with errands, shopping, light housework, and provide respite for caregivers.



Home Health Agencies

Home health agencies provide skilled nursing services and other therapeutic services ordered by a physician to homebound patients. A home health agency can be Medicare and/or Medicaid certified which means that they can provide services that are covered by Medicare and/or Medicaid. Medicare certification is voluntary. State licensing of home health agencies by the Office of Healthcare Assurance is required. Home care agencies provide custodial services, which are non-medical such as housekeeping, meal preparation and ongoing assistance with personal care. The Department of Health must license each home health agency and the agency requires each agency systematic evaluation of its program and a periodic evaluation of employee performance on the basis of standards acceptable to the department.

Evaluation of the home health agency's program is usually done at least once every two years. The method of program evaluation includes a review of patients' records on a sample basis to determine that the services are being used appropriately, and the extent to which the needs of the patients are being met. Hawaii Medicare-certified programs are surveyed annually against the Medicare Conditions of Participation.

Not all home care agency services are covered by Medicare; services are private pay. Some home health agencies provide only Medicare covered services while others will provide private duty services. For private services, most agencies have a 2-4 hour minimum per visit and the care recipient must receive ongoing services, typically a minimum of once or twice a week. Some offer live-in care and travel assistance/escort. When looking for any agency that provides employees who work in your home, it is common practice to inquire what kind of safeguards they have established to prevent adverse events, like insurance, bonding, background checks, accreditation, and certifications. Listed below are licensed Home Health Agencies on Oahu.

For a complete list of licensed Home Health Care Agencies statewide, go to the Office of Health Care Assurance website at www.hawaii.gov/health click on "Elder Care" under "Health Topics." For reviews of Medicare certified Home Health Agencies, go to www.medicare.gov and click on "Compare Home Health Agencies in Your Area" under the "Search Tools." See "Home Health Service" in the Yellow Pages for other agencies that provide in-home assistance.



Home Health Agencies – Provides Medica covered services

Prime Care Services of Hawaii, Inc. 531-0050 www.primecarehawaii.com
3375 Koapaka Street Suite I-570 Honolulu 96819

St. Francis Home Care Services 547-6500 www.stfrancishawaii.org
2226 Liliha Street #227 Honolulu 96817

Wahiawa General Hospital Home Health 621-8411 www.wahiawageneral.org
128 Lehua Street Wahiawa 96786
Serves Mililani to North Shore area.

Home Health Agencies - Medicare covered and/or private duty services

Care Resource Hawaii 599-4999 www.careresourcehawaii.org
680 Iwilei Road Suite 660 Honolulu 96817

Castle Home Care (Medicare covered) 263-5077 www.adventisthealth.org
46-001 Kamehameha Highway Suite 212 Kaneohe 96744

Castle Community Care (Private duty) 234-7142 www.castlemed.com
46-001 Kamehameha Highway Suite 212 Kaneohe 96744

Kokua Home Health Agency 594-2326 www.kokuanurses.com
1210 Artesian Street #201 Honolulu 96826

Home Health Agencies - Private duty services only

Arcadia Home Care Services 983-5900 www.arcadia-hi.org
1660 South Beretania Street Suite 201 Honolulu 96826

Attention Plus Care 739-2811 www.attentionplus.com
1580 Makaloa Street Suite 1060 Honolulu 96814

Lou's Quality Home Health Care Services, LLC 623-7109 www.lousqualcare.com
95-212 Wailawa Street Mililani 96789

Salvation Army Silvercrest Senior Housing 622-2785 www.salvationarmyhawaii.org
520 Pine Street Wahiawa 96786

Personal Care

Health-related services provided in the home, including bathing and grooming. See “Home Health Service” in the Yellow Pages for other agencies. For hospice eligible clients, see Hospice.

St. Francis Health Services for Senior Citizens 547-6121 www.stfrancishawaii.org
2251 Mahalo Street Honolulu 96817 In-home bathing service for frail seniors 60 years, plus.

Healthcare and Safety Education

Tips on safety and other health related topics can be found at the U.S. National Library of Medicine’s MedlinePlus at www.medlineplus.gov. Also see Support Groups and Education.

