

County of Kaua'i

Kūpuna Resource Directory

Linking People with Services

Locating and understanding programs and services available to our kūpuna and the caregivers in our community.



Live Well, Age Well, Kaua'i!

No Ka Ho'ohana 'Ana I Kēia Puke

- ❖ Ua ho'onohonoho 'ia kēia puke i loko o 'ehā mahele nui i wehewehe 'ia ma lalo o ka papa kuhikuhi. Aia nō kekahi 'oihana ho'okahi ma loko o kekahi mau mahele, ma muli paha o ke 'ano o kā lākou hana 'ana.
- ❖ E 'imi i nā kumuhana a me nā 'oihana ma lalo o ka Papa Kuhikuhi a i 'ole paha ka papa hō'ike o hope, a e loa'a ana ka 'ao'ao kūpono.
- ❖ 'A'ole e kāko'o 'ia ana kēia mau 'oihana ma loko o kēia Palapala Kōkua Kupuna a i 'ole paha ka ho'okae 'ana i nā 'oihana i waho o kēia palapala. 'A'ole nō ia he hō'ailona no ka maika'i a maika'i 'ole paha.
- ❖ E ho'ololi 'ia ana paha ka 'ike ma loko o kēia Palapala Kōkua Kupuna i ke au o ka manawa. E kelepona aku paha i ke ke'ena Mālama Kūpuna (Agency on Elderly Affairs) inā 'ike 'oe i kekahi helu kelepona hewa a i 'ole ua pau kā lākou hana.
- ❖ Inā 'a'ole 'oe i 'ike i kāu mea e makemake ai, a i 'ole mana'o paha 'oe i kekahi 'oihana hou a'e e ho'okomo 'ia ana i nā mana o ka Palapala Kōkua Kupuna hou e ho'olaha mai ana, e kāhea aku i Ka Hui Mālama Kūpuna ma ka helu 241-4470.

He Pukana ka Palapala Kōkua Kupuna na ke ke'ena Mālama Kupuna o ke kalana o Kaua'i.

Pa'i 'ia 2020

Ho'oponopono'ia 2022



Aloha:

Me ka 'olu'olu loa e ho'olaha nei i nei Palapala Kōkua Kupuna no Kaua'i. He palapala kēia e hō'ike aku ana i nā papahana no nā kūpuna, nā mea mālama kupuna, a me nā 'ohana. Ma'alahi ka ho'ohana 'ia 'ana a me ka heluhelu 'ana i mea e loa'a ai ka 'ike kūpono i pono ai 'oe.

Mana'olana mākou e kōkua ana nā papahana a me nā 'ike i nā kūpuna e noho kū'oko'a, a e kōkua ho'i i nā mea mālama kupuna a me nā 'ohana nāna e mālama i nā hulu kupuna o lākou ma ka hale.

He leo paipai kēia e kipa i kā mākou kahuapa'a ma www.kauaiadrc.org a i 'ole inā makemake 'oe e wala'au me kekahī o nā lima hana ma ke kelepona, e kāhea aku i ka helu (808) 241-4470. Hiki paha ke kipa mai i ko mākou ke'ena ma 4444 Rice Street, Suite 330, Lihue, a e kōkua ana kekahī o mākou iā 'oukou.

Me ke aloha pumehana,

Kealoha Takahashi
Ka Luna Ho'omalu Kupuna



Kā Ka Meia Leka



Aloha! Me ka 'olu'olu e ho'olaha aku i ka mana 'ekolu ka Palapala Kōkua Kupuna o ke kalana o Kaua'i nāna e ho'olako ana i ka papa helu 'ūlakolako no nā papahana kupuna.

Kōkua kēia puke kōkua nei i nā 'oihana me nā hana kūpono no ko kākou mau kūpuna, nā mea mālama kupuna, nā kauka, a me ke kaiāulu.

Nui palena 'ole ka 'ike o loko, mai ke kōkua 'ana i ka loa'a 'ana i ka 'ai, ka halihali 'ōhua, ka mālama kauka, a me ka noho 'ana a me nā hana mālama kūpuna nāwaliwali.

Mana'o au e 'ike ana 'oe i ka waiwai o kēia puke a eia au ke paipai aku nei iā 'oe e ho'ohana i nei puke ma ke 'ano he kuhikuhina no ka 'imi a loa'a 'ana o nā mea kūpono e pono ai 'oe.

Me ke aloha pumehana,

Derek S. K. Kawakami
Meia, Kalana o Kaua'i

Ka Papa Kuhikuhi

QUICK REFERENCE

1 Ka Papa Helu Kelepona

BASIC NEEDS

2 KA ‘AI

Hale Ho‘olako Mea‘ai

Hale Kū‘ai Mea ‘Ai

5 Ka halihali ‘ana i ka ‘ai i ka hale.

6 KA NOHONA

Hale Kūpuna & ‘Ohana

7 Ho‘okā‘oi Hale

Hale Makepono & Hale Kūikawā

8 Hale Mālama no ke Ola Lō‘ihī

Hale Mālama Kūpuna & Hale Hānai

8 Hale Ho‘omaha loa & Ke Kōkua ‘ana ma ka hale

9 KA HALIHALI ‘ANA

Laikini & Palapala ‘Ae

Ka Lawe ‘Ōhua o Ko Kaua‘i Kalana

10 Halihali no ke ola

Palapala no nā mea halihali ‘ōhua

Nā Kahuapa‘a Kahiko no ka Laikini Kalaiwa

HO‘ONA‘AUAO & KŌKUA NO NĀ MEA MĀLAMA KUPUNA

11 Ke Ola o Ke Kanaka O‘o

Hui Kōkua Ma‘i Alzheimer’s

Kaua‘i Hospice

Ka Hui Waiwai o Lili‘uokalani

Māua ‘o Tūtū

12 Ka Mālama ‘Ana i ka Mea Nāwaliwali

‘IKE NO KE KAIĀULU & ‘OIHANA A‘OA‘O

13 211 Aloha United Way

Oihana Mālama Kupuna

Ke Ke‘ena Mālama ‘Ohana

Ka Hui a me ka Helu Kelepona no Alzheimer

Ka ‘Oihana Better Business ma ke komohana ‘ākau + Pakipika

Ka Helu Kelepona Leo Lua

KA HO‘ONA‘AUAO

14 No ke A‘o ‘Ana

KE KŌKUA I KA WĀ PŌPILIKIA

- 15 Mea Manawale‘a Katolika
Ke Ke‘ena Ho‘olako Mea‘ai
Ko Kaua‘i Hui no ka loa‘a ‘ana i ke kālā
Pū‘ali Ho‘ōla (ka lumi kuke kupu)
15 Ka Mālama ‘ana i nā wāhine i hana pu‘e ‘ia a me ka hana ‘ino ‘ana o ka YWCA
16 Ka Mālama ‘Ana i ka Wā Pōpilikia

NĀ HANA

17 Paipai i nā mea hana ‘ole

KA WĀ MA HOPE O KE ALA HO‘I ‘OLE MAI

- 18 Kaua‘i Hospice
Legal Aid Society of Hawaii
‘Ike No Ke Kanu & Puhi Lehu ‘Ana
Palapala Make & Hā‘awi i nā mahele o loko o ke kino.

HA‘AWINA KĀLĀ

- 20 Mea Manawale‘a Katolika
Ke‘ena Mālama Kanaka (SNAP a me Kāko‘o Kālā)
Kauai Economic Opportunity, Inc.
Kōkua ‘Ai‘ē (AARP)
Pū‘ali Ho‘ōla

KE‘ENA & PAPAHANA AUPUNI

- 21 Ke‘ena No Nā Kūpuna
Ke Kūkulu Hale o ke Kalana
Mahele 8
Laikini Kalaiwa & Helu Aupuni (State ID)
Hui Kinai Ahi
Ke Ke‘ena o Ka Limahana o ke Kia‘aina
Ke Ke‘ena o ka Meia
Nā Pāka & Papahana
Nā Māka‘i
Ka Hana Kaiāulu
Ke Kū‘auhau ‘Āina
Ka Halihali Kanaka

PAPAHANA HO‘OLA & LAPA‘AU ‘ANA

- 22 ‘Inikua Ola
Haukapila
Hale Ma‘i Li‘ili‘i (Medical Clinics)

PAPAHANA MĀLAMA & LAPA‘AU MA KA HALE

- 24 Ke‘ena No Nā Kūpuna
Ke‘ena No Nā Kānaka
‘Oihana Uku no ka Hana

A‘OA‘O KĀNĀWAI

- 25 Ka Hana Paipai
Kōkua Malihini i Kipa Mai
Nā Loio & ‘Uao

NANEÀ & WALEÀ

- 26 Enhance Fitness
Kauai Athletic Club
Nā Pāka & Papahana
Hana Manawale‘a—RSVP
YMCA

MIKINI HO‘OLA & LĀ‘AU LAPA‘AU

- 27 Ka Hui Mālama Kupuna
Ka Hui Mālama Kupuna ‘o Gammie Home Care
Ke Ke‘ena Ho‘olako Mikini Ho‘ola
Ka Hui Oeoe ‘o Connect America-American Medical Alert
Ke kuhikuhi ‘ana iā ‘oe iho - Ka Hui Alzheimer

WAHI KUPUNA

- 28 Papa Helu o Nā Wahi Kupuna

HELU KANAKA (SSN)

