

**REPORT TO THE TWENTY-FIFTH LEGISLATURE**  
**STATE OF HAWAII**  
**2009**

**PURSUANT TO SECTION 349-5(b)(2), HAWAII REVISED STATUTES,  
REQUIRING THE EXECUTIVE OFFICE ON AGING TO PROVIDE AN  
ANNUAL EVALUATION REPORT ON ELDER PROGRAMS FOR THE  
GOVERNOR AND TO THE LEGISLATURE**

**Prepared by**  
**State of Hawaii**  
**Department of Health**  
**Executive Office on Aging**

**October 2008**



## A Message from the Director

*Aloha!*

I am pleased to present the annual report of the Hawaii State Executive Office on Aging. The Executive Office on Aging (EOA) is deeply committed to Hawaii's *kupuna*, the senior citizens among us who are gracing our *aina* in their golden years. With *ohana* in mind, we believe in forming partnerships and team building as key to Hawaii's strategy for supporting and nurturing the capacity of our local communities and families to lend a hand, as it were, so our *kupuna* may remain healthy and independent in their own homes and communities for as long as possible.

Our Governor Linda Lingle and her Administration deserve a *mahalo* for their unwavering support of our *kupuna*. I also want to extend a heartfelt *mahalo* to the numerous individuals – whether family members, volunteers, or paid caregivers – whose steadfast commitment contributes to the joy and well-being of our *kupuna* in the sunset of their years. Government cannot do everything, but it must do all it can. Accordingly, the EOA takes seriously its ability to work alongside those in the private sector in supporting meaningful activities and significant services for our *kupuna*.

The EOA has the responsibility to seek, manage, and provide oversight for the distribution of millions of dollars from federal and state sources. These resources help *kupuna* in ways too numerous to share here, but a few examples would involve providing information about: Evidence-based prevention programs, health and medical care options, the aging and disability resource center (ADRC), guidance regarding home and community-based services, and programs to end abuse, neglect, and exploitation of Hawaii's *kupuna*.

According to the U.S. Administration on Aging, every five minutes in the United States, 23 adults are turning 65 and by the year 2030 that number will double. Within 10 years, nearly 50 million Americans will be over 65, and for the first time in our history, America's older adults will outnumber our children under age 5. These statistics are sobering, and they are more than just statistics. They are our *kupuna*, from whom we have received so much and to whom we owe so much.

In these rapidly changing times, one constant remains: our commitment to honor Hawaii’s *kupuna*. The EOA considers it a singular privilege to support our *kupuna* here in Hawaii. They are the fathers and mothers, grandfathers and grandmothers, who gave birth to Hawaii’s thriving citizenry. They gave us life, light, and love. They are our ties to the past. Their continuing wisdom and example give us a light for our path to the future.

“*E Loa Ke Ola*” – May Life Be Long!



Noemi Pendleton, MBA  
Director  
Executive Office on Aging



**The Location of the Executive Office on Aging**

No. 1 Capitol District  
250 South Hotel Street, Suite 406  
Honolulu, HI 96813

## EXECUTIVE SUMMARY

In accordance with §349-5(b) (2), Hawaii Revised Statutes, the Executive Office on Aging (EOA) is submitting an annual evaluation report on elder programs.

In SFY 2008, EOA received a total of \$14,589,272 in appropriations from Federal and State funds. EOA contracted with the County/Area Agencies on Aging to procure, manage, and coordinate the delivery of elder and caregiver support services in their respective Counties. In SFY 2008, services were provided to an estimated statewide total of 9,639 older adults and 1,788 family caregivers.

In SFY 2008, EOA continued to address the mandates of the Older Americans Act and the goals laid down in the Hawaii State Plan on Aging. These goals are:

- *Hawaii's communities have the necessary economic, workforce, and physical capacity for an aging society;*
- *Older adults and their caregivers have access to information and an integrated array of health and social supports;*
- *Older adults are active, healthy, and socially engaged;*
- *Families are supported in caring for their loved ones;*
- *Older adults have in-home and community-based long term care options; and*
- *Older adults are ensured of their rights and benefits and are protected from abuse, neglect, and exploitation*

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## Part I. Background Information

### Statutory Basis, Mission, and Goals

The mission of Title III of the Older Americans Act (OAA) of 1965, as amended in 2006, is to promote the development and implementation of a State system of long-term care that is comprehensive and coordinated to enable older individuals to receive long-term care at home or in community-based settings. OAA prescribes the manner in which the system is to be developed, e.g., through collaboration, coordination, and implementation of services responsive to the needs and preferences of older individuals and their family caregivers.

