

Pilina Pūowaina



Community Conversations Updates

Aging in Place & Health Services - April 30, 2025



NO KĀKOU, NA KĀKOU... FOR PAPAĀKŌLEA, BY PAPAĀKŌLEA

Hui,

Aloha mai ohana. KULA is happy to share the second update on PILINA PŪOWAINA, our community development initiative dedicated to creating a Kūpuna Supportive Living Center on the slopes of Pūowaina. The center is envisioned as a kauhale or village for kūpuna to age safely in Papakōlea. This newsletter highlights the takeaways from the Community Conversations held on April 30 (Aging in Place & Health Services).

While we deeply appreciate everyone who has come out to our conversations, we need to hear from as many residents as possible. Your thoughts, concerns, questions and expertise in numerous areas of land development, construction, kūpuna housing, health, human and social services are all vital to the project's success.

We would like to send a special shout out to makua, ages 35-55. Your participation is very important in creating this center. Our kūpuna are very clear of the challenges they face every day. And they are equally concerned for those who will follow them. As they've stated to us, "I probably won't be here when it's done. It's really for my kids and my grandkids." And they're right. We need to hear from Papakōlea makua. Please come and join us at an upcoming conversation. Mahalo nui.

There are 10 families who signed up to host a home conversation. These conversations are aimed to provide family members and neighbors of the host a convenient and comfortable space to talk story. Guests are by invitation of the host only. KULA will provide light refreshments and facilitate the meeting for no more than 2 hours. Home conversations will continue in June and throughout the summer. If you'd like to host a home conversation, please contact Puni at 808-358-6732.

In closing mahalo nui Papakōlea, Kewalo and Kalawahine for your prayers, love and support in moving Pilina Pūowaina forward. To attend any future community conversation, please RSVP by QR code or call us at 808-649-3725. A small makana will be provided.

B. Puni Kekauoha
Senior Vice President, Kula no nā Po'e Hawai'i
Project Director - Pilina Pūowaina

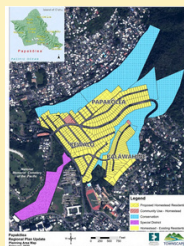
Dr. Adrienne Dillard, MSW, LSW, PhD
Chief Executive Officer, Kula no nā Po'e Hawai'i



Background

Since the majority of Papakōlea homes are built against the mountains and only have stairway access, the lack of safe housing conditions is a significant concern. The Kūpuna Supportive Living Center is envisioned as a kauhale or village for kūpuna to age safely in the community. Originally identified as a Priority Project in the 2009 Papakōlea Regional Plan and reaffirmed in the 2020 Papakōlea Regional Plan, this project is for our kūpuna, our community, and our future generations.

Papakōlea 2009
Regional Plan



Papakōlea 2020
Regional Plan



'Auamo Kuleana

As we embark on the Pilina Pūowaina journey, we invite you to 'Auamo Kuleana. 'Auamo Kuleana (carrying responsibilities) is a widely used call to action that encourages individuals & communities to shoulder responsibilities & place them in balance. 'Auamo is a pole or stick used to carry burdens (heavy loads) across the shoulder. The phrase prompts a reflection of how to best balance the diverse responsibilities we assume & have been entrusted with.

'A'ohe hana nui ke alu 'ia

No task is too big when done together by all



Meeting Takeaways

Overview of Aging in Place & Health Services

Defining Aging in Place

- The desire to stay in your home as you age, maintaining independence and living comfortably in your familiar environment
- This involves making necessary home modifications and accessing support services to ensure safety and well-being as physical or cognitive abilities decline

Impacts of Leaving a Familiar Environment While Aging

- KULA shared that being taken out of a familiar space as you age can lead to a loss of cognitive abilities at a quicker rate as unfamiliar environments and circumstances create greater conflicts when finding one's bearings

Additional Considerations When Aging In Place

- Safety considerations, adaptability, and size of home

Challenges to Aging in Place

- Costs and changes in retirement plans that may make retiring in a care home unaffordable for the next generation
- Support systems
 - Kūpuna may need help to complete daily living activities such as eating, bathing, grooming, and dressing

KULA's Projects and Services Tied to Aging in Place

- *Kūpuna Community Care Network (KCCN)*
 - Provides cultural, health education and prevention; other services to kūpuna and their caregivers; and projects engaging HPU Nursing and Social Work students
- *'Auamo Kuleana*
 - A program to provide aging in place training for community and caregivers

KULA Community Survey Data

- 2019 Survey - Around 300 responses from kūpuna in the community to identify the aging needs of kūpuna
- Looking ahead, KULA will administer a Homestead Health Survey to everyone 18 and older to gather a larger sample of community data to inform future considerations for aging
 - KULA is considering a door-to-door distribution of the Survey to ensure accurate answers and a larger response

