



Dear Kauai Resident,

It is with great pleasure that the Charity Visitor Industry Walk joins the Alzheimer's Association in conjunction with the County of Kauai Agency on Elderly Affairs in presenting the Senior Information and Resource Directory to you.

This 2008-2009 edition includes information that will be helpful to you. It categorizes and lists the public and private resources in the community that provide services to benefit older adults and family caregivers. A glance at the table of contents will give you an idea of the many types of services that are covered, such as finances, transportation, family support, respite, and end-of-life issues.

We hope that you will find this directory useful. Please inform your friends and neighbors about this resource and encourage them to visit a senior center, call the County of Kauai Agency on Elderly Affairs or call the Alzheimer's Association for their own copy.

Aloha,



Doug Sears
Chairperson, HHLA- Kauai

Bryan J. Baptiste
Mayor

Gary K. Heu
Administrative Assistant



Ludvina K. Takahashi
Executive on Aging

COUNTY OF KAUAI
AGENCY ON ELDERLY AFFAIRS

Aloha,

I am very pleased to present the Senior Information and Resource Directory for Kauai. The directory is a guide to programs and services for elders, caregivers and families.

It is with deep appreciation that I acknowledge the Hawaii Hotel and Lodging Association – Kauai Chapter Charity Visitor Industry Walk for its generous financial support of this directory and the Alzheimer’s Association for its support to produce and distribute – free of charge – this invaluable resource used widely throughout our community.

I also encourage you to visit our website www.kauai.gov/elderly or our office at the Piikoi Building on 4444 Rice Street, Suite 330 in Lihue. Please feel free to call us at the Agency on Elderly Affairs 241-4470 for personalized assistance if you have questions about senior or caregiver issues.

Kealoha Takahashi
Executive on Aging

alzheimer's association

Aloha, Kakou!

Knowing what resources are available and how to access them can be a valuable tool as we navigate through the senior years. The 2008-2010 Kauai Senior Resource and Information Directory is an excellent, quick, easy-to-use guide to programs, services for elders, caregivers and families.

A heartfelt mahalo nui loa to the Hawaii Hotel and Lodging Association – Kauai Chapter Visitor Industry Walk for their generosity and to the County of Kauai Agency on Elderly Affairs for support and guidance. There were many agencies, organizations and volunteers who gave freely of themselves to make this directory possible – and to them we extend our gratitude.

The State of Hawaii has the distinction of having one of the fastest growing elderly populations in the United States. While there are challenges that come with aging, also comes a greater sense of understanding, experience and the wisdom of a life well lived. Our greatest resource is our elders and this directory is dedicated to their honor.

The Alzheimer's Association has provided help and hope to all those affected by Alzheimer's disease and related disorders since 1982. Through our 24/7 Contact Center, Information and Referral, What Now? Caregiver Orientation Series, Care Consultation, Caregiver Workshops and Community Presentations, Support Groups, MedicAlert®+Safe Return® Program, and the Maintain Your Brain™ - Healthy Brain Aging Program, we support individuals, families, caregivers and the community.

Please visit our website www.alz.org/hawaii or our office at 4303 Rice Street, C2 in Lihue. Or call us at 245-3200 or toll free at 1.800.272.3900. Help is only a phone call away.

Aloha pumehana,

Janet Eli

President & Chief Executive Officer



County of Kauai Agency on Elderly Affairs is responsible for planning and funding services and programs to meet the needs of Kauai's seniors. The Agency on Elderly Affairs channels federal, state and county funds into contracts with public and private agencies which provide the following services:

Legal Services	Outreach
Homemaker Services	Personal Care
Respite	Adult Day Health
Transportation	Friendly Visiting
Caregiver Counseling	Nutrition Program
Telephone Reassurance	Case Management
Exercise Program	Information and Referral
Retired and Senior Volunteer Program	

AEA also:

**Advocates for the needs of the elderly
Provides legislative testimony
Sponsors educational seminars
Promotes annual events
Participates in National and local grants for new programs and services**

**County of Kauai Agency on Elderly Affairs
4444 Rice Street Suite 330
Lihue, HI 96766
(808)-241-4470**

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All information in this directory can change with new addresses and phone numbers. It strives to be complete and correct when published. If you find there are changes or corrections please let us know.

Food

For Food Stamps, see **Financial Assistance** page 42.

Food Banks and Pantries

Kauai Foodbank **246-3809**
3285 A Waapa Rd. Lihue 96766 www.kauaifoodbank.org

Food Pantries are operated by churches and non-profit organizations to provide basic food items to people in need. Food is either set out on tables for people to select or pre-packaged in bags. Pantry times may change without notice. Please call first to confirm.

Aloha Church (Lihue) **241-7177**
3rd Friday of the month, 10 a.m. – 12 p.m.
Every Friday, 10:30 a.m. – 12 p.m. (Breads and Pastries)

Church of the Pacific (Princeville) **826-6481**
Thursday, 7:45 a.m.

Hale Hoomalu (Kapaa) **821-2520**
Note: Family referrals only!
Tuesday, 2 p.m. – 5 p.m., Wednesday, Noon - 3 p.m.

Kalaheo Missionary Church **332-9312**
Last Wednesday of the month, 1 – 2 p.m.

Lihue Court Town Homes **246-6997**
Monday, 2 p.m. – 3:30 p.m.

Nana's House (Waimea) **338-0252**
Monday & Friday, 10 a.m. – 12p.m.
Monday, Tuesday & Thursday, 1 p.m. – 4 p.m.