- 29 Helu ma‘amau
Helu Kelepona no Medicare
Ke Ke‘ena Helu Kanaka (SSN)
Pila Kiko‘o no ka Helu Kanaka

KŌKUA BILA O KA HALE

- 30 Mea Hana Manawale'a Katolika
LIHEAP
Pu'ali Ho'ōla

NO NĀ PU'ALI KOA KAHIKO

- 31 Ke Ke'ena Pu'ali Koa Kahiko
Papahana o ka Mokupuni 'Oko'a
Ke Ke'ena no Nā Pu'ali Koa Kahiko ma Kaua'i
Hale Ma'i No Nā Pu'ali Koa

HANA MANAWALE'A

- 33 Alzheimer's Association
CASA
Papahana Hānai Kūpuna
Papahana Dana
RSVP

HUI NO NĀ PILIKIA & HUI NO KE KŌKUA I KA LĀ'AU 'INO/LAMA

- 34 Hana 'Ino
35 Lama & Lā'au 'Ino
Ma'i Alzheimer & Ma'i Poina
36 Nā Kīnānā
A'oa'o Ma'i No'ono'o
Helu Kelepona no ka Pepehi 'ana Iā Ia iho



*A'ea'e m ōhalā i luna o ke kukui.
Whiteness unfolds on the kukui trees.*

Kumu 'ike: Pukui, M.K. (1983). 'Ōlelo No'eau: Hawaiian proverbs & poetical sayings. Honolulu, HI: Bishop Museum Press.

‘Ike lihi

Ka ‘Oihana Mālama Kanaka	241-3337
Ke Ke‘ena Mālama Kupuna	241-4470
Ke A‘oa‘o no Nā Mea Mālama Kupuna	245-3200
Ke Ke‘ena Ola	241-3614
Ka Laikini Kalaiwa/Ka Laikini Moku‘aina	241-4242
Ka Hale Ho‘oikaika Kino ‘o Enhance Fitness	241-4898
Ka Hui Kinaiahī	241-4980
Ka Hānai ‘ana o Nā Kūpuna i Nā Keiki	245-5914
Haukapila:	
KVMH	338-9431
Mahelona	822-4961
Wilcox	245-1100
Ke Ke‘ena Mālama Kupuna ‘o Kaua‘i Adult Day Health	246-6919
Ke Ka‘a ‘Ōhua o Kaua‘i	246-8110
Ke Kula Kaiāulu o Kaua‘i	245-8311
Kauai Economic Opportunity	245-4077
Ka Hale Mālama Kupuna ‘Ane Make o Kaua‘i	245-7277
Ko Kaua‘i Hale Ho‘olako Mea‘ai Pono‘i	246-3809
Ko Kaua‘i Hale Ma‘i:	
<u>Na Ke‘ena Ho‘ola ‘o Hawaii Health Systems</u>	
Ka Hale Ma‘i Li‘ili‘i ma Kalaheo	332-8523
Ka Hale Ma‘i Li‘ili‘i ma Kapa‘a	823-4157
Ka Hale Ma‘i Li‘ili‘i ma Po‘ipū/No nā ulia	742-0999
Ka Hale Ma‘i Li‘ili‘i ma Port Allen	335-0579
Ka Hale Ma‘i Li‘ili‘i ma Waimea	338-8311
<u>Nā Ke‘ena Ho‘ola ‘o Hawai‘i Pacific Health</u>	
Ka Hale Ma‘i Li‘ili‘i ma ‘Ele‘ele	335-0499
Ka Hale Ma‘i Li‘ili‘i ma Kapa‘a	822-3431
Ka Hale Ma‘i Ulia o Kaua‘i	245-1532
Ko Kaua‘i Hale Ma‘i Li‘ili‘i	245-1500
Ka Hale Ma‘i Li‘ili‘i ma Kōloa	742-1621

'Ike Lihi

Ho'ola Lāhui Hawai'i

Ko Kaua'i Hale Ma'i Li'ili'i ma Kapa'a no ke kauka, kauka niho, a me ka ma'i no'ono'o.
240-0170

Ko Kaua'i Hale Ma'i Li'ili'i ma Waimea no ke kauka, kauka niho, a me ka ma'i no'ono'o.
240-0140

Nā Hale Ma'i Li'ili'i 'O Kaiser Permanente ma Lihu'e 246-5600

Ka Hale Ma'i Li'ili'i 'o Kūhiō 245-8874

Ka Hale Ma'i Li'ili'i 'o Primary Care Clinic of Kaua'i 246-3800

Kōkua 'o Kaua'i Island Utility Cooperative (KIUC) 246-4300

Ka 'oihana halihali kupuna 'o Kupuna Care 241-4470

Ka Hui Kōkua ma ke Kānāwai 241-4470

Ka Helu Kelepona Kōkua ma ke Kānāwai 1-800-499-4302

Nā Pāka & Papahana 241-4460

Nā Māka'i 241-1711

Ke Ke'ena No nā Pu'ali Koa Kahiko 241-3348

Hana Manawale'a (RSVP) 241-4479

Nā Pono Ma‘amau



KA MEA‘AI

Na nā hale pule a me nā hui manawale‘a e mālama mau ana i nā ke‘ena ho‘olako mea ‘ai me nā mea ma‘amau e pono ai kānaka. Ho‘onohonoho ‘ia ua mau ke‘ena nei i kekahi pākaukau me nā mea ‘ai ma luna a i ‘ole ma nā ‘eke e lawe wale aku i ho‘omākaukau ‘ē ‘ia. E ho‘ololi ana paha nā hola o ua mau ke‘ena ho‘olako mea ‘ai nei me ka ho‘olaha ‘ole. E kāhea aku i ke ke‘ena e hō‘oia.

Ka Hale Ho‘olako Mea ‘ai o

Ka Hale Ho‘olako Mea ‘ai o Hawai‘i
4241-A Hanahao Pl., Lihue 96766

482-2224

Ka Hale Ho‘olako Mea ‘ai o Kaua‘i pono‘i
3825 A Waapa Rd. Lihue 96766
www.Kauaifoodbank.org

246-3809

NĀ KE‘ENA HO‘OLAKO MEA ‘AI

Nā Wahi ma Ke Kulanakauhale.

Calvary Chapel Lihue
Nā Pō‘alima hope loa o ka mahina, 5:30pm

245-9673

Nā Wahi ma ke Kulanakauhale ho'omau 'ia

Pu‘ali Ho‘ola (Lihu‘e) 245-2571

Ka Pō‘alua hope o ka mahina, 2:00pm a hiki i 3:00pm
‘Aina Awakea: Ka Pō‘alua a me ka Pō‘ahā, 11:30am

Ka Hale Pule ‘o St. Michael's and All Angels (Lihu‘e) 245-3796

Nā Pō‘akolu, 8:30am a hiki i 10:00am

Nā Wahi ma ka Hikina

Hale Ho‘omalu (Kapa‘a) 821-2520

Pō‘alua, 1pm a hiki i 4pm
Pō‘akolu, 12pm a hiki i 3pm

Ka Hale Pule Mikioneli o Kapa‘a 822-5594

Po‘aono, 430pm to 530pm
‘Aina Ahiahi: Ka Po‘aono ‘elua a me ka ‘ehā. 430pm a hiki i 5pm

Kapaa Seventh Day Adventist 639-1517

2nd a me 4th Lāpule: a hiki i 4pm, E kāhea mua.

Nā Wahi ma ka ‘Ākau

Church of the Pacific (Princeville) 826-6481

Po‘akolu, kau inoa ma 3pm a hiki i 4:15pm
Ka Hā‘awi ‘ana: 4:15pm a hiki i 5pm

St. Williams Church (Hanalei) Pō‘alima 826-1944

PoPo, 7:45am a hiki i 8:30am

Nā wahi Hema

Kauai Bible Church (Lawai) 742-7514
Lapule, 11:15am (kāhea mai no kahi kūpono)

Nā Wahi Hema

Holy Cross Church (Kalaheo) 332-8011
Ka Pō‘alua ‘ekolu o kēla a me kēia mahina ma ka ‘aina ahiahi
Ka ‘Aina Ahiahi: Ka Pō‘alua ‘ekolu a ‘ehā o ka mahina, 5pm a hiki i 6pm.

Nana's House (Waimea) 338-0252
Pō‘akahi, 2pm a hiki i 4pm
Pō‘akolu, 9am a hiki i 11am
Pō‘akolu & Pō‘ahā, 1pm a hiki i 4pm

Salvation Army (Hanapepe) 335-5441
‘Aina Ahiahi: Pō‘akahi, 5pm
‘Aina Awakea: Pō‘akolu & Pō‘alima, 11am

Nā ‘Aina i Lawe ‘Ia i ka Hale

Kauai Economic Opportunity, Inc. 245-4077
2804 Wehe Rd., Lihue 96766
‘Ae ‘ia paha nā kūpuna he 60 a ‘oi makahiki ma o ka papahana Mālama Kūpuna (Kupuna Care Program). ‘Ae ‘ia paha ka uku pono‘ī kekahī



Ho'olako Hale

He 'i'ini ko kekahi mau kūpuna i ke o'o 'ana ma ka hale, a nui ho'i lākou e noho ho'okahi i ko lākou hale pono'i me ke kōkua. Koho paha ho'i kekahi, a i 'ole paha he pono no lākou, e noho me nā kānaka 'ē a'e a i 'ole e ne'e i kekahi 'ano hale 'oko'a.

