

County of Kauaʻi

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, Kauaʻi!

How to Use This Book

- ❖ This book is organized into main categories as noted under the table of contents. Some organizations may be found in more than one category, depending on the type of service(s) they provide.
- ❖ Search topics or organizations under the Table of Contents or Index and locate the corresponding page number.
- ❖ Companies or organizations included in the Kupuna Resource Directory do not imply endorsement nor does exclusion reflect the company or organization's services, value or quality.
- ❖ Information in the Kupuna Resource Directory may change at any time. Please contact the Agency on Elderly Affairs if you find a number that is no longer in service or inaccurate.
- ❖ If you are unable to locate the service you are looking for, or if you believe that a company or organization should be included in future publications of the Kupuna Resource Directory, contact the Agency on Elderly Affairs at 241-4470.

The Kupuna Resource Directory is a publication of the County of Kauai
Agency on Elderly Affairs.

Published 2020

Revised 2022



Aloha:

I am very pleased to present the Kupuna Resource Directory for Kauai. The directory is a guide to programs and services for elders, caregivers and families. It is easy to use and easy to navigate so you can locate the resources you need.

We hope that these services and resources help the elderly to live independently, as well as help caregivers and families that take care of their loved ones at home.

I encourage you to visit our website at www.kauaiadrc.org or if you prefer to speak to one of our staff over the phone, please call (808) 241-4470. You may also stop by our office at 4444 Rice Street, Suite 330, Lihue, and one of us will be happy to assist you.

Me Kealoha pumehana,

Kealoha Takahashi
Executive on Aging



Message from the Mayor



Aloha! It is my pleasure to present the third edition of the Kauaʻi County Kupuna Resource Directory, which provides a comprehensive listing of senior services and programs.

This reference book links people with services and programs available to our kupuna, caregivers, medical professionals, as well as others in our community.

It offers a wealth of information, from assisting with finding food services, transportation, health care to housing and respite services.

I think you will find this resource book to be helpful and I encourage you to use it as a guide to locating the services that you need.

With Warmest Aloha,

Derek S. K. Kawakami
Mayor, County of Kauaʻi

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

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

QUICK REFERENCE

Adult Protective Services	241-3337
Agency on Elderly Affairs	241-4470
Caregiver Counseling	245-3200
Department of Health	241-3614
Driver's License/State ID	241-4242
Enhance Fitness	241-4898
Fire Department	241-4980
Grandparents Raising Grandchildren	245-5914
Hospitals:	
KVMH	338-9431
Mahelona	822-4961
Wilcox	245-1100
Kauai Adult Day Health	246-6919
Kauai Bus	246-8110
Kauai Community College	245-8311
Kauai Economic Opportunity	245-4077
Kauai Hospice	245-7277
Kauai Independent Food Bank	246-3809
Kauai Medical Clinics:	
<u>Hawaii Health Systems Corporation</u>	
Clinic at Kalaheo	332-8523
Clinic at Kapaa	823-4157
Clinic at Poipu/Urgent Care	742-0999
Clinic at Port Allen	335-0579
Clinic at Waimea	338-8311
<u>Hawaii Pacific Health</u>	
Eleele Clinic	335-0499
Kapaa Clinic	822-3431
Kauai Urgent Care	245-1532
Kauai Medical Clinic	245-1500
Koloa Clinic	742-1621

QUICK REFERENCE

Ho'ola Lahui Hawaii

Kauai Community Health Center Kapaa Medical/Dental & Behavioral 240-0170

Kauai Community Health Center Waimea Medical/Dental & Behavioral 240-0140

Kaiser Permanente Lihue Clinic

246-5600

Kuhio Medical Center 245-8874

Primary Care Clinic of Kauai 246-3800

Kauai Island Utility Cooperative (KIUC) 246-4300

Kupuna Care Transportation 241-4470

Legal Aid Society 241-4470

Legal Aid Hotline 1-800-499-4302

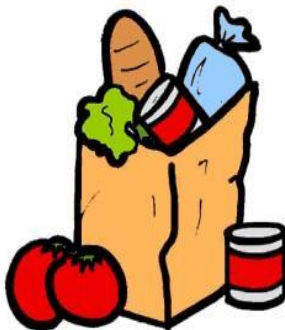
Parks & Recreation 241-4460

Police Department 241-1711

Veterans Center 241-3348

Volunteer Program RSVP 241-4479

BASIC NEEDS



FOOD

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

FOOD BANK

Hawaii Food Bank	482-2224
4241-A Hanahao Pl., Lihue 96766	

Kauai Independent Food Bank	246-3809
3825 A Waapa Rd. Lihue 96766	
www.Kauaifoodbank.org	