New Hope Christian Fellowship (Kapaa) **823-6958**
3rd Sunday of the month, 9:30 a.m. – 12 p.m.

-
- Salvation Army (Hanapepe)** **332-5441**
 Every Tuesday, 12 p.m. – 1:30 p.m.
 Kokua Kitchen (Hot Meal): Monday, 5 p.m. – 6 p.m.
- Salvation Army (Lihue)** **245-2571**
 Tuesdays & Thursdays 2 p.m. - 2:30 p.m.
 Tuesday, 5p.m. – 6 p.m. & Thursday, 11:30 a.m. (Hot Meal)
- St. Raphael's Church** **742-1955**
 Koloa - call to schedule pickup
- Thy Word Ministries (Lihue)** **821-8851**
 Last Sun. of the month, 11 a.m. – 11:30 a.m. (Hot meal also)
- Waimea United Church of Christ** **338-9962**
 4th Wednesday of the month, 9 a.m.
- West Kauai Interchurch Food Pantry** **335-3505**
 Last Wednesday of the month, 9 a.m. – 10 a.m.

Meals

Group dining sites and home-delivered meals

- Home Delivered Meals – KEO** **245-4077**
 2804 Wehe Rd. Lihue 96766
- Ke Ola Pono No Na Kupuna** **248-1720**
 Alu Like for Native Hawaiians 60 and older
 2970 Haleko Rd. Ste. 205 Lihue HI 96766
- Anahola Clubhouse** **651-7004 or 651-7005**
 3900 Kawelo St. Anahola 96703
- Waimea Plantation** **651-7004 or 651-7005**
 9400 Kaumualii Hwy. Waimea 96796

Nutrition Sites

- Hanapepe Neighborhood Center** **335-3731**
 4451 Puolo Rd. Hanapepe 96716

Kalaheo Neighborhood Center 4480 Papalina Rd. Kalaheo 96741	332-9770
Kaunakani Neighborhood Center 2301 Kaunakani Rd. Kaunakani 96747	335-5770
Kekaha Neighborhood Center 8130 Elepaio Rd. Kekaha 96752	337-1671
Kilauea Neighborhood Center 2460 Keneke St. Kilauea 96754	828-1421
Koloa Neighborhood Center 3461 Weliweli Rd. Koloa 96756	742-1313
Lihue Neighborhood Center Eono St. Lihue 96766	241-6858
Waimea Neighborhood Center 4556 Makeke Rd. Waimea 96796	338-1122

Basic Needs – Housing

Most older adults prefer to age-in-place and many are able to live in their own homes with support. Others may choose or find it necessary to live with others or to move to another type of dwelling.

Housing needs and options for the elderly vary greatly. For independent seniors, there are retirement residences 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 help to provide in home assistance (page 30) or residing in an Adult Residential Care Home (ARCH) or Assisted Living Facility.

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 Residential Options for Hawaii’s Seniors Guidebook (www.hacm.net).

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. For more ideas on how homes may be modified see www.aarp.org/families/home_design

Residential Rehabilitation Loans **241-4427**
Kauai County Housing Agency
 4444 Rice St. Ste.330 Lihue 96766

Housing Search and Information

It is important to start your search early as waiting lists for low-income senior housing can be long.

County of Kauai Housing Agency – Sec. 8 **241-4440**
 4444 Rice St. Ste.330 Lihue 96766

KEO – Kauai Economic Opportunity Inc. **245-4077**
 Short term - Transitional Housing
 2804 Wehe Rd. Lihue 96766

Elderly and Multifamily Housing

Hawaii Public Housing Authority **821-4415**
 P.O. Box 650 Kapaa 96746

Kapaa(Mahelona) Elderly Project - Hale Nana Kai O Kea
 4850 Kawaihau Rd. Kapaa 96746

Kilauea Elderly Project - Hale Hoolulu
4264 Ala Muku Pl. Kilauea 96754

Port Allen Elderly Project - Hale Hoonanea
4401 Waialo Rd. Eleele 96705

Waimea Elderly Project - Homenani
9791 Laau Rd. Waimea 96796

Hale Kupuna Elderly Housing **332-5110**
2362 Puu Rd. Kalaheo 96741

Kalepa Village **246-4481**
4535 Kalepa Circle Lihue 96766

Kekaha Plantation Elderly Housing Project **337-1850**
8215 Elepaio Rd. Kekaha 96752

Koloa Hale Ohana **742-9440**
3985 Ohuohu Rd. Koloa 96756

Lihue Court Townhomes **245-5045**
4160 Hoala St. Lihue 96766

Lihue Gardens Elderly **245-7110**
3120 Jerves St. Lihue 96766

Lihue Theater Apartments **245-6699**
3-3194 Kuhio Hwy. Lihue 96766

Paanau Village **742-8655**
Koloa 96756

Plantation Traditional Living **338-1900**
Waimea 96796

Retirement and Assisted Living Residences

Retirement residences are for independent living, often with amenities as housekeeping and dining rooms. Assisted Living Residences add the component of intermittent personal care. Some facilities offer special dementia units.

Regency at Puakea **246-4449**
2130 Kaneka St. Lihue 96766

Nursing Facilities

These 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 274-3141 press 6-0100. Complaints for improper hospital or nursing home discharge procedures may be reported to the Office of Health Care Assurance at 1-808-586-4080.