Nui nā 'ano no ka noho 'ana o nā kūpuna. No nā kūpuna kū'oko'a, he koho nō ka hale ho'omaha loa, a me nā hale makepono no nā kūpuna. Ua kau palena 'ia nā makahiki no kēia 'ano noho 'ana, he 55 a 'oi makahiki no nā hale ho'omaha loa, a he 62 no nā hale makepono no nā kūpuna. No nā kānaka i pono ke kōkua no ke ola 'ana, aia ho'i i ke kōkua 'ana ma ka hale, ka Adult Residential Care Home (ARCH), nā Hale Hānai, nā Hale Mālama No Ke Ola Lō'ihi, a i 'ole nā Hale Kōkua i ka Nohona.

HALE NO NĀ 'OHANA & KŪPUNA

Ka Hui no nā Hale Makepono
4726 Malu Rd., Kapaa 96746

821-4415

Ka Hale Mālama Kupuna 'o Kapa'a (Mahelona) Elderly
4850 Kawaihau Rd., Kapaa 96746

Kūpuna & Kīnānā - Hale Ho'olulu
4264 Ala Muku Pl., Kilauea 96754

Kūpuna & Kīnānā - Hale Ho'onanea
4401 Waialo Rd., Eleele 96705

Kūpuna & Kīnānā - Home Nani
9791 Laau Rd., Waimea 96796

Ka Hui no Nā Kūpuna o ke Kalana o Kauai

Hale ‘o Hale Kupuna Elderly Housing 2363 Puu Rd., Kalaheo 96741	332-5110
Ke Kaiaulu o Kalepa 4535 Kalepa Circle, Lihue 96766	246-4481
Ka Hale Kupuna ‘o Kaniko‘o Senior Housing 4215 Hoala Street, Lihue 96766	353-3943
Ka Hale Kupuna ‘o Kekaha Plantation Elderly Housing Project 8215 Elepaio Road, Kekaha 96752	742-8655
Ka Hale ‘o Koloa Hale ‘Ohana 3985 Ohuoho Rd., Koloa 96756	742-9440
Nā Ke‘ena Hale ‘o Lihu‘e Court Townhomes 4160 Hoala St., Lihue 96766	245-5045
Nā Hale Papa‘i ‘o Lihu‘e Theater 3-3194 Kuhio Hwy., Lihue 96766	742-2242
Ke Kaiāulu ‘o Pa‘anau 5164 Paanau Rd., Koloa 96756	742-2242
Ka Hale ‘o Plantation Traditional Living 9600 Kaumualii Hwy., Waimea 96796	338-1900

NO KE KŪKULU HALE ‘ANA

Kōkua nō ho‘i paha nā ho‘oponopono hale e like me: hale ‘au‘au, nā ‘aukā kōkua, kukui maika‘i, a me nā pōheo huhuki i nā kūpuna e noho ma ko lākou hale, a e ho‘okō aku nō me ka palekana. No kekahī mau ‘ike hou a‘e no ka ho‘onohonoho palekana ‘ana i ka hale no nā kūpuna, e naue aku i ke kahuapa‘a o AARP ma www.aarp.org/families/home_design

U.S. Department of Agriculture 4334 Rice St., #207, Lihue 96766 Aia kekahī mau ha‘awina kālā aupuni no nā mea hale he 62 makahiki a ‘oi.	245-9014
---	----------

NO NĀ HALE KŪIKAWĀ & MAKEPONO

He mea ko‘iko‘i e ho‘omaka i kāu ‘imi ‘ana aku me ka miki‘oi a ‘eleu loa. Lō‘ihī ka palapala kali no nā hale makepono no nā kūpuna.

Ka hui o ko Kaua‘i Kalana no na Hale Mahele 8. 241-4440
4444 Rice St., #330, Lihue 96766

Ko Kaua‘i Hui no ka loa‘a ‘ana i ke kālā (KEO) 245-4077
2804 Wehe Rd., Lihue 96766
Short term - Transitional Housing

NO NĀ HALE MĀLAMA KŪPUNA

‘O ka hale mālama kūpuna, ‘o ia no ka hale kai mālama i nā kūpuna no ko ia ala noho ‘ana i kēia honua nei. Aia nō iā lākou ka ‘ike e mālama ‘ia aku ai nā kūpuna.

Garden Isle Healthcare 245-1802
3-3420 Kuhio Hwy., #300, Lihue 96766

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

Kauai Care Center 338-1681
9611 Waena, Waimea 96796

**Kaua‘i Veterans Memorial Hospital
(KVMH)** 338-9431
4643 Waimea Canyon Rd., Waimea 96796

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

NO KA HALE HĀNAI & HALE MĀLAMA KUPUNA

Mālama nā Hale Hānai a me nā Hale Mālama Kupuna i nā kūpuna me he mea lā, aia nō nā kūpuna ma ka hale, a kōkua i nā kūpuna me nā lā‘au a me nā hana ‘ē a‘e o ka nohona kanaka. He wahi maika‘i nō ia no ke kōkua e like me nā wahi kōkua i nā kūpuna a me nā hale ‘ē a‘e.

No ke kōkua ‘ana, ka helu papa, e kāhea aku i:

Ka Hui no Nā Kūpuna o ke Kalana o Kaua‘i
www.kauaiadrc.org

241-4470

Ke Ke‘ena Ola

Ka Mahele Hā‘awi Laikini
601 Kamokila Blvd., #361, Kapolei, HI 96707

(808) 692-7400

NO KA HALE HO‘OMAHA LOA & HALE KŌKUA NOHONA

Aia nā hale ho‘omaha loa no nā kūpuna kū‘oko‘a. He mau hale kēia me nā mea e like me ka ho‘oma‘ema‘e ‘ana i ka hale, a me ka hale ‘aina. Mālama nā Hale Kōkua Nohona i kekahī wā no ka noho kū‘oko‘a ‘ana. Ma kekahī mau wahi, aia nō nā wahi no ka mālama kiko‘ī ‘ana i kekahī kūpuna me kekahī ‘ano ma‘i a nāwaliwali paha.

Regency at Puakea
2130 Kaneka St., Lihue 96766

246-4449

NO KA HALIHALI ‘OHUA ‘ANA

NO KA HĀ‘AWI ‘ANA I KA LAIKINI & PALAPALA ‘AE

Ka Hale o Ka Hā‘awi ‘ana i ka laikini kalaiwa, Hale A
4444 Rice St., #480, Lihue 96766

241-4242

Ka Hā‘awi ‘ana i ka laikini ka‘a
4444 Rice St., #466, Lihue 96766

241-4256

Palapala Ho‘okū Ka‘a no Nā Kīnānā
Ke‘ena Kālā o Ka Laikini Kalaiwa
4444 Rice St., Bldg. A, #480, Lihue 96766

241-4242

NO KA HALIHALI 'ŌHUA O KE KALANA O KAUĀ'I

Ko Kaua'i Ka'a 'Ohua 246-8110

He ala pa'a mai Kekaha a i Hanalei.

Ka Halihali Kupuna 241-4470

Aia nō he ka'a halihali kupuna no nā kūpuna i kau inoa no ka papahana, ki'i ia lākou, a ho'i ho'i ia aku ma hope. Aia nō i ke 'ano o nā koina i kō 'ia e kēlā a me kēia kupuna.

Ka'a 'Ohua No Ke Kīnānā & ADA 246-8110

Aia ke Ka'a 'ohua no ke kīnānā ma lalo o ke Ka'a 'Ohua o Kaua'i. He ka'a 'ohua ia i kaulike ma waena o nā kūpuna 60 makahiki a 'oi me nā kānaka kīnānā. E ki'i a ho'ihō'i ana kēia ka'a 'ohua iā 'oe mai kahi wahi a kahi wahi hou a'e. Aia nō i ke 'ano o nā koina kūpono no kēlā a me kēia kanaka. E kāheia aku i ke Ke'ena Halihali 'Ohua.

NO KA HALIHALI 'ANA NO KA MA'I

Kauai Medical Transport, Inc. 212-5833

He ka'a halihali no ka ulia 'ole. Aia ma nā lā a pau me ka ho'opa'a 'ana ma mua.

NO KE KA'A 'ŌHUA KAIĀULU & PALAPALA 'AE

Akita Enterprises 245-5344

2960 Aukena St., Lihue 96766
E kāheia ma mua.

Palapala Ka'a 'Ohua 246-8110

Ke Ke'ena Halihali 'Ohua o Ke Kalana o Kaua'i
3220 Ho'olako St., Lihue 96766

Nā Kahuapa'a Kahiko No Ke Kalaiwa 'ana

Na kēia mau kahuapa'a punaele e hō'ike aku ana i nā loina kūpono no ke kalaiwa 'ana.

AAA Foundation for Traffic Safety

seniordriving.aaa.com

American Occupational Therapy Association

www.aota.org/olderdriver

Ka Hartford

www.thehartford.com/talkwitholderdrivers

KĀKO‘O & ‘IKE NO NĀ MEA MĀLAMA KUPUNA

E wehewehe ana keia māhele i nā papahana a me nā ‘oihana e kōkua ana i nā mea mālama kupuna. He hana ho‘omanawanui, ‘ihī‘ihī, a pa‘akikī ka mālama kupuna ‘ana. Me he mea lā he hana manawa piha ia i kekahī manawa. E ho‘omana‘o e ho‘oka‘awale i kekahī wā e mālama iā ‘oe iho, a e ho‘omaopopo, ‘a‘ole pilika ka nīnau ‘ana aku i kōkua.