FOOD PANTRIES

Central Locations

Calvary Chapel Lihue call first	245-9673
Last Friday of the month, 5:30pm	

Central Locations cont'd

Call locations first to verify service

Salvation Army (Lihue)	245-2571
Last Tuesday of the month, 2:00pm to 3:00pm	
Lunch: Tuesday and Thursday, 11:30am	
St. Michael's and All Angels (Lihue)	245-3796
Wednesdays, 8:30am to 10:00am	

East Locations

Hale Hoomalu (Kappa)	821-2520
Tuesday, 1pm to 4pm	
Wednesday, Noon to 3pm	
Kapaa Missionary Church	822-5594
Saturday, 430pm to 530pm	
Dinners: 2nd & 4th Sat. 430pm to 5pm	
Kapaa Seventh Day Adventist	639-1517
2 nd and 4 th Sundays: till 4pm Please <i>call first</i> .	

North Locations

Church of the Pacific (Princeville)	826-6481
Wednesday, sign in 3pm to 4:15pm	
Distribution: 4:15pm to 5pm	
St. Williams Church (Hanalei)	826-1944
Friday, 7:45am to 8:30am	

South Locations

Kauai Bible Church (Lawai) **742-7514**
Sunday, 11:15am (call for location)

West Locations

Holy Cross Church (Kalaheo) **332-8011**
3rd Tuesday of every month during dinner
Dinners: 3rd and 4th Tuesday of the month, 5pm to 6pm.

Nana's House (Waimea) **338-0252**
Monday, 2pm to 4pm
Wednesday, 9am to 11am
Wednesday & Thursday, 1pm to 4pm

Salvation Army (Hanapepe) **335-5441**
Dinner: Monday, 5pm
Lunch: Wednesday & Friday, 11am

HOME DELIVERED MEALS

Kauai Economic Opportunity, Inc. **245-4077**
2804 Wehe Rd., Lihue 96766
Those who are 60 years or older may qualify through the Kupuna Care Program. Private pay option is available.



HOUSING

Some 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. For independent seniors, retirement residences and low-income senior housing are options. These units have a minimum age requirement which typically ranges from 55 years old for retirement residences to 62 years old for affordable senior rentals. For those who need help with activities of daily living, options include in home assistance, Adult Residential Care Home (ARCH), Foster Homes, Long Term Care Facilities or Assisted Living Facilities.

ELDERLY & MULTI-FAMILY HOUSING

Hawaii Public

821-4415

Housing Authority

4726 Malu Rd., Kapaa 96746

Kapaa (Mahelona) Elderly

Hale Nana Kai O Kea

4850 Kawaihau Rd., Kapaa 96746

Elderly & Disabled - Hale Hoolulu

4264 Ala Muku Pl., Kilauea 96754

Elderly & Disabled - Hale Hoonanea

4401 Waialo Rd., Eleele 96705

Elderly & Disabled - Home Nani

9791 Laau Rd., Waimea 96796

Hale Kupuna Elderly Housing 2363 Puu Rd., Kalaheo 96741	332-5110
Kalepa Village 4535 Kalepa Circle, Lihue 96766	246-4481
Kanikoo Senior Housing 4215 Hoala Street, Lihue 96766	353-3943
Kekaha Plantation Elderly Housing Project 8215 Elepaio Road, Kekaha 96752	742-8655
Koloa Hale Ohana 3985 Ohuohu Rd., Koloa 96756	742-9440
Lihue Court Townhomes 4160 Hoala St., Lihue 96766	245-5045
Lihue Theater Apartments 3-3194 Kuhio Hwy., Lihue 96766	742-2242
Paanau Village (Phase II) 5164 Paanau Rd., Koloa 96756	742-2242
Plantation Traditional Living 9600 Kaumualii Hwy., Waimea 96796	338-1900

HOME IMPROVEMENT

Home modifications such as walk-in showers, grab bars, improved lighting and lever door handles may help an elderly person stay in their homes and to do so safely. For more ideas on how homes may be modified visit AARP's website at www.aarp.org/families/home_design

U.S. Department of Agriculture 4334 Rice St., #207, Lihue 96766 Grants may be available for qualified homeowners 62 years and over.	245-9014
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AFFORDABLE & TRANSITIONAL HOUSING

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

County of Kauaʻi Housing Agency 241-4440

Section 8

4444 Rice St., #330, Lihue 96766

Kauai Economic Opportunity, Inc. (KEO) 245-4077

2804 Wehe Rd., Lihue 96766

Short term - Transitional Housing

LONG-TERM CARE FACILITIES

A nursing home (Long-Term Care Facility or Convalescent Care Facility) provides skilled and intermediate care services for those that require long-term care services.

