



Dear Kauai Resident,

It is with great pleasure that the Charity Visitor Industry Walk joins the Alzheimer's Association in conjunction with the County of Kauai Agency on Elderly Affairs in presenting the Senior Information and Resource Directory to you.

This 2008-2009 edition includes information that will be helpful to you. It categorizes and lists the public and private resources in the community that provide services to benefit older adults and family caregivers. A glance at the table of contents will give you an idea of the many types of services that are covered, such as finances, transportation, family support, respite, and end-of-life issues.

We hope that you will find this directory useful. Please inform your friends and neighbors about this resource and encourage them to visit a senior center, call the County of Kauai Agency on Elderly Affairs or call the Alzheimer's Association for their own copy.

Aloha,

A handwritten signature in black ink, appearing to read 'Doug Sears', is positioned below the word 'Aloha'.

Doug Sears  
Chairperson, HHLA- Kauai

**Bryan J. Baptiste**  
Mayor



**Ludvina K. Takahashi**  
Executive on Aging

**Gary K. Heu**  
Administrative Assistant

COUNTY OF KAUAI  
**AGENCY ON ELDERLY AFFAIRS**

Aloha,

I am very pleased to present the Senior Information and Resource Directory for Kauai. The directory is a guide to programs and services for elders, caregivers and families.

It is with deep appreciation that I acknowledge the Hawaii Hotel and Lodging Association – Kauai Chapter Charity Visitor Industry Walk for its generous financial support of this directory and the Alzheimer’s Association for its support to produce and distribute – free of charge – this invaluable resource used widely throughout our community.

I also encourage you to visit our website [www.kauai.gov/elderly](http://www.kauai.gov/elderly) or our office at the Piikoi Building on 4444 Rice Street, Suite 330 in Lihue. Please feel free to call us at the Agency on Elderly Affairs 241-4470 for personalized assistance if you have questions about senior or caregiver issues.

Kealoha Takahashi  
Executive on Aging



Aloha, Kakou!

Knowing what resources are available and how to access them can be a valuable tool as we navigate through the senior years. The 2008-2010 Kauai Senior Resource and Information Directory is an excellent, quick, easy-to-use guide to programs, services for elders, caregivers and families.

A heartfelt mahalo nui loa to the Hawaii Hotel and Lodging Association – Kauai Chapter Visitor Industry Walk for their generosity and to the County of Kauai Agency on Elderly Affairs for support and guidance. There were many agencies, organizations and volunteers who gave freely of themselves to make this directory possible – and to them we extend our gratitude.

The State of Hawaii has the distinction of having one of the fastest growing elderly populations in the United States. While there are challenges that come with aging, also comes a greater sense of understanding, experience and the wisdom of a life well lived. Our greatest resource is our elders and this directory is dedicated to their honor.

The Alzheimer's Association has provided help and hope to all those affected by Alzheimer's disease and related disorders since 1982. Through our 24/7 Contact Center, Information and Referral, What Now? Caregiver Orientation Series, Care Consultation, Caregiver Workshops and Community Presentations, Support Groups, MedicAlert®+Safe Return® Program, and the Maintain Your Brain™ - Healthy Brain Aging Program, we support individuals, families, caregivers and the community.

Please visit our website [www.alz.org/hawaii](http://www.alz.org/hawaii) or our office at 4303 Rice Street, C2 in Lihue. Or call us at 245-3200 or toll free at 1.800.272.3900. Help is only a phone call away.

Aloha pumehana,

Janet Eli

President & Chief Executive Officer



**County of Kauai Agency on Elderly Affairs is responsible for planning and funding services and programs to meet the needs of Kauai’s seniors. The Agency on Elderly Affairs channels federal, state and county funds into contracts with public and private agencies which provide the following services:**

- |   |                                 |
|---|---------------------------------|
| <b>Legal Services</b>                       | <b>Outreach</b>                 |
| <b>Homemaker Services</b>                   | <b>Personal Care</b>            |
| <b>Respite</b>                              | <b>Adult Day Health</b>         |
| <b>Transportation</b>                       | <b>Friendly Visiting</b>        |
| <b>Caregiver Counseling</b>                 | <b>Nutrition Program</b>        |
| <b>Telephone Reassurance</b>                | <b>Case Management</b>          |
| <b>Exercise Program</b>                     | <b>Information and Referral</b> |
| <b>Retired and Senior Volunteer Program</b> |                                 |

**AEA also:**

- Advocates for the needs of the elderly**
- Provides legislative testimony**
- Sponsors educational seminars**
- Promotes annual events**
- Participates in National and local grants for new programs and services**

**County of Kauai Agency on Elderly Affairs  
4444 Rice Street Suite 330  
Lihue, HI 96766  
(808)-241-4470**

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All information in this directory can change with new addresses and phone numbers. It strives to be complete and correct when published. If you find there are changes or corrections please let us know.

# **Food**

For Food Stamps, see **Financial Assistance** page 42.

## **Food Banks and Pantries**

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**Kauai Foodbank** **246-3809**  
3285 A Waapa Rd. Lihue 96766 [www.kauaifoodbank.org](http://www.kauaifoodbank.org)

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

**Aloha Church (Lihue)** **241-7177**  
3rd Friday of the month, 10 a.m. – 12 p.m.  
Every Friday, 10:30 a.m. – 12 p.m. (Breads and Pastries)

**Church of the Pacific (Princeville)** **826-6481**  
Thursday, 7:45 a.m.

**Hale Hoomalu (Kapaa)** **821-2520**  
Note: Family referrals only!  
Tuesday, 2 p.m. – 5 p.m., Wednesday, Noon - 3 p.m.

**Kalaheo Missionary Church** **332-9312**  
Last Wednesday of the month, 1 – 2 p.m.

**Lihue Court Town Homes** **246-6997**  
Monday, 2 p.m. – 3:30 p.m.

**Nana's House (Waimea)** **338-0252**  
Monday & Friday, 10 a.m. – 12p.m.  
Monday, Tuesday & Thursday, 1 p.m. – 4 p.m.

**New Hope Christian Fellowship (Kapaa)** **823-6958**  
3rd Sunday of the month, 9:30 a.m. – 12 p.m.



- 
- Salvation Army (Hanapepe)** **332-5441**  
 Every Tuesday, 12 p.m. – 1:30 p.m.  
 Kokua Kitchen (Hot Meal): Monday, 5 p.m. – 6 p.m.
- Salvation Army (Lihue)** **245-2571**  
 Tuesdays & Thursdays 2 p.m. - 2:30 p.m.  
 Tuesday, 5p.m. – 6 p.m. & Thursday, 11:30 a.m. (Hot Meal)
- St. Raphael's Church** **742-1955**  
 Koloa - call to schedule pickup
- Thy Word Ministries (Lihue)** **821-8851**  
 Last Sun. of the month, 11 a.m. – 11:30 a.m. (Hot meal also)
- Waimea United Church of Christ** **338-9962**  
 4th Wednesday of the month, 9 a.m.
- West Kauai Interchurch Food Pantry** **335-3505**  
 Last Wednesday of the month, 9 a.m. – 10 a.m.

