



Palolo Chinese Home Presents

SUPPORTING OUR SENIORS IN CHANGING TIMES

Navigating the New Normal



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PROGRAM MODERATOR



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VIRTUAL HOUSEKEEPING NOTES

- This webinar is being recorded and will be available to view later at www.PaloloHome.org
- Please use the Q&A section to submit questions
- Questions will be answered during our Q&A portion following the main presentation
- A list of resources will be shared at the end of the session and uploaded to our website
- Unanswered questions will be listed and answered on our website

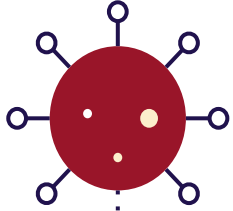


These free community education sessions are made possible by the Kupuna Aging in Place grant from the Hawaii Community Foundation

COVID-19

**SPREAD &
CONTAGION**





HOW DO YOU GET COVID-19?

A person can contract COVID-19 if:

- They come in “close contact” with another person infected with the virus
- Someone infected coughs or sneezes directly to them but also talking, singing
- They touch any surface with little droplets from infected people’s cough or sneezes and then touch their eyes, nose or mouth

1.

PREVENTION: WHAT TO DO



Some advice to help prevent the spread of the virus

IF SOMEONE IN YOUR HOME IS SICK

1

Continue to practice everyday preventive actions as usual (like masking)

2

Keep the ill person in a separate room from others in the household

3

If caring for a sick household member, monitor your own health too

4

Keep surfaces disinfected and also avoid sharing personal items

5

If you become sick, stay in contact with others by phone or email

6

Take care of the emotional health of your household members, including yourself

PROTECTION TIPS



Maintain social distancing



Keep objects and surfaces clean



Wash your hands frequently



Don't touch eyes, nose or mouth

2.

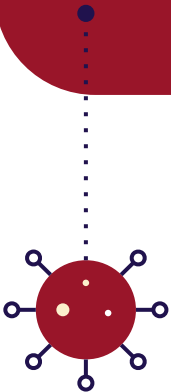
THE VIRUS AND SURFACES



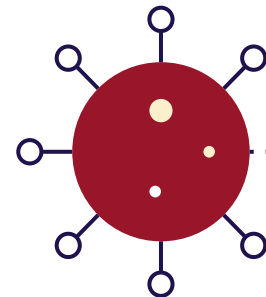
Find out how long the virus stays on different surfaces

COVID-19 IN DIFFERENT SURFACES

SURFACE	TIME
Sprayers	3 hours
Copper	4 hours
Plastic	2-3 days



SURFACE	TIME
Cardboard	24 hours
Steel	2-3 days
Wood	4 days



WASH YOUR HANDS

1



60% alcohol

2



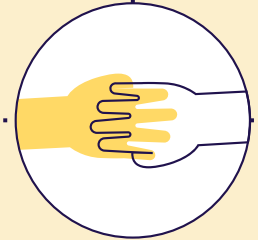
Fingers

3



Palm to palm

4



Fingernails

WASH YOUR HANDS

5



Wrists

6



Thumbs

7

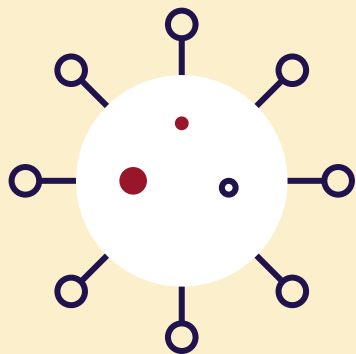


Rub until dry

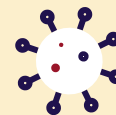
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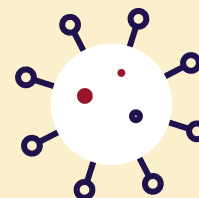
Disinfected



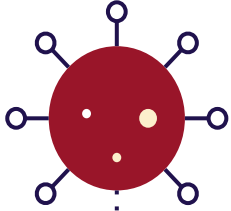
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SPREAD



