



KŌKUA MAU
"Continuous Care"

Hawai'i Hospice and Palliative Care Organization

LIST OF SUPPORT GROUPS IN HAWAI'I 2010

Please note: The list was compiled by Kokua Mau as a community service in January 2010. Please call the number listed to find out details about the specific group or program, since time and personnel can change. We need your help to maintain this list and ask you to send any additions or edits to us at info@kokuamau.org. For additional resources, visit Kokua Mau's website: <http://www.kokuamau.org/services/caregiving>.

Kokua Mau • POB 62155 • Honolulu HI 96839 • www.kokuamau.org

Bereavement support groups are not included in this list. The Bereavement Network of Hawaii offers an extensive list of services in Hawaii. To download the 11-page list as a pdf file please visit: www.kokuamau.org/resources/grief-bereavement.

Alcoholics Anonymous **946-1438**
1400 Kapiolani Blvd., Bldg. C-6, Honolulu HI 96814 www.alcoholicsanonymous.org

Alzheimer's Association - Hawaii **808-981-2111**
Alzheimer's Association, Aloha Chapter www.alz.org/hawaii
1060 Ala Moana Blvd., Suite 2610, Honolulu HI 96814

Alzheimer's Association, HAWAII COUNTY **808-981.2111**
P.O. Box 271 Hilo HI 96721

Alzheimer's Association, KAUAI COUNTY **808-245-3200**
4303 Rice Street, C2, Lihue HI 96766

Alzheimer's Association, MAUI COUNTY **808-242-8636**
1063 Lower Main Street, C206, Wailuku HI 96793

American Cancer Society **1-800-227-2345**
2370 Nuuanu Avenue, Honolulu HI 96817 www.cancer.org

American Diabetes Association **947-5979 or 947-5971 or 800-324-2383**
1500 S. Beretania St., Suite 111, Honolulu HI 968261 www.diabetes.org

American Heart Association **538-7021, X 34**
245 N. Kukui St., #204, Honolulu HI 96817-
3985 Mended Hearts and Stroke Clubs www.americanheart.org

American Lung Association of Hawaii **537-5966**
245 N. Kukui St., Suite 100, Honolulu HI 96817 www.ala-hawaii.org

Arthritis Foundation, Hawaii Branch **942-3636**
615 Piikoi Street, #1109, Honolulu HI 96814 www.arthritis.org
Support, education and exercise groups

Castle Medical Center **Contact Sue Pignataro 263-5400**
Caregiver Support Group www.castlemed.com/cgi-bin/class.cgi?250
Last Wednesday of every month except December, 10 a.m.–12 p.m.

Caring for the Caregiver Support Group 945-3736
Pali Honpa Hongwanji, 1725 Pali Highway, Honolulu HI 96813

Catholic Charities Hawaii, Elderly Services 595-0077
2745 Pali Hwy., Honolulu HI 96817 www.catholiccharitieshawaii.org

Central Oahu Caregiver's Support Group Nani Nedbalek 624-0420
Wahiawa General Hospital, 128 Lehua Street, Wahiawa centraloahucaregivers.org
Meets second Thursday of each month, 7:00 p.m., in the second floor dining room of
the Wahiawa Nursing & Rehab Center, Wahiawa General Hospital,

CHOC "Caregivers Helping Other Caregivers" 808-329-0767
76-328 Kealoha Street, Kailua-Kona HI 96740
Open to all caregivers. Presently, mostly Alzheimer's patients

Department of Veteran's Affairs Barbara Onzuka Anderson 433-7646
VA Spark Matsunaga Medical Center, 459 Patterson Road, Honolulu HI 96815

Eldercare Support Group 395-9082
710 Ahukini Street, Honolulu HI 96825
Offers a support group comprised of past, present, and future caregivers. Meets on the
last Saturday of each month except December

Elderly Affairs Division, City & County of Honolulu 808-523-4762
715 S. King St, Suite 200, Honolulu HI 96813 www.elderlyaffairs.com
Usually twice per month; call for date and location