Ka Hui Mālama Kupuna ‘o Adult Day Health Care 246-6919

2943 Kress St., Lihue 96766

Mālama, kia‘i, a kāko‘o i nā kūpuna ma ka lā. He mau papahana ho‘olaule‘a, launa kanaka, mālama i ka mea mālama kupuna, a me nā ‘ano ho‘oikaika kino kupuna.

Alzheimer’s Association Support Group 245-3200

Ka ‘Ike a me Ke Noi

1-800-272-3900

TDD

1-866-403-3073

Mālama i nā kānaka me ka ma‘i poina, nā mea mālama kupuna, nā kauka, a me ka lehulehu. Aia ma nā ‘ōlelo like ‘ole. A aia pū ho‘i he papa ho‘ona‘auao.

www.alz.org/hawaii/

Kauai Hospice 245-7277

Kōkua i ka maha ‘ana o ka ‘eha o nā kūpuna a me nā ‘ohana i pilikia.

Ka Hui Waiwai o Lili‘uokalani 245-1873

4530 Kali Rd., Lihue 96766

Kōkua no nā kūpuna e mālama ana i nā keiki.

Ke Kula ‘o Māua ‘o Tūtū **Ka hikina 822-4280, ke komohana 335-0501**

E ho‘ona‘auao ‘ia ana nā mea mālama Kanaka Maoli a me nā kamali‘i i ke a‘o ‘ana aku i nā ha‘awina e ulu ai kekahī wahi palekana no nā kūpuna ma ka hale.

Nā Kūpuna e Hānai ana i Nā Mo‘opuna 245-5914

He mau a‘oa‘o, ho‘omaha, hui kōkua, a papa ho‘ona‘auao no nā kūpuna e hānai ana i nā mo‘opuna.

KA MĀLAMA 'ANA I NĀ KŪPUNA 'ANE MAKE

'O ka mālama kūpuna kūikawā kai hā'awi i ka maha iki i nā mea mālama kūpuna. Mai poina e ho'opa'a aku me nā 'oihana ma mua loa. Aia kekahi mau hale mālama kūpuna nō ho'i e mālama kūikawā 'ana i nā kūpuna.

Bayada 3083 Akahi St., #101, Lihue 96766	245-5841
MasterCare 4370 Kukui Grove, Suite 106 Lihue 96766	246-9116
Regency at Puakea 2130 Kaneka St., Lihue 96766 Leka uila: manager@regencypuakea.com	246-4449
Ka Hale Ma'i Li'iili'i 'o Veteran's Outpatient 4485 Pahe'e St., Suite 150, Lihue 96766	246-0497



'A'ohe hana nui ke ahu 'ia.

No task is too big when done together by all.

‘IKE PILI NO KE KAIĀULU & NĀ KE‘ENA KŌKUA

2-1-1 Aloha United Way

211

Hūnā a manuahi. Hā‘awi i ka ‘ike a me nā a‘oa‘o no nā mea like ‘ole.

Mālama Kānaka

Ke Ke‘ena Mālama Kanaka

3059 Umi Street, Bsmnt 1, Lihue, 96766

E ‘imi noi‘i i nā ‘ōlelo no ka pepehi, hana ‘ino, a ‘aihue mai kekahī makua nāwaliwali.

Ka Hui no Nā Kūpuna

241-4470

Kahi no Nā Kīnānā a me Nā Kūpuna

4444 Rice St., #330, Lihue

Hā‘awi i ka ‘ike a me nā a‘oa‘o i ke kaiāulu no ko Kaua‘i kūpuna, mea mālama kupuna, a me nā kānaka kīnānā.

www.kauaiadrc.org

Hui Alzheimer & 24/7 Helu Kelepona 245-3200 & 1- 800-272-3900

Mālama i nā kānaka ma‘i poina, nā mea mālama kānaka, nā kauka, a me ka lehulehu.

Better Business Bureau Northwest+Pacific

1-808-536-6956

‘Uao i nā ‘oohana, mea hana manawale‘a i hiki ke hilina‘i ‘ia.

Bilingual Access Line

526-9724

Helping Hands Hawaii

He ‘oohana nānā e unuhi i kāu ‘ōlelo pono‘ī no ka uku.

Eldercare Locator

1-800-677-1116

He hana aupuni mai ko ke Aupuni Pekelala Ke‘ena Mālama Kupuna i mea e ho‘opili ai ‘oe me kekahī mau papahana no nā kūpuna a me ko lākou ‘ohana.

HO‘ONA‘AUAO

AARP: Papa A‘o Kalaiwa Palekana

1-888-227-7669

He papa ho‘i hou no nā mea kalaiwa 50 makahiki a ‘oi. E a‘o mai i nā ‘ano loli e pili ana i ke o‘o ‘ana a‘e, a i nā mea e ho‘oponopono ai ke kalaiwa ‘ana ma muli o kēia mau loli. Aia nō nā papa alo a he alo, a ma ka punaewele ho‘i.

Alu Like, Inc.

1-800-535-6700

Koina: Kanaka Hawa‘i

Ke Kula Kaiāulu Makua o McKinley

274-3390

Loa‘a kekahi mau papa i kēia mau kula kaiāulu makua a i kekahi manawa, ua kapa ‘ia kēia mau kula he kula makua. Kūpa‘a lākou i ka nohona ho‘ona‘auao me nā papahana e ho‘okō ana i ka pono o ke kaiāulu a me nā kānaka pākahi a pau.

Kauai Adult Literacy

332-5544

‘O ka pahuhopu o kēia papahana, ‘o ia nō ke kōkua ‘ana i ka ho‘ona‘auao a me nā hana kūpono ma o ke a‘o palapala a me ke a‘o mau loa.

Leka Uila: islandvision@hawaii.rr.com

Ke Kula Kaiāulu o Kaua‘i (KCC)

245-8311

Ke Ke‘ena Ho‘omau Ho‘ona‘auao & Ho‘omākaukau

3-1901 Kaumuali‘i Hwy., Lihue 96766

Loa‘a nō i ke Kula Kaiāulu o Kaua‘i nā papa ho‘ona‘auao a me nā papa ho‘omākaukau no ke ‘ano me ka mālama ‘ana i ke kaiāulu a no nā haumāna kūpono a akamai



‘A‘ohe loa‘a i ka noho wale.

Nothing is gained by idleness.

KŌKUA NO KA WĀ ULIA

Kōkua nā ‘oihana mālama ‘ohana i nā kānaka a me nā ‘ohana i nele i nā mea ‘ai, ka hale ‘ole, ka uila/wai/aila mahu, a me nā mea ‘ē a‘e i kūikawā.

Mea Hana Manawale‘a Katolika 4373 Rice St., Suite 1, Lihue 96766 Kōkua lihi me nā mea maoli (mea‘ai & lole), a i ‘ole he kōkua kālā kūikawā no ka uku ho‘olimalima a me nā pono hale no nā kānaka i ‘ae ‘ia. Li‘ili‘i ka pū‘ulu kālā.	241-4673(HOPE)
Hawaii Food Bank, Inc. 4241-A Hanahao Pl., Lihue 96766	482-2224
Kauai Economic Opportunity, Inc. 2804 Wehe Road, Lihue 96766 Kōkua lākou me ka lawe ‘ana aku i ka mea ‘ai i ka hale, hale kūikawā, a me ka papahana e kōkua me nā pono hale no ka wā kuikawā (ka papahana LIHEAP) a me nā kānaka i nele i ke kālā ‘ole (ho‘okahi wale nō ha‘awina kālā).	245-4077
Kauai Independent Food Bank 3285 Waapa Rd., Lihue 96766 kmoniz@kauaifoodbank.org	246-3809
Pu‘ali Ho‘ōla - Mea ‘Ai Hanapepe 4465 Puolo Rd.	335-5441
Lihue 4182 Hardy St.	245-2571
YWCA (Women’s Center) Hana Pu‘e Hana ‘Ino Ma Ka Hale 3094 Elua St., Lihue 96766 Kia nō ho‘i lākou i ka no‘ono‘o ma ka wāwahi ‘ana i ka ho‘okae ‘ili, e ho‘omana i nā wāhine, a e paipai i ka maluhia, kūpono, a lanakila no nā mea a pau ma ka honua.	245-5959 245-4144 245-6362

KA MĀLAMA 'ANA MA KA WĀ PŌ'INO & ULIA

Ke'a 'Ula'ula o 'Amelika 4485 Pahee St., Lihue 96766 Nu'ukia: E mālama i ke ola a me nā lako o ko Kaua'i po'e i ka wā pōpilikia.	245-4919
Ko Kaua'i Ke'ena Mālama i nā Ulia a me nā Pōpilikia. 3990 Kaana St., #100, Lihue 96766 Nu'ukia: E mālama i ke ola a me nā lako o ko Kaua'i po'e i ka wā pōpilikia.	241-1800

Nā Lako No Ka Ulia Kūikawā

- | | |
|---|-----------------------------------|
| ◊ Ka Wai | ◊ Ka mea'ai |
| ◊ Nā Kukui a me nā ihoiho | ◊ Ka lekio ihoiho |
| ◊ Ka 'ukana lapa'au | ◊ Nā lā'au lapa'au |
| ◊ Nā pono hana | ◊ Palapala pono'i |
| ◊ Nā kopa/pauka niho/lūkini pō'ae'ae/a pēlā aku | ◊ Ke Kelepona hele |
| ◊ Kou 'Ikepili no ka ulia kūikawā | ◊ Ke kālā & kenikenī |
| ◊ Ke kapa moe kūikawā | ◊ Kekahi mea ho'onanaea |
| ◊ Ka palapala 'āina | ◊ Ka Pū oeoe (i mea e hea aku ai) |
| ◊ Ka lole | ◊ Ka mea wehe kini |
| ◊ Nā lako holoholona | ◊ Kekahi kope o nā kī |

ka 'ike kūhelu: The American Red Cross. (2009). Disaster preparedness: For seniors by seniors. Mai
http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4640086_Disaster_Preparedness_for_Seniors-English.revised_7-09.pdf

NĀ HANA UKU

He mau ke‘ena a papahana e kōkua ana i nā kūpuna e ‘imi i hana uku kūpono.