## **Meals**

Group dining sites and home-delivered meals

- Home Delivered Meals – KEO** **245-4077**  
 2804 Wehe Rd. Lihue 96766
- Ke Ola Pono No Na Kupuna** **248-1720**  
 Alu Like for Native Hawaiians 60 and older  
 2970 Haleko Rd. Ste. 205 Lihue HI 96766
- Anahola Clubhouse** **651-7004 or 651-7005**  
 3900 Kawelo St. Anahola 96703
- Waimea Plantation** **651-7004 or 651-7005**  
 9400 Kaumualii Hwy. Waimea 96796

## **Nutrition Sites**

- Hanapepe Neighborhood Center** **335-3731**  
 4451 Puolo Rd. Hanapepe 96716

<b>Kalaheo Neighborhood Center</b> 4480 Papalina Rd. Kalaheo 96741	<b>332-9770</b>
<b>Kaunakani Neighborhood Center</b> 2301 Kaunakani Rd. Kaunakani 96747	<b>335-5770</b>
<b>Kekaha Neighborhood Center</b> 8130 Elepaio Rd. Kekaha 96752	<b>337-1671</b>
<b>Kilauea Neighborhood Center</b> 2460 Keneke St. Kilauea 96754	<b>828-1421</b>
<b>Koloa Neighborhood Center</b> 3461 Weliweli Rd. Koloa 96756	<b>742-1313</b>
<b>Lihue Neighborhood Center</b> Eono St. Lihue 96766	<b>241-6858</b>
<b>Waimea Neighborhood Center</b> 4556 Makeke Rd. Waimea 96796	<b>338-1122</b>

## **Basic Needs – Housing**

Most 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 greatly. For independent seniors, there are retirement residences and low-income senior housing. These units have minimum age restrictions which typically range from 55 for retirement residences to 62 for low-income senior rentals.

For those who need help with activities of daily living, options include getting help to provide in home assistance (page 30) or residing in an Adult Residential Care Home (ARCH) or Assisted Living Facility.

For those with greater needs, entry to a Skilled Nursing or Intermediate Care Facility, also known as “nursing homes”, Expanded ARCH or Foster Family Home may be necessary. Refer to the Residential Options for Hawaii’s Seniors Guidebook ([www.hacm.net](http://www.hacm.net)).

## **Home Improvement**

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Home modifications such as walk-in showers, grab bars, better lighting and lever door handles may allow a person who is increasingly frail to remain in their home. For more ideas on how homes may be modified see [www.aarp.org/families/home\\_design](http://www.aarp.org/families/home_design)

**Residential Rehabilitation Loans** **241-4427**  
**Kauai County Housing Agency**  
 4444 Rice St. Ste.330 Lihue 96766

## **Housing Search and Information**

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

**County of Kauai Housing Agency – Sec. 8** **241-4440**  
 4444 Rice St. Ste.330 Lihue 96766

**KEO – Kauai Economic Opportunity Inc.** **245-4077**  
 Short term - Transitional Housing  
 2804 Wehe Rd. Lihue 96766

## **Elderly and Multifamily Housing**

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**Hawaii Public Housing Authority** **821-4415**  
 P.O. Box 650 Kapaa 96746

Kapaa(Mahelona) Elderly Project - Hale Nana Kai O Kea  
 4850 Kawaihau Rd. Kapaa 96746

Kilauea Elderly Project - Hale Hoolulu  
4264 Ala Muku Pl. Kilauea 96754

Port Allen Elderly Project - Hale Hoonanea  
4401 Waialo Rd. Eleele 96705

Waimea Elderly Project - Homenani  
9791 Laau Rd. Waimea 96796

**Hale Kupuna Elderly Housing** **332-5110**  
2362 Puu Rd. Kalaheo 96741

**Kalepa Village** **246-4481**  
4535 Kalepa Circle Lihue 96766

**Kekaha Plantation Elderly Housing Project** **337-1850**  
8215 Elepaio Rd. Kekaha 96752

**Koloa Hale Ohana** **742-9440**  
3985 Ohuohu Rd. Koloa 96756

**Lihue Court Townhomes** **245-5045**  
4160 Hoala St. Lihue 96766

**Lihue Gardens Elderly** **245-7110**  
3120 Jerves St. Lihue 96766

**Lihue Theater Apartments** **245-6699**  
3-3194 Kuhio Hwy. Lihue 96766

**Paanau Village** **742-8655**  
Koloa 96756

**Plantation Traditional Living** **338-1900**  
Waimea 96796

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## **Retirement and Assisted Living Residences**

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Retirement residences are for independent living, often with amenities as housekeeping and dining rooms. Assisted Living Residences add the component of intermittent personal care. Some facilities offer special dementia units.

**Regency at Puakea** **246-4449**  
2130 Kaneka St. Lihue 96766

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## **Nursing Facilities**

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These are long-term care facilities that provide intermediate and skilled care to persons who require nursing services. Concerns may be discussed with the Long Term Care Ombudsman at 274-3141 press 6-0100. Complaints for improper hospital or nursing home discharge procedures may be reported to the Office of Health Care Assurance at 1-808-586-4080.

**Garden Isle Healthcare** **245-1802**  
3420 Kuhio Hwy. – Second Floor - Lihue 96766

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

**Kauai Care Center** **338-1681**  
[www.regencypacificinc.com/Kauai\\_Care/](http://www.regencypacificinc.com/Kauai_Care/)  
P.O. Box 507 9611 Waena Waimea 96796

**Kauai Veterans Memorial Hospital** **338-9431**  
Waimea Canyon Rd. Waimea 96796

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

## **Residential Care Home and Foster Homes**

Adult Residential Care Homes (ARCH), Expanded ARCH and Foster Family Homes provide shelter, supervision, and care for persons needing help with daily living activities. ARCH and Expanded ARCHs are regulated and licensed by State Department of Health Office of Health Care Assurance. Their website for additional information is <http://www.state.hi.us/health/elder-care/healthassurance/index.html>.

Foster Homes or Residential Alternatives to Community Care Program (RACCP) Homes are regulated by the State Department of Human Services. Refer to Residential Options for Hawaii's Seniors Guidebook, available online at [www.hacm.net](http://www.hacm.net) for more details.

Licensed ARCHs and Expanded ARCHs can be a large facility with many residents or a private home in a residential community licensed for up to 5 persons. Some offer specialized care, such as for person's with Alzheimer's disease. Costs vary greatly depending on amenities and the amount of care provided.

When choosing a residential facility it is a good idea to interview the caregivers and residents, observe the condition of the physical and social environment, understand the rules on visiting hours, etc. You should also ask the ARCH operator for the most recent survey/inspection findings done by the licensing agency.