Epilepsy Foundation of Hawaii 263-0136 or 247-2828 or 866-846-8078
1240 Ala Moana Blvd., Suite 225, Honolulu HI 96814 [www.hawaiiilepsy.com](http://www.hawaiipilepsy.com)

Hawaii Association for Certified Nurses Aides 923-5918
PO Box 88776, Honolulu HI 96815 www.hacna.org
Caregivers Support Group, Lasts Thursdays

Hawaii Lupus Foundation 538-1522 or 800-201-1522
1200 College Walk, #114, Honolulu HI 96817 www.lupushawaii.org

Hina Mauka 236-2600
45-845 Po'okela St., Kaneohe HI 96744 www.hinamauka.org
Alcoholic rehabilitation services

Honolulu Gerontology Program 543-8468, 543-8405
200 N. Vineyard Blvd., Bldg. B, Honolulu HI 96817 www.childandfamilyservice.org

Groups for caregivers of chronically ill elders

Honolulu Ostomy Association **595-7544**
c/o Honolulu Unit, ACS, 2370B Nuuanu Ave., Honolulu HI 96817

Jewish Community Services **258-7121**
2550 Pali Highway, Honolulu HI 96817 www.jcs-hi.org

Kokua Kalihi Valley Elderly Services Program **848-0977, 595-7544**
1846 Gulick Avenue, Honolulu HI 96819 www.kkv.net

Koolau Caregivers Support Group **808-625-3782**
Ko'olau Golf Course Clubhouse, Kaneohe HI 96744
1st Thursdays 7-9 pm at the Koolau Golf Course/First Presbyterian Church in Kaneohe

Muscular Dystrophy Association - Hawaii Chapter **548-0588**
210 Ward Ave., Suite 220, Honolulu HI 96814 www.mdausa.org

National Kidney Foundation of Hawaii **593-1515**
1314 S. King St., Suite 305, Honolulu HI 96814 www.kidneyhi.org

NPF/Kuakini Parkinson Disease Information and Referral Center **528-0935**
Neighbor islands call toll free **1-800-570-1101** www.kuakini.org
347 N. Kuakini St., Hale Pulama Mau 9, Honolulu HI 96817

Ohana Care Program **543-8468**
200 N. Vineyard Blvd. Bldg. B, Honolulu HI 96817 www.childandfamilyservice.org

Parkinson's Disease **265-7105 734-9210**
Central Union Church, 1660 South Beretania Street, Honolulu HI 96826 **734-9797**
Meetings held 1st Thursday of the month 1:30-3:30pm

Project Dana **945-3736**
2720 Nakookoo Street, Honolulu HI 96826 www.moiliilihongwanji.org/Project_Dana_.htm

The Sandwich Generations **Diane Fedor 594-6446**
Makiki Christian Church, 829 Pensacola Street, Honolulu HI 96814

Tutu Support Group **696-3482**
Hawaii Family Services, Inc. 87-227 St. John's Rd., Waianae HI 96792
Services for grandparents 55+ caring for relatives age 18 and younger.

Waikiki Friendly Neighbors Program **926-8032, 945-3736**
1640 South King Street, Honolulu HI 96826

Windward Oahu Caregiver Support Group **808-247-2828**
640 Ulukahiki Street, Kailua HI 96734

HAWAI'I COUNTY

CHOC "Caregivers Helping Other Caregivers"

808-329-0767

76-328 Kealoha Street, Kailua-Kona HI 96740

Facilitator: Jan McCurry. 4th Tuesdays at 7p.m. Meets in Kealakekua at Kona Adult Day Center, 81-989 Halekekii Street

Caregivers Support Group

808-322-9503

78-6731 Walua Road, Kailua-Kona HI 96740

Facilitator: Trish Ellis. Regency at Hualalai, 75-181 Hualalai Rd. All caregivers welcome. Every Thursday 6:00 - 7:30 pm.

