

...

Caregiver Support: Aging & Disability Resource Centers



Hawai'i
Dementia
Initiative

...

www.hawaiidementia.org



“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

-First Lady Rosalynn Carter





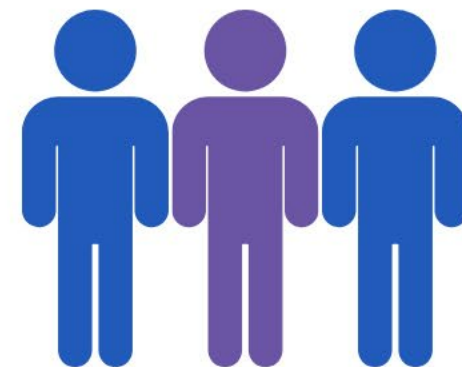
1 in 5
adults in
Hawai'i are
caregivers





1 in 3

caregivers
care for
someone living
with dementia



**You are
not alone**



Let's talk resources!

- Aging & Disability Resource Centers
- Home and Community Based Services
- Levels of Long-Term Care
- Respite Care
- Government programs
- Ways to Learn More

THIS PRESENTATION DOES NOT PROVIDE MEDICAL ADVICE. This is intended for informational purposes only. No material is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have and before undertaking a new health regimen or type of care, and never disregard professional medical advice or delay in seeking it because of something you have read here.



Aging and Disability Resource Center (ADRC)

The Hawai'i ADRC helps older adults, individuals with disabilities, and family caregivers find options for long term supports and services available to them in the State of Hawai'i.

AGING &
DISABILITY
RESOURCE
CENTER



ADRC
HAWAII

KŪPUNA CARE



AGING &
DISABILITY
RESOURCE
CENTER

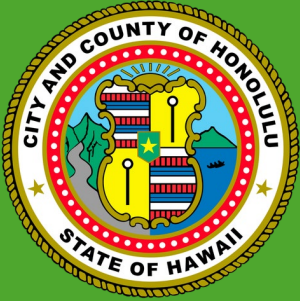


ADRC
HAWAII

Hawai'i County
Office of Aging

"Kahi Malama, A Place of Caring"

<https://www.hcoahawaii.org/>

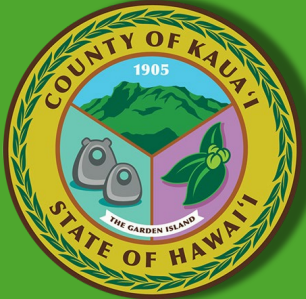


ADRC
HAWAII

AGING AND DISABILITY RESOURCE CENTER

City & County of Honolulu
Elderly Affairs Division
AGING AND DISABILITY RESOURCE CENTER

<https://www.elderlyaffairs.com/>



AGING &
DISABILITY
RESOURCE
CENTER



ADRC
HAWAII

County of Kauai
Agency on Elderly Affairs
AGING AND DISABILITY RESOURCE CENTER

<https://www.kauaiadrc.org/>



ADRC
HAWAII

AGING AND DISABILITY RESOURCE CENTER

Maui County Office on Aging
AGING AND DISABILITY RESOURCE CENTER
AN AREA AGENCY ON AGING

<https://www.mauicountyadrc.org/>

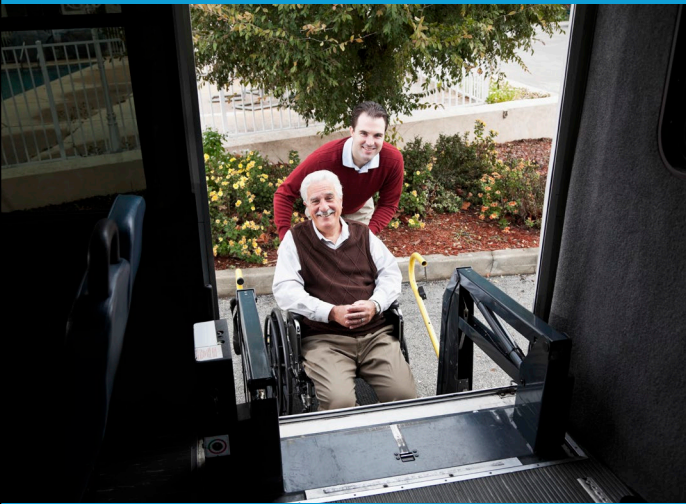
CALL

(808) 643-ADRC

(808) 643-2372



State Kūpuna Care



State
Kūpuna
Care

TRANSPORTATION

ATTENDANT CARE

CASE MANAGEMENT

HOME-DELIVERED MEALS

HOMEMAKER

CHORE

ADULT DAY CARE

PERSONAL CARE SERVICES

PARTICIPANT DIRECTED CARE



ELIGIBILITY

- 60 years of age or older
- US Citizen or a qualified alien
- Does not reside in a long-term facility
- Not covered by any comparable government service, private-pay service, or other home and community-based care service, except for other Kupuna Care services
- Has two impairments of activities of daily living (ADL) and/or instrumental activities of daily living (IADL)
- For home-delivered meals, a person must be home-bound.