Garden Isle Healthcare **245-1802**
3420 Kuhio Hwy. – Second Floor - Lihue 96766

Hale Kupuna Heritage Home **742-7591**
4297 Omao Rd. Lawai/Koloa 96765

Kauai Care Center **338-1681**
www.regencypacificinc.com/Kauai_Care/
P.O. Box 507 9611 Waena Waimea 96796

Kauai Veterans Memorial Hospital **338-9431**
Waimea Canyon Rd. Waimea 96796

Samuel Mahelona Memorial Hospital **822-4961**
4800 Kawaihau Rd. Kapaa 96746

Residential Care Home 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 ARCHs are regulated and licensed by State Department of Health Office of Health Care Assurance. Their website for additional information is <http://www.state.hi.us/health/elder-care/healthassurance/index.html>.

Foster Homes or Residential Alternatives to Community Care Program (RACCP) Homes are regulated by the State Department of Human Services. Refer to Residential Options for Hawaii's Seniors Guidebook, available online at www.hacm.net for more details.

Licensed ARCHs and Expanded ARCHs can be a large facility with many residents or a private home in a residential community licensed for up to 5 persons. Some offer specialized care, such as for person's with Alzheimer's disease. Costs vary greatly depending on amenities and the amount of care provided.

When choosing a residential facility 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 licensing agency.

For assistance in choosing an ARCH, see Case Management page 22.

For information regarding ARCH and for concerns about a facility call the Long Term Care Ombudsman at 274-3141 press 6-0100.

Basic Needs – Transportation

Driver Information

AARP: Driver Safety Education **1-888-227-7669**

Refresher course for drivers 50 plus. Learn about normal age-related changes and how to adjust your driving for these changes. Classroom or online courses.

www.aarp.org/life/drive/driveded

Driver's License and Motor Vehicle Registration

4444 Rice St. Lihue 96766

Driver Licensing Bldg. A Ste. 480 **241-6550**

Motor Vehicle Licensing Bldg. A Ste. 466 **241-6577**

Older Driver Information Websites

These websites provide information regarding older persons and safe driving.

AAA Foundation for Traffic Safety www.seniordrivers.org

American Occupational Therapy Association

www.aota.org/olderdriver

The Hartford www.thehartford.com/talkwitholderdrivers

Local Transportation and Passes

Akita Enterprises **245-5344**

2960 Aukele St. Lihue 96766

County of Kauai Transportation Agency

The Kauai Bus **241-6410**

3220 Hoolako St. Lihue 96766

Application for qualified persons for door to door service

Persons with Disabilities Parking Permit **241-6550**

County of Kauai Dept. of Finance Driver's License Division
4444 Rice Street Bldg. A Room 480 Lihue 96766

Community Services

Information and Referral

Adult Protective Services **241-3337**
Dept of Human Services
4370 Kukui Grove Ste. 205 Lihue 96766

Aloha United Way 211 Hotline
211

Information and referral for resources **1-808-536-1951**
www.auw.org

Statewide - 24 hours a day, 7 days a week
200 N. Vineyard Blvd. Ste. 700 Honolulu 96817

Alzheimer's Association 24/7 Helpline **245-3200**
www.alz.org/hawaii 1.800.272.3900 TDD:

4303 Rice St. C- 2 Lihue 1.866.403.3073

State & nation wide – 24 hours a day, 7 days a week
Provides reliable information and support to all those who need assistance. Serves people with memory loss, caregivers, health care professionals and the public. Highly trained and knowledgeable staff can help with: understanding memory loss, dementia and Alzheimer's; medications and other treatment options; general information about aging and brain health; skills to provide quality care and to find the best care from professionals; legal, financial and living-arrangement decisions. Also features confidential care consultation provided by master's level clinicians who can help with decision-making, support, crisis assistance and education on issues families face every day; help in a caller's preferred language using our translation service that features over 140 languages and dialects; referrals to local community programs, services and ongoing support.

Better Business Bureau of Hawaii, Inc 1-877-222-6551
www.hawaii.bbb.org
1132 Bishop St. Ste. 615 Honolulu 96813

County of Kauai Agency on Elderly Affairs 241-4470
4444 Rice St. Ste 330 Lihue 96766

Personal Identification

Alzheimer's Association 245-3200
www.alz.org/hawaii 1-888-572-8566
MedicAlert® +Safe Return Wanderers Registry®
Live 24-hour emergency response service for assistance
when a person wanders or is lost and access to vital
medical information at the time of need.

County of Kauai Agency on Elderly Affairs 241-4470
Photo I.D. for persons 60 and over
4444 Rice St. Ste. 330 Lihue 96766

State ID – Governor's Liaison Office 274-3100
Official Hawaii State Identification Card
3060 Eiwa Room 106 Lihue 96766
www.stateid.hawaii.gov

Senior Centers

County of Kauai Department of Parks and Recreation
Recreation, education, social support, 241-4460
and volunteer activities for independent older adults.

Hanapepe Neighborhood Center 335-3731
4451 Puolo Rd. Hanapepe 96716

Kalaheo Neighborhood Center 4480 Papalina Rd. Kalaheo 96741	332-9700
Kapaa Neighborhood Center 4491 Kou St. Kapaa 96746	822-1931
Kaumakani Neighborhood Center 2301 Kaumakani Rd. Kaumakani 96747	335-5770
Kekaha Neighborhood Center 8130 Elepaio Rd. Kekaha 96752	337-1671
Kilauea Neighborhood Center 2460 Keneke St. Kilauea 96754	828-1421
Koloa Neighborhood Center 3461 Weliweli Rd. Koloa 96756	742-1313
Lihue Neighborhood Center 3353 Eono St. Lihue 96766	241-6858
Waimea Neighborhood Center 4556 Makeke Rd. Waimea 96796	338-1122