Hospice of Hilo

808-969-1733

1011 Waianuenue Avenue, Hilo HI 96720

www.hospiceofhilo.org

Any caregiver, chronic or terminally ill. On-going, bi-monthly Caregiver Education forum. On-going community support groups, contact Hospice for more information

Hawaii County Office of Aging

808-961-8597

101 Aupuni Street Hilo HI 96720

www.hcoahawaii.org

Any caregiver, 3rd & 4th Wednesdays, but most participants are children caring for chronically ill and frail parents.

MAUI COUNTY:

Ipuka I Ke Ao, Doorway Into Light

573-8334

P. O. Box 1268, Haiku HI 96708

www.ipuka.org

Maui Adult Day Care Centers

Kathy 808-871-5804

11 Mahaolu Street, Suite B, Kahului HI 96793

www.madcc.org

Facilitator: Kathleen Couch: kathleen@madcc.com. Caregivers of elderly and family members, Alzheimer's, dementia, frail elderly, and all others. Everyone invited to join other families going through the same caregiver issues to talk and share ideas and information and create support bonds with others.

Kahului Support Group, 1st and 3rd Thursdays at 3:00p.m.

Kihei Support Group, 3rd Wednesdays at 6:00p.m.

Lahaina Support Group, 2nd Thursdays at 2:00p.m.

Upcountry Support Group, 4th Mondays at 7:00p.m.

Hana Support Group, 3rd Fridays at 11:00a.m.

KAUAI COUNTY

Alzheimer's Association

808-245-3200

4303 Rice St. C-2 Lihue 96766

Family Caregivers

808-821-8049

Kumu Kahi Native Hawaiian Caregiver Support Group	808-245-8545
North Shore Caregivers Support Group	808-828-6417
Ohana Caregiver Support Group Grandparents Raising Grandchildren Child and Family Services - Post Permanency Service	808-245-5914
Westside Caregivers	808-821-8049

Other Web Resources:

Executive Office on Aging: (808) 586-0100 www.hawaii.gov/health/eoa
No. 1 Capitol District, 250 South Hotel Street, Suite 406, Honolulu HI 96813-2831

Honolulu Elderly Affairs Division: (808) 523-4545 www.elderlyaffairs.com
Standard Finance Building, 715 South King Street, Suite 200, Honolulu HI 96813

Office on Aging - County of Maui (808) 270-7774
2200 Main St., Suite 547, Wailuku, HI 96793 www.co.maui.hi.us/index.aspx?nid=255

The County of Kauai Agency on Elderly Affairs (AEA): (808) 241-4470
Pi`ikoi Building, 4444 Rice Street, Suite 330, Lihue HI 96766 www.kauai.gov/elderly

Hawai`i County Office of Aging www.hcoahawaii.org
Hilo Office: 1055 Kino`ole Street, Suite 101, Hilo HI 96720-3872 (808) 961-8600
Kona Office: (808) 327-3597
Hanama Place, 75-5706 Kuakini Hwy, Suite 106, Kailua-Kona HI 96740-1751

Please consult these Hawaii focused resources:

State of Hawaii, Department of Health

Elderly Affairs Division www.elderlyaffairs.com
Honolulu City and County's Resource for Aging, Disability and Caregiving: You may also want to download their most recent publications as PDF files.

O`ahu Senior Handbook 2009 to 2011
Honolulu 2009-2011 Senior Information and Assistance Handbook (pdf file)

Family Caregiving Guide

Written to help those that are providing long term care to others. Includes information and advice about services available in Honolulu County.

Housing Options for Seniors on O`ahu – 2009

Published by the Kokua Kalihi Valley - Elderly Affairs Program. Authored by Drs, Ritabelle Fernandes, and Hortense M. Gandy it provides a comprehensive look at current housing alternatives on Oahu and resources for transportation, home care, meals and available accommodations.

2008-2010 Kaua'i Senior Information and Resource Directory (pdf file)

A directory of community organizations, service providers, and other companies that offer products and services for aging, disability and caregiving.