Alu Like, Inc. Kumu Kahi Elderly Services 535-6700 www.alulike.org
2969 Mapunapuna Place Suite 200 Honolulu 96819
Chronic Disease Self-Management Program

Alzheimer’s Association 591-2771 www.alz.org/hawaii
1050 Ala Moana Boulevard Suite 2610 Honolulu 96814

Arthritis Foundation, Hawaii Branch 596-2900 www.arthritis.org
2752 Woodlawn Drive Suite 5-204B Honolulu 96822
Free arthritis education and wellness brochures

Castle Wellness and Lifestyle Medicine Center 263-5050 www.castlemed.org
642 Ulukahiki Street Kailua 96734

Honolulu Fire Department 723-7139 www.honolulu.gov/
Fire Prevention Bureau, Safety & Education Section
636 South Street Honolulu 96813

Honolulu Police Department 529-3111 www.honolulu.org
Community Affairs
801 South Beretania Street Honolulu 96813 Crime prevention and safety tips.

Kaiser Permanente www.kaiserpermanente.org
Senior Summit Lecture Series 432-2235
Lifestyle Program 432-2270
AARP Senior Driver Program 432-2260
1010 Pensacola Street Honolulu 96814

Kapiolani Women’s Health Center 983-6000 www.kapiolani.org
1319 Punahou Street Honolulu 96826 Women’s health classes.

Project Dana Home Safety Program 945-3736 www.projectdana.org
2720 Nakookoo Street Honolulu 96826 Home is assessed to identify hazards to frail elders; provides safety education and recommendations.

Health Information Phone lines

Aging and Disability Resource Center (ADRC) 768-7700 www.elderlyaffairs.com
715 South King Street Suite 200 Honolulu 96813

Alzheimer's Association 591-2771 www.alz.org/hawaii
24-Hour Helpline 1-800-272-3900
1050 Ala Moana Boulevard Suite 2610 Honolulu 96814

American Cancer Society 595-7544 www.cancer.org
24-Hour Referral and Information 1-800-227-2345
Cancer Information Service 1-800-422-6237
2370 Nuuanu Avenue Honolulu 96817
National Cancer Institute www.cancer.gov

Hearing Aid Helpline 1-734-522-7200 www.ihinfo.org
International Hearing Society

Honolulu County Medical Society 536-6988 www.hcmsonline.org
1360 South Beretania Street Honolulu 96814

Kapiolani Health Connection 983-6000 www.kapiolani.org
1319 Punahou Street Honolulu 96826

Hawaii Tobacco Quit Line (to stop smoking) 1-800-784-8669 www.hawaiiquitline.org

Senior Eye Care Program 1-877-887-6327 www.eyecareamerica.org
American Academy of Ophthalmology

Veteran's Crisis Line 1-800-273-8255 www.hawaii.va.gov

Medical and Dental Clinics

For list of Geriatricians (doctors that specialize in older adults) see the Yellow Pages or the *Family Caregiving Guide* online at www.elderlyaffairs.com.

Aloha Medical Mission Clinic 841-4489 www.alohamedicalmission.org
(Medical and Dental)
810 North Vineyard Boulevard Honolulu 96817
Serves the uninsured. Call for an appointment.

Audient 1-866-956-5400 ext. 2 www.audientalliance.org
Program for affordable hearing aids.

Department of Health Dental Clinics 586-4400 www.health.hawaii.gov
List of affordable dental clinics. Priority to Medicaid eligible person.

Donated Dental Services 1-888-449-9670 www.nfdh.org/dentallifeline.org/hawaii
National Foundation of Dentistry for the Handicapped

Kalihi Palama Health Center Dental Clinic 848-1438 www.kphc.org
915 North King Street Honolulu 96817

Kokua Kalihi Valley Comprehensive Family Services 791-9400 www.kkv.net
2239 North School Street Honolulu 96819
Geriatric Medicine consultation and Dental service for residents of Kalihi Valley.

Lanakila Health Center www.hawaii.gov/tb
Tuberculosis Control Branch
TB Testing Center 832-5731 TB Information Line 832-5738
1700 Lanakila Avenue Honolulu 96817

Queen Emma Clinics 691-4970 www.queens.org
1301 Punchbowl Street Honolulu 96813
General Medicine 691-1000 Geriatric Services **691-8877**
Queen's Medical Center Dental Clinic 691-4292
1301 Punchbowl Street Honolulu 96813

Seniors Eye Care Program 1-877-887-6327 www.eyecareamerica.org
For seniors 65 years or older who meet program criteria.

Tzu Chi Medical Clinic 737-8885 www.tzuchi.org
1238 Wilhelmina Rise Honolulu 96816
Chinese speakers available.