Under OAA, the Administration on Aging of the U.S. Department of Health and Human Services (AoA) heads the aging network at the national level. Each State must designate a State Unit on Aging (SUA) to carry out the OAA mission at the state level. Chapter 349, Hawaii Revised Statutes, created the Executive Office on Aging (EOA) and authorized it to carry out the mission in the State of Hawaii.

Chapter 349, Hawaii Revised Statutes, also created the Policy Advisory Board on Elderly Affairs (PABEA), advisory to the Director of the EOA. In SFY 2008, PABEA contributed expertise and time, and accomplished the following under PABEA chair, Michael Sumja.

- Advocated policies and legislation that offered strategies to finance long-term care and protect the rights and health of elders in their homes.
- Raised funds and organized the annual recognition of Hawaii's outstanding older adults with a luncheon program on May 22, 2008. This year's honorees were: Irene Nagao and Tom Poy (Hawaii County); Naoko Ho and Richard Kashiwabara (Kauai County); Gwendolyn Ewalani Shim and Gordon Cockett (Maui County); and Gladys Takamoto and Dr. Norberto Baysa (City and County of Honolulu).



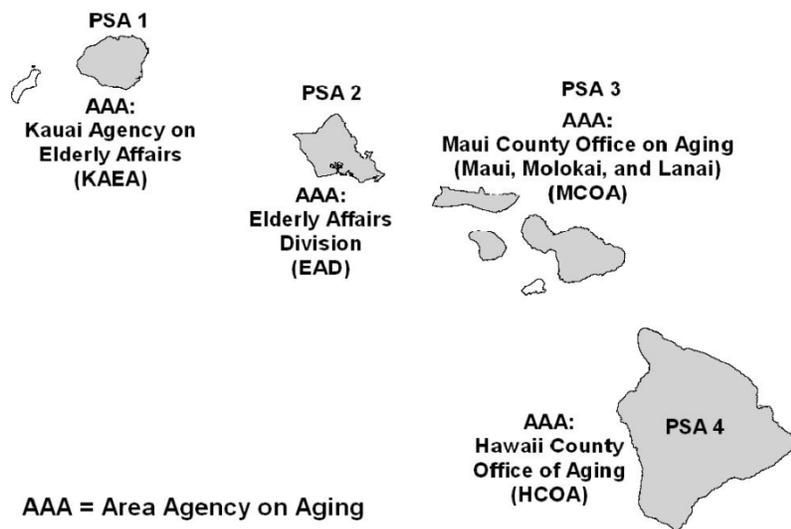
Front Row: Irene Nagao, Naoko Ho, Gladys Takamoto, and Gwendolyn Ewalani Shim;  
Back Row: Tom Poy, Richard Kashiwabara, Vivian Aiona, Norberto Baysa, and Gordon Cockett

## **The State Aging Network**

The OAA allowed states the option of creating sub-state entities, or Area Agencies on Aging (AAAs), to oversee elder and caregiver support services in communities. Under the OAA, the EOA divided the State into four planning and service areas (PSAs). PSAs correspond to county boundaries in the State, except in PSA 3 where Kalawao County is included with the County of Maui (Figure 1).

**Figure 1**

### **Planning and Service Areas (PSAs)**



## **State Plan on Aging**

In October 2007, the *Hawaii State Plan on Aging (2008-2011)* was approved, enabling Hawaii to receive a four-year grant from the U.S. Administration on Aging. The State plan includes programs and services administered by EOA and funded by both federal and state funds. EOA contracts with the Area Agencies on Aging to procure, manage, and coordinate the delivery of elder and caregiver support services.

The State plan covers 6 major goals: 1) Hawaii's communities have the necessary economic, workforce, and physical capacity for an aging society; 2) Older adults and their caregivers have access to information and an integrated array of health and social supports; 3) Older adults are active, healthy, and socially engaged; 4) Families are supported in caring for their loved ones; 5) Older adults have in-home and community-based long-term care options; and 6) Older adults are ensured of their right and benefits and protected from abuse, neglect, and exploitation.