Geriatric challenges for our community



GERIATRIC CHALLENGES FOR SPREAD

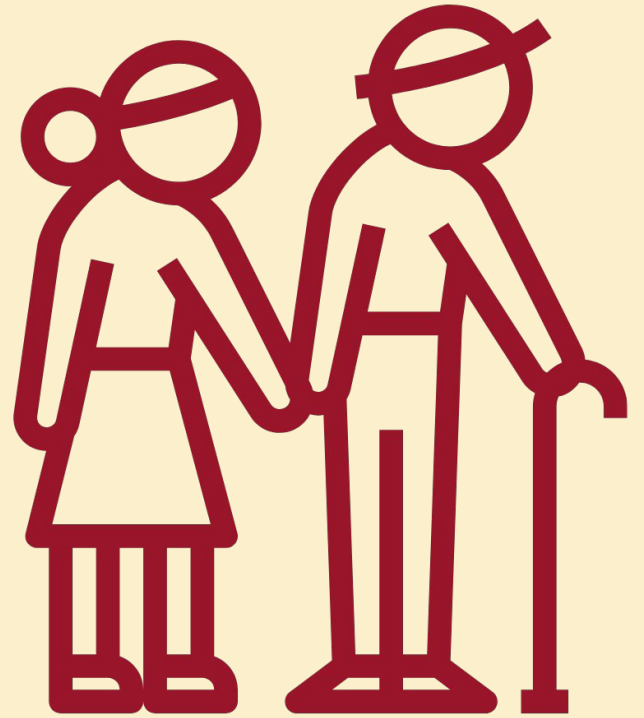
- Kupuna at most risk
- Weaker immune systems
- Chronic medical conditions
- Congregate living or multi-generational living
- The “Trojan Horse” are staff, family members
- Asymptomatic or pre-symptomatic spreaders
- Challenges with isolation



SUPPORTING

OUR

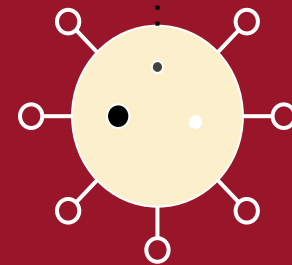
KUPUNA



UPCOMING RESOURCES

A closer look at key areas a little later in the program:

- Kupuna
- Housing
- Utilities
- Food
- Transportation



LONELINESS

- National sample of adults age 50 to 80 found more than **one in four** reported feeling isolated, and **34%** said they felt a lack of companionship some of the time or often
- For many older adults, especially those who live alone, social distancing amid the COVID-19 pandemic may amplify feelings of loneliness and isolation



October 2018 study:

www.healthyagingpoll.org/report/loneliness-and-health

ISOLATION = POOR HEALTH



- Kupuna may not present for routine medical care due to fear of contracting COVID-19 and given functional limitations, cognitive decline, lack of transportation, and other factors
- COVID-19 has caused significant public health and safety concerns for the elderly and those with underlying conditions
- The virus has changed the way this most vulnerable population socializes, interacts and communicates with family members, friends, and neighbors

DEPRESSION & ANXIETY

Be mindful of mental health

Remind older adults to think positively and relax with fun activities like puzzles and other games.

Take a walk down memory lane

Reminiscing about happier times can help improve memory function and bring older adults hope, even while they're staying inside their homes.

Keep news to a minimum

The constant media coverage about COVID-19 can be overwhelming for older adults. Suggest they only check one or two reputable news sources a day for the latest information.

REDUCING DISTRESS, BOREDOM & ISOLATION

Maintain a routine

- Avoid drastic changes to daily routines.
- Predictable visits or calls from a caregiver or friend can help seniors feel safe and comforted.
- Caregivers can help maintain familiar routines and provide socialization.



Brighten their space

Help seniors feel upbeat by keeping their living spaces well-lit.

Gift a flower arrangement to add a cheerful pop of color to their home.

HELPING SENIORS COMMUNICATE WITH LOVED ONES

- iPads and smartphones can keep seniors connected to their families and communities
- Encouraging seniors to call or write letters
- Many churches, schools and community organizations are now doing “Caring Calls”
- Lanai and yard visits / drive-bys



GRAMMI COMPANION PHONE CALLS

A GRAMMI Companion is someone who checks in frequently via phone call, make sure kupuna feel connected while being safe at home.

- Talk about interests
- How your days were
- Get to know each other
- Discover other ways you can help



Sign up yourself, a family member or anyone in need of our Companion Program.

