

West Hawaii GRANDcares Resource Booklet



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Community Connections/Engagement

Hawaii County Office of Aging – (808) 323-4390

www.hcoahawaii.org

Programs include the Kupuna Care program, Aging and Disabilities Resource Center (ADRC), and serving elders over 60. HCOA can give information and referrals to services like Meals on Wheels, Congregate Dining, transportation, recreation and education programs, and Kupuna Care. HCOA can also help you navigate assistance programs like Medicare, Medicaid, and Social Security.

74-5044 Ane Keohokalole Highway, Bldg B, Kailua-Kona, HI 96740

Coordinated Services for the Elderly – (808) 323-4320

www.hawaiicounty.gov/pr-elderly

As part of the Parks and Recreation Elderly Activities Division, CSE will help those over 60 with transportation to medical appointments and grocery shopping, in-home chores, translating/interpreting, counseling, financial affairs, housing assistance, personal care, and outreach activities. They are located in West Hawaii Civic Center Building B

74-5044 Ane Keohokalole Hwy, Kailua-Kona, HI 96740

Powerful Tools for Caregivers Classes

www.hawaiicaregivers.org/powerful-tools

Powerful Tools classes will help you learn to take better care of yourself. These free classes are offered to family caregivers in West Hawaii by Hawaii Community Caregiver Network.

Family Mediation – (808) 884-5525

whmediation.org

This mediation center is partnering with the Office of Aging to provide free or low-cost family caregiver mediation and conflict resolution services, helping to work out family conflicts and keep them from becoming legal problems.

65-1291 Kawaihae Rd #202, Waimea, HI 96743

Family Support Hawaii – (808) 326-7778

<http://familysupporthawaii.org>

A nonprofit that works with families and children through child development programs, early Head Start, support for newborns, fatherhood training, and youth development

75-127 Lunapule Rd # 11, Kailua-Kona, HI 96740

Neighborhood Place of Kona – (808) 331-8777

<http://npkona.org>

A nonprofit organization in Kona that supports families, single parents, and grandparents with minor children. They offer parenting classes, help with social services, support for special-needs IEP meetings, and more.

75-166 Kalani St # 104, Kailua-Kona, HI 96740

Social Security Personal Video Session – 1-855-571-4860

Talk with a social security representative live on video, on the 2nd and 4th Thursday of each month from 9 a.m. - 1 p.m. at the West Hawaii Civic Center.

74-5044 Ane Keohokalole Hwy, Kailua-Kona, HI 96740

Hui Laulima – (808) 989-4241

Email – khparentcenter@yahoo.com

A consortium of West Hawaii's major health and human service providers, faith-based groups, community associations, businesses, government and concerned individuals.

75-5751 Kuakini Hwy #104, Kailua-Kona, HI 96740

Tutu's House – (808) 885-6777

Email – tutus@tutushouse.org Website – www.tutushouse.org

Community health resource center. Offers support groups, informational programs, lending library, and internet access focused on health related topics.

64-1032 Mamalahoa Hwy # 305, Waimea, HI 96743

Hui Malama Ola Na Oihi

Captain Cook – (808) 323-3618

Kau – (808) 929-9700

Waimea – (808) 885-0489

Health enhancement services, including disease prevention, health education, family health, health risk screenings, primary care, and traditional healing practices.

82-6127 Mamalahoa Hwy, Captain Cook, HI 96704

Legal Services

Legal Aid Society of Hawaii – 1-800-499-4302

For the senior hotline (over 60) call 1-888-536-0011

legalaidhawaii.org

A nonprofit, public interest law firm with an office in Kona. Services are free for those over 65 and for many others, depending on income and family size. Legal Aid can help with public assistance, housing issues, powers of attorney, divorce, restraining orders and more

Hualalai Center, 75-170 Hualalai Rd B303A, Kailua-Kona, HI 96740

Volunteer Legal Services Hawaii – (808) 313-8210

vlsh.org

A nonprofit that offers **low-cost** legal services. In Kona, you may receive phone counseling and referral to a local attorney.

Hawaii State Child Support Enforcement Agency – (808) 933-8802

www.hawaii.gov/ag/csea

Assistance in establishing paternity, child support, and enforcement of support. 88

Kanoiehua Ave # 202, Hilo, HI 96720

Medical Conditions

Diabetes Prevention Program – (808) 326-3889

<https://coaw.org/>

Offers year-long support program for those with Diabetes. One-on-One education is also available.

75-5751 Kuakini Hwy #104, Kailua-Kona, HI 96740

HIV/AIDS – (808) 331-8177

<http://hihaf.org>

Can help with medical access, disability claims and housing; financial aid programs, counseling and referrals; and a food pantry. Also offers free AIDS and HEP-C testing and a needle exchange.