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

**Kauaʻi Veterans Memorial Hospital
(KVMH)** 338-9431

4643 Waimea Canyon Rd., Waimea 96796

Samuel Mahelona Memorial Hospital 822-4961

4800 Kawaihau Rd., Kapaa 96746

RESIDENTIAL CARE HOME & FOSTER HOME

Residential Care Homes and Foster Homes provide care in a home-like setting and help residents manage medication as well as other activities of daily living. They provide an excellent setting for those who do not want to live in a larger community but still require levels of assistance similar to those offered by an assisted living facility or a nursing home.

For assistance and listing, contact:

Kauai Agency on Elderly Affairs

241-4470

www.kauaiadrc.org

Department of Health

(808) 692-7400

State Licensing Section

601 Kamokila Blvd., #361, Kapolei, HI 96707

RETIREMENT HOME & ASSISTED LIVING HOME

Retirement residences are for independent seniors. These homes may include amenities such as housekeeping, and shared dining areas. Assisted Living Residences add the component of intermittent personal care. Some facilities offer units with specialized care.

Regency at Puakea

246-4449

2130 Kaneka St., Lihue 96766

TRANSPORTATION NEEDS

LICENSING & PERMITS

Driver Licensing Bldg. A

241-4242

4444 Rice St., #480, Lihue 96766

Motor Vehicle Licensing Bldg. A

241-4256

4444 Rice St., #466, Lihue 96766

Persons with Disabilities Parking Permit

241-4242

Dept. of Finance Driver's License Division

4444 Rice St., Bldg. A, #480, Lihue 96766

COUNTY OF KAUA'I TRANSPORTATION

Kauai Bus **246-8110**

Fixed bus route from Kekaha to Hanalei.

Kupuna Care Transportation **241-4470**

Bus services are available for registered seniors to and from program activities. Eligibility requirements apply.

Paratransit & ADA **246-8110**

The Paratransit service is operated by the Kauai Bus. It is a shared-ride (curb to curb) service for seniors 60+ and persons with disabilities. Eligibility requirements apply. Call the Transportation Agency for more information.

MEDICAL TRANSPORTATION

Kauai Medical Transport, Inc. **212-5833**

For **non-emergency** medical transportation. Available 7 days a week with advanced reservations.

LOCAL TRANSPORTATION & PASSES

Akita Enterprises **245-5344**

2960 Aukele St., Lihue 96766
Please call in advance.

Bus Pass **246-8110**

County of Kaua'i Transportation Agency
3220 Ho'olako St., Lihue 96766

Older Driver Information Websites

These websites provide information on safe driving.

AAA Foundation for Traffic Safety

seniordriving.aaa.com

American Occupational Therapy Association

www.aota.org/olderdriver

The Hartford

www.thehartford.com/talkwitholderdrivers

CAREGIVERS EDUCATION & SUPPORT

This section describes programs and services that provide assistance to caregivers. Caregiving takes a lot of patience, dedication and hard work. It can even feel like a full-time job. Remember to set aside some time to take care of yourself, and remember, it's okay to ask for help.

Adult Day Health Care

246-6919

2943 Kress St., Lihue 96766

Provides a supervised, and supportive, daytime program for those who need dependent care. Available programs include recreational activities, social stimulation, caregiver respite, and therapeutic exercise classes.

Alzheimer's Association Support Group

245-3200

Information and Referral

1-800-272-3900

TDD

1-866-403-3073

Serves people with memory loss, caregivers, health care professionals, and the public. Translation services are available. Also provides educational classes. www.alz.org/hawaii/

Kauai Hospice

245-7277

Offers support through a personalized plan of care to help ease pain faced by patients and families.

Liliuokalani Trust

245-1873

4530 Kali Rd., Lihue 96766

Support for grandparents caregivers of minors.

Tutu & Me Traveling Preschool

East 822-4280, West 335-0501

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

Grandparents Raising Grandchildren

245-5914

Offers counseling and respite services, support groups and caregiver training to grandparents raising grandchildren.

RESPIRE CARE

Respite care provides temporary relief for caregivers. Remember to contact agencies ahead of time. Some care homes also provide respite care.

Bayada 245-5841

3083 Akahi St., #101, Lihue 96766

MasterCare 246-9116

4370 Kukui Grove, Suite 106 Lihue 96766

Regency at Puakea 246-4449

2130 Kaneka St., Lihue 96766

Email: manager@regencypuakea.com

Veteran's Outpatient Clinic 246-0497

4485 Pahe'e St., Suite 150, Lihue 96766



‘A’ohe hana nui ke alu ‘ia.

No task is too big when done together by all.