Waianae Coast Comprehensive Health Center 697-3300 www.wcchc.com
88-260 Farrington Highway Waianae 96792

Waikiki Health Center 922-4787 www.waikikihc.org
277 Ohua Avenue Honolulu 96815

Waimanalo Health Center 259-7948 www.waimanalohc.org
41-1347 Kalaniana'ole Highway
Waimānalo, HI 96795



Medicare and Medicaid

Medicare is a federal health insurance plan available to seniors, 65 years and older, and certain people with disabilities. It does not pay for all medical costs. Beneficiaries are responsible for deductibles, co-pays, premiums, and non-covered services. Medicare does not pay for long-term care; skilled nursing facility care provided by Medicare is limited to less than 100 days, depending on the beneficiary's condition. Part A, Hospital coverage, limited skilled nursing facility and home health, and hospice - No premium for those who worked longer than 10 years or covered by a spouse. Part B, Doctor visits, outpatient, and other medical care. Part D, Drug coverage - plans and premiums vary. Part C, also referred to as Medicare Advantage Plans, combines Part A and B plans into PPO (Preferred Provider Organization), HMO (Health Maintenance Organization), PFFS (Private Fee for Service), Cost Plans, Special Needs Plans and Medical Savings Accounts. For a description of the plans available in Hawaii, check your current *Medicare and You Handbook*. Each of these plans has their own unique advantages and limitations. Be careful when choosing Part C or D plans as they may affect your other coverages, such as an employer retirement plan. 41-1347 Kalaniana'ole Highway Waimanalo 96795

Medigap plans are Medicare Supplemental Insurance plans provided by insurance companies to fill the "gaps" in coverage that may not be provided by Original Medicare. Call Sage PLUS (586-7299) if you need help understanding your options and choosing a Medicare plan. It is important to sign up for Medicare as soon as you become eligible. Contact the Social Security Administration three months before you turn 65 or become eligible for Medicare, otherwise you may have to pay a penalty or delay your coverage if you miss your initial enrollment period. Medicaid is a State-administered health insurance program for persons with certain disabilities/medical conditions and persons 65 years and older who have very low incomes and limited assets. In Hawaii, the Medicaid program is operated by the Department of Human Services Med-QUEST Division.

Centers for Medicare and Medicaid Services www.medicare.gov

Medicare Hotline 1-800-633-4227

Executive Office on Aging 586-0100

Sage PLUS 1-888-875-9229, 1-866-810-4379

Health insurance and Medicare counseling toll free 1-888-875-9229

State Health Insurance Assistance Programs

SMP (formerly SageWatch) 586-7299

www.hawaii.gov/eoa

www.health.hawaii.gov

www.hawaiiiship.org

Med-QUEST Division www.med-quest.us

Applications Unit 587-3521

Ongoing Unit 587-3540

Kapolei Unit 692-7364

Provides State medical assistance to Medicaid eligible persons.

Hawaii Health Connector (Obama Care) 1-877-628-5076 www.connecthawaii.com

Website to enroll in health/medical insurance, and information on how Affordable Health Care Act affects coverage and Medicare for seniors.

Medical Equipment

Medical equipment also known as durable medical equipment (DME) includes items such as walkers, wheelchairs, and hospital beds. Medicare will cover certain types of DME with a prescription. In some cases, renting DME may be more appropriate than purchasing. Renting is also covered under Medicare. Consult with a Sage PLUS (586-7299) counselor to see what would be best for your situation. In most cases, once you purchase DME using your Medicare benefit, you may be responsible for repairs and/or replacement. Be sure to get information in writing on warranty coverage BEFORE purchasing the equipment. To find a DME supplier, look in the Yellow Pages under “Medical Equipment” or “Medical Supplies” and ask if they accept Medicare. You can also call 1-800-MEDICARE (1-800-633-4227) to speak to a Medicare representative. Look for dealers that accept “assignment” which means they accept Medicare’s payment amount as payment in full (not including plan co-payment). Ask friends, social workers, and medical professionals for advice and referrals. Call Sage PLUS for additional information.

Ace Medical 678-3600 www.acemedical.com
94-910 Molooalo Street Waipahu 96797

American Home Care 486-4954
98-029 Hekaha Street Unit 41 Aiea 96701

Apria Health Care 485-0178 www.apria.com
98-720 Kuahao Place Pearl City 96782

Dauterman Medical 591-8860 www.dautermanmedical.com
1350 South King Street Honolulu 96814

Hawaiian Island Medical 597-8087 www.himed.cc
841 Pohukaina Street #8 Honolulu 96813

Holden Hospital Supplies 841-4558 www.holdenhospitalsupply.com
1365 Colburn Street Honolulu 96817

National Seating and Mobility 842-3889 www.nsm-seating.com
716 Umi Street Honolulu 96819

Pacific Island Medical 261-8885 www.wellness.com
156 Hamakua Drive #B Kailua 96734

Pacific Medical Health Center 537-1671 www.pacmedhawaii.com
420 Kuwili Street Suite 101 Honolulu 96817