1. PHONE CALL
2. BRIEF INTAKE
3. SCHEDULE INTERVIEW &
ASSESSMENT
4. DETERMINE ELIGIBILITY
5. REFERRAL TO SERVICE
PROVIDER

WHAT TO EXPECT



State
Kūpuna
Care

*There may be a waitlist for service providers.
They can provide options counseling to
alternative resources in the meantime.*

Map of Caregiver Services

Kaua'i County

- Caregiver support groups, training, educational programs and Empowered Caregiver
- Counseling: Caregivers Corner & Kupuna Corner
- Respite care

Providers:

Agency on Elderly Affairs, Alzheimer's Association, Child & Family Service, Kokua Healthcare LLC, Mastercare, Inc.

Maui County

- Caregiver support groups
- Caregiver training and 1:1 support
- Powerful Tools for Caregivers
- Savvy Caregiver (training in progress)

Providers: Maui County Office on Aging, Hale Mahaolu, Ho'okele Caregivers Maui, Kaunoa Senior Services, Legal Aid Society of Hawai'i, Maui Adult Day Care, Nā Pu'uwai

Hawai'i County

- Kupuna Caregiver Respite Program
- Home modifications
- Caregiver training, counseling, and informational services

Providers:

Hawai'i County Office on Aging, Hawai'i Island Adult Care, Caregiver Vendedored Support Pool, Hawaii County Economic Opportunity Counsel

O'ahu (City & County of Honolulu)

- Caregiver Support Groups, Educational programs and Empowered Caregiver series
- Caregiver training for City and County employees
- Caregiver Resource Handbook (in progress)
- S.H.A.R.E., R.E.A.C.H. and Savvy Caregiver

Providers: Honolulu Elderly Affairs Division, Alzheimer's Association Aloha Chapter, Kupuna Care Pair, Catholic Charities Hawai'i, Child & Family Services, Franciscan Care Services, Hawaii Family Services, Kokua Kalihi Valley, Lunalilo Home, Palolo Chinese Home, Project Dana

Statewide

- Kūpuna Care Program (includes Kūpuna Caregivers Program) supports older adults & employed caregivers
 - Services: Information and assistance, case management, respite in-home care, adult day care, home maker, personal care, home delivered meals, counseling, education and training, support groups
- Caregiver Burden Scale and cognitive screenings at intake and annually



KŪPUNA CARE



AGING &
DISABILITY
RESOURCE
CENTER

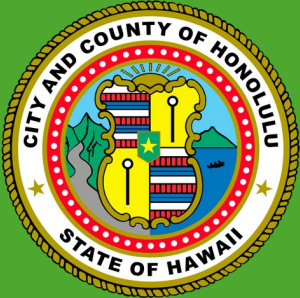


ADRC
HAWAII

Hawai'i County
Office of Aging

"Kahi Malama, A Place of Caring"

<https://www.hcoahawaii.org/>

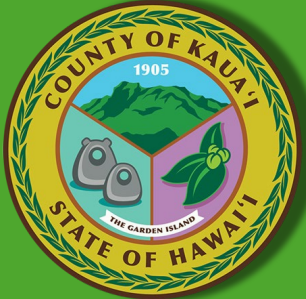


ADRC
HAWAII

AGING AND DISABILITY RESOURCE CENTER

City & County of Honolulu
Elderly Affairs Division
AGING AND DISABILITY RESOURCE CENTER