Volunteer Opportunities

Alzheimer's Association 4303 Rice St. C-2 Lihue 96766	245-3200
Foster Grandparents Program Department of Human Services 4370 Kukui Grove St. Ste. 205 Lihue 96766	241-3355
Friendly Visiting/Telephone Reassurance 4444 Rice St. Ste. 330 Lihue 96766	241-4476

Project Dana 245-6262
Lihue Hongwanji Mission

Retired and Senior Volunteer Program(RSVP) 241-4479
4444 Rice St. Ste. 330 Lihue 96766

Senior Companion Program
County of Kauai Agency on Elderly Affairs 241-4476

**Volunteer Guardian Ad Litem/Volunteers in Public
Service**
Judiciary/Family Court of the 5th District 482-2300
3970 Kahona St. Lihue 96766

Education

Learning Opportunities

Focus on Mature Learning **245-8318**

Office of Continuing Education and Training (OCET)

Kauai Community College

3-1901 Kaumualii Hwy. Lihue 96766

A wide range of educational and social activities aimed at the mature learners. Many of the events are linked to cultural events at Kauai Community College Performing Arts Center.

Kauai Community College **245-8311**

3-1901 Kaumualii Hwy. Lihue 96766

Kauai Community School – Adult Education **274-3390**

3607A Lala Rd. Lihue 96766

Family Support

This section describes programs and services that promote quality of life by providing assistance which supplements the care and support for frail elders that is generally provided by families.

If you help an older friend or family member with trips to medical appointments or the grocery store, or help with their grooming or household chores, then you are a family caregiver. Too often family members think that only people they hire are caregivers. They don't think of getting assistance until they burn out. By using services and getting support early, you can reduce your stress level and keep yourself healthy so that you can continue in your important role.

Often people think of nursing homes when they hear the term long-term care (LTC). However LTC includes any type of ongoing service an elder would need to sustain quality of life, including services provided in home by family members or agencies.

Medical insurance (such as Medicare) will usually only cover skilled nursing care for a limited time. LTC 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 LTC Insurance from the National Association of Insurance Commissioners, online: www.ltcfeds.com/documents/files/NAIC_Shoppers_Guide.pdf

Caregiver Education

See also Support Groups, page 27. Go to www.elderlyaffairs.com for Family Caregivers Guide.

Alzheimer’s Association **245-3200**

Caregiver orientation and educational programs for families and individuals facing Alzheimer’s and related disorders, as well as community members. Caregiver University™ training for professional caregivers.
4303 Rice St. C-2 Lihue 96766

American Red Cross **245-4919**

4371 Puaole St. Lihue 96766

Caregiver Counseling and Training Program **821-8049**

Olson Healthcare Consulting
Regularly scheduled family caregiver training

CPR Awareness – John Tyler Associates **635-7062**

www.jtacpr.com PO Box 76 Anahola 96703

Ohana Caregiver Support Group **245-5914**

Grandparents Raising Grandchildren
Child and Family Services - Post Permanency Service

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. Make sure to ask for qualifications.

County of Kauai Agency on Elderly Affairs 4444 Rice St. Ste. 330 Lihue 96766	241-4470
Department of Human Services – Adult and Community Care Services www.hawaii.gov/dhs For Medicaid eligible	241-3337
Department of Health Public Health Nursing 3040 Umi St. Lihue 96766	241-3387
Hoola Lahui Hawaii Kauai Community Health Center 4491 Rice St. # 6 Lihue 96766	240-0100
Malama Pono 4357 Rice St. Lihue 96766 Support services for people with HIV	246-9577
Veteran’s Affairs 3-3397 Kuhio Hwy. Lihue 96766	246-0497
<u>Fee for Service Agencies</u>	
Hawaii HealthCare Professionals 4359 Kukui Grove Ste. 202 Lihue 96766	245-7211
Mastercare 4180 Rice St. #107-B Lihue 96766	246-9116
Na Kahu Malama Nurses 1357 Kapiolani Blvd. #850 Honolulu 96814	1-800-733-9021
Nursefinders 3170 B Jerves St. Lihue 96766	245-5841

Emergency Alert Systems

Personal Emergency Alert systems attach to a home telephone and will call your designated number when the wireless unit (worn on the person) is activated. Such devices may be useful for elders who live alone.

Alert Alarm **245-4243**

www.alertalarmhawaii.com

3269 Poipu Rd. Koloa 96756

Hawaii Healthcare Professionals **245-7211**

Response Link

Kupuna Monitoring Systems - Lifeline **1-808-721-1201**

Lifeline Hawaii Services **1-888-409-8449**

Catherine Paterson

652-7372

Exercise for Seniors

Check with your health insurance plan or local clinic to see what they have to offer.

County of Kauai Dept of Parks and Recreation **241-4460**

EnhanceFitness **241-4470**

County of Kauai Agency on Elderly Affairs

4444 Rice St. Ste. 330 Lihue 96766

Kauai Athletic Club **245-5381**

4370 Kukui Grove St. Lihue 96766

Curves for Women

Lihue

245-7970

Eleele

335-5757

Fun Fitness **822-4111**

Ohana YMCA **246-9090**
Senior swim classes, exercise and recreation programs

YWCA **245-5959**
3094 Elua St. Lihue 96766

Respite – Adult Day Health

Adult Day Health programs are for those who require a higher level of care. This could include health assessments, administration of medication, or care coordination.

Wilcox Adult Day Health **246-6919**
2943 Kress St . - Lihue 96766

A supervised daytime program for disabled adults and frail elderly in a supportive and protective environment. The daily program provides clients with a variety of therapeutic activities to maintain or improve the functional level of the clients they serve.