R. Weinstein 591-8331 www.rweinstein.com
846 Pohukaina Street Honolulu 96813

Mental Health Care and Counseling

Department of Health Adult Mental Health Division 586-4686 www.health.hawaii.gov/amhd
Hawaii Crisis Line (24 hours) 831-3200
 1250 Punchbowl Street #256 Honolulu 96813

Counseling and Spiritual Care Center of Hawaii 545-2740
www.samaritancounselingcenter.org
 1020 South Beretania Street Honolulu 96814

Kahi Mohala Behavioral Health 671-8511 www.kahimohala.org
24 Hour Call Center 677-2512
 91-2301 Old Fort Weaver Road Ewa Beach 96706

Mental Health America of Hawaii 521-1846 www.mentalhealth-hi.org
 1124 Fort Street #205 Honolulu 96813
 For persons with mental health concerns regarding access, treatment, and service.

Queen's Medical Center 691-4401 www.queens.org
 1301 Punchbowl Street Honolulu 96813
 Queen's Mental/Behavioral Health Services located off-campus in the Kaheiheimalie Building on the corner of Nuuanu and Vineyard streets.
 Counseling and Clinical Services

Safe Haven - Puuhonua 524-7233 www.mentalhealthkokua.org/safehaven
 41 South Beretania Street Honolulu 96813
 Support and services for mentally ill homeless persons.

Senior Behavioral Health Care Unit 621-8411 www.wahiawageneral.org
 Wahiawa General Hospital
 128 Lehua Street Wahiawa 96786
 Provides in-patient Geriatric Psychiatry and Geriatrician follow-up for the elderly.

Prescription Drugs and Medications

Also see Medicare and Medicaid. To check credentials of online pharmacies, go to the National Association of Boards of Pharmacy at www.nabp.net.

Hawaii Rx Card www.hawaiiixcard.com
 Free Statewide prescription savings program.

Department of Human Services 587-3521 www.hawaii.gov/dhs/rx_plus
 Prescription drug discount program. For application download from website, or pick up from DHS Med-QUEST or AARP Hawaii.

Medicare Part D 1-800-633-4227 www.medicare.gov
 For eligibility, information, and help choosing a plan call Sage PLUS at 586-7299.
State Rx Plans 1-800-882-4608 www.staterxplans.us

Income Security

Government, social service agencies, and businesses may provide assistance to protect, maintain, and supplement your income. They can also help find benefits for which you are eligible. Homeowners may want to consider house-sharing, home equity loans, or reverse mortgages. Consumer Assistance & Protection For information from the Federal Trade Commission on identity theft, visit www.consumer.gov/idthef. Also refer to *Hawaii's Fraud Prevention and Resource Guide*, online at www.hawaii.gov/health/eoa/Docs/Fraud.pdf. Also available at Hawaii State Public Libraries, call # H364.163Ha.

Better Business Bureau of Hawaii Inc. 536-6956 www.hawaii.bbb.org

Senior Scam Hotline 628-3950

1132 Bishop Street Suite 615 Honolulu 96813

Department of Commerce and Consumer Affairs 586-2640 www.cca.hawaii.gov

Office of Consumer Protection

235 South Beretania Street Suite 801 Honolulu 96813

Consumer Information Line 587-4272

Monday - Friday 7:45 a. m. – 4:30 p. m.

Insurance Fraud Unit Hotline 587-7416

335 Merchant Street 2nd Floor Honolulu 96813

Insurance fraud complaints.

Investor Education Program 587-7400

335 Merchant Street Room 203 Honolulu 96813

Free educational materials and help to consumers on investor protection and securities fraud.

Securities Fraud Hotline (24 hours) 586-2772

335 Merchant Street Room 205 Honolulu 96813

Call to report securities violations and fraud.

Department of the Attorney General 586-1500 www.hawaii.gov/ag/

235 South Beretania Street Suite 401 Honolulu 96813

Medicaid Fraud Control Unit 586-1058

333 Queens Street 10th Floor Honolulu 96813

Direct Marketing Association 1-212-768-7277 ext. 1888 www.dmachoice.org

Register your home address with DMA's Mail Preference Service to decrease the amount of national advertising mail (commonly referred to as "junk mail") you receive.

Honolulu Police Department 529-3015 www.honolulu.police.hawaii.gov

White Collar Crime 529-3115

Criminal Investigation Division

801 South Beretania Street Honolulu 96813

Investigates telemarketing or investment fraud.

Inspector General's Office 1-800-447-8477
Medicare, Medicaid, or health care fraud.

National Fraud Information Center www.fraud.org
Information referral services for telemarketing and internet fraud.