For assistance in choosing an ARCH, see Case Management page 22.

For information regarding ARCH and for concerns about a facility call the Long Term Care Ombudsman at 274-3141 press 6-0100.

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## **Basic Needs – Transportation**

### **Driver Information**

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#### **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.

[www.aarp.org/life/drive/driveded](http://www.aarp.org/life/drive/driveded)

#### **Driver's License and Motor Vehicle Registration**

4444 Rice St. Lihue 96766

Driver Licensing Bldg. A Ste. 480 **241-6550**

Motor Vehicle Licensing Bldg. A Ste. 466 **241-6577**

#### **Older Driver Information Websites**

These websites provide information regarding older persons and safe driving.

AAA Foundation for Traffic Safety [www.seniordrivers.org](http://www.seniordrivers.org)

American Occupational Therapy Association

[www.aota.org/olderdriver](http://www.aota.org/olderdriver)

The Hartford [www.thehartford.com/talkwitholderdrivers](http://www.thehartford.com/talkwitholderdrivers)

### **Local Transportation and Passes**

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#### **Akita Enterprises** **245-5344**

2960 Aukele St. Lihue 96766

#### **County of Kauai Transportation Agency**

#### **The Kauai Bus** **241-6410**

3220 Hoolako St. Lihue 96766

Application for qualified persons for door to door service

#### **Persons with Disabilities Parking Permit** **241-6550**

County of Kauai Dept. of Finance Driver's License Division  
4444 Rice Street Bldg. A Room 480 Lihue 96766

# **Community Services**

## **Information and Referral**

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**Adult Protective Services** **241-3337**  
**Dept of Human Services**  
4370 Kukui Grove Ste. 205 Lihue 96766

**Aloha United Way 211 Hotline**  
**211**

**Information and referral for resources** **1-808-536-1951**  
[www.auw.org](http://www.auw.org)

Statewide - 24 hours a day, 7 days a week  
200 N. Vineyard Blvd. Ste. 700 Honolulu 96817

**Alzheimer's Association 24/7 Helpline** **245-3200**  
[www.alz.org/hawaii](http://www.alz.org/hawaii) 1.800.272.3900 TDD:

4303 Rice St. C- 2 Lihue 1.866.403.3073

State & nation wide – 24 hours a day, 7 days a week  
Provides reliable information and support to all those who need assistance. Serves people with memory loss, caregivers, health care professionals and the public. Highly trained and knowledgeable staff can help with: understanding memory loss, dementia and Alzheimer's; medications and other treatment options; general information about aging and brain health; skills to provide quality care and to find the best care from professionals; legal, financial and living-arrangement decisions. Also features confidential care consultation provided by master's level clinicians who can help with decision-making, support, crisis assistance and education on issues families face every day; help in a caller's preferred language using our translation service that features over 140 languages and dialects; referrals to local community programs, services and ongoing support.



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**Better Business Bureau of Hawaii, Inc** 1-877-222-6551  
[www.hawaii.bbb.org](http://www.hawaii.bbb.org)  
1132 Bishop St. Ste. 615 Honolulu 96813

**County of Kauai Agency on Elderly Affairs** 241-4470  
4444 Rice St. Ste 330 Lihue 96766

## **Personal Identification**

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**Alzheimer's Association** 245-3200  
[www.alz.org/hawaii](http://www.alz.org/hawaii) 1-888-572-8566  
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.

**County of Kauai Agency on Elderly Affairs** 241-4470  
Photo I.D. for persons 60 and over  
4444 Rice St. Ste. 330 Lihue 96766

**State ID – Governor's Liaison Office** 274-3100  
Official Hawaii State Identification Card  
3060 Eiwa Room 106 Lihue 96766  
[www.stateid.hawaii.gov](http://www.stateid.hawaii.gov)

## **Senior Centers**

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**County of Kauai Department of Parks and Recreation**  
Recreation, education, social support, 241-4460  
and volunteer activities for independent older adults.

**Hanapepe Neighborhood Center** 335-3731  
4451 Puolo Rd. Hanapepe 96716

<b>Kalaheo Neighborhood Center</b> 4480 Papalina Rd. Kalaheo 96741	<b>332-9700</b>
<b>Kapaa Neighborhood Center</b> 4491 Kou St. Kapaa 96746	<b>822-1931</b>
<b>Kaumakani Neighborhood Center</b> 2301 Kaumakani Rd. Kaumakani 96747	<b>335-5770</b>
<b>Kekaha Neighborhood Center</b> 8130 Elepaio Rd. Kekaha 96752	<b>337-1671</b>
<b>Kilauea Neighborhood Center</b> 2460 Keneke St. Kilauea 96754	<b>828-1421</b>
<b>Koloa Neighborhood Center</b> 3461 Weliweli Rd. Koloa 96756	<b>742-1313</b>
<b>Lihue Neighborhood Center</b> 3353 Eono St. Lihue 96766	<b>241-6858</b>
<b>Waimea Neighborhood Center</b> 4556 Makeke Rd. Waimea 96796	<b>338-1122</b>

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## **Volunteer Opportunities**

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<b>Alzheimer's Association</b> 4303 Rice St. C-2 Lihue 96766	<b>245-3200</b>
<b>Foster Grandparents Program</b> Department of Human Services 4370 Kukui Grove St. Ste. 205 Lihue 96766	<b>241-3355</b>
<b>Friendly Visiting/Telephone Reassurance</b> 4444 Rice St. Ste. 330 Lihue 96766	<b>241-4476</b>

**Project Dana** 245-6262  
Lihue Hongwanji Mission

**Retired and Senior Volunteer Program(RSVP)** 241-4479  
4444 Rice St. Ste. 330 Lihue 96766

**Senior Companion Program**  
County of Kauai Agency on Elderly Affairs 241-4476

**Volunteer Guardian Ad Litem/Volunteers in Public Service**  
**Judiciary/Family Court of the 5<sup>th</sup> District** 482-2300  
3970 Kahona St. Lihue 96766

# **Education**

## **Learning Opportunities**

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**Focus on Mature Learning** **245-8318**

**Office of Continuing Education and Training (OCET)**

**Kauai Community College**

3-1901 Kaumualii Hwy. Lihue 96766

A wide range of educational and social activities aimed at the mature learners. Many of the events are linked to cultural events at Kauai Community College Performing Arts Center.

**Kauai Community College** **245-8311**

3-1901 Kaumualii Hwy. Lihue 96766

**Kauai Community School – Adult Education** **274-3390**

3607A Lala Rd. Lihue 96766

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## **Family Support**

This section describes programs and services that promote quality of life by providing assistance which supplements the care and support for frail elders that is generally provided by families.

If you help an older friend or family member with trips to medical appointments or the grocery store, or help with their grooming or household chores, then you are a family caregiver. Too often family members think that only people they hire are caregivers. They don't think of getting assistance until they burn out. By using services and getting support early, you can reduce your stress level and keep yourself healthy so that you can continue in your important role.