<https://www.elderlyaffairs.com/>



AGING &
DISABILITY
RESOURCE
CENTER



ADRC
HAWAII

County of Kauai
Agency on Elderly Affairs
AGING AND DISABILITY RESOURCE CENTER

<https://www.kauaiadrc.org/>



ADRC
HAWAII

AGING AND DISABILITY RESOURCE CENTER

Maui County Office on Aging

AGING AND DISABILITY RESOURCE CENTER

AN AREA AGENCY ON AGING

<https://www.mauicountyadrc.org/>

CALL

(808) 643-ADRC

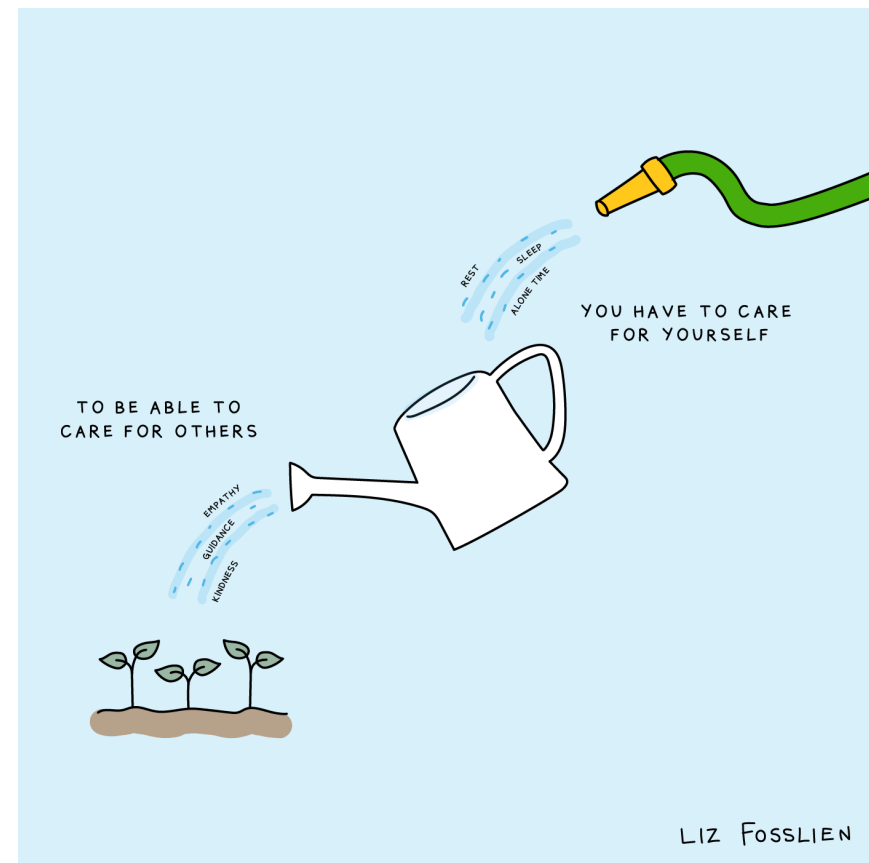
(808) 643-2372



State Kūpuna Care

What is Respite Care?

- Short-term relief for primary caregivers
- Gives you time to rest, do self-care, errands, travel, or spend time with other family and friends
- It can last anywhere from a few hours to several weeks at a time
- Where?
 - At home, in a facility, or at an adult day care center
- How is it paid for?
 - Private pay, long term care insurance, Med-QUEST long-term services and supports, or the state kupuna care program



Types of Care – While living at home



Type of Care	Examples of care	Payment
Home Care	Custodial or personal care like bathing, dressing, toileting, meals, light housekeeping, supervision, companion, grocery shopping, escort to appointments	Private pay (hourly), long-term care insurance, Med-QUEST, state kupuna care
Home Health Care	Treatment for an illness or injury at home Skilled nursing, physical / occupational / speech therapy, home health aide for bathing	Private pay, Medicare, private health insurance (e.g. HMSA), Med-QUEST
Adult Day Care	Supervision, socialization, activities, meals, minimal assistance, gentle exercise, help seniors remain engaged while promoting physical and mental health	Private pay per day, long-term care insurance, Med-QUEST, state kupuna care
Adult Day Health	Supervision, more assistance with ADLs, socialization, activities, meals, medication administration, skilled nursing care, physical therapy, health monitoring (e.g. blood glucose levels), incontinence, and support for ongoing health conditions	Private pay per day, long-term care insurance, Med-QUEST, state kupuna care
Palliative care / supportive care	Specialized medical care for people living with a serious illness; Focused on providing relief from the symptoms and stress of the illness; Improve quality of life for both the patient and the family; Specially trained care team	HMSA, Med-QUEST <i>Visit huipohala.org or kokuamau.org to learn more about palliative care.</i>

