Helpful Resources

State of Hawaii Executive Office on Aging
State/Oahu: Executive Office on Aging (808) 586-0100
    Kauai: (808) 241-3614
    Maui: (808) 984-8200
    Hilo: (808) 974-6006
    Kona: (808) 322-4880
    Waimea: (808) 887-8114
Molokai/Lanai: 1-800-468-4644
http://hawaii.gov/health/

SMP Hawaii
(808) 586-7281 or 1-800-296-9422
http://hawaii.gov/health/eoa/SMP.html

Medicare
(The Official U.S. Government Site for People with Medicare)
1-800-MEDICARE (1-800-633-4227)
http://www.medicare.gov

Resource Guide for ‘Ohana Caregivers Who Care for Older Adults

As a family caregiver, you are in good company. In fact, nearly 200,000 adults, 21% of all adults in Hawai‘i, care for an older family member.* However, just knowing you aren’t alone isn’t enough. You also need to know where to turn for assistance. This brochure is full of local, state, and national caregiver resources.

* Data from the 2003 Hawaii Health Survey

All resources for ‘ohana caregivers who care for older adults are available statewide and are in the 808 area code unless otherwise indicated.

County Caregiver Resources

The Aging and Disability Resource Center (ADRC) is a one-stop source for long-term care information and services for older adults, people with disabilities, and caregivers who need help caring for family members or loved ones. Caregivers can access the information by phone or Internet.

Cooperative Extension Service
College of Tropical Agriculture and Human Resources
University of Hawai‘i at Mānoa

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For more caregiver publications and information, visit us online at www.hawaii.edu/ohanacaregivers
Available resource information includes local adult daycare centers, respite care options, public health nursing, community-based services, caregiver resources, counseling, end-of-life planning, legal assistance, transportation, and much more.

**Hawai‘i County Office on Aging:**
Aging and Disability Resource Centers
Hilo: 808-961-8626
Kona: 808-327-3597
www.hiadrc.org

**City and County of Honolulu Elder Affairs Division:**
Aging and Disability Resource Center
808-768-7700
www.elderlyaffairs.com

**County of Kaua‘i Agency on Elderly Affairs:**
Aging and Disability Resource Center
808-241-4470
www.kauaiadrc.org

**Maui County Office on Aging:**
Aging and Disability Resource Center
808-270-7774
www.mauicountyadrc.org

**Statewide Caregiver Resources**

**Executive Office on Aging**
O‘ahu: 808-586-0100
Kaua‘i: 808-274-3141
Maui: 808-984-2400
Hawai‘i: 808-974-4000
Moloka‘i/Lana‘i: 800-468-4644

**Powerful Tools for Caregivers Educational Workshops**
Maui phone number: (808) 244-3242 ext 226

**AARP Hawaii**
Statewide: (808) 843-1906
www.aarp.org/states/hawaii/

**Hawaii Family Caregiver Coalition**
(See Executive Office on Aging)

**‘Ohana Caregivers**
www.hawaii.edu/ohanacaregivers

**National Caregiver Resources**

**General Resources**

**Family Caregiver Alliance, National Center on Caregiving**
www.caregiver.org

**National Family Caregivers Association**
www.thefamilycaregiver.org

**Medicare**
www.medicare.gov/caregiving/caregiving_exchange.asp

**Disease-Specific Resources**

**Alzheimer’s Association**
Toll-free anywhere in the state: 800-272-3900
www.alz.org

**National Stroke Association**
www.stroke.org

**National Parkinson Foundation**
www.parkinson.org

**American Diabetes Association**
www.diabetes.org