COMMUNITY INFORMATION & REFERRAL SERVICES

- 2-1-1 Aloha United Way** 211
Confidential and toll free. Provides information and referral on various topics.
- Adult Protective Services** 241-3337
Department of Human Services
3059 Umi Street, Bsmnt 1, Lihue, 96766
Investigates reports of abuse, neglect, or financial exploitation of vulnerable adults.
- Agency on Elderly Affairs** 241-4470
Aging and Disability Resource Center
4444 Rice St., #330, Lihue
Provides information and referral to the public regarding Kauai's older adults, family caregivers, and persons with disabilities.
www.kauaiadrc.org
- Alzheimer's Association & 24/7 Helpline** 245-3200 & 1- 800-272-3900
Serves people with memory loss, caregivers, healthcare professionals and the public.
- Better Business Bureau Northwest+Pacific** 1-808-536-6956
Recommends and helps the public find businesses, brands and charities they can trust.
- Bilingual Access Line** 526-9724
Helping Hands Hawaii
A fee-for-service program that provides translation and interpretation services.
- Eldercare Locator** 1-800-677-1116
A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

EDUCATION

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.

Alu Like, Inc.

1-808-535-6700

McKinley Community School for Adults

274-3390

Community schools, sometimes known as adult education schools offer a wide variety of courses. They are committed to life-long learning with programs designed to meet the needs of the community and the individual.

Kauai Adult Literacy

332-5544

The mission is to help people gain knowledge and skills by providing literacy and lifelong learning.

Email: islandvision@hawaii.rr.com

Kauai Community College (KCC)

245-8311

Office of Continuing Education & Training

3-1901 Kaumuali'i Hwy., Lihue 96766

KCC provides open access education and training in an ethical and innovative student centered and community-focused environment.



'A'ole loa'a i ka noho wale.

Nothing is gained by idleness.

EMERGENCY ASSISTANCE

Family service programs help families and individuals in need, with emergency food, housing, utility assistance, and other temporary needs.

Catholic Charities 241-4673(HOPE)

4373 Rice St., Suite 1, Lihue 96766

Limited material assistance (food & clothing), or emergency one-time financial assistance for rent and utilities are available to those who are eligible. Funds are limited.

Hawaii Food Bank, Inc. 482-2224

4241-A Hanahao Pl., Lihue 96766

Kauai Economic Opportunity, Inc. 245-4077

2804 Wehe Road, Lihue 96766

Services include home delivered meals, emergency shelter, Low-Income Home Energy Assistance Program (LIHEAP), and persons in need (one time financial assistance).

Kauai Independent Food Bank 246-3809

3285 Waapa Rd., Lihue 96766

kmoniz@kauaifoodbank.org

Salvation Army-Food

Hanapepe

335-5441

4465 Puolo Rd

Lihue

245-2571

4182 Hardy St.

YWCA (Women's Center) 245-5959

Sexual Assault 245-4144

Domestic Violence 245-6362

3094 Elua St., Lihue 96766

Dedicated to eliminate racism, to empower women, and to promote peace, justice, freedom and dignity for all.

DISASTER & EMERGENCY MANAGEMENT

American Red Cross

245-4919

4485 Pahee St., Lihue 96766

Disaster preparedness, training and certification classes, and volunteer opportunities.

Kauai Emergency Management Agency

241-1800

3990 Kaana St., #100, Lihue 96766

Mission: To protect the lives and property of all the people living in Kaua'i County during emergencies or disaster events.



Basic Needs and Supplies for Disaster Preparation

- | | |
|---------------------------------|----------------------------------|
| ◇ Water | ◇ Food |
| ◇ Flashlight & batteries | ◇ Battery/hand-crank radio |
| ◇ First aid kit | ◇ Medications |
| ◇ Multi-purpose tool | ◇ Personal documents |
| ◇ Sanitation & Personal Hygiene | ◇ Cell phone |
| ◇ Emergency contact info | ◇ Cash & Coins |
| ◇ Emergency blanket | ◇ Entertainment to pass time |
| ◇ Map of local area | ◇ Whistle (to attract attention) |
| ◇ Change of clothing | ◇ Manual can opener |
| ◇ Pet supplies | ◇ Extra set of keys |

Source: The American Red Cross. (2009). Disaster preparedness: For seniors by seniors. Retrieved from http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4640086_Disaster_Preparedness_for_Sr_s-English.revised_7-09.pdf

EMPLOYMENT

Agencies and programs that help seniors find meaningful employment.