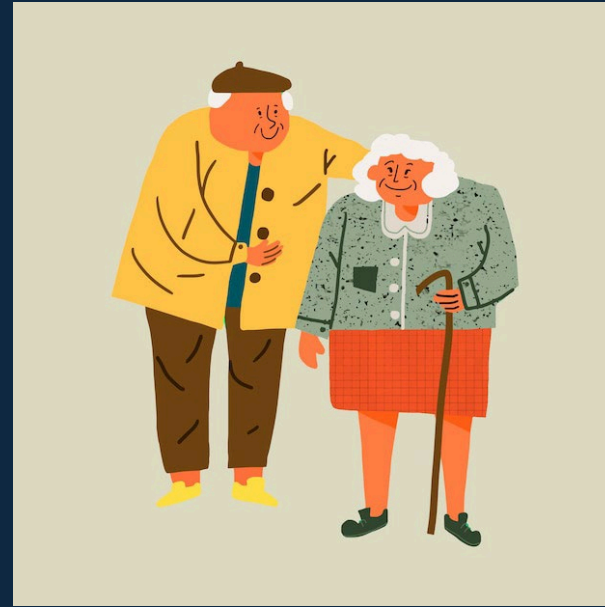
Levels of Care	Where?	Examples of care	Payment
ACUTE	Hospital	Medical or surgical care ICU, life support, injury	Medicare , Med-QUEST, private plans (e.g. HMSA)
SKILLED (SNF)	Rehab Facility	Physical therapy, occupational therapy, skilled nursing care, tube feeding, wound care	Medicare , Med-QUEST, private plans (e.g. HMSA, Kaiser, UHC, AlohaCare)
INTERMEDIATE (ICF)	Nursing Home	Usually maximum assistance, Institutional setting, Lifting, bathing, toileting, meals, activities	Private pay, Long-term care insurance, some Med-QUEST
	Foster Home	Family-home setting alternative to nursing home; Moderate assist; Case management agency required	Private pay, required to have 1 Med-QUEST client
CARE HOME (Adult Residential Care Home = ARCH)	Care Home	Usually moderate to minimal assistance with ADLs, Expanded ARCH can do skilled nursing services w/ case manager	Private pay or Long-term care insurance; Expanded ARCH can do Med-QUEST but not required
Assisted Living	Assisted Living Facility	Ambulatory or self-propel wheelchair, Supervision, bathing, medication management, etc.	Private pay or Long-term care insurance
	Independent Living Facility	Meals, laundry, activities, staff available to call for emergency	Private pay

A large American flag is the background of the image. In the foreground, a soldier in a dark uniform and a campaign hat stands on the right, saluting with his right hand. Below him, the silhouettes of a crowd of people are visible, some of whom are also saluting. On the left side of the image, there is a large blue circular graphic containing white text. Above the text, within the blue circle, is a grid of white dots.

VETERAN DIRECTED CARE (VDC)

VETERAN DIRECTED CARE (VDC)

Veterans of all ages
have the opportunity to
self-direct the services
and supports they need
to live in the
community.



Traditional Services



Veteran-Directed Services



VETERAN DIRECTED CARE (VDC)



Veteran is given a budget for services.



Veteran hires own worker to help them.



Veteran receives services from their chosen provider.

HOW IT WORKS

- 1. Veteran's Administration (VA) completes level of care assessment with the veteran.
- 2. VA Social Worker discusses options with veteran and refers to the VA VDC Coordinator.
- 3. If eligible, VA VDC Coordinator sends referral to provider (EOA).
- 4. EOA's contracted Assessors & Coaches reach out to Veteran to facilitate program.



Benefits

- Caregiver education and training
- Mental health counseling
- Certain travel benefits when traveling with the Veteran to receive care
- A monthly stipend (payment)
- At least 30 days of respite care per year.
- Free legal and financial planning assistance related to the needs of the injured Veteran.
- Access to telehealth therapy sessions

**VA PROGRAM OF
COMPREHENSIVE
ASSISTANCE FOR
FAMILY CAREGIVERS**

**CALL THE LOCAL
CAREGIVER SUPPORT
PROGRAM OFFICE
PHONE: 808-566-8384**

○ **Eligibility**

- Veteran has 70% disability rating
- Discharged from US Military
- Needs at least 6 months of continuous care
- Enrolled in VA Healthcare
- Family caregiver must be 18 years old
- Family caregiver is a relative or is living with Veteran fulltime

**VA PROGRAM OF
COMPREHENSIVE
ASSISTANCE FOR
FAMILY CAREGIVERS**

**APPLY ONLINE,
BY MAIL,
OR IN-PERSON**

FOR MORE INFORMATION

- **Call the VA helpline**
 - **Local: 808-433-0600**
 - **Toll-Free: 1-800-214-1306**
- **Call your VA Primary Care Social Worker**
- VA Pacific Islands Health Care System: www.va.gov
- No Wrong Door Website VDC Program Info
<https://nwd.acl.gov/vdc.html#vdc-resources>
- If you're already enrolled in VDC and have questions, call the Executive Office on Aging (808) 586-0100.