Newsletter

- KULA will create a newsletter of the conversations to date

Meeting Takeaways

Community Thoughts & Concerns Tied to Aging in Place at Home

- **Emergency Services Assisting Kūpuna**

- Some shared situations where the Fire Department had to assist kūpuna who had mobility limitations and could not leave their home unassisted
- This was also due to the configuration of the house, inability for kūpuna to move independently, and the number of stairs that made it difficult to exit

- **Accessibility and Mobility with Stairs**

- The number of stairs can make it difficult to move up and down
- Specific concerns and considerations community members shared
 - **Creating a Fire Plan** - other concerns tied to the stairs including creating a Fire Plan and making home modifications in case of emergency
 - **Multiple Stair Replacements** - one person shared that this is the third time they have replaced their stairs
 - **Unstable Railings** - stories about railings not being safe and using unsecure items as railings
 - **Material of Stairs and Safety Concerns** - some shared that they would feel safer having wooden stairs instead of cement stairs in case they were to fall
 - **Minimal Steps Are Difficult for Kūpuna** - a home with 3 steps can still be difficult for kūpuna to move up and down

- **Steep Driveways**

- While some shared that the inside of their home is safe for aging in place, the outside driveway and walkways can be challenging with gravel and steep and slippery driveways

- **Grab Bars for Kūpuna**

- Some shared that their home has grab bars in the restrooms but not in other places in the home
- Others mentioned that suction bars are dangerous and should not be used

Meeting Takeaways

Community Thoughts & Concerns Tied to Aging in Place at Home

- **Shifting of Land and Impact to Home**

- The movement and shift of the land will require people to make repairs to their home. Others shared that the erosion and shifting of land has made it difficult for home expansion and construction
- While some homes are livable at the moment, there are concerns that the shifting of the home and 'āina can become a challenge

- **Kalāwahine Multiple Floor Homes**

- *Some duplex homes have 3 stories*
 - This can make it difficult when the kitchen, bedroom and garages are on different floors
 - The adaptability of a home in Kalāwahine is a concern when thinking about aging in place and accessibility
- *Home-Bound Neighbor*
 - One person shared that their Kalāwahine neighbor is home-bound
 - Due to the duplex layout, the individual cannot leave their home
 - Having the duplex layout can be difficult for aging in place at home

- **Difficulties Asking for Help**

- An individual shared that Native Hawaiian communities can find it difficult to ask for and accept help
- Having assistance within the community can make it easier when identifying kūpuna who may need assistance

- **Difficulty Maintaining Yards**

- Some shared the concern that it may be difficult to maintain and care for a yard as they age due to its size and the maintenance required

Considerations for the Pilina Pūowaina Facility

Shared by community members in attendance

ADA Compliant Facility

- For physical access, wheelchair accessibility with wider halls, and walking

Climate Change Adaptive and Ready

- Previous concerns stated the shifting and changing of the 'āina
- Creating a facility that is appropriate to the land that Pilina Pūowaina sits on

Meal Services

- Beyond Lanakila and Meals on Wheels, having a certified kitchen with a business who makes meals or having congregate meals was also suggested

Single Floor Facility

- All services and home units accessible on one floor
- If there are two floors, having an elevator would be helpful

ADA Compliant Facility

- For physical access, wheelchair accessibility with wider halls, and walking

Emergency Access

- Based on feedback tied to aging in place at home and accessing emergency services, a suggestion was made for firetrucks and ambulances to have easy access into the facility

Intergenerational Community Activities for Aging In Place

- Activities to ensure kūpuna are not aging in place alone
- Activities may include
 - Community gardening, Emergency Preparedness, Exercise Classes, Field trips

Clinical Spaces

- Health and medical clinics for those who may not be living in the facility
- Access to a driver or mobile care
- Memory Care Clinic
- Therapeutic Services
 - Psychological and Counseling Services

Respite Care

- To help caregivers to have a break while giving kūpuna a space to be cared for

Finishing Kūpuna Living Center For Current Kūpuna

- An awareness that the KSLC may not be completed for kūpuna in this generation to utilize

Questions & Answers

Questions shared by community members in attendance and answered by project team members

Q: Will this facility be for assisted living, elderly care or long term care, specifically as a multiple functional aging facility?

A: (KULA): This is a question that many people are looking at. KULA sits on an advisory council for native aging and disability where they are working to identify models for aging in the community and the long term support needed to maintain or sustain a facility.

Q: Did the Native Aging and Disability Advisory Council Study identify points of unsustainability?

A: (KULA): The Study identifies various levels of care and what each community can sustain as well as the resources for aging as people are living longer.

Q: Would KULA run and operate the services at the facility?