Ho‘oikaika Limahana

274-3056

Papahana Hana Manawale‘a no nā Kūpuna (SCSEP)
4444 Rice St., #302, Lihue 96766

Hiki i nā kānaka hana ‘ole, i nele i ke kālā, a 55 makahiki a ‘oi ke hana i nā papa a‘o ma o kekahī mau hana hapa manawa ma nā papahana kaiāulu
www.workwisekauai.com

Ke Ke‘ena o ka Po‘e Hana ‘ole

274-3043

Ke‘ena Hana

4370 Kukui Grove St., Suite 3-214, Lihue 96766
dlii.ui.kauai@hawaii.gov



Nele i ka ‘ike?

E kāhea aku: 241-4470

KE ALA HO'I 'OLE MAI

'O ke a'oa'o ma ka wā mokumokuāhua kai kōkua a kāko'o i nā mea i lu'ulu'u i ka hale 'ana o kekahī hulu kupuna. Ma waho a'e o nā hoa a me ka 'ohana, kōkua nō paha nā mea a'oa'o, kālai no'ono'o, a mea kōkua i ka po'e e ho'omaika'i a'e e ho'oku'u i ka paumakō.

Kauai Hospice 245-7277

4457 Pahee St., Lihue 96766

Nu'ukia: E ho'ohiki i ke ola maika'i no nā kānaka a me nā 'ohana e pale ana i ka ma'i 'ane make; e kōkua i ka wā lu'ulu'u, a e paipai i ka ho'omaopopo pono 'ana i ka hana hospice a me nā ala 'ē a'e e naue aku ai.

Legal Aid Society of Hawaii 1-800-499-4302

2970 Haleko Road, suite 101, Lihue 96766

Kōkua i ka mana loio, a me nā palapala kauoha.

'IKE NO KE KANU KUPAPA'U 'AN A ME KA PUHI AHI 'ANA

Borthwick Mortuary 742-7551

3168 Poipu Rd., Koloa, 96756

Garden Island Mortuary 332-7321

2-3780 B. Kaumualii Highway, Lawai 96765

Kauai Memorial Gardens, Inc. 245-3661

4176 Maalo Rd, Lihue 96766

Med-Quest Division 241-3575

'O ke Ke'ena Mālama Kānaka kai 'ike i nā uku ho'olewa. Koi 'ia ka Medicaid.

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

Nā pono maika'i no ke kanu 'ana i nā pu'ali koa kahiko.

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

PALAPALA MAKE & Hā'awi Nā Na'au o Loko

Ke Kula Lapa'au 'o John A. Burns (808) 692-1445

Ke Kulanui o Hawai'i i Mānoa

Ka Ha'awi Wale 'Ana o Ke Kino Kupapa'u

651 Ilalo St., Honolulu 96813

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

Ke Ke‘ena Ola o ko Kaua‘i

3040 Umi St., Lihue 96766

No nā palapala hānau, make, a male.

241-3498

Organ Donor Center of Hawaii

405 N. Kuakini St., #810, Honolulu 96817

Legacyoflifehawaii.org

1-877-855-0603



No Ka Lu‘ulu‘u

- ❖ ‘Ae iho i ka lu‘u‘u
- ❖ E ho‘omanawanui i ka wā lu‘ulu‘u.
- ❖ E ‘ike i ka ‘eha o ka na‘au.
- ❖ E noi i kōkua.
- ❖ Ki‘i e mālama i kou nohona ma‘amau.
- ❖ E mālama ‘oe ia ‘oe iho.
- ❖ E pāpā i ka inu lama a me ka ‘ai ‘ana i ka lā‘au ‘ino.
- ❖ E huikala aku ‘oe ia ‘oe iho no nā mea āu i hana a hana ‘ole ai paha.
- ❖ E ho‘omaha aku mai ka wā lu‘ulu‘u.
- ❖ E ho‘omākaukau no nā lā nui, lā hānau, a i ‘ole kekahī wā kūikawā e hiki mai ana i nā mana‘o lu‘ulu‘u ikaika.
- ❖ E hui aku me kekahī hui ho‘oponopono na‘au.

Ka ‘ike: The American Cancer Society. (2012). Coping with loss. Ki‘i ‘ia mai <http://www.cancer.org/treatment/treatmentsandsideeffects/emotionalsideeffects/griefandloss/coping-with-the-loss-of-a-loved-one-coping-with-loss>

KĀKO‘O KĀLĀ

Hana Manawale‘a Katolika.

241-4673

4373 Rice St., Suite 1, Lihue 96766

He pū‘ulu kālā li‘ili‘i nō a i ‘ole kekahi kāko‘o kālā li‘ili‘i no ka uku ho‘olimalima a me ka uku uila kekahi a pēlā aku no nā po‘e i ‘ae ‘ia. Li‘ili‘i nō nā ha‘awina kālā.

Department of Human Services

274-3371

3059 Umi Street, Room A110, Lihue 96766

Papahana ‘Imi I ‘Ai Maika‘i (SNAP)

Kāko‘o Kālā

Kauai Economic Opportunity, Inc. (KEO)

245-4077

2804 Wehe Road, Lihue 96766

Hā‘awi ka papahana ‘o Nā Kānaka i Nele (Persons in Need) i ha‘awina kālā ho‘okahi no nā kūpuna i nele i ke kālā ‘ole.

Kōkua i ka Hana ‘Auhau- AARP

1-888-227-7669

Hāmama nā wahi mai ka hopena o Ianuali a i ‘ole Pepeluali paha, a hiki i ka lā 15 o ‘Apelila.

Ka Pu‘ali Ho‘ola

245-2571

Ke loa‘a ke kālā, hā‘awi nō i nā ha‘awina kālā me nā pono i ‘ane ho‘opau ‘ia, ka uku ho‘olimalima no nā kānaka i ‘ane‘ane kīpaku ‘ia.



Pūpūkahī i ka holomua. - ‘Ōlelo No‘eau

Ryunosuke Satoro

PAPAHANA & KE‘ENA AUPUNI

Ka Hui no Nā Kūpuna 4444 Rice Street, #330, Lihue 96766 Hale Pi‘ikoi	241-4470
Ka Hui Kūkulu Hale o ke Kalana Mahele 8, Kōkua Ho‘olimalima 4444 Rice St., #330, Lihue 96766	241-4444 241-4440
Ka Laikini Kalaiwa & Helu (ID) Aupuni 4444 Rice St., #A480, Lihue 96766	241-4256
Ka Hui Kinaiahī 4444 Rice St., #315, Lihue	241-4980
Ke Ke‘ena no ka Limahana o ke Kia‘āina 3060 Eiwa St., #106, Lihue 96766	274-3100
Ko Ka Meia Ke‘ena 4444 Rice St., #235, Lihue 96766	241-4900
Nā Pāka & Ho‘onanea 4444 Rice St., #105, Lihue 96766	241-4460
Nā Māka‘i 3990 Kaana St., #200, Lihue 96766	241-1711
Nā Hana Aupuni 4444 Rice St., #275, Lihue 96766	241-4992
Nā ‘Auhau ‘Āina 4444 Rice St., #454, Lihue 96766	241-4224
Ka Halihali ‘Ōhua 3220 Ho’olako St., Lihue 96766	246-8110

'OIHANA HO'ÔLA & LAPA'AU

'INIKINI OLA

Hawaii SHIP/Sage PLUS 1-888-875-9229
Papahana 'Inikini Ola
250 S. Hotel St., #406, Honolulu 96813
A'oa'o a kōkua i nā kānaka Medicare e pili ana i nā pōmaika'i.