Workforce Development

274-3056

Senior Community Service Employment Program (SCSEP)

4444 Rice St., #302, Lihue 96766

Unemployed, low-income individuals who are 55 years and older are provided an opportunity to engage in training through part time community service assignments.

www.workwisekauai.com

Unemployment Office

274-3043

Department of Labor

4370 Kukui Grove St., Suite 3-214, Lihue 96766

dlir.ui.kauai@hawaii.gov

Need More Information?

Call 241-4470

END OF LIFE SERVICES

Bereavement counseling is the act of providing assistance and support to those who are suffering the loss of a loved one. In addition to friends and family, counselors, psychologists, and therapists may help those overcome the bereavement process.

Kauai Hospice

245-7277

4457 Pahee St., Lihue 96766

Mission: To ensure the highest quality of life to individuals and families who are facing a life-threatening illness; to provide bereavement support, and to promote an understanding of hospice and palliative services.

Legal Aid Society of Hawaii

1-800-499-4302

2970 Haleko Road, Suite 101, Lihue

Assistance with Power of attorney, advanced health care directives and wills.

BURIAL AND CREMATION INFORMATION

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

Department of Human Services determines eligibility for funeral payments.
Must be Medicaid eligible.

U.S. Department of Veteran Affairs

1-800-827-1000

Burial benefits for veterans.

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

DEATH CERTIFICATES & ORGAN DONATION

John A. Burns School of Medicine

(808) 692-1445

University of Hawaii

Willed Body Program

651 Ilalo St., Honolulu 96813

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

Kauai District Health Office

241-3498

3040 Umi St., Lihue 96766

Birth, death, marriage certificates

Organ Donor Center of Hawaii

1-877-855-0603

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

Legacyoflifehawaii.org



Coping with Loss

- ❖ Let yourself feel the pain and all other emotions.
- ❖ Be patient with the process of grief.
- ❖ Acknowledge all feelings.
- ❖ Get support.
- ❖ Try to maintain your normal lifestyle.
- ❖ Take care of yourself.
- ❖ Avoid drinking too much alcohol or using drugs.
- ❖ Forgive yourself for the things you did or didn't say or do.
- ❖ Give yourself a break from grief.
- ❖ Prepare for holidays, birthdays, or special occasions and know that strong feelings may come back.
- ❖ Join a bereavement group.

Source: The American Cancer Society. (2012). Coping with loss. Retrieved from <http://www.cancer.org/treatment/treatmentsandsideeffects/emotionalsideeffects/griefandloss/coping-with-the-loss-of-a-loved-one-coping-with-loss>

FINANCIAL ASSISTANCE

Catholic Charities

241-4673

4373 Rice St., Suite 1, Lihue 96766

Limited material assistance or emergency financial assistance for rent and utilities are available to those who are eligible. Funds are limited.

Department of Human Services

274-3371

3059 Umi Street, Room A110, Lihue 96766

Supplemental Nutrition Assistance Program (SNAP)

Financial Assistance

Kauai Economic Opportunity, Inc. (KEO)

245-4077

2804 Wehe Road, Lihue 96766

The Persons in Need program provides one-time financial assistance to the elderly and to those in financial need. Individuals must meet the funding criteria.

Income Tax Assistance – AARP

1-888-227-7669

Sites are open from late January or early February through April 15.

Salvation Army

245-2571

When funds are available, provides financial assistance with utilities that are about to be disconnected, and rent for households that are at-risk of eviction.



*Individually, we are one drop. Together, we
are an ocean.*

Ryunosuke Satoro

GOVERNMENT OFFICES/PROGRAMS

Agency on Elderly Affairs 4444 Rice Street, #330, Lihue 96766 Pi'ikoi Building	241-4470
County Housing Development Section 8 Rental Assistance 4444 Rice St., #330, Lihue 96766	241-4444 241-4440
Driver's License & State ID 4444 Rice St., #A480, Lihue 96766	241-4256
Fire Department 4444 Rice St., #315, Lihue	241-4980
Governor's Liaison Office 3060 Eiwa St., #106, Lihue 96766	274-3100
Mayor's Office 4444 Rice St., #235, Lihue 96766	241-4900
Parks and Recreation 4444 Rice St., #105, Lihue 96766	241-4460
Police Department 3990 Kaana St., #200, Lihue 96766	241-1711
Public Works 4444 Rice St., #275, Lihue 96766	241-4992
Real Property Taxes 4444 Rice St., #454, Lihue 96766	241-4224
Transportation 3220 Ho'olako St., Lihue 96766	246-8110

HEALTH & MEDICAL CARE SERVICES

HEALTH INSURANCE

Hawaii SHIP/Sage PLUS	1-888-875-9229
State Health Insurance Assistance Programs 250 S. Hotel St., #406, Honolulu 96813 Provides one-to-one counseling and assistance to Medicare recipients in regards to benefits.	
Med-Quest Division	241-3575
4473 Pahee St., #A, Lihue 96766 Provides healthcare to those who are eligible.	
County of Kaua'i Agency on Elderly Affairs	241-4470