Often people think of nursing homes when they hear the term long-term care (LTC). However LTC includes any type of ongoing service an elder would need to sustain quality of life, including services provided in home by family members or agencies.

Medical insurance (such as Medicare) will usually only cover skilled nursing care for a limited time. LTC may cover additional skilled nursing care and custodial care which includes assistance with activities of daily living such as bathing, dressing, and toileting.

Refer to A Shopper's Guide to LTC Insurance from the National Association of Insurance Commissioners, online: [www.ltcfeds.com/documents/files/NAIC\\_Shoppers\\_Guide.pdf](http://www.ltcfeds.com/documents/files/NAIC_Shoppers_Guide.pdf)

## Caregiver Education

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See also Support Groups, page 27. Go to [www.elderlyaffairs.com](http://www.elderlyaffairs.com) for Family Caregivers Guide.

**Alzheimer's Association** **245-3200**

Caregiver orientation and educational programs for families and individuals facing Alzheimer's and related disorders, as well as community members. Caregiver University™ training for professional caregivers.  
4303 Rice St. C-2 Lihue 96766

**American Red Cross** **245-4919**

4371 Puaole St. Lihue 96766

**Caregiver Counseling and Training Program** **821-8049**

Olson Healthcare Consulting  
Regularly scheduled family caregiver training

**CPR Awareness – John Tyler Associates** **635-7062**

[www.jtacpr.com](http://www.jtacpr.com) PO Box 76 Anahola 96703

**Ohana Caregiver Support Group** **245-5914**

Grandparents Raising Grandchildren  
Child and Family Services - Post Permanency Service

## Case Management

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Case managers help with coordinating care for the needs of a frail or disabled elderly person. They develop care plans based on individual needs, coordinate service delivery, and monitor progress. Some also specialize in helping elders get placed into long-term care facilities. It is a good option for long distance caregivers and those who have limited time. Case managers may be Licensed Social Workers (LSW), Registered Nurses(RN) etc. Make sure to ask for qualifications.

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<b>County of Kauai Agency on Elderly Affairs</b> 4444 Rice St. Ste. 330 Lihue 96766	<b>241-4470</b>
<b>Department of Human Services – Adult and Community Care Services</b> <a href="http://www.hawaii.gov/dhs">www.hawaii.gov/dhs</a> For Medicaid eligible	<b>241-3337</b>
<b>Department of Health Public Health Nursing</b> 3040 Umi St. Lihue 96766	<b>241-3387</b>
<b>Hoola Lahui Hawaii Kauai Community Health Center</b> 4491 Rice St. # 6 Lihue 96766	<b>240-0100</b>
<b>Malama Pono</b> 4357 Rice St. Lihue 96766 Support services for people with HIV	<b>246-9577</b>
<b>Veteran’s Affairs</b> 3-3397 Kuhio Hwy. Lihue 96766	<b>246-0497</b>
<b><u>Fee for Service Agencies</u></b>	
<b>Hawaii HealthCare Professionals</b> 4359 Kukui Grove Ste. 202 Lihue 96766	<b>245-7211</b>
<b>Mastercare</b> 4180 Rice St. #107-B Lihue 96766	<b>246-9116</b>
<b>Na Kahu Malama Nurses</b> 1357 Kapiolani Blvd. #850 Honolulu 96814	<b>1-800-733-9021</b>
<b>Nursefinders</b> 3170 B Jerves St. Lihue 96766	<b>245-5841</b>

## **Emergency Alert Systems**

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Personal Emergency Alert systems attach to a home telephone and will call your designated number when the wireless unit (worn on the person) is activated. Such devices may be useful for elders who live alone.

**Alert Alarm** **245-4243**

[www.alertalarmhawaii.com](http://www.alertalarmhawaii.com)

3269 Poipu Rd. Koloa 96756

**Hawaii Healthcare Professionals** **245-7211**

Response Link

**Kupuna Monitoring Systems - Lifeline** **1-808-721-1201**

**Lifeline Hawaii Services** **1-888-409-8449**

Catherine Paterson

652-7372

## **Exercise for Seniors**

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Check with your health insurance plan or local clinic to see what they have to offer.

**County of Kauai Dept of Parks and Recreation** **241-4460**

**EnhanceFitness** **241-4470**

County of Kauai Agency on Elderly Affairs

4444 Rice St. Ste. 330 Lihue 96766

**Kauai Athletic Club** **245-5381**

4370 Kukui Grove St. Lihue 96766

**Curves for Women**

Lihue

**245-7970**

Eleele

**335-5757**

**Fun Fitness** **822-4111**



**Ohana YMCA** **246-9090**  
Senior swim classes, exercise and recreation programs

**YWCA** **245-5959**  
3094 Elua St. Lihue 96766

### **Respite – Adult Day Health**

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Adult Day Health programs are for those who require a higher level of care. This could include health assessments, administration of medication, or care coordination.

**Wilcox Adult Day Health** **246-6919**  
2943 Kress St . - Lihue 96766

A supervised daytime program for disabled adults and frail elderly in a supportive and protective environment. The daily program provides clients with a variety of therapeutic activities to maintain or improve the functional level of the clients they serve.

### **Respite – In Home**

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Temporary relief for caregivers provided in the home.

**Project Dana** **245-6262**  
Lihue Hongwangi Mission

**Senior Companion Program**  
County of Kauai Agency on Elderly Affairs **241-4476**

### **Fee for Service Agencies**

**Hawaii HealthCare Professionals** **245-7211**  
4359 Kukui Grove Ste. 202 Lihue 96766

**Mastercare** **246-9116**  
4180 Rice St. #107-B Lihue 96766

**Na Kahu Malama Nurses** **1-800-733-9021**  
1357 Kapiolani Blvd. #850 Honolulu 96814

**Nursefinders** **245-5841**  
3170 B Jerves St. Lihue 96766

## **Respite – Other**

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This section lists other providers of temporary relief for caregivers, including overnight stays in facilities. Allow ample time in advance when making reservations at a center. Some care homes also provide respite care, see page 14.

**Regency at Puakea** **246-4449**  
2130 Kaneka St. Lihue 96766

**Veteran's Outpatient Clinic** **246-0497**  
3-3367 Kuhio Hwy. Ste. 200 Lihue 96766

## **Support Organizations**

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Call 211 for more organizations.