## Part II. State and Federal Funding

The EOA's total operating budget composed of state and federal funds was \$14,589,272. A comparative breakdown of EOA funding for SFY 2007 and SFY 2008 is shown in Table 1.

**Table 1 EOA's State and Federal Funding for SFY 2008**

SOURCE	SFY 2007	PERCENT	SFY 2008	PERCENT
State	\$7,023,625 <sup>1</sup>	48.55%	\$7,145,552 <sup>2</sup>	48.98%
Federal	\$7,443,720	51.45%	\$7,443,720	51.02%
Total	\$14,467,345	100.00%	\$14,589,272	100.00%

<sup>1</sup>Includes Act 262 funds to support CRI and expansion of KUPUNA CARE services

<sup>2</sup>Includes Act 262 funds to support CRI and expand KUPUNA CARE services

Table 2 presents state and federal funds allocated to the area agencies in SFY 2008. State funds included funds for KUPUNA CARE, Act 262 (SLH 2006), senior centers, and elder abuse. Federal funds included funds from OAA, Nutrition Services Incentive Program (NSIP), Healthy Aging Partnership - Empowering Elders (HAPEE), and Aging and Disability Resource Center (ADRC).

**Table 2. State and Federal Funds Allocated to Area Agencies for SFY 2008**

AREA AGENCY	STATE FUNDS	FEDERAL FUNDS	TOTAL
Kauai Agency on Elderly Affairs (KAEA)	\$660,005	\$624,847	\$1,284,852
Honolulu Elderly Affairs Division (EAD)	\$3,588,932	\$3,344,002	\$6,932,934
Maui County Office on Aging (MCOA)	\$773,342	\$927,623	\$1,700,965
Hawaii County Office on Aging (HCOA)	\$735,026	\$1,279,678	\$2,014,704
<b>Total</b>	<b>\$5,757,305</b>	<b>\$6,176,150</b>	<b>\$11,933,455</b>

## **Part III: Services, Programs, and Special Initiatives**

### **Services**

The following service utilization data were provided by the four area agencies. It should be noted that the data, where available, are estimates and are subject to the following limitations:

- Federally funded services, such as information and assistance and outreach, do not require registration of recipients. Many contacts occur anonymously through the telephone, making registration inappropriate. Without registration, it is not possible to have a reliable estimate of the number of individuals who have received the services.
- Multiple services provided to one person may lead to an overestimation in the total number of persons served. For example, while a person is counted only once for a service, a person who receives multiple services may be counted multiple times; thus, duplicated counts are produced in the total number of persons served across services.
- A service may be funded by multiple funds. For example, home-delivered meals are funded by the State, OAA, the County, private foundation or grants, and program income from participants. It is difficult to attribute service utilization data to a specific funding source or to distinguish which source of funds paid for which unit of service.
- The accuracy of any data is subject to the reliability of the data collection, tabulation, and inputting processes.

In SFY 2008, state and federal funds provided services to an estimated 9,639 older adults; 1,537 adult, informal family caregivers of older adults (age 60+); and 251 grandparents or older individuals, age 55 years and older, who were caregivers related to a child or children under age 18 or related individuals with a disability up to age 59.

**Family Caregiver Support Services** - The purpose of these services is to support and provide respite to family caregivers of older adults as well as to grandparents or older individuals, age 55 and over, who are caregivers to related children or to related individuals with a disability. These services include counseling, support groups, training, respite care, and supplemental services.

**Table 3 - Family Caregiver Support Services**  
Services and Persons Served

SERVICES	PERSONS SERVED	UNITS OF SERVICE
Counseling, Support Groups, Training	1,506	2780 Sessions
Respite Care	136	10,336 Hours
Supplemental Services*	109	453 Requests

*\*Supplemental services include home modification, assistive technology, emergency response systems, incontinence supplies, legal assistance, transportation etc. not available through any other funding.*

**Table 4 - Grandparents or Relative Caregivers Age 55+ Support Services**  
Persons Served and Units of Service

SERVICES	PERSONS SERVED	UNITS OF SERVICE
Counseling, Support Groups, Training	187	68 Sessions
Respite Care	23	6 Hours
Supplemental Services	14	68 Requests

**Access Services** The purpose of access services is to provide information about resources and link older adults to resources or needed services in the community. These services include information and assistance (I&A), outreach, case management, and assisted transportation.