HOSPITALS

Kauai Veterans Memorial Hospital	338-9431
4643 Waimea Canyon Dr., Waimea 96796	
Mahelona Medical Center	822-4961
4800 Kawaihau Rd., Kapaa 96746	
Wilcox Memorial Hospital	245-1100
3-3420 Kuhio Hwy., #B, Lihue 96766	

MEDICAL CLINICS

Hoola Lahui Hawaii 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
<u>Hawaii Pacific Health Medical Clinics</u>	
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
<u>Hawaii Health Systems Corporation</u>	
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

IN-HOME HEALTH CARE SERVICES

In-home skilled nursing and rehabilitation services allow an individual to receive care at home. Services vary and depend on the need of the individual. Personal care provides assistance with activities of daily living such as bathing, dressing, grooming and eating. Homemaker services help frail seniors with housework, meal preparation, and other limited in-home services.

County of Kauaʻi 241-4470

Agency on Elderly Affairs

Funds are channeled through public and private entities in order to provide personal care, homemaker, and respite care for eligible adults who are 60 years and older.

Department of Human Services 241-3575

Med-Quest Division

Medicaid recipients may be eligible to receive in home assistance. Contact the Med-Quest office to determine eligibility requirements.

FEE FOR SERVICE AGENCIES

Bayada Home Health Care 245-5841

3083 Akahi St., Lihue 96766

MasterCare 246-9116

4370 Kukui Grove, Suite 106, Lihue 96766

Na Kahu Malama 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

Email: info@stayathomekauai.com

LEGAL & ADVOCACY SERVICE

Many types of Elder Law concerns are presented in the handbook: "Deciding What's Next," a publication of the University of Hawaii Elder Law Project (www.hawaii.edu/uhelp); available at Hawaii State Public Libraries.

ADVOCACY

American Civil Liberties Union (808)522-5900
P.O. Box 3410, Honolulu 96801
Handles cases that violate civil liberties and civil rights.

Hawaii Disability Rights Center 1-800-882-1057
Protection and advocacy for people with disabilities.

Kauai County ADA Coordinator 241-4924
4444 Rice St., #235, Lihue

Legal Aid Society of Hawaii (LASH), Kauai 1-800-499-4302
2970 Haleko Road, #101, Lihue
96766 Income eligible service.
www.legalaidhawaii.org

Long-Term Care Ombudsman (808) 586-7268
250 S. Hotel St., #406, Honolulu 96813
Identifies, investigates and resolves complaints made by or presented on the behalf of residents living in a long-term care facility.

Senior Law Program 246-8868
4375 Puaole St., #A, Lihue 96766

Victim Witness Program 241-1898
3990 Kaana St., #210, Lihue 96766

IMMIGRANT ASSISTANCE

Catholic Charities 241-4673
4373 Rice Street, Suite 1, Lihue 96766

Legal Aid Society of Hawaii (LASH), Kauai 1-800-499-4302
2970 Haleko Road., #101, Lihue 96766
Income eligible service.
www.legalaidhawaii.org

LEGAL REPRESENTATION & MEDIATION

KEO Mediation Program 245-4077
2804 Wehe Rd., Lihue
An informal process in which a mediator assists in resolving a dispute without going to court.

Lawyer Referral & Information Service (808)537-9140
Hawaii State Bar Association
www.hawaiilawyerreferral.com

Legal Aid Society of Hawaii (LASH), Kauaʻi 1-800-499-4302
2970 Haleko Road, #101, Lihue 96766
www.legalaidhawaii.org

LEISURE & RECREATION

EnhanceFitness 241-4470
4444 Rice St., #330, Lihue 96766
EnhanceFitness is an evidence based program, tested and proven to improve the overall functional fitness and well-being of older adults 60+.

Kauai Athletic Club
3371 Wilcox Rd., #101, Lihue 96766 245-5381
5611 Kawaihau Rd., Kapaa 96746 431-4873
The Silver Sneakers program is catered to seniors, with classes that help improve range of movement and muscular strength.

LEISURE & RECREATION

- Parks & Recreation** 241-4460
4444 Rice St., #105, Lihue at Moikeha Building
The Kaua'i Senior Centers have leisure programs for seniors 55 and older.
Visitors welcome.
- Volunteer - RSVP** 241-4479
4444 Rice St., #330, Lihue 96766
Adults 55+ can become RSVP volunteers. Volunteer opportunities for private or public non-profit organizations are available throughout the island.
- YMCA** 246-9090
4477 Nuhou St., Lihue 96766
Deep water exercises are available for seniors.