U.S. Consumer Product Safety Commission 1-800-638-2772 www.cpsc.gov
Hawaii Office 594-4574
575 Cooke Street Suite #A-2208 Honolulu 96817
Report product safety hazards. Obtain recall information.

Employment and Training Programs

Department of Human Services Respite Program 832-5236 www.med-quest.us
420 Waiakamilo Road Honolulu 96817

Division of Vocational Rehabilitation 586-9744 www.humanservices.hawaii.gov/vr
600 Kapiolani Boulevard #304 Honolulu 96813

Goodwill Industries of Hawaii Inc. 836-0313 www.higoodwill.org
2610 Kilihau Street Honolulu 96819

Honolulu Community Action Program (HCAP) 521-4531 www.hcapweb.org
33 South King Street Suite 300 Honolulu 96813
Senior Community Service.

Oahu Work Links 768-5606 www.hirenethawaii.com
Career planning, job search assistance and for qualified individuals, training opportunities. For employer assistance with recruitment, referrals, employee training and tax credits call 221-4174.
Honolulu: 768-5700 1505 Dillingham Boulevard Suite 110 Honolulu 96817
Waipahu: 768-5800 85-670 Farrington Highway Waipahu 96792

Winners at Work dba Abilities Unlimited 532-2100 www.abilitiesunlimitedhi.org
414 Kuwili Street Suite 103 Honolulu 96817
Employment services for people with disabilities.



Money and Debt Management

Comfort, Security, Independence (CSI), Inc. 538-0353 www.csihawaii.org
1164 Bishop Street Suite 1505 Honolulu 96813

Take Charge of Your Money! www.ctahr.hawaii.edu/tcym
1955 East West Road #217 Honolulu 96822
University of Hawaii Cooperative Extension Service - Financial education workshops.

Social Security and SSI

Social Security Administration 1-800-772-1213 www.ssa.gov
Medicare, retirement, survivors, disability benefits
Kapolei Office: 970 Manawai Street Kapolei 96707
Honolulu Office: 300 Ala Moana Boulevard Room 1-114 Honolulu 96850
SSI - Supplemental Security Income www.ssa.gov/ssi
Federal income supplement program for eligible persons 65+, Blind, and /or Disabled.

Benefit, Employment and Support Services

Department of Human Services

Welfare and Food Stamp programs www.hawaii.gov/dhs
Public Assistance Information Line 855-1643
Financial Assistance; Financial aid and/or Food Stamps based on eligibility.

Med-QUEST Division www.med-quest.us
Medical assistance for eligible persons. Applications available from the offices below.
801 Dillingham Boulevard 3rd Floor 96817 **Honolulu 587-3521**
601 Kamokila Boulevard Room 415 96707 **Kapolei 692-7364**

Temporary Financial Aid

Catholic Charities Hawaii 521-4357 www.catholiccharitieshawaii.org
1822 Keeaumoku Street Honolulu 96822

Domestic Violence Action Center 531-3771 www.stoptheviolence.org
P. O. Box 3198 Honolulu 96801 For victims of intimate partner abuse.

Jewish Community Services 595-7451
2550 Pali Highway Honolulu 96817 Counseling, referrals and resources.

Salvation Army 522-8400 www.salvationarmyhawaii.org
322 Sumner Street Honolulu 96817
Rental assist for those facing eviction or homelessness. Food pantry, Clothing vouchers.

Waianae Community Outreach 682-4670 www.wcohawaii.org
87-132 Farrington Highway Waianae 96792 Services for persons experiencing homelessness.

Utility Assistance

Catholic Charities Hawaii 521-4357 www.catholiccharitieshawaii.org

1822 Keeaumoku Street Honolulu 96822

Hawaiian Telecom Lifeline/Link-up Service 643-3456 <http://www.hawaiiantel.com>

P. O. Box 2200 Honolulu 96814 Telephone subsidies for qualified individuals.

Helping Hands Hawaii Emergency Assistance Program (EAP) 440-3835

www.helpinghandshawaii.org

2100 North Nimitz Highway Honolulu 96819

Honolulu Community Action Program (HCAP) 521-4531 www.hcapweb.org

33 South King Street Suite 300 Honolulu 96813

Subsidies for electric bills through the Low-Income; Home Energy Assistance Program (LIHEAP). Applications accepted only once a year.

Legal Services and Advocacy

Many types of Elder Law concerns are presented in *Deciding "Who Cares?"* a publication of the University of Hawaii Elder Law Project (www.hawaii.edu/uhelp). Available at Hawaii State Public Libraries: (www.librarieshawaii.org).