**Table 5 - Access Services**  
Persons Served and Units of Service

SERVICE	PERSONS SERVED	UNITS OF SERVICE
Information & Assistance	Not Available	24,608 contacts
Outreach	Not Available	33,625 contacts
Case Management	1,759	30,187 hours
Assisted Transportation	103	3,452 trips

**Home and Community-Based Services (HCBS)** - The purpose of HCBS services is to help older adults remain in their home for as long as possible. These services include personal care, homemaker, adult day care, and chore.

**Table 6 - HCBS Services**  
Persons Served and Units of Service

<b>SERVICES</b>	<b>PERSONS SERVED</b>	<b>UNITS OF SERVICE</b>
Personal Care	860	58,144 Hours
Homemaker	577	16,945 Hours
Adult Day Care	152	37,499 Hours
Chore	241	1,097 Hours

**Nutrition Services** - The purpose of nutrition services is to ensure elderly persons receive meals that are compliant with the nutrition requirements of AoA and to provide an opportunity to older adults to socialize, learn new things, enjoy recreational activities, receive nutrition education, and obtain access to other support services like shopping assistance and transportation.

**Table 7 - Nutrition Services**  
Persons Served and Units of Service

<b>SERVICE</b>	<b>PERSONS SERVED</b>	<b>UNITS OF SERVICE</b>
Home Delivered Meals	3,315	446,469 meals
Congregate meals	4,654	267,347 meals

## **Elder Abuse Education and Elder Rights Programs**

Through Title VII of the OAA, state funds, and other federal funds, EOA coordinates with and facilitates the development of an elder abuse prevention and elder rights response system. The system includes public awareness activities, I&A and outreach services, the Long-Term Care Ombudsman Program (LTCOP), SMP Hawaii, protection and advocacy programs, Sage PLUS, Office of Health Care Assurance (OHCA), consumer protection, and State and local law enforcement agencies. The system is intact and continues to improve at the local level.

## **Elder Abuse Education and Awareness Initiatives**

Using state funds allocated for elder abuse, EOA contracted with counties for projects which produced these results in SFY 2008:

- Hawaii County Office of Aging partnered with the County of Hawaii Immigration Information Office and community professionals to deliver 12 education presentations to a total of 275 people in the six districts of Hawaii Island. The presentations were designed to increase awareness of elder abuse and neglect issues, and to link audience members to resources for assistance. Also, information and resource brochure (“Keep Our Seniors Safe”) was produced, translated, and distributed in six languages: English, Japanese, Marshallese, Tagalog, Ilocano, and Spanish.
- Maui County Office on Aging partnered with performance artists of Talking Stories, Inc., Maui Arts and Cultural Center, and state, county, and private sector professionals who address elder abuse cases. The result was “Koi Like the Fish,” an original play depicting the story of a man struggling to keep his dignity when his choices have disappeared and his decisions are no longer his to make. Three performances in Wailuku and Lahaina packed the house with an audience totaling more than 600. After the play, an interactive discussion with the audience in an actor’s studio format and a panel of helping professionals guided audience members to resources for help when abuse is a concern.
- Honolulu Elderly Affairs Division continued its Project REACH program with Child and Family Service. REACH targets older adults who reside within the City and County of Honolulu, living at home or with family. And who are abused or are at risk of being abused. Abuse may include physical, psychological, emotional, and sexual abuse, neglect by an individual and/or financial exploitation. Project REACH provide case management including assessing need, developing care plans, and coordinating services and providing follow up and reassessment to address the abuse or potential abuse. Project REACH provided 2,287 hours of service to 67 unduplicated individuals in SFY2008.

## **Elder Rights Programs**

The EOA administers three elder rights programs: Long-Term Care Ombudsman Program (LTCOP), Senior Medicare Patrol (SMP Hawaii), and Sage PLUS.

### Long-Term Care Ombudsman Program (LTCOP)

LTCOP started out in 1975 as a demonstration project under the Older Americans Act (OAA). As a result of the demonstration, the Legislature amended Chapter 349, HRS in 1979 to authorize the EOA to investigate and resolve long term care complaints. In 2007, the Legislature passed a bill to create the Office of the Long-Term Care Ombudsman within EOA, which was signed into law by Governor Linda Lingle on May 24, 2007.