Med-Quest Division 241-3575
4473 Pahee St., #A, Lihue 96766
Lapa'au i nā kānaka i 'ae 'ia

Ko Ke Kalana o Kaua'i 241-4470
Hui no Nā Kūpuna

HAUKAPILA

Haukapila 'o Kauai Veterans Memorial 338-9431
4643 Waimea Canyon Dr., Waimea 96796

Mahelona Medical Center 822-4961
4800 Kawaihau Rd., Kapaa 96746

Haukapila 'o Wilcox Memorial 245-1100
3-3420 Kuhio Hwy., #B, Lihue 96766

Nā Hale Ma'i Li'iili'i

Ho'ôla Lâhui Hawai'i
Kaua'i Community Health Center

Kapaa 240-0170
4800D Kawaihau Rd., Kapaa 96746

Waimea 240-0140
4643B Waimea Canyon Rd., Waimea 96796

Kaiser Permanente Clinic 246-5600
4366 Kukui Grove St., Suite 101, Lihue 96766

Kuhio Medical Center 3-3295 Kuhio Highway, Lihue 96766	245-8874
North Shore Medical Center Kauai Community Health Alliance 2490 Oka St., Kilauea 96754	828-1418
North Shore Urgent Care 4488 Hanalei Plantation Rd., Princeville 96722	808-320-7300
Veteran's Outpatient Clinic 4485 Pahee St., #150, Lihue 96766	246-0497
Nā Hale Ma‘i Li‘ili‘i ‘o Hawai‘i Pacific Health Lihue-Kauai Medical Clinic 3-3420 Kuhio Hwy., #B, Lihue 96766	241-1500
Kapaa 4-831 Kuhio Hwy., Kapaa 96746	822-3431
Koloa 5371 Koloa Rd., Koloa 96756	742-1621
Eleele 4382 Waialo Rd., Eleele 96705	335-0499
Kauai Urgent Care 4484 Pahee St., Lihue 96766	245-1532
‘Oihana Hale Ma‘i ‘o Hawai‘i Health Systems KVMH Waimea Clinic 4643B Waimea Canyon Dr. Waimea 96796	338-8311
KVMH Port Allen Clinic 4353 Waialo Rd., Port Allen Marina, Eleele 96705	335-0579
Kalaheo Clinic 4489 Papalina Rd., Kalaheo 96741	332-8523
Poipu Clinic/Urgent Care at Poipu 2829 Ala Kalanikaumaka St., St. B-201, Koloa 96756	742-0999
Kapaa Clinic 4800 Kawaihau Rd., Kapaa 96746	823-4157

NO KA MĀLAMA ‘ANA I NĀ KŪPUNA MA KA HALE

Ma muli o ka mālama ‘ana a ho‘oponopono ‘ana o nā kahu ma‘i i nā kūpuna ma ka hale, hiki nō ke mālama ‘ia nā kūpuna ma ka hale. Aia nō i ke ‘ano o ke kūpuna a me nā mea e pono ai ī ia. Me kēia ‘ano kahu ma‘i, kōkua nō ho‘i lākou i nā hana o ka nohona kanaka, ‘o ia nō ka hō‘au‘au ‘ana, ka ho‘okomo ‘ana i ka lole, ka ho‘onaninani ‘ana, a me ka hānai ‘ana. ‘O kekahī ‘ano kahu ma‘i ho‘i ke kōkua aku i nā kūpuna nāwaliwali me ka ho‘oma‘ema‘e ‘ana i ka hale, ka ho‘omākaukau ‘ana i ka ‘ai, a me nā hana li‘ili‘i ‘ē a‘e o ka hale.

Ko Ke Kalana o Kaua‘i

241-4470

Hui No Nā Kūpuna

Ākoakoa ‘ia nā kālā mai nā ‘auhau a me nā hā‘awina manawale‘a i mea e kōkua ai i nā kūpuna me ko lākou mālama ‘ia ‘ana no nā kūpuna i 60 a ‘oi makahiki.

Ke Ke‘ena Mālama Kanaka

241-3575

Med-Quest Division

Hiki paha i nā mea Medicaid ke loa‘a i ke kōkua ma ka hale. E kāhea aku i ke ke‘ena Med-Quest e ‘ike i nā koina.

‘OIHANA UKU

Bayada Home Health Care

245-5841

3083 Akahi St., Lihue 96766

MasterCare

246-9116

4370 Kukui Grove, Suite 106, Lihue 96766

Nā Kahu Mālama Nurses

1-808-951-0111

1357 Kapiolani Blvd., #850, Honolulu 96814

Ohana Home Health

332-5005

3691 Koloa Rd., Lawai 96765

Stay At Home Healthcare Services

245-5121

3-3367 Kuhio Hwy., Lihue 96766

leka uila: info@stavathomekauai.com

NĀ A‘OA‘O KĀNĀWAI

Nui nā mana‘o e pili ana i ke Kānāwai Kūpuna (Elder Law) ma ka puke: “Deciding What’s Next,” i pa‘i ‘ia e ka University of Hawaii Elder Law Project (www.hawaii.edu/uhelp); ma nā Hale Waihona Puke Aupuni A Pau.

A‘OA‘O KĀNĀWAI

American Civil Liberties Union P.O. Box 3410, Honolulu 96801 Mālama i nā ho‘opi‘i ho‘okae ‘ili a me nā pono sivila.	(808)522-5900
Hawaii Disability Rights Center A‘oa‘o a ho‘opalekana i nā kānaka kīnānā.	1-800-882-1057
Kauai County ADA Coordinator 4444 Rice St., #235, Lihue	241-4924
Legal Aid Society of Hawaii (LASH), Kauai 2970 Haleko Road, Suite 101, Lihue 96766 www.legalaidhawaii.org	1-800499-4302
Long-Term Care Ombudsman 250 S. Hotel St., #406, Honolulu 96813 Kuhikuhī, ‘imi noi‘i, a ho‘oponopono i nā ho‘opi‘i mai nā kūpuna e noho ana ma ia wahi pilikia.	(808) 586-7268
Senior Law Program 4375 Puaole St., #A, Lihue 96766	246-8868
Victim Witness Program 3990 Kaana St., #210, Lihue 96766	241-1898

Kōkua i nā kānaka mai ka 'āina 'e

Nā Hana Manawale'a Katolika 4373 Rice Street, Suite 1, Lihue 96766	241-4673
Legal Aid Society of Hawaii (LASH), Kauai 2970 Haleko Rd., #101, Lihue 96766 Kōkua i nā mea 'ilihune. www.legalaidhawaii.org	1-800-499-4302

A'OA'O KĀNĀWAI

KEO Mediation Program 2804 Wehe Rd., Lihue He a'oa'o kānāwai ma waho o ka 'aha ho'okolokolo.	245-4077
Ka 'Imi 'Ana i Nā Loio Hawaii State Bar Association www.hawaiilawyerreferral.com	(808)537-9140
Legal Aid Society of Hawaii (LASH), Kaua'i 2970 Haleko Rd., #101, Lihue 96766 www.legalaidhawaii.org	1-800-499-4302

NANEÀ & WALEÀ

EnhanceFitness 4444 Rice St., #330, Lihue 96766 He papahana i loiiloia ana 'ia i mea e ho'omaika'i a'e ai i ka ikaika o ke kino o nā kūpuna 60 makahiki a 'oi.	241-4470
Kauai Athletic Club 3371 Wilcox Rd., #101, Lihue 96766 5611 Kawaihau Rd., Kapaa 96746 Kōkua ka papahana Silver Sneakers i nā kūpuna me nā papa e kōkua aku ana i ka ne'ena o ke kino a me ka ho'oikaika 'ana i ke kino.	245-5381 431-4873

NANEA & WALEA

PĀKA & PAPAHANA	241-4460
4444 Rice St., #105, Lihue at Moikeha Building He papahana k o Kaua‘i Senior Centers no nā kūpuna 55 a ‘oi makahiki. ‘Ae ‘ia nā malihini.	
Hana Manawale‘a – RSVP	241-4479
4444 Rice St., #330, Lihue 96766 Hiki paha i nā kūpuna 55 a ‘oi makahiki ke lilo i mea hana manawale‘a RSVP. He mau hana manawale‘a no ke aupuni a i ‘ole kekahi mea ‘ē a‘e paha ma nā wahi like ‘ole o ka mokupuni.	
YMCA	246-9090
4477 Nuhou St., Lihue 96766 Loa‘a ka ho‘oikaika kino ma ka wai hohonu no nā kūpuna.	

LAKO & PONO HANA LAPA‘AU

<i>Loa‘a nā mikini lapa‘au no ka Hale, mikini hanu, a me ke ana ‘ana i nā Hale no ke kohu maika‘i ‘ana no nā kūpuna.</i>	
Assistive Technology Resource Centers of Hawaii	1-808-532-7110
Ke Kalana o Kaua‘i	241-4470
Hui No Nā Kūpuna	
Loa‘a nō nā mikini lapa‘au i hā‘awi manuahi ‘ia, a me nā mea pono no ka ho‘olimalima ‘ana. E kāhea mai e ‘ike i ka loa‘a a loa‘a ‘ole paha.	
Gammie Home Care	632-2333
3206 Akahi St., Lihue 96766	
Hawaii Home Infusion	245-3787
4490 Kolopa St., #B, Lihue 96766	
American Medical Alert dba Connect America	1-808-721-1201

LAKO & PONO HANA LAPA'AU

Ka 'ike Kuhikuhi Kanaka

www.alz.org/hawaii/

MedicAlert® +Safe Return Wanderers Registry®

Kōkua 'ia ma nā hola a pau o ka lā no ke kōkua 'ana ke nalowale kekahī kupuna, a me ka 'ae 'ana i nā 'ike lapa'au o ia kānaka i ka wā e pono ai.

1-888-572-8566

WAHI KUPUNA

He wahi palekana, 'olu'olu, a maika'i nā wahī kūpuna. 'O ia kahi e ākoakoa ai nā kūpuna o Kaua'i a e noke i nā mea hoihoi iā lākou.