Office of Health Care Assurance Department of Health www.health.hawaii.gov/ohca

Care Home complaints 692-7400

Hospital & Nursing Home complaints 692-7420

601 Kamokila Boulevard Room 361 Kapolei 96707

Hawaii Disability Rights Center 949-2922 www.hawaiidisabilityrights.org

1132 Bishop Street #2102 Honolulu 96813 For persons with disabilities.

Lawyer Referral and Information Service 537-1868 www.hsba.org

Hawaii State Bar Association

1100 Alakea Street #1000 Honolulu 96813

Legal Aid Society of Hawaii 536-4302 www.legalaidhawaii.org

924 Bethel Street Honolulu 96813

Non-profit law firm assisting the low to moderate-income community.

Long Term Care Ombudsman Executive Office on Aging 586-0100

www.ombudsman.hawaii.gov

250 South Hotel Street Suite 406 Honolulu 96813

For nursing, care home and assisted living residents.

Mental Health America of Hawaii 521-1846 www.mentalhealth-hi.org

For persons with mental health concerns regarding access, treatment, and service.

1124 Fort Street #205 Honolulu 96813

Office of the Public Guardian 534-6100

417 South King Street Honolulu 96813
Guardianship for incapacitated adults of the state.

State Office of the Ombudsman 587-0770 www.ombudsman.hawaii.gov

465 S. King Street 4th Floor Honolulu 96813
Complaints about executive branch agencies of state and county governments.

UHELP 956-6544 www.hawaii.edu/uhelp

University of Hawaii Elder Law Program
2515 Dole Street Room 2201 Honolulu 96822

Victim Witness Kokua Services 523-4158 www.honoluluprosecutor.org

Via Department of the Prosecuting Attorney 768-7400
1060 Richards Street 9th Floor Honolulu 96813
Assistance to victims of criminal offenses. Legal Representation and Mediation.

Volunteer Legal Services Hawaii 528-7046 www.vlsh.org

545 Queen Street #100 Honolulu 96813 Free or reduced cost services for needy clients.

Immigration Assistance

Services for people who are new to the U.S. and need assistance such as translation, job search, and filling out applications.

Bilingual Access Line (24-hours) 526-9724

Via Helping Hands Hawaii www.helpinghandshawaii.org
2100 North Nimitz Highway Honolulu 96819 Interpreter and translation services.

Catholic Charities Hawaii Immigrant Services 521-4357 www.catholiccharitieshawaii.org

1822 Keeaumoku Street Honolulu 96822 Assistance for low-income immigrants.

Hawaii Immigrant Justice Center 536-8826 www.hijcenter.org

P. O. Box 3950 Honolulu 96812 Legal services, community outreach and education.

Lanakila Easy Access Project 832-5685 www.health.hawaii.gov/bilingual-services

1700 Lanakila Avenue Room 104 Honolulu 96817
Referrals for immigrants living in U.S. less than a year.

Pacific Gateway Center 851-7010 www.pacificgatewaycenter.org

83 North King Street Honolulu 96817
Helping immigrants, refugees, and low-income residents to self-sufficiency.

U.S. Citizenship and Immigration Services 375-5283 www.uscis.gov

Honolulu District Office
500 Ala Moana Boulevard Building 2 Room 400 Honolulu 96813

Taxes

During tax season AARP's Tax-aide program can provide simple income tax assistance to seniors. For locations, call the Senior Helpline at 768-7700.

City and County Real Property Assessment Branch Exemption Program

www.honolulupropertytax.com

A Real Property Tax *Exemption* lowers the taxable value of your home. The amount exempted is based on age and certain disabilities.

Honolulu Office 768-3799

842 Bethel Street Honolulu 96813

Kapolei Office 768-3169

1000 Uluohia Street Suite 206 Kapolei 96707

City and County Tax Collections www.honolulupropertytax.com

Current Collections 768-3980

Questions on tax payments.

530 South King Street Room 115 Honolulu 96813

Federal Internal Revenue Service (IRS) 566-2705; 1-800-829-1040 www.irs.gov

300 Ala Moana Boulevard Honolulu 96850

State Tax Information 587-4242 www.hawaii.gov/tax

P. O. Box 259 Honolulu 96809

Help with state tax information, questions, billing notices, refunds, copy requests, tax clearance, tax disability exemptions, and other tax issues.

Taxpayer Advocate Service 566-2950 www.irs.gov/advocate

1099 Alakea Street Floor 22 Honolulu 96813

Handles taxpayer problems not resolved through normal IRS channels.

Persons with Disabilities

Assistive Technology 532-7110; TTY 532-7113 www.atrc.org

200 North Vineyard Suite 430 Honolulu 96817

Information on assistive devices and funding resources.