In SFY 2008, LTCOP's major accomplishments:

- Opened 92 cases which totaled 220 complaints. All cases have been resolved except 4, which will carry over to the following reporting cycle.
- Provided consultation and assistance to 787 individuals and 1,799 consultations to facility staff, as well as other health care, legal and other professionals locally and across the country.
- Conducted in-services for the 400 Kuakini staff on the LTCOP which was videotaped so all three shifts can view; staff at Maunalani, the newly opened Yukio Okutsu Veterans Home in Hilo; and the social workers at the Veterans Administration/Tripler. Other in-services and guest speaking include meeting with the residents of Yacht Harbor Tower, RN classes at HPU, CNA classes for the Healthcare School of Hawaii and at Leeward Community College; MSW classes at UH and HPU; the National Association of Retired Federal Employees; UH Gerontology Advisory Council; Home Pumehana on Molokai; Pearl City Senior Community Center; International Association of Administrative Professionals; AARP; the Lion's Club; JABSOM psychiatric interns at QMC; the National Active and Retired Federal Employees Association; Hamada and Kim Financial; the annual Senior Fair at NBC; Hawaii Bar Association – Elder Law section; and, at the request of the State Judiciary, joint forums on all the islands with Robin Matsunaga, our State Ombudsman, for the various Centers for Alternative Dispute Resolution/mediation.
- Other issues addressed include: insuring that residents receive their increased Personal Needs Allowance from \$30 to \$50/month; assisting hospital patients discharged to the Mainland against their will to return home to Hawaii; and asking for greater clarification from DHS and CMS on the authorization process for Medicaid recipients who need power wheelchairs.

The Ombudsman Volunteer Program is a component of the LTCOP that operates within the State of Hawaii Executive Office on Aging. The program utilizes volunteers under the guidelines of the state policy (Chapter 90-2) and the Older Americans Act of 1965. Volunteers from the program function as program representatives of the State LTCOP through weekly visits with adults who reside in licensed long term care settings to improve their quality of life and quality of care state wide. LTCO Volunteer representatives provide advocacy in regard to resident's rights and protection from abuse and/or neglect.

In SFY 2008, LTCO Volunteer Program's major accomplishments:

- Approximately 80 volunteers have been recruited and trained from the beginning of this program including 21 this fiscal year to talk story, educate and advocate for residents of long term care settings state wide.
- The LTCO Volunteer Representatives have donated 928 volunteer hours of service to residents in long term care settings and providing community education at senior fairs.
- The LTCO Volunteer Representatives have provided information and consultations to 1,157 individuals such as staff, residents, family and friends of residents on behalf of the LTCOP concerning resident's rights and other various topics on aging and services.
- The LTCO Volunteer Representatives have attended 9 family councils with 106 family members in attendance and 39 resident councils with 579 residents in attendance to discuss the LTCOP and provide support, information and resources to protect the quality of life and care for residents in the long term care setting.
- The LTCO Volunteer representatives have had over 270 hours of initial and ongoing monthly training to further their knowledge base and peer support.
- The LTCO Volunteer representatives have made over 359 facility visits (duplicated) with residents of 22 nursing home, care home and assisted living facilities state wide.
- The LTCO Volunteer representatives have sat with listened too and have had friendly visits with 1,909 resident's state wide in an effort to improve the quality of their lives.

## SMP Hawaii

In 1997, the U.S. Administration on Aging established the Senior Medicare Patrol (SMP) Program. SMP Hawaii is one of a network of 58 SMP programs that stretches across the United States and to Puerto Rico, Guam, and American Samoa. SMP recruits and trains retired professionals to educate and empower seniors to take an active role in detecting and preventing health care fraud and abuse, with a focus on the Medicare and Medicaid programs.

