



WORKING TOGETHER TO HELP OTHERS

PLEASE JOIN US FOR LUNCH

EVERY FOURTH MONDAY at 11:30 a.m. to 1:00 p.m.

Miyama Main Hall, Harris United Methodist Church, Nuuanu Ave. and South Vineyard Blvd.

Ample parking—driveway off Nuuanu Ave.

MONDAY, April 23, 2018

**IS ADULT DAY CARE THE KEY TO COMMUNITY-BASED
SENIOR CARE?**

SHOULD THIS BE THE CENTERPIECE OF OUR PROGRAMS?

Presentation & Q&A by Kathy Wyatt

Kathy Wyatt is a Registered Nurse, a Licensed Nursing Home Administrator, Certified Director of Nursing in Long Term Care, and Certified Administrator of Assisted Living Facilities and Adult Residential Care Homes. Ms. Wyatt is on the Kokua Council Board and is active in Kupuna Caucus. She runs a non-profit organization, Hale Hau'oli Hawaii, that is committed to meeting the needs of the elderly and their caregivers through community education programs, resources and referrals, and an adult day care.

This year there are several complementary legislative proposals dealing with both the capacity to serve vulnerable seniors, as well as quality control of residential facilities, home care and home health services, expansion of the Kupuna Caregiver program, and paid family leave. The City and County of Honolulu has determined that Adult Day Care is its highest priority.

**WE NEED TO HAVE A DIALOGUE AMONG STAKEHOLDER ON THIS
ISSUE.**

Yes, This is What We Know, and is Worth Repeating

According to the Aging and Disability Resource Center, as of November 2016 there are over 138,000 seniors aged 70 or older in Hawaii. Hawaii has the fastest growing aging population and the longest life expectancy in the United States (81 as compared to 79 on the mainland). Currently, only a fraction of these seniors seeking

resources and care services are able to get help. The need for senior services and care options will continue to grow as the population continues to age. There are many organizations that are focusing on the ever-increasing need for senior services, such as AARP, The Alzheimer's Association, the Executive Office on Aging, Aging and Disability Resource Center, and others. There are many options for senior care, such as adult day care, care homes, foster homes, home care, assisted living, and skilled nursing facilities.

The Kupuna Caregiver bill, which was passed last Jul, 2017, granted funding of a pilot program that started in February, 2018 in the amount of \$600,000. In 2018, there are proposals to increase the amount to be allocated to a continuation of this program. On Oahu this might serve only 40 families.

What Is Adult Day Care? What is It's Connection with Dementia?

Adult day care is one of the most important resources for families. It provides urgently needed respite for caregivers and it often benefits persons with dementia. The pressures of family life can be relieved by getting away sometimes to be with friends or to be alone. The person with dementia does not have this opportunity. He/she must be with the caregiver day after day, but his/her impairment does not take away from the need to have his/her own friends and time apart. The burden of this enforced togetherness may be difficult for the impaired person as well as for the caregiver.

Statistics from AARP in 2015 show that there are approximately 154,000 caregivers in Hawaii who put in about 144 million hours of care. Most family caregivers are between the ages of 30 and 64, and four in ten adults are caring for sick or elderly family members. The majority of family caregivers work outside of the home (about 80%). Even those caregivers that are not working need respite from their caregiving responsibilities, time to run errands or just go out with friends, but don't want to leave their elderly at home alone.

Caregivers know that their loved ones want to "age in place" in their homes and communities, and with their families. A 2011 survey by AARP showed that nearly 90% of people over the age of 65 wanted to stay home for as long as possible. Living at home and staying in a familiar community may offer benefits to the emotional wellbeing of seniors.

Adult Day Care offers caregivers the respite and help with care and personal support they need to refuel and continue to give the family their best. Adult day care is one of the fastest growing segments of our aging industry. It is also the most economical option for senior care as shown in a Cost of Care Survey in 2017 by Genworth and featured in Generations Magazine.