Hawaii Centers for Independent Living 522-5400

414 Kuwili Street #102 Honolulu 96817

Assistance for persons with disabilities.

Island Skill Gathering (V/TTY) 732-4622 www.isghawaii.com

3472 Kanaina Avenue Honolulu 96815

Assistive listening and alerting devices Fax 739-5464 for people with disabilities including visually and hearing impaired.

Blind/Visually Impaired

American Foundation for the Blind www.afb.org/seniorsite
 Senior website
Hoopono (V/TTY) 586-5275
Low Vision Clinic www.hawaiiivr.org
 1901 Bachelot Street Honolulu 96817

Deaf/Hard-of-Hearing

Aloha State Association of the Deaf www.deafaloha.org
 P. O. Box 88591 Honolulu 96830 Non-profit association of and for deaf citizens.

American Sign Language Interpreter Education Program (V/TTY) 734-9211
Kapiolani Community College
www.programs.kcc.hawaii.edu/~noncredit
 4303 Diamond Head Road Manono Building Honolulu 96816
 Credit and non-credit courses in American Sign Language (ASL).

Deaf Services Unlimited 1-800-930-2580 www.deafservicesunlimited.com

Federal Communications Commission www.fcc.gov
Telecommunications Relay Service (TRS) 711
Text Telephone (TTY) 1-877-447-5990
Voice Carry Over 1-877-447-5991
 TRS provides a way for those who are deaf, hard-of-hearing, or who have a speech disability to communicate through traditional, internet or video relay services.

Kapiolani Community College (KCC) Deaf Center (V/TTY) 734-9210
www.programs.kcc.hawaii.edu
 4303 Diamond Head Road Manono Building Room 102 Honolulu 96816
 Education programs for adults who are deaf or hard-of-hearing, their families and friends.
 Lending library of books and video tapes for deaf and hard-of-hearing adults.

Other

Easter Seals Hawaii 536-1015 www.eastersealshawaii.org
 710 Green Street Honolulu 96813
 Services for children and adults with disabilities or special needs.

Special Education Center of Hawaii (SECOH) 488-8884 www.secoh.org
 708 Palekaua Street Honolulu 96816
 Supporting Exceptional Citizens of Hawaii.

The Arc in Hawaii 737-7995 www.thearcinhawaii.org
 3989 Diamond Head Road Honolulu 96816
 Advocacy and services for people with intellectual or a related developmental disability.

Abuse and Neglect Victims

Abuse can affect people of all ethnic backgrounds and social status. It may include physical, emotional and sexual abuse; neglect; abandonment; and financial exploitation. Social isolation, mental impairment, or a history of domestic violence may make an older person more susceptible to abuse. Sometimes seniors neglect their own care because of declining health, isolation, dementia, or drug or alcohol dependency. Financial exploitation is a growing problem.

Adult Protective Services Dept. of Human Services - Adult Intake Unit 832-5115

420 Waiakamilo Road Suite 300A Honolulu 96817 www.hawaii.gov/dhs

Domestic Violence Action Center 531-3771 www.stoptheviolence.org

P. O. Box 3198 Honolulu 96801

Hawaii Immigrant Justice Center 536-8826 www.hijcenter.org

P. O. Box 3950 Honolulu 96812

Legal services, community outreach education and advocacy for immigrants.

Parents and Children Together (PACT) Family Peace Center 832-0855

Crisis Hotline 585-7944 www.pacthawaii.org

1505 Dillingham Boulevard Suite 208 Honolulu 96817

Group counseling for domestic violence batterers, victims, and child witnesses.

The Sex Abuse Treatment Center 535-7600 www.satchawaii.com

55 Merchant Street 22nd Floor Honolulu 96813

24 hour Hotline: 524-7273 Support for victims of sexual assault.

Grandparents

Resources for grandparents raising children. Also visit Generations United at www.gu.org .

Hawaii Family Services, Inc. 696-3482

87-227 St. John's Road Waianae 96792

Programs for grandparents raising grandchildren in Waianae/Leeward area.

People Attentive to Children (PATCH) 839-1988 www.patchhawaii.org

560 North Nimitz Highway Suite 218 Honolulu 96817

Child care resource and referral agency.

Queen Liliuokalani Children's Center 847-1302 www.qlcc.org

1300 Halona Street Honolulu 96817

Support group for grandparents & relative caregivers of minors.

The Parent Line 526-1222; 1-800-816-1222 www.theparentline.org

Support and information for grandparents, parents, and other child caregivers.

Tutu and Me Traveling Preschool 524-7633 www.pidf.org/programs

2345 Nuuanu Avenue Honolulu 96817

Free mobile preschool at community sites for grandparents raising children up to age 5.