**Al-Anon** **246-1116**  
PO Box 2187 Kapaa 96746

**Alcoholic Anonymous** **245-6677**  
PO Box 3606 Lihue 96766

**Alzheimer's Association** **245-3200**  
**24/7 call 1.800.272.3900**  
4303 Rice St. C-2 Lihue 96766

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<b>American Cancer Society</b> 4371 C Puaole St. Lihue 96766	<b>245-2942</b>
<b>American Heart Association</b> PO Box 1214 Lihue 96766	<b>245-7311</b>
<b>American Lung Association</b> 2992 Umi St Lihue 96766	<b>245-4142</b>
<b>American Stroke Association</b> PO Box 1214 Lihue 96766	<b>245-7311</b>
<b>Brain Injury Support Group</b>	<b>639-1571</b>
<b>Malama Pono</b> 4357 Rice St. Lihue 96766 Case management and services for people with HIV	<b>246-9577</b>

### **Support Groups – Caregivers only**

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<b>Alzheimer’s Association</b> 4303 Rice St. C-2 Lihue 96766	<b>245-3200</b>
<b>Family Caregivers</b>	<b>821-8049</b>
<b>Kumu Kahi</b> <b>Native Hawaiian Caregiver Support Group</b>	<b>245-8545</b>
<b>North Shore Caregivers Support Group</b>	<b>828-6417</b>
<b>Ohana Caregiver Support Group</b> Grandparents Raising Grandchildren Child and Family Services - Post Permanency Service	<b>245-5914</b>
<b>Westside Caregivers</b>	<b>821-8049</b>

## **End of Life Services**

### **Advance Directives**

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Formerly known as “Living Wills.” You can let your family and physician know what kind of treatment you want in the event you cannot speak for yourself. You can also designate someone to make decisions on your behalf if you become incapacitated. You get these forms from most hospitals, health care organizations, many attorneys’ offices or from UHELP. Also refer to Deciding “What If?” publication from UHELP available at [www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp).

Other documents, including Comfort Care Only/Do Not Resuscitate I.D. bracelets or necklaces, give instructions to health care personnel in emergencies. Forms may be obtained from the Emergency Medical Services Section, State Department of Health at 241-3387. Or download at: [www.hawaii.gov/health/family-child-health](http://www.hawaii.gov/health/family-child-health).

### **Seniors Law Program**

**246-8868**

4375 Puaole St. Ste. A Lihue 96766

### **Bereavement Counseling and Support**

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If a loved one is in a hospital, talk with the chaplain or social worker. Also, contact your own religious organization or see listing for “Counselors,” “Psychologists,” and “Psychotherapists” in the Yellow Pages.

### **Kauai Hospice**

**245-7277**

4457 Pahee St. Lihue 96766

## **Funeral and Memorial Services**

Also see Yellow Pages “Funeral Directors.”

### **Med-Quest Division**

**241-3575**

Department of Human Services

Will determine eligibility for funeral payments. Must be Medicaid eligible.

### **U.S. Department of Veterans Affairs**

**1-800-827-1000**

Burial benefits for veterans

[www.cem.va.gov/CEM/bbene\\_burial.asp](http://www.cem.va.gov/CEM/bbene_burial.asp)

## **Hospice**

Medicare covered services include pain control, comfort and counseling for those facing the advancing stages of terminal illnesses. Care is provided in patient’s home and other settings and may include respite for caregivers.

### **Kauai Hospice**

**245-7277**

4457 Pahee St. Lihue 96766

## **Organ or Body Donation**

### **John A Burns School of Medicine -University of Hawaii**

Willed Body Program

**1-808-692-1445**

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

651 Ilalo St. Honolulu 96813

### **Organ Donor Center of Hawaii**

**1-877-855-0603**

1149 Bethel St. Ste. 801 Honolulu 96813

[www.organdonorhawaii.com](http://www.organdonorhawaii.com)

## **In Home Assistance**

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It is sometimes difficult for elders to accept in-home assistance. They may not want strangers in their home, deny the need, or believe that accepting help means the next step is a nursing home. However, this assistance may delay or avoid institutionalization, allowing elders to remain in the home longer than if they did not have help.

Assistance in the home comes in various forms.

Traditionally, most care is provided by relatives, friends, and neighbors. However, this “informal” care may need supplementing. “Formal” assistance is provided by non-profit organizations, independent providers, and private and government agencies.

Types of help range from grocery shopping to skilled nursing care. See also Respite – In Home page 25. Some families employ Independent providers, Home Care or Home Health Agencies. Independent providers are nurses, therapists, aides, homemakers, and companions who are privately hired and employed by the elder or their caregiver.

Home Care and Home Health Care Agencies may provide a wide range of services; home health care is more medically oriented. As with all other services, it would be wise to check qualifications and references when hiring help.

While Medicare covers certain in-home services, this coverage is limited and does not provide long-term care. When hospitalized, talk to the doctor, social worker or discharge planner to identify the family’s realistic role in caring for the patient at home, and whether you are eligible for Medicare-covered in-home services.

**County of Kauai Agency on Elderly Affairs**      **241-4470**  
4444 Rice St. Ste. 330 Lihue 96766

**Department of Human Services**      **241-3337**  
Adult and Community Care Services  
[www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)

**Fee for Service Agencies**

**Hawaii HealthCare Professionals**      **245-7211**  
4359 Kukui Grove Ste. 202 Lihue 96766

**Mastercare**      **246-9116**  
4180 Rice St. #107-B Lihue 96766

**Na Kahu Malama Nurses**      **1-800-733-9021**  
1357 Kapiolani Blvd. #850 Honolulu 96814

**Nursefinders**      **245-5841**  
3170 B Jerves St. Lihue 96766

# **Health Care**

## **Durable Medical Equipment**

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**Apria Healthcare** 1-800-232-2549

**Gammie Home Care** 632-2333  
3215 Kuhio Hwy. Bay 4 Lihue 96766

**Home Infusion Associates** 245-3787  
3-3586 Kuhio Hwy. Lihue 96766

## **Health and Safety Education**

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**Alzheimer's Association** 245-3200  
Caregiver Orientation and Training, Workshops on  
improving the relationship with the physician and learning  
more about brain health.  
[www.alz.org/Hawaii](http://www.alz.org/Hawaii)

**Arthritis Foundation** 1-800-462-0743

**County of Kauai Fire Department** 245-6500  
3083 Akahi St Lihue 96766

**County of Kauai Police Department** 241-1711  
3990 Kaana St. Ste. 200 Lihue 96766

**HMSA- Hawaii Medical Service Association** 245-3393  
Health Education Programs 1-808-525-6548  
4366 Kukui Grove St. Ste.103 Lihue 96766



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## Health Information Phone Lines

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<b>Alzheimer's Association</b> 24/7 Helpline/Contact Center 1.800.272.3900 <a href="http://www.alz.org/Hawaii">www.alz.org/Hawaii</a>	<b>245-3200</b>
<b>American Cancer Society</b> 24 hour referral and information <a href="http://www.cancer.org">www.cancer.org</a>	<b>1-800-227-2345</b>
<b>American Diabetes Association</b>	<b>1-800-342-2383</b>
<b>American Heart Association</b>	<b>1-800-242-8721</b>
<b>American Lung Association</b>	<b>1-800-548-8252</b>
<b>Cancer Information Services</b> <a href="http://www.cancer.gov">www.cancer.gov</a>	<b>1-800-422-6237</b>
<b>Centers for Disease Control and Prevention</b> <a href="http://www.cdc.gov">www.cdc.gov</a>	<b>1-800-311-3435</b>
<b>Hearing Aid Helpline</b> <a href="http://www.isinfo.org">www.isinfo.org</a>	<b>1-800-521-5247</b>
<b>Poison Control Center</b>	<b>1-800-222-1222</b>
<b>Quit Line (to stop smoking)</b> <a href="http://www.callitquitshawaii.org">www.callitquitshawaii.org</a>	<b>1-800-784-8669</b>
<b>Senior EyeCare Program</b> <a href="http://www.eyecareamerica.org">www.eyecareamerica.org</a>	<b>1-800-222-3937</b>