Ke Kalana o Kaua'i

241-4460

Ke'ena no nā Pāka a me nā Papahana

Hanapepe Neighborhood Center

335-3731

4451 Puolo Rd., Hanapepe 96716

Kalaheo Neighborhood Center

332-9700

4480 Papalina Rd., Kalaheo 96741

Kapaa Neighborhood Center

822-1931

4491 Kou St., Kapaa 96746

Kaumakani Neighborhood Center

335-5770

2301 Kaumakani Rd., Kaumakani 96747

Kekaha Neighborhood Center

337-1671

8130 Elepaio Rd., Kekaha 96752

Kilauea Neighborhood Center

828-1421

2460 Keneke St., Kilauea 96754

Koloa Neighborhood Center

742-1313

3461 Weliweli Rd., Koloa 96756

WAHI KŪPUNA

Lihue Neighborhood Center
3353 Eono St., Lihue 96766

241-6858

Waimea Neighborhood Center
4556 Makeke Rd., Waimea 96796

338-1122

HELU KANAKA (SSN)

Helu Ma‘amau 1-800-772-1213

TTY 1-800-325-0778

Disability Benefits

Ka helu kānaka a me ke kāleka

Ka ‘Inikua o ka mea i make

Ke Kāleka Medicare Hou

Nā Pōmaika‘i o ka Ho‘omaha ‘ana

E kipa a e noi aku ma ka punaewele

<http://www.ssa.gov/>

Helu Kelepona Medicare 1-800-633-4227
‘Ikepili ma ka punaewele no Medicare & Medicaid

www.medicare.gov

1-800-MEDICARE

Social Security Local Office 1-800-772-1213
4334 Rice St., #105, Lihue 96766

Supplemental Security Income (SSI) 1-800-772-1213
He mau kālā pekelala no nā kūpuna o‘o, ka makapō, a me ke kīnānā;
ho‘onohonoho ‘ia no nā kānaka ‘ilihune.

KŌKUA ME NĀ PILA HALE

Hana Manawale'a Katolika

246-2400

3016 Umi St., #206, Lihue 96766

He mau loko li‘ili‘i (mea‘ai & lole), a ho‘okahi ha‘awina kālā kūikawā no ka uku ho‘olimalima a me nā pila o ka hale no nā kūpuna i ‘ae‘ia.

Kōkua me ka Uila no nā Kūpuna (LIHEAP)

245-4077

2804 Wehe Rd., Lihue 96766

Kōkua kēia mau papahana i nā kānaka me ka uila a aila mahu ‘ole a i ‘ole ‘ane‘ane lawe ‘ia aku.

Pu‘ali Ho‘ōla

Lihue

245-2571

4182 Hardy St., Lihue 96766

Hanapepe

335-5441

4465 Puolo Rd., Hanapepe 96716



He mau nīnau hou a‘e?

E kāhea i ka helu 241-4470

NO NĀ PUALI KOA KAHIKO

Ke Ke‘ena o Nā Pu‘ali Koa Kahiko.

1-800-827-1000

www.va.gov

Disability Benefits

E kipa a e nānā inā ‘ae ‘ia ‘oe no kēia mau ha‘awina kālā:

- Uku Kīnānā
- Uku Kū’oko‘a ‘ole
- Uku Kūikawā ma ka Mahina
- Nā uku ‘ē a‘e

<http://www.benefits.va.gov/compensation/>

A‘oa‘o Ho‘ona‘auao & Hana

E kipa a e noi ma ka punaewele e ‘ike inā ‘ae ‘ia ‘oe no nā pōmaika‘i ho‘ona‘auao.

<http://www.gibill.va.gov/apply-for-benefits/>

<http://www.vba.va.gov/bln/vre/>

Inikua Ola

E kipa i ke kahuapa‘a punaewele no kēia mau mea:

[http://www.benefits.va.gov/](http://www.benefits.va.gov)

- Servicemembers’ Group Life Insurance (SGLI)
- Veterans’ Group Life Insurance (VGLI)
- Family Servicemembers’ Group Life Insurance (FSGLI)
- Servicemembers’ Group Life Insurance Traumatic Injury Protection (TSGLI)
- Service-Disabled Veterans’ Insurance (S-DVI)
- Veterans’ Mortgage Life Insurance (VMLI)
-

Survivor Benefits

‘O ka Pōmaika‘i Mea Kāne/Wahine Make (Survivors benefit a i ‘ole Death Pension) ‘o ia nō kekahī ha‘awina kālā ‘auhau ‘ole no kekahī mea i male hou ‘ole ‘ia, ‘ilihune, a i ‘ole paha kekahī mau keiki male ‘ole a ua pua‘li koa kahiko nei i hakakā ma ke kaua.

<http://www.benefits.va.gov/pension/spouseopen.asp>

Uku Ho'omaha Pu'ali Koa

Kōkua nā ha'awina kālā pu'ali koa kahiko i nā pu'ali koa kahiko a me ko lākou 'ohana me ke kālā no nā pilikia kālā. E kipa a e noi ma ka punaewele a e 'ike inā 'ae 'ia kou pu'ali koa.

<http://www.benefits.va.gov/PENSIONANDFIDUCIARY/pension/vetpen.asp>

Papahana Ma Nei Mokupuni

Papahana Hānai Kūpuna 241-3355

3059 Umi Street, BSMT 1, Lihue 96766

KEO – Employment Training 245-4077

2804 Wehe Rd., Lihue 96766

Workforce Development 274-3056

Senior Community Service Employment Program (SCSEP)

3-3100 Kuhio Hwy., #C-9, Lihue 96766

Kauai Veterans Center 241-3348

3215 Kapule Highway, Lihue 96766

Papa Helu o Nā Papahana:

- 'ike no nā pu'ali koa kahiko a i 'ole paha mea kāne/wahine make.
- nā 'ike o ke komo 'ana i ka pu'ali koa i mea e loa'a ai nā pōmaika'i.
- kōkua ma nā 'inikua a me ka ho'opī'i 'ana, a me ka ho'olālā 'ana i nā ho'olewa o nā kōkō'olua a pu'ali koa i make paha.
- Kōkua no ka ho'ololi 'ana i ka inoa ma lalo o ke kānāwai
- Nā palapala hānau, male, 'oki male, a make.
- Kōkua i ka loa'a 'ana i nā kope palapala no nā pu'ali koa/ nā 'ike la'au lapa'au.
- Hō'opia notari no nā pōmaika'i a me ke noi 'ana no nā pōmaika'i.
- Ka 'imi 'ana i nā hana.

Veteran's Outpatient Clinic 246-0497

4485 Pahee Street, #150, Lihue 96766

Eia nā papahana: pilikia ulia 'ole, mālama kino, nā ana kauka (laboratory), a me nā lā'au.

HANA MANAWALE‘A

Ka Hui Alzheimer

245-3200

Pono nā mea hana manawale‘a no nā mea kūikawā, ka Paikau Ho‘opau Alzheimer, ka ho‘ona‘auao ma nā kaiāulu, feia ho‘ōla, ma ke ke‘ena, ke a‘o‘a‘o, a pēlā wale aku.

Ho‘okohu ‘ia e ka ‘Aha Ho‘okolokolo:

482-2350

Special Advocates Program (CASA)

Judiciary/Ka ‘Aha Ho‘okolokolo o ka ‘āpana 5

3970 Ka‘ana St., #305, Lihue 96766

Kū kekahī mea hana manawale‘a i a‘o ‘ia a ho‘okohu ‘ia e ka ‘aha ho‘okolokolo, no nā keiki no kā ke keiki pono ma nā ulia hana ‘ino i nā keiki.

Papahana Hānai Kūpuna

241-3355

Ke Ke‘ena Mālama Kānaka

3059 Umi Street, BSMT 1, Lihue 96766

Kūkulu i ka pilina me nā keiki kīnānā a ma‘i paha.

Kauai RSVP Volunteer Program

241-4479

4444 Rice St., #330, Lihue 96766

Loa‘a nā papahana no nā kānaka 55 makahiki a ‘oi.

Project Dana

245-6262

Lihue Hongwanji Mission

Nui nā papahana no nā kūpuna nāwaliwali.



alz.org® | alzheimer's association®



HUI HIHIA & HUI HO‘OULU MANA‘O

HANA ‘INO

Hana ‘ino ‘ia nā kānaka like ‘ole ma ka honua nei. Nui nā ‘ano hana ‘ino (pepehi, ho‘ohenehene/ho‘ohalahala, pu‘e, ho‘okae, hulikua, a ‘aihue kālā paha.

Adult Protective Services 241-3337

Ke Ke‘ena Mālama Kānaka – Adult Intake Unit
3059 Umi Street, BSMT 1, Lihue 96766

Domestic Violence Action Center 531-3771
1-800-690-6200

Nā Mokupuni Koe ‘o O‘ahu
P.O. Box 3198, Honolulu 96801
dvac@stoptheviolence.org

Elder Justice Initiative

www.justice.gov/elderjustice/

He lālā o ke Ke‘ena Kānāwai Pēkelala, ma ka punaelele i waiho ‘ia ai nā ‘ike no nā mea i hana ‘ino ‘ia a ‘aihue kālā paha, no ko lākou ‘ohana, nā loio, nā māka‘i, a me nā mea ‘imi noi‘i.