In SFY 2008, SMP Hawaii's major accomplishments:

- Published *Hawaii's Fraud Prevention & Resource Guide*, in collaboration with the State Department of the Attorney General and the State Department of Commerce and Consumer Affairs. SMP Hawaii provided primary funding for the 134-page booklet, which provides information about different types of fraud, tips for protection against fraud, and a directory of local, state, and national resources for reporting fraud. The booklet, free of charge to the public, contains a special section for seniors. SMP Hawaii distributed booklets to Area Agencies on Aging, statewide, and made the fraud prevention guide available on the worldwide web via the Executive Office on Aging website.
- Translated SMP brochures into Ilokano and Tagalog through a partnership with Kokua Kalihi Valley for outreach about health care fraud to Southeast Asian and Pacific Islander communities in the Kalihi Valley area.
- Produced a video about health care fraud as part of an agreement with the College of Tropical Agriculture and Human Resources, University of Hawaii-Manoa. The University will broadcast the video on its instructional TV channel.
- Designed a statewide campaign to alert seniors about pseudo-Medicare solicitors, in response to increased reports from seniors to SMP Hawaii, about callers asking for personal information. Components of the campaign include updated TV spots, bus posters, and potholders imprinted with a Medicare fraud alert given to homebound elderly with home-delivered meals.

## Sage PLUS

Sage PLUS, federally known as the Hawaii SHIP (State Health Insurance Assistance Program), is 100% funded by the Centers for Medicare and Medicaid Services. Sage PLUS uses its statewide volunteer network to provide counseling services to help members with Medicare, their families, caregivers, and professionals understand Medicare health insurance benefits. There are approximately 191,500 individuals with Medicare in Hawaii; approximately 88% of those individuals are over 65 years of age. Information is provided regarding Medicare (Part A, B, C, and D), Medigap, Medicare Advantage, Medicaid, prescription drug assistance available, long-term care insurance and financing, and advance health care directives. The volunteers also assist the clients in comparing health and drug plans, in enrollment, in writing appeals for denied services, and in referrals to other agencies when appropriate. Upon request, the volunteers do presentations to community organizations and other interested groups of individuals.

In SFY 2008, Sage PLUS's major accomplishments:

- Provided 44 Educational Seminars for community members in both rural and urban areas.
- Provided assistances to approximately 3,300 individuals via the Sage PLUS hotline, in Hawaii, Alaska, the continental U.S. and American Samoa.
- Participated in 35 health fairs and Medicare Part D comparison and enrollment events in both rural and urban areas, including Molokai and Lanai.
- Participated in three cable and television shows potentially reaching 17,000 people statewide.
- Provided outreach and training to professionals working with individuals with mental health issues as required and funded by supplemental grant.
- Participated in the Native Hawaiian (Na Pu'uwai) Health Fair.
- Provided 65 update training to 60 volunteers Statewide and completed annual review and certification of the volunteers. Trained eight new volunteers for various roles with the program.
- Provide monthly counseling availability in each county through partnership with Social Security, the Veterans Outreach program and the Area Agencies on Aging.
- Conducted, in coordination with Centers for Medicare and Medicaid Services San Francisco Regional Office and Pacific Regional Office a two day Train the Trainer program and had over 130 participants representing Oahu, Molokai, Hawaii, Kauai and Maui.

## Special Initiatives - Community Partnerships

### Caregiver's Resource Initiative Project (CRI)

In 2001, EOA executed a contract with the University of Hawaii-Center on Aging (UH-COA) in response to the OAA 2000 Amendments, which authorized the National Family Caregiver Support Program (NFCSP). UH-COA would provide CRI staff to meet the new demands placed on EOA by the federal government to develop support systems, services, and products for informal (unpaid) caregivers. Thus, CRI supports family caregivers by promoting and fostering a statewide, coordinated approach in addressing the needs of caregivers.

In SFY 2008, CRI's major accomplishments:

- Co-sponsored, in partnership with the Hawaii Family Caregiver Coalition, the 4<sup>th</sup> Annual Holo Imua Kakou (Moving Forward Together) Legislative Reception and Ice Cream Social in January 2008. The focus was on raising awareness of caregiver issues to Legislators and showcasing personal care giving stories.
- Reported the results of 5 studies commissioned in 2007:
  1. *Eldercare Policies in the Workplace: Results of a Survey Conducted in 2007.*
  2. *Needs Assessment of Grandparents Raising Grandchildren in the State of Hawaii.*
  3. *Tax Incentives for Family Caregivers: A Cost-Benefit Analysis.*
  4. *Researching the Cash and Counseling Program and its Implementation in Other States.*
  5. *An Inventory of Respite Care Services in Hawaii.*

In SFY 2009, two studies have been commissioned: Respite Care in the State of Hawaii and Report on the Feasibility of Providing Consumer Directed Services for Non-Medicaid Eligible Older Adults and Persons with Disabilities in the State of Hawaii.