Pet Owners

Hawaiian Humane Society www.hawaiianhumane.org

Adoptions 356-2218

Pals Program 356-2217

2700 Waiialae Avenue Honolulu 96826

Reduced adoption fees for seniors adopting older animals. Pet foster care during temporary, emergency situations.

K-9 Kokua 853-7267

P. O. Box 2471 Waianae 96792



Veterans

Oahu Veterans Center 422-4000

www.oahuveteranscenter.com

1298 Kukila Street Honolulu 96818

State Office of Veterans Services 433-0420

www.dod.hawaii.gov/ovs

459 Patterson Rd., E-Wing, Rm. 1-A103, Honolulu 96819

U.S. Department of Veterans Affairs 1-800-827-1000

www.va.gov

Veterans Service Center

459 Patterson Road Honolulu 96819

Burial benefits, disability, education, home loan guaranty, homeless veterans, medical treatment, minority veterans, vocational rehabilitation.

U.S. Vets Transitional Housing and Homeless Program 682-9000

www.usvetsinc.org/barbarspoint

P. O. Box 75329 Kapolei 96707

Help veterans achieve independence.



End of Life Services

The following programs address end of life issues. Also see Kokua Mau, a partnership of agencies and organizations for improving care at the end of life at www.kokuamau.org

Advance Directives

Formerly known as “Living Wills.” You can let your family and physician know what kind of treatment you want in the event you cannot speak for yourself. You can also designate someone to make decisions for you if you become incapacitated. Forms may be obtained from most hospitals, healthcare organizations, attorneys’ offices or from UHELP. Also refer to Deciding “Who Cares?” publication from UHELP, available at www.hawaii.edu/uhelp Other documents, including Comfort Care Only/Do Not Resuscitate I.D. bracelets or necklaces, give instructions to health care personnel in emergencies. Forms may be obtained from the Emergency Medical Services Section, State Department of Health at 733-9210 or download at www.hawaii.gov/health/family-child-health.

University of Hawaii Elder Law Program (UHELP) 956-6544

www.hawaii.edu/uhelp

William S. Richardson School of Law
2515 Dole Street #203 Honolulu 96822



Bereavement Counseling and Support

American Cancer Society 595-7544 www.cancer.org

2370 Nuuanu Avenue Honolulu 96817
Make Today Count, Honolulu

Bristol Hospice Hawaii, LLC 536-8012 www.bristolhospice.com

500 Ala Moana Boulevard Suite 4-547 Honolulu 96813

Counseling and Spiritual Care Center of Hawaii 545-2740

www.samaritancounselingcenterhawaii.org

1020 South Beretania Street Honolulu 96814



Hospice

Medicare covered services include pain control, comfort and counseling for those facing the advancing stages of terminal illnesses. Care is provided in the patient's home and other settings and may include respite for caregivers.

Hospice Hawaii 924-9255 www.hospicehawaii.org
860 Iwilei Road Honolulu 96817

St. Francis Hospice 595-7566 www.stfrancishawaii.org
Maurice J. Sullivan Center 678-7580
91-2127 Fort Weaver Road Ewa Beach 96706
Sister Maureen Keleher Center 595-7580
24 Puiwa Road Honolulu 96817

Bristol Hospice Hawaii, LLC 536-8012 www.bristolhospice.com
500 Ala Moana Boulevard Suite 4-547 Honolulu 96813

Funeral and Memorial Services

Med-QUEST Division 524-5370 www.med-quest.us
Department of Human Services
801 Dillingham Boulevard 3rd Floor Honolulu 96817
Will determine eligibility for funeral payments. Must be Medicaid eligible.

U.S. Department of Veterans Affairs 1-800-535-1117
www.cem.va.gov/CEM/bbene_burial.asp
Honolulu: 973-8387; 1680 Kapiolani Boulevard Suite F3 Honolulu 96814
Kapolei: 674-2414; 885 Kamokila Boulevard Suite 105 Kapolei 96707
Burial benefits for veterans.

Organ or Body Donation

Lions Eye Bank and Makana Foundation 536-7416 www.hlebmf.org
405 North Kuakini Street Suite 801 Honolulu 96817

Legacy of Life Hawaii 599-7630 www.legacyoflifehawaii.org
405 North Kuakini Street Suite 810 Honolulu 96817
Only organ donation, not body donation.

University of Hawaii School of Medicine 692-1445
www.jabsom.hawaii.edu/JABSOM/community/WilledBody.php
651 Ilalo Street Honolulu 96813
The Willed Body Program. Body donation to science.