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**Hospitals**

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

**West Kauai Medical Center** **338-9431**  
4643 Waimea Canyon Dr. Waimea 96796

**Wilcox Memorial Hospital** **245-1100**  
3420 Kuhio Hwy. Lihue 96766

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**Medical and Dental Clinics**

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

**Clinic Sites**

Kaua`i Community Health Center (West)

Medical 240-0140

Dental 240-0150

4643 B Waimea Canyon Dr. Waimea 96796

Kaua`i Community Health Center (East)

Medical 240-0170

Dental 240-0180

4800 D Kawahai Rd Kapa`a 96746

**Kauai Medical Clinic** **245-1500**  
3-3420 Kuhio Hwy. Lihue 96766

Eleele 335-0499

Kapaa 822-3431

Koloa 742-1621

**Kuhio Medical Center** **245-8874**  
3-3295 Kuhio Hwy. Lihue 96766

**North Shore Medical Center**  
2490 Oka St. Kilauea 96754

**828-1418 or 828-0459**

**West Kauai Clinic**

Waimea Clinic	338-8311
Eleele Clinic	335-0579
Kalaheo Clinic	332-8523
Kapaa	822-4961

**Veteran's Outpatient Clinic**

**246-0497**

3-3367 Kuhio Hwy. Ste. 200 Lihue 96766

Including Homebased Primary Care program for homebound

Transportation to medical appointments can be arranged.

**Medicare and Medicaid**

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Medicare is a Federal health insurance plan available to seniors 65 years and older and certain people with disabilities. It does not pay for all medical costs.

**Beneficiaries**

are responsible for deductibles, copays, premiums, and non-covered services. Medicare does not pay for long-term care; skilled nursing facility care provided by Medicare is limited to less than 100 days, depending on the beneficiary's condition.

Part A, Hospital Coverage – No cost for those who worked longer than 10 years or covered by a spouse.

Part B, Doctor visits – Monthly premium

Part D, Drug Coverage, Plans and premiums vary.

Part C, also referred to as Medicare Advantage, combines Part A and B plans into PPO (Preferred Provided Organization), HMO (Health Maintenance Organization),

PFFS (Private Fee For Service), Cost Plans and Medical Savings Accounts. For description of the plans available in Hawaii, check your current *Medicare and You Handbook*. Each of these plans has their own unique advantages and limitations. Be careful when choosing Part C or D plans as they may affect your other coverage, such as an employer retirement plan. It is important to sign up for Medicare as soon as you become eligible. Contact the Social Security Administration three months before you turn 65 or become eligible for Medicare, otherwise you may have to pay a penalty or delay your coverage if you miss your initial enrollment period.

Medicaid is a State-Administered health insurance program for persons with certain disabilities/medical conditions and persons 65 years and older who have very low incomes and limited assets. In Hawaii, the Medicaid program is run by the Department of Human Services Med-Quest Division.

### **Centers for Medicare and Medicaid Services**

**Medicare Hotline** **1-800-633-4227**

Online Information on Medicare and Medicaid

[www.medicare.gov](http://www.medicare.gov)

**County of Kauai Agency on Elderly Affairs** **241-4470**

4444 Rice St. Ste. 330 Lihue 96766

**Hoola Lahui Hawaii** **240-0100**

4491 Rice St. #6 Lihue 96766

**Medicaid/Med-Quest Division** **241-3575**

Department of Human Services

Adult and Community Care Services

[www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)

4473 Pahee St Ste. A-D Dynasty Court Lihue 96766

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**Sage Plus** 1-888-875-9229  
Health insurance and Medicare counseling  
[www4.hawaii.gov/ea](http://www4.hawaii.gov/ea)

**SMP (formerly SageWatch )** 1-800-296-9422  
Volunteers trained to give presentations about  
Medicare/Medicaid waste, fraud and abuse.

## **Home Health Services**

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Medicare covered Home Health services may include intermittent skilled care provided by Registered Nurses, Physical Therapists, Occupational Therapists and may also cover medical social services and home health aide services as ordered by your Physician.

Most private insurances follow Medicare lead in qualifying for services.

**Hawaii HealthCare Professionals** 245-7211  
4359 Kukui Grove Ste. 202 Lihue 96766

**Mastercare** 246-9116  
4180 Rice St. 107-B Lihue 96766

**Na Kahu Malama Nurses** 1-800-733-9021  
1357 Kapiolani Blvd. #850 Honolulu 96814

**Nursefinders** 245-5841  
3170 B Jerves St. Lihue 96766

**St. Francis Home Care Services** 245-6430  
3224B Elua St. Lihue 96766

## **Mental Health Care and Counseling**

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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 is a common problem among older adults, but it is not a normal part of aging. It is a real disease that people cannot simply “snap out of it.” It is highly treatable and 80% recover when provided the right treatment.

**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 Affairs Medical Clinic** **246-0497**  
3-3367 Kuhio Hwy. Lihue 96766

## **Prescription Drugs and Medications**

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Also see Medicare and Medicaid on page 35. To check credentials of online pharmacies, go to the National Association of Boards of Pharmacy at [www.nabp.net](http://www.nabp.net)

**Abbott Laboratories** **1-800-222-6885**  
[www.helpingpatients.org](http://www.helpingpatients.org)

**AlohaMeds** **1-888-477-2669**  
Partnership for Prescription Assistance  
[www.alohameds.org](http://www.alohameds.org)

**Astrazeneca Foundation** **1-800-424-3727**

**Hawaii Rx Plus** **1-866-878-9769**

P.O. Box 700220 Kapolei 96709

[www.hawaii.gov/dhs/rx\\_plus](http://www.hawaii.gov/dhs/rx_plus)

For application, call 211, download from website, or pick up from DHS Med-Quest or AARP Hawaii.

**Harry and Jeanette Weinberg Prescription Care** **1-800-599-6441**

**Hoola Lahui Hawaii** **240-0100**

4491 Rice Street #6 Lihue 96766

**Medicare Part D** **1-800-633-4227**

For eligibility, information, and help choosing a plan call Sage PLUS or County of Kauai Agency on Elderly Affairs.