- Conducted, in partnership with the Hawaii Family Caregiver Coalition, Family Caregiver's Day at the Capitol in March 2008. Caregiver Day consisted of over 40 exhibit tables, a legislative luncheon, scheduled meetings with legislators, and the publication of the 2008 Aging Issues Booklet.
- Participated on the advisory committee for KHON's Elderhood Project and for KGMB's Genius of Aging Campaign.
- Coordinated, in partnership with the Hawaii Family Caregiver Coalition and KHON2's Elderhood Project, the 2007 Family Caregiver Awards Program.

## **Healthy Aging Partnership - Empowering Elders (HAPEE)**

In 2003, EOA called upon the four area agencies, the Department Of Health Community Health Division, UH Center on Aging, and service providers to build the aging network's evidence-based programming capacity. HAPEE is a result of this initiative.

EOA was awarded a three year grant of \$750,000 from the U.S. Administration on Aging beginning on September 30, 2006 through July 31, 2009. Under the grant, EOA is obligated to: Develop the infrastructure and partnership for evidence-based intervention; follow the Stanford University Chronic Disease Self-Management Program (CDSMP) and the University of Washington and Senior Services EnhanceFitness (EF) models; and develop and implement a plan for the continuation of the programs after the conclusion of the grant period.

HAPEE established evidence-based programs developed on the national level: the Chronic Disease Self-Management Program (CDSMP) and the Enhanced Fitness (EF) Program. CDSMP trains people to be confident in controlling their chronic symptoms. It is a six-week training program, consisting of one session of 2 ½ hours a week. The program focuses on building skills, sharing experiences, and group support. EF is an exercise program consisting of stretching, flexibility development, balancing, low impact aerobics, and strength building. The program runs 1-hour class sessions three times a week. HAPEE has the following accomplishments with regard to implementation and replication of CDSMP:

- Expanded CDSMP program delivery to Hawaii County.
- Facilitated over 26 different CDSMP programs
- Serving over 277 seniors across the state
- Conducted Lay Leader trainings on `Oahu and Maui to increase the number of CDSMP lay leaders
- Collected and analyzed preliminary 6-month follow-up data from program participants on their health status, disease self-management skills, time spent exercising, and health care utilization.

HAPEE has the following accomplishments with implementing the EnhanceFitness program:

- Doubled the number of EnhanceFitness sites on Kauai from 2 to 4 sites.
- Engaged 93 seniors in EnhanceFitness classes on Kauai and Hawaii
- Analyzed pre- and post-intervention data from program participants, assessing their physical functioning, upper- and lower-body strength, number of falls, confidence to continue exercising and exercise regularly, number of days spent exercising per week, and overall satisfaction with the program.

In addition, HAPEE has:

- Contracted with Dr. Kathryn Braun and Michiyo Tomioka from the University of Hawaii to provide evaluation support to ensure that the programs are implemented with fidelity, e.g., true to the original program design and outcomes. They are working closely with the National Council on Aging and staff with the EF and CDSMP programs.
- Supported the Hawaii County Office on Aging (HCOA) in its decision to redirect its resources to implement the CDSMP instead of the EnhanceFitness program in Hawaii County.

This year, EOA was awarded a 3-year \$300,000 grant from the National Council on Aging (NCOA) to support its work in establishing the long-term implementation and sustainability of these programs. To this end, the Partnership has been engaged in planning for a Strategic Planning process to identify next steps for program sustainability and integration into the Aging and Public Health Networks.



**Waimea EnhanceFitness Participants**



**Kokua Kalihi Valley CDSMP Participants**

## **Aging and Disability Resource Center (ADRC)**

In 2005, EOA received an \$800,000 federal grant from the U.S. Administration on Aging (AoA) and the Centers of Medicare and Medicaid Services (CMS) to develop ADRCs in Hawaii over the following three years. The project is part of a national effort to establish single entry or no wrong door access points to long-term care resources, inclusive of the Medicaid program. ADRCs are locally based with the Area Agencies on Aging at the helm. In addition to the federal grant, the State Legislature appropriated \$530,000 for fiscal years 2007-2009 to continue the development of the two pilot sites in Hilo and Honolulu.