Respite – In Home

Temporary relief for caregivers provided in the home.

Project Dana **245-6262**
Lihue Hongwangi Mission

Senior Companion Program
County of Kauai Agency on Elderly Affairs **241-4476**

Fee for Service Agencies

Hawaii HealthCare Professionals **245-7211**
4359 Kukui Grove Ste. 202 Lihue 96766

Mastercare **246-9116**
4180 Rice St. #107-B Lihue 96766

Na Kahu Malama Nurses **1-800-733-9021**
1357 Kapiolani Blvd. #850 Honolulu 96814

Nursefinders **245-5841**
3170 B Jerves St. Lihue 96766

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 center. Some care homes also provide respite care, see page 14.

Regency at Puakea **246-4449**
2130 Kaneka St. Lihue 96766

Veteran's Outpatient Clinic **246-0497**
3-3367 Kuhio Hwy. Ste. 200 Lihue 96766

Support Organizations

Call 211 for more organizations.

Al-Anon **246-1116**
PO Box 2187 Kapaa 96746

Alcoholic Anonymous **245-6677**
PO Box 3606 Lihue 96766

Alzheimer's Association **245-3200**
24/7 call 1.800.272.3900
4303 Rice St. C-2 Lihue 96766

American Cancer Society 4371 C Puaole St. Lihue 96766	245-2942
American Heart Association PO Box 1214 Lihue 96766	245-7311
American Lung Association 2992 Umi St Lihue 96766	245-4142
American Stroke Association PO Box 1214 Lihue 96766	245-7311
Brain Injury Support Group	639-1571
Malama Pono 4357 Rice St. Lihue 96766 Case management and services for people with HIV	246-9577

Support Groups – Caregivers only

Alzheimer’s Association 4303 Rice St. C-2 Lihue 96766	245-3200
Family Caregivers	821-8049
Kumu Kahi Native Hawaiian Caregiver Support Group	245-8545
North Shore Caregivers Support Group	828-6417
Ohana Caregiver Support Group Grandparents Raising Grandchildren Child and Family Services - Post Permanency Service	245-5914
Westside Caregivers	821-8049

End of Life Services

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 on your behalf if you become incapacitated. You get these forms from most hospitals, health care organizations, many attorneys’ offices or from UHELP. Also refer to Deciding “What If?” 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 241-3387. Or download at: www.hawaii.gov/health/family-child-health.

Seniors Law Program

246-8868

4375 Puaole St. Ste. A Lihue 96766

Bereavement Counseling and Support

If a loved one is in a hospital, talk with the chaplain or social worker. Also, contact your own religious organization or see listing for “Counselors,” “Psychologists,” and “Psychotherapists” in the Yellow Pages.

Kauai Hospice

245-7277

4457 Pahee St. Lihue 96766

Funeral and Memorial Services

Also see Yellow Pages “Funeral Directors.”

Med-Quest Division 241-3575

Department of Human Services

Will determine eligibility for funeral payments. Must be Medicaid eligible.

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

Burial benefits for veterans

www.cem.va.gov/CEM/bbene_burial.asp

Hospice

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

Kauai Hospice 245-7277

4457 Pahee St. Lihue 96766

Organ or Body Donation

John A Burns School of Medicine -University of Hawaii

Willed Body Program

1-808-692-1445

<http://jabsom.hawaii.edu/JABSOM/links/index.php>

651 Ilalo St. Honolulu 96813

Organ Donor Center of Hawaii 1-877-855-0603

1149 Bethel St. Ste. 801 Honolulu 96813

www.organdonorhawaii.com

In Home Assistance

It is sometimes difficult for elders 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 elders to remain in the home longer than if they did not have help.

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, independent providers, and private and government agencies.

Types of help range from grocery shopping to skilled nursing care. See also Respite – In Home page 25. Some families employ Independent providers, Home Care or Home Health Agencies. Independent providers are nurses, therapists, aides, homemakers, and companions who are privately hired and employed by the elder or their caregiver.

Home Care and Home Health Care Agencies may provide a wide range of services; home health care is more medically oriented. As with all other services, it would be wise to check qualifications and references when hiring help.

While Medicare covers certain in-home services, this coverage is limited and does not provide long-term care. When hospitalized, talk to the doctor, social worker or discharge planner to identify the family’s realistic role in caring for the patient at home, and whether you are eligible for Medicare-covered in-home services.

County of Kauai Agency on Elderly Affairs **241-4470**
4444 Rice St. Ste. 330 Lihue 96766

Department of Human Services **241-3337**
Adult and Community Care Services
www.hawaii.gov/dhs

Fee for Service Agencies

Hawaii HealthCare Professionals **245-7211**
4359 Kukui Grove Ste. 202 Lihue 96766

Mastercare **246-9116**
4180 Rice St. #107-B Lihue 96766

Na Kahu Malama Nurses **1-800-733-9021**
1357 Kapiolani Blvd. #850 Honolulu 96814

Nursefinders **245-5841**
3170 B Jerves St. Lihue 96766

Health Care

Durable Medical Equipment

Apria Healthcare 1-800-232-2549

Gammie Home Care 632-2333
3215 Kuhio Hwy. Bay 4 Lihue 96766

Home Infusion Associates 245-3787
3-3586 Kuhio Hwy. Lihue 96766

Health and Safety Education

Alzheimer's Association 245-3200
Caregiver Orientation and Training, Workshops on
improving the relationship with the physician and learning
more about brain health.
www.alz.org/Hawaii