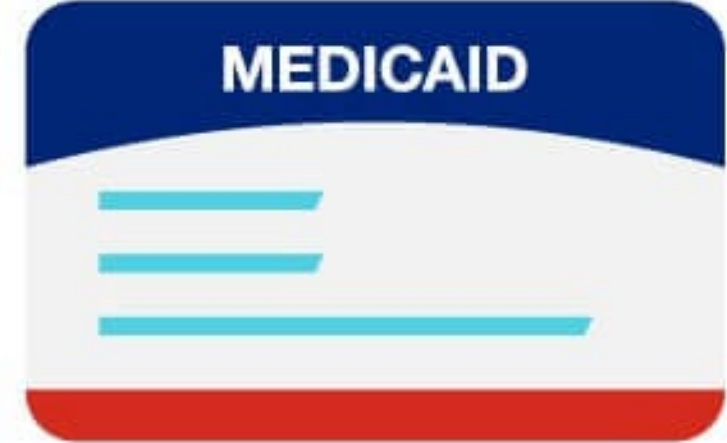
Medicare

vs

Medicaid



**Generally for people
who are 65 & older, or
who have a
qualifying disability**



**For individuals,
families, and
children with limited
income & resources**



Medicaid



Med-QUEST Division

Medicaid is a joint federal-state program that provides health coverage or nursing home coverage to certain categories of individuals, including children, pregnant women, parents of eligible children, low-income adults, former foster care children, aged, blind and disabled individuals. Med-QUEST Division was established in 1994 to administer the State's Medicaid program under title XIX of the Social Security Act.

Disclaimer: DOH, Executive Office on Aging does not implement the Medicaid program. The information shared is for understanding options that maybe available.



ALOHA CARE



KAISER PERMANENTE®



ʻohana
health plan™

Ending on December 31, 2026



United
Healthcare

HEALTH PLANS

These are the health plans participating in Med-QUEST Integration.

MED-QUEST INTEGRATION BENEFITS

Primary & Acute Care Services

- Dialysis
- Medical transportation services
- Durable medical equipment and medical supplies with prosthetics and orthotics
- Outpatient hospital services
- Emergency and post stabilization services
- Physician services
- Family planning services
- Pregnancy-related services
- Fluoride varnish for children
- Prescription drugs
- Habilitation services
- Preventive services
- Home health services
- Radiology, laboratory, and other diagnostic services
- Hospice services
- Rehabilitation services
- Inpatient hospital medical and surgical services
- Smoking cessation services
- Inpatient hospital maternity and newborn care services
- Urgent care services
- Dental (fee-for-service)
- Vision and hearing services

Behavioral Health Services

- Acute inpatient hospital for behavioral health services
- Services from qualified professionals like psychiatrists, psychologists, counselors, social workers, registered nurses, and others
- Ambulatory mental health services
- Substance abuse treatment programs
- Prescribed drugs including medication management and patient counseling
- Methadone treatment services, which include the provision of methadone or a suitable alternative (e.g., LAAM)
- Psychiatric or psychological evaluation

MED-QUEST INTEGRATION BENEFITS

Long Term Services & Support (LTSS)

- Nursing facility
- Home- and community-based services including:
 - Chore
 - Adult day health
 - Personal care
 - Adult day care
 - Personal emergency response system
- Skilled nursing
- Residential care like Community Care Foster Family Home or Expanded Adult Residential Care Home

FOR MORE INFORMATION

<https://mybenefits.hawaii.gov/>

Med-QUEST Customer Services Call Center

Oahu – (808) 524-3370

Neighbor Islands – 1 (800) 316-8005

TTY / TDD - 711

Why join a support group?

- **Connect with people who understand**
- **Share practical advice and solutions**
- **Reduce stress and emotional overload**
- **Learn about resources and options**
- **Gain perspective and reassurance**
- **Set boundaries and focus on self-care**
- **Strengthen your support network**





What is dementia?