In SFY 2008, ADRC's major accomplishments:

- The Honolulu pilot site operated by the City and County of Honolulu Elderly Affairs Division (EAD) continues its work in the development of a virtual ADRC site on Oahu. EAD has purchased \$22,000 worth of software applications and upgrades to a web-hosted system that will complement and enhance the website development, information and assistance service delivery and data collection.
- Hilo and Honolulu ADRC staff has completed their customer service training which was developed and conducted by the University of Hawaii, School of Travel Industry Management. Staff continues to participate in cross-training workshops to update and expand their knowledge of the aging and disability resources in their respective counties.



**Former Sun Sun Lau Restaurant**



**Hilo's ADRC**

The Hilo ADRC will celebrate its grand opening on November 14, 2008.

## Part IV. Contact Information for the Hawaii State Aging Network

For information and assistance from the Long-Term Care Ombudsman, SMP Hawaii, and Sage PLUS programs, please refer to the contact information for the Executive Office on Aging. For information and assistance on elder and caregiver services in your local area, please refer to the contact information for the Area Agencies on Aging. All contact information for the Executive Office on Aging and the Area Agencies on Aging are listed below.

<p><b><u>Executive Office on Aging</u></b></p> <p>No. 1 Capitol District 250 So. Hotel Street, Suite 406 Honolulu, HI 96783-2831 Ph: (808) 586-0100</p> <p>Email: <a href="mailto:eoah@doh.hawaii.gov">eoah@doh.hawaii.gov</a> Website: <a href="http://www.hawaii.gov/health/eoa/">www.hawaii.gov/health/eoa/</a></p> <p><b>LTCO</b> Ph: (808) 586-0100</p> <p><b>Sage PLUS</b> Ph: (808) 586-7299 Toll Free: 1- 888-875-9229</p> <p><b>SMP HAWAII</b> (808) 586-7281 Toll Free: 1-800-296-9422</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p><b><u>Kauai Agency on Elderly Affairs</u></b></p> <p>4444 Rice Street, Suite 330 Lihue, Hawaii 96766 Ph: (808) 241-4470</p> <p>Email: <a href="mailto:elderlyaffairs@kauai.gov">elderlyaffairs@kauai.gov</a> Website: <a href="http://www.kauai.gov">www.kauai.gov</a></p> <div style="text-align: center; margin-top: 20px;">  </div> <p><b><u>Honolulu Elderly Affairs Division</u></b></p> <p>715 So. King Street, Suite 200 Honolulu, HI 96813 Ph: (808) 768-7700</p> <p>Email: <a href="mailto:information@elderlyaffairs.com">information@elderlyaffairs.com</a> Website: <a href="http://www.elderlyaffairs.com">www.elderlyaffairs.com</a></p> <div style="text-align: center; margin-top: 20px;">  </div>	<p><b><u>Maui County Office on Aging</u></b></p> <p>2200 Main Street, Suite 547 Wailuku, Maui 96793 Ph: (808) 270-7774</p> <p>Email: <a href="mailto:aging@mauicounty.gov">aging@mauicounty.gov</a> Website: <a href="http://www.co.mau.hi.us/departments/Housing/aging.htm">www.co.mau.hi.us/departments/Housing/aging.htm</a></p> <div style="text-align: center; margin-top: 20px;">  </div> <p><b><u>Hawaii County Office of Aging</u></b></p> <p>101 Aupuni Street, #342 Hilo, Hawaii 96720 Ph: (808) 961-8600</p> <p>Email: <a href="mailto:hcoa@hawaiiantel.net">hcoa@hawaiiantel.net</a></p> <p style="text-align: center;"><b><u>KONA</u></b></p> <p>75-5706 Kuakini Highway, #106 Kailua-Kona, HI 96740 Ph: (808) 327-3597</p> <p>Email: <a href="mailto:hcoakona.hcoa@hawaiiantel.net">hcoakona.hcoa@hawaiiantel.net</a> Website: <a href="http://home1.gte.net/hcoa/index.htm">http://home1.gte.net/hcoa/index.htm</a></p> <div style="text-align: center; margin-top: 20px;">  </div>
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