A: (KULA): As long as the services are non-clinical as that is how KULA currently operates. Long-term care and assisted living services are beyond KULA's current capacity. These community conversations will identify what is in KULA's capacity to provide and what support may need to be provided externally.

A: (KULA): KULA is aware that they cannot provide all services and need to address sustainability and building capacity. Papa Ola Lōkahi is looking at clinical services to train Community Health Workers. KULA is also looking at workforce development in health careers for Stevenson and Roosevelt students.

April 30, 2025

Questions & Answers

Questions shared by community members in attendance and answered by project team members

Q: Did KULA's Survey identify the number of kūpuna interested in living in a supportive living center?

A: (KULA): KULA will need to resurvey to identify those who may want to be part of the supportive living center. Community members who are not currently kūpuna aged may need to be asked this question so KULA can be prepared when looking to the future as the facility is designed.

Q: When is the next aging training?

A: (KULA): KULA will share a date for the 'Auamo program.

Next Steps

Additional Concerns

Training the Younger Generations in Caregiving Support

- Ensuring the younger generation is prepared and are ready by providing health and care training for communities tied to advance care planning

Social Media Postings for Future Community

- Conversations
 - An ask for KULA to post on their social media to involve younger generations in these community conversations

Parking Lot Items

In House Maintenance

- Hiring a repair person or crew from KULA to do home repairs in the Papakōlea community
- KULA noted that this was done by an OHA and DHHL program but was not sustainable due to community concerns

Aging Training & Capacity Building

- Tied to 'Auamo Kuleana classes

Advanced Care Planning

- Tied to training for advance care planning, specifically I Kua Na'u classes

Handout

Given to attendees during this community conversation

Aging in Place & Health Services

Aging in Place is the desire to stay in your home as you age, maintaining independence and living comfortably in your familiar environment.

This involves making necessary home modifications and accessing support services to ensure safety and well-being as physical or cognitive abilities decline.

What Health Services are needed?

Considerations of Aging in Place

- Design of your house
 - Safety
 - Community
 - Adaptability
 - Size
- Finances
- Help with activities of daily living (ADLs)
 - eating, bathing, dressing, toileting, and grooming
- In-home nursing care
- Medication management

31%
of kūpuna reported 1 or more falls

30%*
of Papakōlea region population are kūpuna

78%
of kūpuna reported 1-4 chronic illnesses

Top 5 Senior Service Programs

Now Using	Would Use if Offered
41.5% Congregate Meals	44.6% Home Repair/Modification
39.6% Senior Care Programs	43.3% Home Health Services
25.4% Transportation	41.7% Transportation
20.7% Volunteer Services	40.4% Home Delivered Meals
20.5% Telephone Reassurance	38.9% Senior Center Programs
	32.6% Caregive Program*
	31.1% Adult Day Care*