Arthritis Foundation 1-800-462-0743

County of Kauai Fire Department 245-6500
3083 Akahi St Lihue 96766

County of Kauai Police Department 241-1711
3990 Kaana St. Ste. 200 Lihue 96766

HMSA- Hawaii Medical Service Association 245-3393
Health Education Programs 1-808-525-6548
4366 Kukui Grove St. Ste.103 Lihue 96766

Health Information Phone Lines

Alzheimer's Association 24/7 Helpline/Contact Center 1.800.272.3900 www.alz.org/Hawaii	245-3200
American Cancer Society 24 hour referral and information www.cancer.org	1-800-227-2345
American Diabetes Association	1-800-342-2383
American Heart Association	1-800-242-8721
American Lung Association	1-800-548-8252
Cancer Information Services www.cancer.gov	1-800-422-6237
Centers for Disease Control and Prevention www.cdc.gov	1-800-311-3435
Hearing Aid Helpline www.isinfo.org	1-800-521-5247
Poison Control Center	1-800-222-1222
Quit Line (to stop smoking) www.callitquitshawaii.org	1-800-784-8669
Senior EyeCare Program www.eyecareamerica.org	1-800-222-3937

Hospitals

Samuel Mahelona Memorial Hospital **822-4961**
4800 Kawaihau Rd. Kapaa 96746

West Kauai Medical Center **338-9431**
4643 Waimea Canyon Dr. Waimea 96796

Wilcox Memorial Hospital **245-1100**
3420 Kuhio Hwy. Lihue 96766

Medical and Dental Clinics

Hoola Lahui Hawaii **240-0100**
4491 Rice St. #6 Lihue 96766

Clinic Sites

Kaua`i Community Health Center (West)

Medical 240-0140

Dental 240-0150

4643 B Waimea Canyon Dr. Waimea 96796

Kaua`i Community Health Center (East)

Medical 240-0170

Dental 240-0180

4800 D Kawahai Rd Kapa`a 96746

Kauai Medical Clinic **245-1500**
3-3420 Kuhio Hwy. Lihue 96766

Eleele 335-0499

Kapaa 822-3431

Koloa 742-1621

Kuhio Medical Center **245-8874**
3-3295 Kuhio Hwy. Lihue 96766

North Shore Medical Center
2490 Oka St. Kilauea 96754

828-1418 or 828-0459

West Kauai Clinic

Waimea Clinic	338-8311
Eleele Clinic	335-0579
Kalaheo Clinic	332-8523
Kapaa	822-4961

Veteran's Outpatient Clinic

246-0497

3-3367 Kuhio Hwy. Ste. 200 Lihue 96766

Including Homebased Primary Care program for homebound

Transportation to medical appointments can be arranged.

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, copays, 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 – No cost for those who worked longer than 10 years or covered by a spouse.

Part B, Doctor visits – Monthly premium

Part D, Drug Coverage, Plans and premiums vary.

Part C, also referred to as Medicare Advantage, combines Part A and B plans into PPO (Preferred Provided Organization), HMO (Health Maintenance Organization),

PFFS (Private Fee For Service), Cost Plans and Medical Savings Accounts. For 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 coverage, such as an employer retirement 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 run by the Department of Human Services Med-Quest Division.

Centers for Medicare and Medicaid Services

Medicare Hotline **1-800-633-4227**
Online Information on Medicare and Medicaid
www.medicare.gov

County of Kauai Agency on Elderly Affairs **241-4470**
4444 Rice St. Ste. 330 Lihue 96766

Hoola Lahui Hawaii **240-0100**
4491 Rice St. #6 Lihue 96766

Medicaid/Med-Quest Division **241-3575**
Department of Human Services
Adult and Community Care Services
www.hawaii.gov/dhs
4473 Pahee St Ste. A-D Dynasty Court Lihue 96766

Sage Plus 1-888-875-9229
Health insurance and Medicare counseling
www4.hawaii.gov/eoa

SMP (formerly SageWatch) 1-800-296-9422
Volunteers trained to give presentations about
Medicare/Medicaid waste, fraud and abuse.

Home Health Services

Medicare covered Home Health services may include intermittent skilled care provided by Registered Nurses, Physical Therapists, Occupational Therapists and may also cover medical social services and home health aide services as ordered by your Physician.

Most private insurances follow Medicare lead in qualifying for services.

Hawaii HealthCare Professionals 245-7211
4359 Kukui Grove Ste. 202 Lihue 96766

Mastercare 246-9116
4180 Rice St. 107-B Lihue 96766

Na Kahu Malama Nurses 1-800-733-9021
1357 Kapiolani Blvd. #850 Honolulu 96814

Nursefinders 245-5841
3170 B Jerves St. Lihue 96766

St. Francis Home Care Services 245-6430
3224B Elua St. Lihue 96766

Mental Health Care and Counseling

Life changes that happen as we get older may cause feelings of uneasiness, stress, and sadness. For instance, the death of a loved one, moving from work into retirement, or dealing with an illness can leave people feeling sad or anxious – feelings that could develop into depression. Depression is a common problem among older adults, but it is not a normal part of aging. It is a real disease that people cannot simply “snap out of it.” It is highly treatable and 80% recover when provided the right treatment.