**Pfizer** **1-866-382-4300**

[www.pfizerhelpfulanswers.com](http://www.pfizerhelpfulanswers.com)

**Together Rx Access** **1-800-444-4106**

[www.togetherrxaccess.com](http://www.togetherrxaccess.com)

## **Income Security**

Government, social service agencies, and business may provide assistance to protect, maintain, and supplement your income. They can also help find benefits for which you are eligible. Homeowners may want to consider house sharing, home equity loans, or reverse mortgages.

## **Consumer Assistance and Protection**

For information from the Federal Trade Commission on identity theft, visit

<http://www.ftc.gov/bcp/edu/microsites/idtheft/>

**Better Business Bureau of Hawaii**                      **1-877-222-6551**  
**Senior Scam Hotline**                                      **1-800-536-8609**  
[www.hawaii.bbb.org](http://www.hawaii.bbb.org)

**Consumer Resource Center**                                      **274-3200**  
3060 Eiwa St. #204 Lihue 96766

**Department of Commerce and Consumer Affairs**  
**Office of Consumer Protection**    **274- 3141 ext. 7- 3222**  
**Insurance Fraud**                                      **274-3141 ext. 7- 2790**  
**Securities Fraud Hotline**                                      **1-877-447-2267**  
[www.hawaii.gov/dcca](http://www.hawaii.gov/dcca)

**Direct Marketing Association**                                      **1-212-768-7277**  
[www.dmaconsumers.org/cgi/offmailinglist](http://www.dmaconsumers.org/cgi/offmailinglist)

Register your home address with DMA's Mail Preference Service to decrease the amount of national advertising mail (commonly referred to as "junk mail") you receive.

**Inspector General's Office**                                      **1-800-447-8477**  
Medicare, Medicaid or health care fraud



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**National Do Not Call Registry** **1-888-382-1222**

Federal Trade Commission Registry to stop most telemarketing calls. If you often get calls from the same business or organization tell them to remove your number from their call list. By law, they are obligated to comply.

**National Fraud Information Center** **1-800-876-7060**

Information and referral services for telemarketing and internet fraud. Weekdays, 9 a.m. – 5 p.m. EST  
[www.fraud.org](http://www.fraud.org)

**U.S. Consumer Product Safety Commission**

[www.cpsc.gov](http://www.cpsc.gov)

**1-800-638-2772**

Report product safety hazards or obtain recall information.

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**Employment and Training**

Also see Yellow Pages under “Employment”

**Foster Grandparents Program** **241-3355**

4370 Kukui Grove St. 205 Lihue 96766

**KEO - Employment Training** **245-4077**

2804 Wehe Rd. Lihue 96766

**Respite/Senior Companion Program** **241-4476**

4444 Rice St. Suite 330 Lihue 96766

**Workforce Development** **274-3056****Senior Community Service Employment Program (SCSEP)**

3-3100 Kuhio Hwy. Room C-9 Lihue 96766

## **Social Security and SSI**

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**Social Security Administration** **1-800-772-1213**  
4334 Rice St. Ste. 105 Lihue 96766 [www.ssa.gov](http://www.ssa.gov)  
Medicare, retirement, survivors, disability benefits

**SSI – Supplemental Security Income** **1-800-772-1213**  
[www.ssa.gov/ssi](http://www.ssa.gov/ssi)  
Federal income supplement program for eligible persons:  
65 years or older, Blind, and/or disabled

## **Financial Help**

### **Financial Assistance**

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Financial and/or Food Stamps based on eligibility.

**Department of Human Services** **274-3371**  
Benefit Employment and Support Services  
Welfare and Food Stamp programs  
[www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)  
3060 Eiwa St. 103 Lihue 96766-1890

### **Temporary Financial Aid**

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**Catholic Charities** **246-2400**  
3343 Kanaolu St. Lihue 96766  
When available and eligible, limited material assistance  
(food & clothing) as well as emergency one-time financial  
assistance for rent and utilities.

**KEO – Persons in Need Grants** **245-4077x240**  
2804 Wehe Rd. Lihue 96766  
Grants to help elderly and homeless persons with mental  
health conditions to pay for food, clothing, housing, utilities,  
medical care and personal items.

**Salvation Army**

Lihue 4182 Hardy

**245-2571**

Hanapepe 4465 Puolo Rd

**335-5441**

Emergency assistance for persons facing eviction or homelessness

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**Utility Assistance**

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**Catholic Charities****246-2400**

3343 Kanakolu St. Lihue 96766

When available and eligible, limited material assistance (food & clothing) as well as emergency one-time financial assistance for rent and utilities.

**Hawaiian Telecom Lifeline/Link-up Services**Telephone subsidies for qualified persons **1-808-643-3456**[http://www.hawaiiantel.com/AboutUs\\_Community.htm](http://www.hawaiiantel.com/AboutUs_Community.htm)**Low Income Energy Assistance (LIHEAP)****245-4077**

2804 Wehe Rd. Lihue 96766

Grants to help elderly persons with utilities.

**Salvation Army**

Lihue 4182 Hardy

**245-2571**

Hanapepe 4465 Puolo Rd.

**335-5441**

Emergency assistance with basic utilities.

## **Legal and Advocacy**

Many types of Elder Law concerns are presented in *Deciding "What if,"* a publication of the University of Hawaii Elder Law Project ([www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp)). Available at Hawaii State Public Libraries ([www.librarieshawaii.org](http://www.librarieshawaii.org)) with call #H346.013Pi.

### **Advocacy**

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See also *Deciding "What If?"* ([www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp))

**American Civil Liberties Union**                      **1-808-522-5900**  
P.O. Box 3410 Honolulu 96801

**Hawaii Centers for Independent Living**                      **245-4034**  
4340 Nawiliwili Rd. P.O. Box 3529 Lihue 96766

**Hawaii Disability Rights Center**                      **1-800-882-1057**  
For persons with disabilities [www.hawaiidisabilityrights.org](http://www.hawaiidisabilityrights.org)  
900 Fort Street Mall Ste. 1040 Honolulu 96813

**Kauai County ADA Coordinator**                      **241-6203**

**Legal Aid Society of Hawaii**                      **245-4728**  
3016 Umi St. Ste. 220 Lihue 96766  
[www.legalaidhawaii.org](http://www.legalaidhawaii.org)

**Long Term Care Ombudsman**    **247-3141 press 6-0100**  
250 S. Hotel St. #406 Honolulu 96813  
For nursing, care home and assisted living residents

**Office of Health Care Assurance**                      **1-808-692-7400**  
Department of Health  
601 Kamokila Blvd. Room 361 Kapolei 96707  
Care Home Complaints                      1-808-692-7400  
Hospital and Nursing Home Complaints 1-808-692-7420

**Office of the Public Guardian** 482-2555  
3970 Kaana St. Lihue 96766

**Seniors Law Program** 246-8868  
4375 Puaole St. Ste. A Lihue 96766

**State Office of the Ombudsman** 274-3141 ext 7-0770  
Complaints about executive branch agencies of state and county governments.  
[www.ombudsman.hawaii.gov](http://www.ombudsman.hawaii.gov)  
465 King St. 4<sup>th</sup> Floor Honolulu 96813