74-5620 Palani Rd. #101 Kailua-Kona HI 96740

Medicare – Senior Medicare Patrol 1-800-296-9422

Senior volunteers educating Medicare beneficiaries on how to protect their Medicare ID and recognize fraud and abuse in their Medicare statements

State Health Insurance Assistance Program – 1-800-875-9229

Senior volunteers certified to counsel Medicare beneficiaries on how to enroll, help with questions on coverage, and address complex issues.

Brain Injury Support Group – (808) 329-0591

Hawaiian rehab facilitator- Karen Klemme (808) 328-9498

Meets at Hawaiian Rehab Services, just mauka of Hawaii Community Federal Credit Union on Hualalai Road, from 6-8 p.m., second Wednesday of the month, featuring a different speaker each month.

75-165 Hualalai Rd # 100, Kailua-Kona, HI 96740

Cancer Support Group – (808) 323-2732

Contact- Shirley

For patients, survivors and caregivers. An informal meeting on the last Tuesday of each month from 7 - 8:30 p.m. at Teshima's restaurant.

79-7251 Hawaii Belt Rd, Kealahou, HI 96750

Cancer Support Group – (808) 322-6910

Contact- Sanoë Kauhane – skauhane@hhsc.org

A group at Kona Community Hospital, for cancer patients. Second Tuesdays, 6-7 p.m., KCH Conference Room 2 in the Special Services Building, 1st floor, located next to the KCH Cancer Center.

79-1019 Haukapila St, Kealahou, HI 96750

Recreation

Kailua Kona Seniors – (210) 218-3046

Meets Wednesdays at 10 a.m. at Hale Halawai in downtown Kailua Kona. Folks 55 and over are welcome to join the senior club, which offers speakers, games, socializing, excursions, and holiday and birthday celebrations. Call to confirm schedule.

75-5760 Ali'i Dr, Kailua-Kona, HI 96740

Senior Club in Holualoa – (808) 323-4340

Meets Wednesdays at 9 a.m. at the Imin Center

76-5876 HI-180, Holualoa, HI 96725

Senior Club in Captain Cook – (808) 328-2097

Meets Tuesdays at 9 a.m. at Yano Hall

82-6156 Mamalahoa Hwy. Captain Cook, HI 96704

Elderly Recreational Services – (808) 323-4340

Email- Kelly.hudik@hawaiicounty.gov

This county agency, part of the Department of Parks and Recreation, has an extensive program of senior recreation activities. At Hale Halawai in downtown Kailua Kona they offer yoga, fitness, ukulele, line dance, tai chi and more. At the West Hawaii Civic Center there are classes in art, tai chi and yoga. There are programs at Yano Hall in Captain Cook, and various swim classes are held at the community swimming pool. For a brochure of current classes at all these locations, contact Kelly.

75-5760 Ali'i Dr, Kailua-Kona, HI 96740

Caregiver Sharing Group – (808) 936-3191

Contact- Paulette Chang www.hawaiicaregivers.org

Presented by Hawaii Community Caregiver Network and Regency at Hualalai, second Saturday of each month, 11 a.m. to 12:30. Facilitated by Alena Gamiao, Regency Activities Director. For questions and to reserve a space, call Paulette Chang by the Thursday before each meeting.

75-181 Hualalai Rd, Kailua-Kona, HI 96740

Senior Roundtable Hui – (808) 326-2100

Contact- Laura Guluzzy – writerlsg@gmail.com

A gathering for anyone wanting to discuss aging issues, 1:30-3 pm., first Tuesday of each month at Pink Mocha Cafe, mauka of Home Depot. Various topics are introduced each month.

73-4976 Kamanu St, Kailua-Kona, HI 96740

Yoga Based Relax and Restore – (808) 443-2905

Contact- Jenny Schroedel

Led by Dana Moody, LMFT, second Wednesday of each month from 5:30-6:30 at Hospice of Kona. Call Jenny to see if there's space available.

75-5925 Walua Rd # 101, Kailua-Kona, HI 96740

Veterans

Kailua-Kona Vet Center – (808) 329-0574

www.vetcenter.va.gov

The Vet center has weekly support groups and individual counseling and offers assistance and support for family caregivers who are caring for a veteran. There are weekly support groups, individual counseling, and help in obtaining any benefits the veteran or family member is entitled to, from medical care to burial and everything in between.

Hale Kui Plaza, Suite 207, 73-4976 Kamanu St, Kailua-Kona, HI 96740

Veteran's Administration Caregiver Support Line– 1-855-260-3274

Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed professionals who answer the support line can help you access services, and offer phone support.