MEDICAL EQUIPMENT & SUPPLIES

Provides home medical equipment, respiratory equipment, and home assessment for accessibility.

- Assistive Technology Resource Centers of Hawaii** 1-808-532-7110
- County of Kauai** 241-4470
Agency on Elderly Affairs
Donated medical equipment and supplies are available for loan. Call to see if what you need is available.
- 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

MEDICAL EQUIPMENT & SUPPLIES

Personal Identification

1-888-572-8566

www.alz.org/hawaii/

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.

SENIOR CENTERS

Senior centers provide a place that is safe, comfortable, and accessible, where the senior population of Kauai can gather and pursue mutual interests.

County of Kauai

241-4460

Department of Parks and Recreation

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

SENIOR CENTERS

Lihue Neighborhood Center
3353 Eono St., Lihue 96766

241-6858

Waimea Neighborhood Center
4556 Makeke Rd., Waimea 96796

338-1122

SOCIAL SECURITY

General Number

1-800-772-1213

TTY

1-800-325-0778

Disability Benefits
Social Security Number and Card
Survivor Insurance
Replacement Medicare Card
Retirement Benefits
Visit and apply online.
<http://www.ssa.gov/>

Medicare Hotline

1-800-633-4227

Online information on 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

Federal cash assistance for the aged, blind, and disabled; designed for those that have limited income and resources.

UTILITY ASSISTANCE

Catholic Charities

246-2400

3016 Umi St., #206, Lihue 96766

Limited material assistance (food & clothing), as well as emergency one-time financial assistance for rent and utilities, may be available for those who are eligible.

Low Income Energy Assistance (LIHEAP)

245-4077

2804 Wehe Rd., Lihue 96766

Programs are available to assist households whose electricity or gas has been shut off or is about to be terminated.

Salvation Army

Lihue

245-2571

4182 Hardy St., Lihue 96766

Hanapepe

335-5441

4465 Puolo Rd., Hanapepe 96716

Need More Information?

Call 241-4470

VETERANS SERVICES

Department of Veterans Affairs

1-800-827-1000

www.va.gov

Disability Benefits

Visit and see if you're eligible to apply for these compensations:

- Disability Compensation
- Dependency & Indemnity Compensation (DIC)
- Special Monthly Compensation (SMC)
- Other Benefits

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

Education and Career Counseling

Visit and apply online to see if you're eligible to receive education benefits.

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

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

Life Insurance

Visit online for any of the following:

<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

Survivors benefit, also known as Death Pension, is a tax-free monetary benefit payable to a low-income, un-remarried surviving spouse and/or unmarried child(ren) of a deceased Veteran with wartime service.

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

Veterans Pension

Veterans Pension benefits helps veterans and their families cope with financial challenges by providing supplemental income. Visit and apply online to see if your Veteran is eligible.

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

Island Wide Programs

Foster Grandparent Program

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

List of Services:

- veterans/survivors benefits information
- information on veteran's benefits offered by various governmental agencies
- military service records review to determine benefits eligibility
- veteran's claims and appeals assistance, coordination of veteran/spouse burials and Military Funeral Honors assistance
- filing for legal name change assistance
- birth, marriage, divorce and death certificates
- assistance with obtaining copies of official military personnel/medical records
- provide notary public services pertaining to benefit claims and applications
- employment

Veteran's Outpatient Clinic

246-0497

4485 Pahee Street, #150, Lihue 96766

Services provided include: non-emergency care, personal care, laboratory, prescription.

VOLUNTEER OPPORTUNITIES

Alzheimer's Association

245-3200

Volunteers are needed for special occasions, Walk to End Alzheimer's, public education & awareness, health fairs, office, advocacy, and more.

Court Appointed

482-2350

Special Advocates Program (CASA)

Judiciary/Family Court of the 5th District

3970 Ka'ana St., #305, Lihue 96766

Court appointed trained volunteers to represent the best interest of a child in a child abuse or neglect case.

Foster Grandparent Program

241-3355

Department of Human Services

3059 Umi Street, BSMT 1, Lihue 96766

Provide nurturing friendships to children with special or exceptional needs.

Kauai RSVP Volunteer Program

241-4479

4444 Rice St., #330, Lihue 96766

Provides volunteer opportunities to those who are 55 years and older.

Project Dana

245-6262

Lihue Hongwanji Mission

Provides a variety of services to frail elderly.



ISSUES, ORGANIZATIONS & INTEREST GROUPS

ABUSE

Abuse affects people of all ethnic backgrounds and social status. Abuse occurs in different forms (physical, emotional, and sexual abuse, neglect, abandonment, and financial exploitation).

