

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>



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

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.

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/hi/

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