**UHelp** 1-808-956-6544  
University of Hawaii Elder Law Program  
[www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp)  
2514 Dole St. Honolulu 96822

**Victim's Witness Program** 241-1898  
3990 Kaana St. 210 Lihue 96766

## **Legal Representation and Mediation**

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**Lawyer Referral and Information Service** 240-0872  
Hawaii State Bar Association  
[www.hawaiilawyerreferral.com](http://www.hawaiilawyerreferral.com)

**Legal Aid Society of Hawaii (LASH)** 245-4728  
Income eligible service  
[www.legalaidhawaii.org](http://www.legalaidhawaii.org)  
4334 Rice St. #204A Lihue 96766

**Mediation Program – KEO** 245-4077

**Volunteer Legal Services****1-800-839-5200**[www.vlsh.org](http://www.vlsh.org)

Volunteer Legal Services Hawaii provides free or low-cost legal help to low-income residents and non-profit organizations serving them in communities across our state with the help of volunteers who contribute pro bono services.

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**Immigration Assistance**

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**U.S. Citizenship and Immigration Services**[www.uscis.gov](http://www.uscis.gov)**1-800-375-5283**

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**Taxes**

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During tax season AARP's Tax-aid program can provide simple income tax assistance to seniors. AARP local number is 245-4500 A Real Property Tax *Exemption* lowers the taxable value of your home. The amount exempted is based on age and certain disabilities. A Real Property Tax *Credit* is based on the homeowner's income. Credit would be applied for taxed amounts exceeding a certain percentage of a homeowner's income.

**County of Kauai – Department of Finance 241-6222****Real Property Tax - Assessment and Exemptions**Homeowner's Tax Relief [www.kauaipropertytax.com](http://www.kauaipropertytax.com)

4444 Rice St. Ste. 463 Lihue 96766

**Federal Internal Revenue Service (IRS) 1-800-829-1040**[www.irs.gov](http://www.irs.gov)**State Tax Information****274-3756**

3060 Eiwa St. #105 Lihue 96766

[www.hawaii.gov/tax](http://www.hawaii.gov/tax)

# **Special Groups**

## **Persons with Disabilities**

### **Assistive Technology**

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**Assistive Technology Resource Center 1-800-645-3007**

[www.atrc.org](http://www.atrc.org)

414 Kuwili St.104 Honolulu 96817

### **Blind/Visually Impaired**

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**American Foundation for the Blind**

[www.afb.org/seniorsite](http://www.afb.org/seniorsite)

**Division of Vocational Rehabilitation**

**274-3333**

3060 Eiwa St. Room 304 Lihue 96766

Services for the Blind

**Kauai Chapter for the National Federation of the Blind  
of Hawaii**

**335-6149**

**Library for the Blind and Physically Handicapped**

[www.librarieshawaii.org](http://www.librarieshawaii.org)

**1-808-733-8444**

402 Kapahulu Ave. Honolulu 96815

Certified person unable to use or read regular print due to  
visual or physical disabilities

### **Deaf/Hearing Impaired**

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**Sprint Telecommunications Relay Service**

**711**

**1-866-835-8169 (TTY)**

Relay Hawaii TRS provides a way for those who are deaf,  
hard-of hearing, or who have a speech disability to

communicate through traditional, internet or video relay services. Callers using Text Telephones (TTY/TDD) are able to communicate through a specially trained Communications Assistant(CA) who relays telephone conversations verbatim. The CA translates typed words into speech and spoken words into typed messages. Speech-To-Speech (STS) enables people with a speech disability to use their own voice, a voice prosthesis or augmentative communication device to make a phone call. A specially trained communications assistant assists them by repeating their words to the other person. TRS provides Voice Carry Over (VCO) for TTY users who speak but are unable to hear. Hearing Carry Over (HCO) for TTY users who can hear but are unable to speak.

Additional numbers for the relay in Hawaii are:

TTY	1-877-447-5990
Voice	1-877-447-5991
Speech to Speech	1-877-477-8711
Spanish	1-877-447-7261

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## **Other**

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**ARC of Kauai** **245-4132**

[www.thearcinhawaii.org](http://www.thearcinhawaii.org)

3201 Akahi St. Lihue 96766

Advocacy and services for people with a developmental disability.

**Community Services for Developmentally Disabled**  
**Department of Health** **241-3406**

**County of Kauai ADA Coordinator** **241-6203**



**Department of Human Services** 274-3333  
Vocational Rehabilitation Division  
[www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)

**Developmental Disabled Home/Community Based Services** 241-3406  
Department of Human Services

**Friendship House** 821-4480  
4-1751 Kuhio Hwy. Lihue 96766

**Hawaii Centers for Independent Living** 245-4034  
4340 Nawiliwili Rd. Lihue 96766

## **Other Groups**

### **Abuse and Neglect Victims**

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Abuse can affect people of all ethnic backgrounds and social status. It may include: physical, emotional and sexual abuse; neglect; abandonment; and financial exploitation.

Social isolation, mental impairment, or a history of domestic violence may make a senior more susceptible to abuse. Sometimes elders neglect their own care because of declining health, isolation, dementia, or drug or alcohol dependency.

Financial exploitation is a growing problem. Some people will try to take advantage of vulnerable elders. The perpetrators may be their own caregiver, friend, or even a family member. For agencies that deal with scams and fraud see Consumer Assistance and Protection page 40.

**Adult Protective Services** **241-3337**  
Department of Human Services – Adult Intake Unit  
[www.hawaii.gov/dhs](http://www.hawaii.gov/dhs)

**Domestic Violence Clearinghouse and Legal Hotline**  
P.O. Box 3198 Honolulu 96801 **1-800-690-6200**

**YWCA Hotline** **245-6362**

## **Grandparents**

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Resources for grandparents raising children. Also visit  
Generations United, [www.gu.org](http://www.gu.org) and  
[www.aarp.org/life/grandparents](http://www.aarp.org/life/grandparents)

**Hale Hoomalu** **821-2520**  
4-1112 Kuhio Hwy. Kapaa 96746

**Nana's House** **338-0252**  
9875 Waimea Rd. Waimea 96796

**Ohana Caregiver Support Group** **245-5914**  
Grandparents Raising Grandchildren  
Child and Family Service - Post Permanency Service

**Patch Kauai** **246-0622**  
3016 Umi St. Lihue 96766  
Child care resource and referral agency

**Queen Liliuokalani Children's Center** **245-1873**  
[www.qlcc.org](http://www qlcc.org)  
4530 Kali Rd. Lihue 96766  
Support for grandparents caregivers of minors

**Tutu and Me**

**1-808-524-7633**

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

**Veterans**

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**Department of Veterans Affairs – Kauai**

**246-1163**

3-3367 Kuhio Hwy. Lihue 96766

**U.S. Department of Veterans Affairs**

**1-800-827-1000**

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

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