Hoola Lahui Hawaii **240-0100**
4491 Rice St. #6 Lihue 96766

Kauai Community Mental Health Center **274-3190**
3-3212 Kuhio Hwy. Lihue 96766

Mental Health Access Crisis Line **1-800-753-6879**

Veterans Affairs Medical Clinic **246-0497**
3-3367 Kuhio Hwy. Lihue 96766

Prescription Drugs and Medications

Also see Medicare and Medicaid on page 35. To check credentials of online pharmacies, go to the National Association of Boards of Pharmacy at www.nabp.net

Abbott Laboratories **1-800-222-6885**
www.helpingpatients.org

AlohaMeds **1-888-477-2669**
Partnership for Prescription Assistance
www.alohameds.org

Astrazeneca Foundation **1-800-424-3727**

Hawaii Rx Plus **1-866-878-9769**

P.O. Box 700220 Kapolei 96709

www.hawaii.gov/dhs/rx_plus

For application, call 211, download from website, or pick up from DHS Med-Quest or AARP Hawaii.

Harry and Jeanette Weinberg Prescription Care **1-800-599-6441****Hoola Lahui Hawaii** **240-0100**

4491 Rice Street #6 Lihue 96766

Medicare Part D **1-800-633-4227**

For eligibility, information, and help choosing a plan call Sage PLUS or County of Kauai Agency on Elderly Affairs.

Pfizer **1-866-382-4300**www.pfizerhelpfulanswers.com**Together Rx Access** **1-800-444-4106**www.togetherrxaccess.com

Income Security

Government, social service agencies, and business 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 and Protection

For information from the Federal Trade Commission on identity theft, visit

<http://www.ftc.gov/bcp/edu/microsites/idtheft/>

Better Business Bureau of Hawaii **1-877-222-6551**
Senior Scam Hotline **1-800-536-8609**
www.hawaii.bbb.org

Consumer Resource Center **274-3200**
3060 Eiwa St. #204 Lihue 96766

Department of Commerce and Consumer Affairs
Office of Consumer Protection **274- 3141 ext. 7- 3222**
Insurance Fraud **274-3141 ext. 7- 2790**
Securities Fraud Hotline **1-877-447-2267**
www.hawaii.gov/dcca

Direct Marketing Association **1-212-768-7277**
www.dmaconsumers.org/cgi/offmailinglist

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.

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

National Do Not Call Registry **1-888-382-1222**

Federal Trade Commission Registry to stop most telemarketing calls. If you often get calls from the same business or organization tell them to remove your number from their call list. By law, they are obligated to comply.

National Fraud Information Center **1-800-876-7060**

Information and referral services for telemarketing and internet fraud. Weekdays, 9 a.m. – 5 p.m. EST
www.fraud.org

U.S. Consumer Product Safety Commission

www.cpsc.gov

1-800-638-2772

Report product safety hazards or obtain recall information.

Employment and Training

Also see Yellow Pages under “Employment”

Foster Grandparents Program **241-3355**

4370 Kukui Grove St. 205 Lihue 96766

KEO - Employment Training **245-4077**

2804 Wehe Rd. Lihue 96766

Respite/Senior Companion Program **241-4476**

4444 Rice St. Suite 330 Lihue 96766

Workforce Development **274-3056****Senior Community Service Employment Program (SCSEP)**

3-3100 Kuhio Hwy. Room C-9 Lihue 96766

Social Security and SSI

Social Security Administration **1-800-772-1213**
4334 Rice St. Ste. 105 Lihue 96766 www.ssa.gov
Medicare, retirement, survivors, disability benefits

SSI – Supplemental Security Income **1-800-772-1213**
www.ssa.gov/ssi
Federal income supplement program for eligible persons:
65 years or older, Blind, and/or disabled

Financial Help

Financial Assistance

Financial and/or Food Stamps based on eligibility.

Department of Human Services **274-3371**
Benefit Employment and Support Services
Welfare and Food Stamp programs
www.hawaii.gov/dhs
3060 Eiwa St. 103 Lihue 96766-1890

Temporary Financial Aid

Catholic Charities **246-2400**
3343 Kanaolu St. Lihue 96766
When available and eligible, limited material assistance
(food & clothing) as well as emergency one-time financial
assistance for rent and utilities.

KEO – Persons in Need Grants **245-4077x240**
2804 Wehe Rd. Lihue 96766
Grants to help elderly and homeless persons with mental
health conditions to pay for food, clothing, housing, utilities,
medical care and personal items.

Salvation Army

Lihue 4182 Hardy

245-2571

Hanapepe 4465 Puolo Rd

335-5441

Emergency assistance for persons facing eviction or homelessness

Utility Assistance

Catholic Charities**246-2400**

3343 Kanakolu St. Lihue 96766

When available and eligible, limited material assistance (food & clothing) as well as emergency one-time financial assistance for rent and utilities.

Hawaiian Telecom Lifeline/Link-up ServicesTelephone subsidies for qualified persons **1-808-643-3456**http://www.hawaiiantel.com/AboutUs_Community.htm**Low Income Energy Assistance (LIHEAP)****245-4077**

2804 Wehe Rd. Lihue 96766

Grants to help elderly persons with utilities.

Salvation Army

Lihue 4182 Hardy

245-2571

Hanapepe 4465 Puolo Rd.

335-5441

Emergency assistance with basic utilities.

