

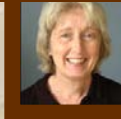
ALOHA



ALU LIKE, Inc.



**Kumu Kahi
Department**



**Ke Ola Pono
No Nā Kūpuna Program
(Good Health and Living for the Elderly)**

**Nutrition and Supportive Services for Native Hawaiians
age 60 and older**

Funding

>95% of program funding is from Administration on Aging, Title VI, Part B

Additional funding supports Title VI services and activities

- **Hawaii State Executive Office on Aging**
- **Hawaii State Department of Health, Alcohol and Drug Abuse Division**
- **Oahu City & County Elderly Affairs Division**
- **Maui County Office on Aging**
- **Hawaii County Office of Aging**
- **Kamehameha Schools**
- **Office of Hawaiian Affairs**
- **Private Donations**



Services and Activities

- Congregate Meals
- Home Delivered Meals
- Information and Assistance
- Transportation
- Escort
- Friendly Visits
- Telephone Reassurance
- Nutrition Counseling
- Nutrition Education
- Health Education
- Health Monitoring
- Physical Activity
- Education
- Intergenerational
- Volunteer Opportunities
- Recreation
- Chore Services
- Caregiver Services



Congregate Meals



Home Delivered Meals



Information and Assistance



Outreach



Transportation



Transportation - OHA

- The Office of Hawaiian Affairs (OHA) is the official agency of the State of Hawaii representing `ōiwi Hawaii, the indigenous people of the islands.
- OHA serves beneficiaries through community projects and grants that address the needs of Native Hawaiians.
- OHA has helped with the funding of two Title VI program vans.



Escort



Friendly Visits



Phone Reassurance



Nutrition Counseling



Nutrition Education



Nutrition Education – Cookbook Project

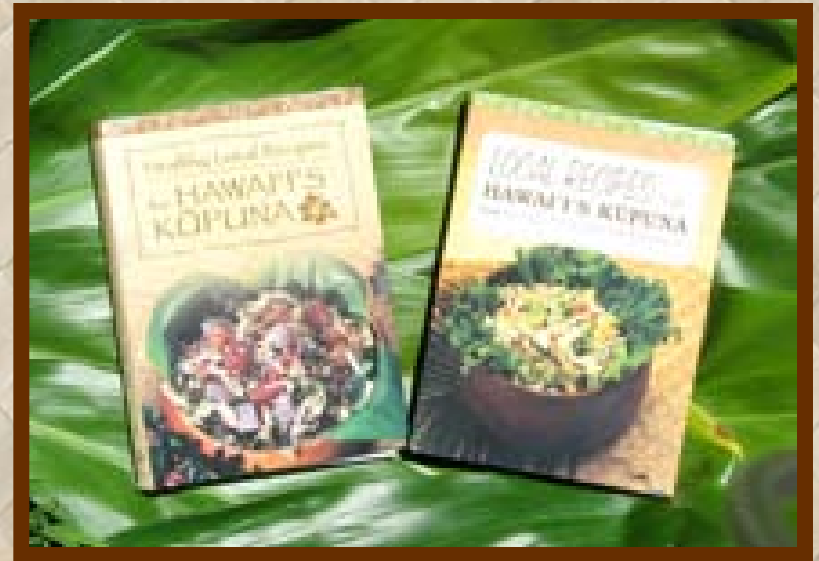
Ke Ola Pono published two program cookbooks through a grant from Hawaii Community Foundation

2003

Healthy Local Recipes for Hawaii's Kūpuna

2004

Local Recipes from Hawaii's Kūpuna



Health Education



Health Education - CDSMP

The Chronic Disease Self-Management Program (CDSMP) is an evidence-based program developed at Stanford University. CDSMP covers techniques to deal with emotions and limitations of living with a chronic disease.

Collaborative Partners

- The State Executive Office on Aging (EOA)
- City and County of Honolulu Elderly Affairs Division
- Maui County Office on Aging
- Hawaii County Office of Aging
- State Department of Health, Alcohol and Drug Abuse Division
- Na Pu`uwai, Moloka`i Native Hawaiian Health Care System



Health Education - CDSMP

In 2007, Ke Ola Pono:

- **Organized Master Trainer Training**
- **Trained 4 staff as Master Trainers**
- **Held five 6-week workshops for participants**
- **Trained 9 staff statewide as Lay Leaders**
- **Received additional funding from the State Department of Health, Alcohol and Drug Abuse Division (ADAD)**
 - **The CDSMP curriculum reinforces substance abuse prevention**
- **Worked on agreements for 2008/2009**



Health Monitoring



Physical Activity



Education



Education – SMP Hawaii

SMP Hawaii informs older adults and family members about health care fraud and abuse and how to detect and prevent them from occurring.

Ke Ola Pono collaborated with the State Executive Office on Aging to:

- **Develop Advisory Councils on 5 islands**
- **Provide outreach at community events**
- **Conduct fraud presentations statewide**



Intergenerational



Intergenerational – Kamehameha Schools

Kamehameha Schools (KS) is a private charitable trust that provides educational opportunities to improve the capability and well-being of people of Hawaiian ancestry

KS supports various ALU LIKE programs

Ke Ola Pono offers participants

- **Educational assistance for grandparents raising grandchildren**
- **Intergenerational activities**



Volunteer Opportunities



Recreation



Chore Services



Caregiving Services

- Information
- Assistance
- Individual Counseling
- Support Groups
- Training
- Respite
- Supplemental Services



Cultural Activities