Call 1-800-605-0042 toll free or sign up online at www.grammi.io

SUPPLIES & MEALS

Help older adults “stock up”

- Obtain necessary household supplies and groceries by arranging for delivery

Kupuna Store Hours

- Grocery stores across the state are offering special hours for seniors age 60+ and the immunocompromised to shop with an accompanying caregiver

Pharmacy Delivery Options

- Many local pharmacies offer same-day delivery, and may offer early refills on certain medications
 - CVS: Free 1-2 day delivery on prescriptions/other essentials
 - Walgreens: Free delivery on prescriptions/other essentials
 - Amazon: PillPack

Take Out / Food Delivery Options

PATIENT SAFETY



Home safety assessment

- Can be performed virtually

Personal emergency response system (PERS)

Nanny cameras

“Ring” smart doorbell camera

EXERCISE



Fall Prevention

- Queen's "A Matter of Balance" Program
 - Managing concerns about falls
 - Free 8 week course
 - Call 808-691-7059
- YouTube videos
 - [National Institute on Aging](#)

Zoom with Friends



PALOLO CHINESE HOME

CONTINUUM CARE

Aiza Pobre, Palolo Chinese Home

RESIDENTIAL & CAMPUS BASED PROGRAMS



Skilled Nursing &
Immediate Care



Hospice Care



Rehabilitation
Services



Adult Residential
Care



Overnight Respite
Care



Senior Day Care

PALOLO WELLNESS PROGRAM

COMMUNITY BASED PROGRAMS



Meals-to-Go



Home Cleaning
Services



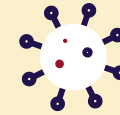
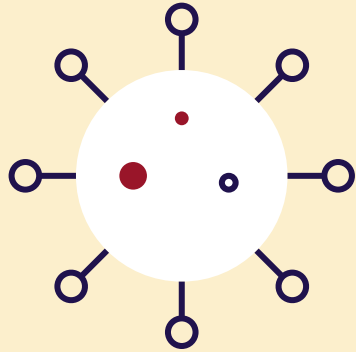
In-Home
Personal Care



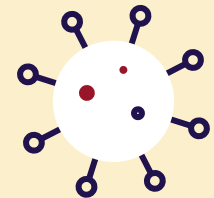
In-Home
Companionship Services

Contact: Aiza Pobre, Senior Day Care & Palolo Wellness Program

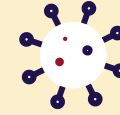
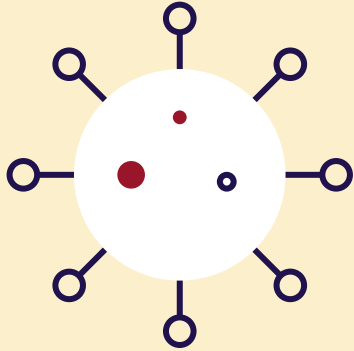
- 808-748-4909
- apobre@palolohome.org
- www.PaloloHome.org/PCH-Services



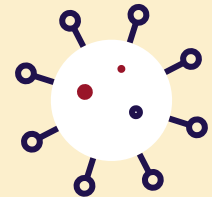
Q&A



Please click the “Q&A” button to submit your questions



RESOURCES



The following slides will be available for download at www.PaloloHome.org

RESOURCES | FOOD

Hawai'i Food Bank

Updated distribution site list available via the *Oahu Emergency Food Assistance* link here:

www.hawaiifoodbank.org/emergency-assistance.

Hawai'i Health & Harm Reduction Center Food Drop

The Food Drop is an opportunity for families and individuals in need to receive food, such as fresh vegetables, fruits, assorted dry goods and nonperishable items

- Visit the most updated calendar of Food Drops
- No ID or financial requirements are needed
- No eligibility requirements

RESOURCES | FOOD (cont.)

Lanakila Kupuna Wellness Centers

Lanakila Kitchen is **open** for takeout at 1809 Bachelot St., Honolulu 96817

- All Kupuna Wellness Centers (Wahiawa, Waianae, and West Loch Village) and Group Dining Sites are **closed**

Lanakila Meals on Wheels Home Delivery

Oahu's oldest, largest and only island-wide meal service for kupuna

- Phone: (808) 356-8519
- Email: mow@lanakilapacific.org

RESOURCES | FOOD (cont.)