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.



Dementia is not normal aging

TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- * **Mixed dementia:** Dementia from more than one cause

*Image courtesy of Alzheimer's Association

Dementia Caregiving

1

**It's not them.
It's the disease.**

2

Join their reality.

3

**Behavior is
communication of an
unmet need.**

4

**Reassure.
Reminisce.
Repeat.**

From Caregivers, For Caregivers

- **Self-Care Awareness**

- Recognize the importance of your own physical, mental, and emotional health.

- **Time Management**

- Prioritize tasks to maintain balance and avoid burnout.

- **Future Planning**

- Discuss care preferences and long-term options with family members. It's never too early to start the conversation.

- **Seek support for yourself too, not just the care recipient.**

Ways to Learn More – Dementia & Caregiving

- **Alzheimer's Association Hawai'i Chapter**

- <https://www.alz.org/hawaii/education-programs>
- 24/7 Helpline: (800) 272-3900
- The 24/7 helpline will connect you to a trained counselor who can provide dementia-related education, crisis assistance, emotional support and referrals to local community programs and services. The Hawai'i Chapter also offers a ton of educational workshops, caregiver programs, events and conferences.

- **Catholic Charities Hawai'i Circle of Care for Dementia**

- <https://www.catholiccharitieshawaii.org/caring-for-persons-living-with-dementia-webinars-and-presentations/>
- Senior Helpline: (808) 527-4777
- They have lots of information about dementia, trainings, webinars, programs, and online resources. Their Senior helpline can help refer to resources and enroll you in their caregiver programs like SHARE & REACH for 1:1 guidance for about caring for someone with dementia.

Ways to Learn More (Continued)

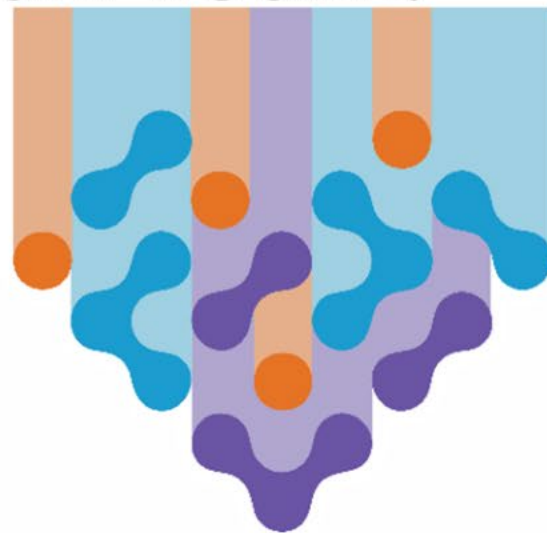
- **Positive Approach to Care / Hale Kū'ike Dementia Education Hub**
 - <https://www.halekuike.com/dementia-education-hub/>
<http://www.dorothycolby.com/>
 - A nationally-recognized dementia care training program. They use award-winning care strategies and care techniques to provide dementia education to caregivers, staff, volunteers, resident families, and the public. The local PAC Hui offers trainings and workshops to caregivers and professionals. These workshops can provide essential information on how to have a positive and meaningful relationship with loved ones living with dementia throughout their journey.
- **Alzheimer's Caregiving and The Caregivers**
 - <https://www.alzcaregiving.org/>
 - Their goal is to provide a digital community where caregivers get answers, find support and fellowship to help navigate the challenges. Lots of helpful tips and videos on their website. Caregiving kits coming out soon.

Visit hawaiidementia.org to learn more about dementia, caregiving, and brain health.

Hawai'i Dementia Initiative

Hawai'i Dementia Initiative is a coalition of people across Hawai'i who are passionate about all things dementia. We're working together to boost brain health, care for caregivers, and improve dementia care. Together, we're raising awareness, empowering with education, and spreading hope.

FIND ANSWERS TO YOUR QUESTIONS



Bringing Awareness to Dementia in Hawai'i



Alzheimer's disease is the 5th leading cause of death (CDC)



In Hawai'i, 1 in 6 adults are caregivers and nearly 1 in 3 caregivers are caring for



1 in 3 adults age 85 or older live with Alzheimer's disease



31,200 people living with Alzheimer's disease in Hawai'i

Mahalo a nui loa!

Q&A

Email: DOH.Dementia@doh.hawaii.gov

Phone: (808) 586-0100