Adult Protective Services

241-3337

Department of Human Services – Adult Intake Unit
3059 Umi Street, BSMT 1, Lihue 96766

Domestic Violence Action Center

531-3771

Neighbor Islands
P.O. Box 3198, Honolulu 96801
dvac@stoptheviolence.org

1-800-690-6200

Elder Justice Initiative

www.justice.gov/elderjustice/

A branch of the United States Department of Justice, the website provides resources to victims of elder abuse or financial exploitation, their families, practitioners, law enforcement agencies, and researchers.

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

Sexual Assault Hotline

245-4144

ALCOHOL & DRUG ABUSE

Al-Anon Family Groups Kauai 1-888-425-2666
An organization that helps family and friends of alcoholics.

Alcoholics Anonymous on Kaua'i 245-6677

Ke Ala Pono Recovery Center 246-0663
McKenna Recovery Center
Substance abuse treatment.

Life's Choices Kauai 241-4925

ALZHEIMER'S DISEASE & DEMENTIA

Alzheimer's disease is the most common form of dementia and causes problems with memory, thinking and behavior. Alzheimer's disease is not a normal part of aging. There is no known cure for the disease and the exact cause is not known.

Alzheimer's Association Kaua'i Office 245-3200 Ext.8242
Email: hblanco@alz.org

Princeville Support Group

2nd Thursday of the month at 2 pm

Church of the Pacific

4520 Kapaka St., Princeville 96722

Lihue Support Group

3rd Thursday of the month at 2 pm

Agency on Elderly Affairs- across hall

4444 Rice Street, Ste. 330, Lihue 96766

Westside Support Group

4th Thursday of the month at 1:30 pm

Waimea Neighborhood Center

4556 Makeke Rd., Waimea 96766

Regency at Puakea

Last Tuesday of the month at 5:00 pm

2130 Kaneka St., Lihue 96766

INDIVIDUALS WITH DISABILITIES

Developmental Disabilities Services 241-3406

3040 Umi St., Lihue 96766

Supports and services for individuals with developmental disabilities.

Hawaii Disabilities Rights Center 1-800-882-1057

Protection and advocacy program for those with a disability.

Aloha Independent Living Hawaii-Kauai 1-8003-85-2454

info@AlohaILHawaii.org

Their mission is dedicated to providing independent living programs and services to persons with disabilities in Hawaii.

MENTAL HEALTH 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 occurs in many forms. It is a common and a serious illness. Most people who are depressed need treatment to get better. Depression in older adults is not a normal part of aging; and symptoms of depression may be less obvious and can be overlooked. If you or someone you know is depressed, seek help.

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 Outpatient Clinic 246-0497

4485 Pahe'e Street, Suite 150, Lihue 96766

SUICIDE CRISIS LINE

ACCESS Suicide/Crisis Line Adult Mental Health division 1-800-753-6879
Open 24/7.

National Suicide Prevention Hotline 988



Risk Factors and Warning Signs

Risk factors are characteristics that are associated with suicide. They may or may not be direct causes.

- Family history of suicide
- Family history of child maltreatment
- Previous suicide attempts
- History of mental disorder, particularly clinical depression
- History of alcohol & substance abuse
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Local epidemics of suicide
- Religious and cultural beliefs (belief that suicide is a noble decision)
- Isolation
- Barriers to accessing mental health treatment
- Loss
- Physical illness
- Unwillingness to seek help due to the social stigma attached to suicide



Source: 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*

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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/>

Wheelers Van Rentals - 808-735-6365

<https://wheelersvanrentals.com/>

County of Kauai Agency on Elderly Affairs

MISSION

The Kauai Agency on Elderly Affairs, as the designated lead County agency, plans, implements, supports and advocates for the well-being of Kauai's older adults; and serves as a one stop source of information on long term care support options and services for all residents.

VISION

- Kauai's older adults will live independently at home or in the community with dignity and respect.
- Kauai's family caregivers receive adequate support to care for their older adults.
- Kauai's older adults, persons with disabilities and family caregivers will make informed choices and have streamlined access to long term care support.

Funding

Funds are provided by the County of Kauai, Federal Administration on Aging, and State of Hawaii through the State Executive Office on Aging.

TO ACCESS SENIOR SERVICES

CALL (808)241-4470

Fax (808) 241-5113

Piikoi Building

4444 Rice Street, Suite 330

Lihue, Hawaii 96766-1340

ADRC: www.kauaiadrc.org

A one stop center to obtain information on long term services and support.

Email: elderlyaffairs@kauai.gov

rsvp@kauai.gov