Home Delivered Meals: City & County of Honolulu Elderly Affairs Division *Aging & Disability Resource Center*

- For more information or to find out if you're eligible, call 808-768-7700

Our Kupuna

- Mission is to connect kupuna with pre-screened community members that are willing to get groceries, medication and necessary supplies to kupuna so they can stay at home during the COVID-19 outbreak
- Kupuna age 65 and older can call **(808) 400-4506** or go to www.ourkupuna.com

RESOURCES | KUPUNA

Kupuna Needs Project

A service for elderly (62 years or older) and immunocompromised individuals on Oahu to get necessities such as food, toiletries, and cleaning supplies delivered to their residence

- Call (808) 202-0820 or (808) 202-1203 for assistance
- For more information visit hawaiicatholictv.com/kupunanneedsproject



RESOURCES | HOUSING

Rent Relief & Housing Assistance Program: City & County of Honolulu

- Monthly rent payments of up to \$2,000 per household residing in the City and County of Honolulu
- Any applicable financial counseling and assistance with rent payment plans or rent negotiation
- Applications for assistance are currently being accepted for rent payments due between August 1 and December 28, 2020
- To apply, contact:
 - [Aloha United Way](#): 211
 - [Catholic Charities Hawaii](#): (808) 521-4357 (HELP)

RESOURCES | HOUSING (cont.)

National Eviction Moratorium

- A national eviction moratorium for non-payment of rent was issued by the Centers for Disease Control (CDC) through December 31, 2020



RESOURCES | UTILITIES

Aloha United Way COVID-19 Rent & Utility Assistance Program

For more information, call 211 or visit [AUW.org](https://www.auw.org)

Hawaiian Electric

Hawaiian Electric has extended its suspension of service disconnections for nonpayment through December 31st, 2020 to ensure customers' electricity needs are met during the coronavirus pandemic.

- Any threat of immediate disconnection should be treated as a scam
- Customers experiencing financial hardship because of the pandemic are urged to contact Hawaiian Electric to discuss payment arrangements and options

RESOURCES | UTILITIES (cont.)

Honolulu Community Action Program (HCAP)

- All HCAP offices are **closed** to the public until further notice
- For remote service availability please contact appropriate number below
- **Head Start program**
 - www.hcapweb.org/headstart
 - 808-847-2400



RESOURCES | TRANSPORTATION

The Handi-Van

- Eligibility Center is now partially open and accepting new clients
- Applicants should call (808) 538-0033 between 8:00 a.m.-4:30 p.m. to schedule an appointment
- The Handi-Van cannot provide a ride to people who are COVID positive or are sick. This is also true for drive-thru testing sites
- Drivers wear protective gear, face masks and gloves when servicing riders on the vans. Each van is disinfected daily.

Driver's License, State ID and Vehicle Registration Changes

- The Hawaii Department of Transportation (HDOT) Highways Division has changed protocols to its vehicle licensing and safety check programs as part of the effort to reduce face-to-face interactions during the COVID-19 pandemic.
- 2020 REAL ID deadline will be extended. The new deadline is October 1st, 2021.
 - More information at hidot.hawaii.gov/highways/faq/covid-19-id-faqs

RESOURCES | BEHAVIORAL HEALTH

Hawai'i CARES Line

- The Department of Health, in partnership with the University of Hawai'i at Mānoa Myron B. Thompson School of Social Work, has expanded its hotline for crisis support to include access to mental health resources and substance use treatment services
- Callers in need of these services can now call Hawai'i C.A.R.E.S.—Coordinated Access Resource Entry System—for support in any of these areas 24 hours a day, seven days a week.
- To access services through Hawai'i C.A.R.E.S.
 - Call 1 (800) 753-6879—the same number previously used by Crisis Line of Hawai'i
 - Individuals in crisis can also text ALOHA to 741741
 - Visit the CARES website

MAHALO!

Please visit

www.PaloloHome.org

- Resources
- Presentation recording
- Upcoming events & webinars

Next virtual community session with Gerry Yahata

Saturday, October 24
10:00 a.m.
Zoom



@palolo_chinese_home



@palolochinesehome

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