Office of the Public Guardian 482-2555
3970 Kaana St. Lihue 96766

Seniors Law Program 246-8868
4375 Puaole St. Ste. A Lihue 96766

State Office of the Ombudsman 274-3141 ext 7-0770
Complaints about executive branch agencies of state and county governments.
www.ombudsman.hawaii.gov
465 King St. 4th Floor Honolulu 96813

UHelp 1-808-956-6544
University of Hawaii Elder Law Program
www.hawaii.edu/uhelp
2514 Dole St. Honolulu 96822

Victim's Witness Program 241-1898
3990 Kaana St. 210 Lihue 96766

Legal Representation and Mediation

Lawyer Referral and Information Service 240-0872
Hawaii State Bar Association
www.hawaiilawyerreferral.com

Legal Aid Society of Hawaii (LASH) 245-4728
Income eligible service
www.legalaidhawaii.org
4334 Rice St. #204A Lihue 96766

Mediation Program – KEO 245-4077

Volunteer Legal Services**1-800-839-5200**www.vlsh.org

Volunteer Legal Services Hawaii provides free or low-cost legal help to low-income residents and non-profit organizations serving them in communities across our state with the help of volunteers who contribute pro bono services.

Immigration Assistance

U.S. Citizenship and Immigration Serviceswww.uscis.gov**1-800-375-5283**

Taxes

During tax season AARP's Tax-aid program can provide simple income tax assistance to seniors. AARP local number is 245-4500 A Real Property Tax *Exemption* lowers the taxable value of your home. The amount exempted is based on age and certain disabilities. A Real Property Tax *Credit* is based on the homeowner's income. Credit would be applied for taxed amounts exceeding a certain percentage of a homeowner's income.

County of Kauai – Department of Finance 241-6222**Real Property Tax - Assessment and Exemptions**Homeowner's Tax Relief www.kauaipropertytax.com

4444 Rice St. Ste. 463 Lihue 96766

Federal Internal Revenue Service (IRS) 1-800-829-1040www.irs.gov**State Tax Information****274-3756**

3060 Eiwa St. #105 Lihue 96766

www.hawaii.gov/tax

Special Groups

Persons with Disabilities

Assistive Technology

Assistive Technology Resource Center 1-800-645-3007
www.atrc.org
414 Kuwili St.104 Honolulu 96817

Blind/Visually Impaired

American Foundation for the Blind
www.afb.org/seniorsite

Division of Vocational Rehabilitation 274-3333
3060 Eiwa St. Room 304 Lihue 96766
Services for the Blind

**Kauai Chapter for the National Federation of the Blind
of Hawaii 335-6149**

Library for the Blind and Physically Handicapped
www.librarieshawaii.org **1-808-733-8444**
402 Kapahulu Ave. Honolulu 96815
Certified person unable to use or read regular print due to
visual or physical disabilities

Deaf/Hearing Impaired

Sprint Telecommunications Relay Service 711
1-866-835-8169 (TTY)
Relay Hawaii 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. Callers using Text Telephones (TTY/TDD) are able to communicate through a specially trained Communications Assistant(CA) who relays telephone conversations verbatim. The CA translates typed words into speech and spoken words into typed messages. Speech-To-Speech (STS) enables people with a speech disability to use their own voice, a voice prosthesis or augmentative communication device to make a phone call. A specially trained communications assistant assists them by repeating their words to the other person. TRS provides Voice Carry Over (VCO) for TTY users who speak but are unable to hear. Hearing Carry Over (HCO) for TTY users who can hear but are unable to speak.

Additional numbers for the relay in Hawaii are:

TTY	1-877-447-5990
Voice	1-877-447-5991
Speech to Speech	1-877-477-8711
Spanish	1-877-447-7261

Other

ARC of Kauai **245-4132**

www.thearcinhawaii.org

3201 Akahi St. Lihue 96766

Advocacy and services for people with a developmental disability.

Community Services for Developmentally Disabled
Department of Health **241-3406**

County of Kauai ADA Coordinator **241-6203**

Department of Human Services 274-3333
Vocational Rehabilitation Division
www.hawaii.gov/dhs

Developmental Disabled Home/Community Based Services 241-3406
Department of Human Services

Friendship House 821-4480
4-1751 Kuhio Hwy. Lihue 96766

Hawaii Centers for Independent Living 245-4034
4340 Nawiliwili Rd. Lihue 96766

Other Groups

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 a senior more susceptible to abuse. Sometimes elders neglect their own care because of declining health, isolation, dementia, or drug or alcohol dependency.

Financial exploitation is a growing problem. Some people will try to take advantage of vulnerable elders. The perpetrators may be their own caregiver, friend, or even a family member. For agencies that deal with scams and fraud see Consumer Assistance and Protection page 40.

Adult Protective Services **241-3337**
Department of Human Services – Adult Intake Unit
www.hawaii.gov/dhs

Domestic Violence Clearinghouse and Legal Hotline
P.O. Box 3198 Honolulu 96801 **1-800-690-6200**

YWCA Hotline **245-6362**

Grandparents

Resources for grandparents raising children. Also visit
Generations United, www.gu.org and
www.aarp.org/life/grandparents

Hale Hoomalu **821-2520**
4-1112 Kuhio Hwy. Kapaa 96746

Nana's House **338-0252**
9875 Waimea Rd. Waimea 96796

Ohana Caregiver Support Group **245-5914**
Grandparents Raising Grandchildren
Child and Family Service - Post Permanency Service

Patch Kauai **246-0622**
3016 Umi St. Lihue 96766
Child care resource and referral agency

Queen Liliuokalani Children's Center **245-1873**
[www.qlcc.org](http://www qlcc.org)
4530 Kali Rd. Lihue 96766
Support for grandparents caregivers of minors

Tutu and Me

1-808-524-7633

Equip elderly caregivers of Native Hawaiian and other young children to be effective in promoting appropriate learning activities and successful care giving practice in the home.

Veterans

Department of Veterans Affairs – Kauai

246-1163

3-3367 Kuhio Hwy. Lihue 96766

U.S. Department of Veterans Affairs

1-800-827-1000

www.va.gov

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