Hale Hoomalu 821-2520

4-1112 Kuhio Hwy., Kapaa 96746

Nana’s House 338-0252

9875 Waimea Rd., Waimea 96796

YWCA Crisis Hotline 245-6362

Helu Kelepona No Ke A‘oa‘o i ka mea i Hana Pu‘e ‘ia

245-4144

PUNI LAMA & LĀ‘AU ‘INO

Al-Anon Family Groups Kauai	1-888-425-2666
Kōkua kēia hui i nā ‘ohana a me nā hoa o nā kānaka puni lama.	
Alcoholics Anonymous on Kaua‘i	245-6677
Ke Ala Pono Recovery Center	246-0663
McKenna Recovery Center Ho‘oponopono i nā kānaka i ‘ai lā‘au ‘ino.	
Life’s Choices Kauai	241-4925

MA‘I ALZHEIMER & MA‘I POINA

‘O ka ma‘i Alzheimer ka ma‘i ma‘amau o ka ma‘i poina, a ho‘opilikia ua ma‘i lā i ka ho‘omana‘o ‘ana, ka no‘ono‘o ‘ana, a me ke ‘ano o ka na‘au. ‘A‘ole he mea ma‘amau ka ma‘i Alzheimer no ke kupuna ‘ana. ‘A‘ohe mea e lapa‘au ai i ua ma‘i lā a ‘a‘ole nō i ‘ike ‘ia ke kumu o kēia ma‘i.

Alzheimer’s Association Kaua‘i Office	245-3200	mahele 8242
Leka uila: hblanco@alz.org		

Ka Hui Kāko‘o ma Princeville

Nā Po‘ahā ‘elua o ka mahina ma ka hola 2
Church of the Pacific
4520 Kapaka St., Princeville 96722

Ka Hui Kāko‘o ma Lihu‘e

Ke kolu o nā Po‘ahā o ka mahina ma ka hola 2 o ke ahiahi
Agency on Elderly Affairs- across hall
4444 Rice Street, Ste. 330, Lihue 96766

Ka Hui Kāko‘o ma ka ‘Ao‘ao Komohana

Ka hā o nā Po‘ahā o ka mahina ma ka hola 1:30 o ke ahiahi
Hui no nā Kūpuna - Ma ka ‘ao‘ao ‘ē a‘e
4556 Makeke Rd., Waimea 96766

Regency ma Puakea

Ka Pō‘alua hope loa o ka mahina ma ka hola 5 o ke ahiahi
2130 Kaneka St., Lihue 96766

NĀ KĀNAKA KĪNĀNĀ

Developmental Disabilities Services 3040 Umi St., Lihue 96766 He mau kāko'o a mau papahana e kōkua aku ana i nā kānaka kīnānā.	241-3406
Hawaii Disabilities Rights Center Ho'opalekana a paipai no nā kānaka kīnānā.	1-800-882-1057
Aloha Independent Living Hawaii-Kauai Kia ko lākou mana'o i ka ho'onohonoho 'ana i nā kānaka kīnānā.	1-800-385-2454 info@AlohaILHawaii.org

A'OA'O NO KA MA'I LOLO

Ma muli o ke au o ka manawa a me ke 'ano o ka nohona kanaka, upu mai ka hopohopo, ka lo'ohia a me ka lu'ulu'u i kekahi manawa. E like me kēia: lu'ulu'u a maka'u kekahi po'e i ka hala 'ana o kekahi mea i aloha nui 'ia, ka ho'omaha loa 'ana mai ka hana aku a i 'ole kekahi ma'i paha-ulu ka lu'ulu'u paumakō ma muli o kēia 'ano kumu.

Nui nā 'ano o ka lu'ulu'u paumakō. He ma'i ko'iko'i a ma'amau nō ho'i. Pono ka hapanui o nā kānaka lu'ulu'u paumakō i ka ho'oponopono i mea e maika'i a'e ai. 'A'ole ka lu'ulu'u paumakō he mea ma'amau ma ke kupuna 'ana; a 'a'ole mōakāka le'a nā hō'aliona o ka lu'ulu'u paumakō, a 'a'ole paha 'ike le'a 'ia nā hō'aliona. Inā 'ike 'oe i kekahi kanaka i lu'ulu'u paumakō, e 'imi 'oe i kōkua.

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

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

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

Veterans Outpatient Clinic 4485 Pahe'e Street, Suite 150, Lihue 96766	246-0497
---	-----------------

Helu Kelepona no Ka No'ono'o e pepehi ia 'oe iho

ACCESS Suicide /Crisis Line Kāhea ma nā hola like 'ole. Suicide Laina Ho'opa'a Ho'omake'a Lahui	1-800-753-6879 988
--	------------------------------

8082

Nā Hō‘ailona a me nā Mea Ho‘omaka‘u

Pili nā mea maka‘u mea nā hō‘ailona no pepehi ‘ana iā ia iho. ‘O lākou paha nā kumu, ‘a‘ole paha.

- He mau mea i pepehi iā ia iho ma ka ‘ohana
- Ua hana ‘ino ‘ia ma ka wā kamali‘i
- Ua ho‘ā‘o mua e pepehi iā ia iho
- He ma‘i lolo paha, a ‘o ia ho‘i ka lu‘ulu‘u i ‘ike ‘ia e kekahī kauka kālai no‘ono‘o
- Ua puni inu lama & ‘ai lā‘au ‘ino ma mua
- ‘A‘ohe mana‘olana
- Hana hāpuku a huhū i kekahī manawa
- Nui nā mea e pepehi iā ia iho ma ka nūhou/kaiāulu
- Ho‘omana (ka no‘ono‘o ‘ana, ‘o ka pepehi ‘ana iā ia iho, he hana ha‘aheo nō ia)
- Mehameha
- Nāwaliwali
- Ka Hala ‘ana o kekahī mea
- Ka ma‘i Kino
- ‘A‘ohe wahi ‘ano makemake i ke kōkua ma muli o ka mana‘o o ha‘i.



ke kumu ‘ike: Centers for Disease Control and Prevention. (2013). Suicide: Risk and protective factors. Retrieved from <http://www.cdc.gov/violenceprevention/suicide/riskprotectivefactors.html>

Kupuna

Kau Come to rest

Ulu To grow; increase; spread

Pule Pray; ask a blessing

Upu Desire or hope

No'ono'o Reflect; meditate

Aloha Grace; compassion

Ka Hui no Nā Kūpuna o ke Kalana o Kaua‘i

STATEWIDE AGENCIES

Hawaii State Council on Developmental Disabilities

<https://hiddcouncil.org/>

(808) 274-3484

Center on Disability Studies

(808) 956-4457

<https://cds.coe.hawaii.edu/>

SPIN -Special Parent Information Network

808-586-8126

<https://spinhawaii.org/>

Disability and Communication Access Board (DCAB)

<https://health.hawaii.gov/dcab/>

(808) 586-8121 (Voice)

(808) 586-8162 (TTY)

Leadership in Disabilities and achievement Hawaii

(808) 536-9684

<https://ldahawaii.org/>

Assistive Technology

Assistive Technology Resource Center - (808) 532-7112 <https://www.atrc.org/>

Vehicle Modifications

Soderholm Bus and Mobility - 808-834-1417

<https://soderholmbus.com/>

Wheeler's Van Rentals - 808-735-6365

<https://wheelersvanrentals.com/>

E ola, e Kaua'i!

Ka Hui no Nā Kūpuna o Ke Kalana o Kaua'i

KA PAHUPU

Ho'onomohonoho, ho'okō, kāko'o, a paipai Ka Hui no Nā Kūpuna o Ke Kalana o Kaua'i, ma ke 'ano he hui i ho'okohu 'ia e ke Kalana, no ke ola maika'i no nā kūpuna o Kaua'i; a 'o ua hui nei kahi ho'okahi e 'ike ai i nā mea e pono ai no nā koholike 'ole a me nā mea like 'ole no ka nohona kūpuna o ko Kaua'i kaiāulu holo'oko'a.

KE KILO

- Noho kū'oko'a nā kūpuna o Kaua'i ma ka hale a i 'ole paha ma ke kaiāulu me ke aloha a me ka ha'aha'a.
- Kāko'o maika'i 'ia nā mea mālama kūpuna no ko lākou mau kūpuna pono'i.
- E kohopono ana nā kūpuna, nā kānaka kīnānā, a me nā 'ohana mālama kūpuna, a e ma'alahi ana ka 'imi 'ana i kekahimea mālama maika'i i nā kūpuna a me ke kāko'o.

No ke Kālā

Hā'awi 'ia ke kālā e ke Kalana o Kaua'i, Ke Ke'ena Pekelala Mālama Kupuna, a me ka Moku'āina o Hawai'i ma o ke Ke'ena Ki'eki'e no ka Mālama Kupuna.

E 'IKE I NĀ PAPAHANA KŪPUNA A PAU

E KĀHEA (808)241-4470

E kelepa'i (808) 241-5113

Hale Pi'ikoi
4444 Rice Street, Suite 330
Lihue, Hawaii 96766-1340

ADRC: www.kauaiadrc.org

'O ia kahi ho'okahi e huli ai i ka 'ike no nā papahana a me nā kāko'o.

leka uila: elderlyaffairs@kauai.gov

rsvp@kauai.gov