WHAT IS AN ADULT DAY CENTER?

- An Adult Day Care Center is *a non-residential facility* that supports health, nutrition, physical exercise, entertainment and socialization, stimulating both mind and body. Of course, to create a facility costs \$\$ over and above programs.
- Adult Day Care Centers may help *delay admission to residential long term care facilities*. For participants who would otherwise stay at home alone, who can no longer manage independently, or who are isolated and lonely, the social stimulation and recreational activities may improve or maintain physical and cognitive function.
- Adult Day Care Centers *allow the participant to stay in his or her community while the caregiver goes to work and it gives the participant a break from the caregiver*. They provide needed social interaction and greater structure to the participant's daily activities. For caregivers, Adult Day Care Centers provide respite care, enabling caregivers to work or to have a break from their caregiving responsibilities.

KEY Services and activities that are provided for the participants. To some extent these overlap with other types of programs.

- 1. Assistance with eating, taking medications, toileting and walking**
- 2. Social Activities Educational programs**
- 3. Mental stimulation**
- 4. Relaxation Techniques Health Monitoring (Vital signs, Meal and Fluid Intake)**
- 5. Exercise programs**
- 6. Arts and Crafts**
- 7. Cooking demonstrations**
- 8. Field Trips**
- 9. Games**
- 10. Holiday and Birthday Parties**
- 11. Pet Therapy**
- 12. Music Therapy**

How does this fit into the matrix of other services? Of facilities? Of Kupuna Care? Of regulations of AIPs? Of Home Care Agencies? Does Day Care rise to the level of a top priority?



Kokua Council for Senior Citizens of Hawaii Education Fund, Inc.

20 South Vineyard Blvd.

Honolulu, HI 96813

<http://www.kokuacouncil.org>

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Who Are We?

The **Kokua Council** is one of Hawaii’s oldest advocacy groups. There is a \$10.00 annual membership to defray printing and postage costs. At each meeting, topical issues are presented for discussion and possible action. We embrace diversity and extend a special invitation to any senior or intergenerational minded individual interested in advocating for these important issues in Hawaii.” All are welcome. **WHEN:** 4th Monday of every month, 11:30 a.m. to 1:00 p.m. **WHERE:** Harris United Methodist Church @ Nuuanu & South Vineyard Blvd., Ample parking and a light lunch are provided for \$5.00 Donation. **REACH US:** c/o Harris United Methodist Church, 20 South Vineyard Blvd, Honolulu, Hawaii 96813

Mission: “Kokua Council advocates and seeks to empower seniors and other concerned citizens to be effective advocates in shaping the future and well-being of our community, with particular attention to those needing help in advocating for themselves.”

YOUR 2018 OFFICERS AND BOARD MEMBERS

Board and attending community members elected the 2017 Kokua Council Officers and Board Members. Officers: President – Jim Shon, 282-1509; Secretary – Kathy Wyatt; VPs: Barbara Service and Lila Mower, Treasurer – Barbara Service, 352-7779.

Board Members: Charles Carole; T. J. Davies, tjdavies@juno.com ; Larry Geller, 540-1928; Lila Mower, Barbara Service, Helen Wagner, Emeritus: Sam Cox, Richard Miller.

Website: www.kokuacouncil.org

JOIN KOKUA COUNCIL!

Yes! I want to join Kokua Council. Here are my annual dues and my contact information. I understand that my phone number will be added to the Kokua Phone Tree and I will receive the monthly newsletter and occasional e-mails. Our fiscal year starts in January. Please make checks payable to **Kokua Council**.

Individual Member __ \$10.00 **Life Member** __ \$100.00 **Organizational Member** __ \$25.00

Donations: 501(c)(4) Advocacy _____ Education Fund: 501(c)(3) _____ (Tax Deductible) Date _____

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Mail to: Treasurer, Kokua Council, Harris United Methodist Church, 20 So. Vineyard Blvd, Honolulu, HI 96813