76%
No ADLs that limited kūpuna

71%
No IADLs that limited kūpuna

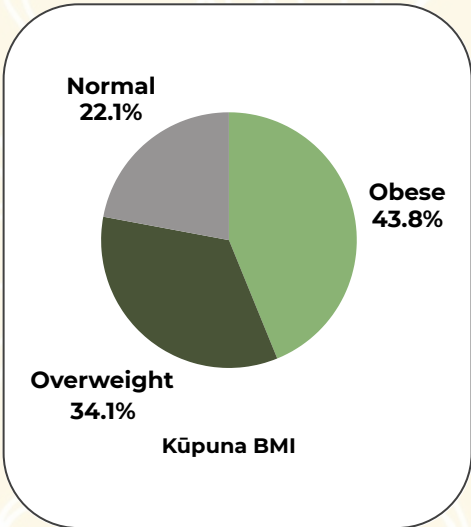
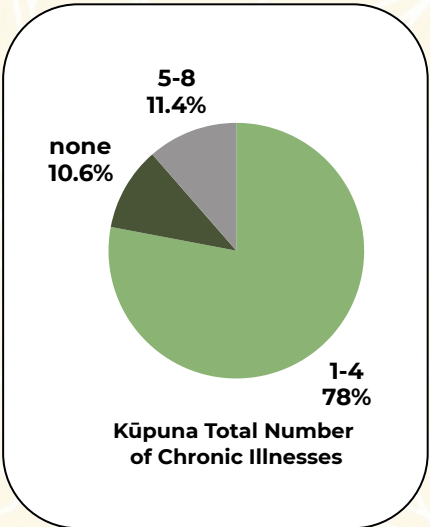
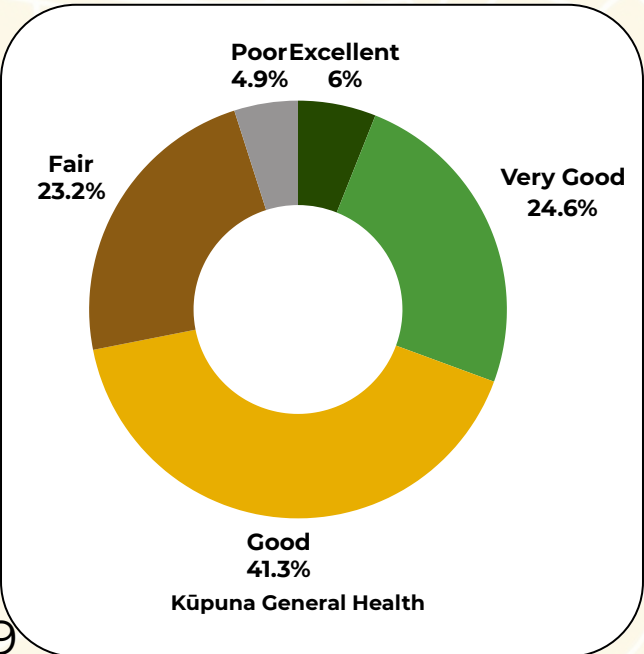
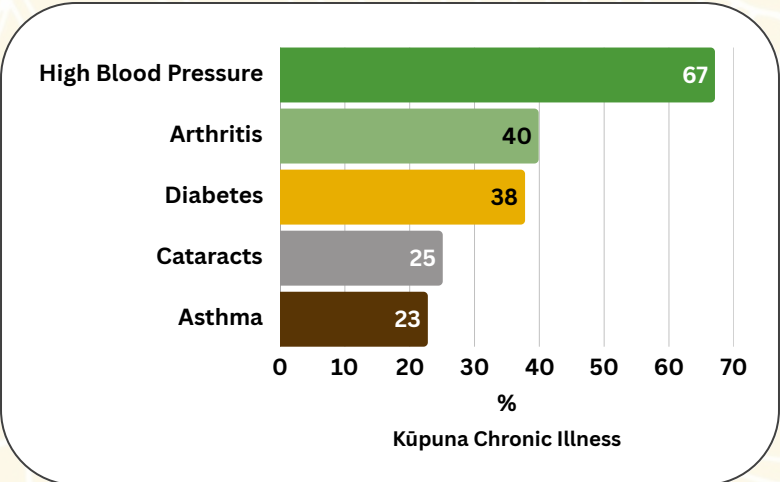
75%*
kūpuna are or were caregivers

Because of a health or physical problem that lasted more than 3 months, kūpuna reported having difficulty...

Doing heavy housework	25.6%
Walking	21.5%
Preparing own meals	11%
Shopping for personal items	10.9%
Getting outside	9.8%
Doing light housework	9.3%
Bathing / Showering	8.5%
Getting in or out of bed	6.7%
Dressing	6%
Using the toilet	5.7%

47.9% of kūpuna took 3 or more prescribed or over-the-counter drugs a day	26.4% of kūpuna ate few fruits, vegetables, or milk products
26.9% of kūpuna ate alone most of the time	29.3% of kūpuna changed the kind/amount of food they ate due to illness

25.4% Had a family member who provides care for them	24.1% Took care of grandchildren	5.8% Were primary caregiver of grandchildren
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*Kula No Nā Po'e Hawai'i. (2019). Kula No Na Po'e Hawaii Papakolea Community Report 2019. National Resource Center on Native American Aging. (2021). Title VI Needs Assessment Survey: Identifying Our Needs: A Survey of Elders Cycle VII (2017-2020); Hawaii [2021 Data Book Hawaii].

Community Conversations

Project Team

Wednesdays, 6:00-7:30pm
Papakōlea Park - Lower Hall

Light Refreshments Served



- April 2 Project Introduction - Open Community
- April 16 History & Culture
- April 30 Aging in Place & Health Services
- May 14 Aging in Place & Research
- May 28 Land Use***
- June 4 Pūowaina Conversations Recap***
- June 18 Fund Development***



DEPARTMENT OF HAWAIIAN HOME LANDS



***\$25.00 Gift Card for attendance with RSVP

Please RSVP to attend any of the above meetings. Call 808-649-3725 or by QR code.



Acknowledgements

Mahalo Ke Akua for His many blessings. By His love and guidance --we serve. We are humbled and honored that He has joined our lives with yours.



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Evidence for Action (E4A), a national program of the Robert Wood Johnson Foundation (RWJF), funds research that expands the evidence needed to build a Culture of Health. A Culture of Health is broadly defined as one in which good health and well-being flourish across geographic, demographic, and social sectors; public and private decision-making is guided by the goal of fostering equitable communities; and everyone has the opportunity to make choices that lead to healthy lifestyles.

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Pilina Pūowaina

Community Conversations

Wednesdays, 6:00-7:30pm
Papakōlea Park - Lower Hall

Light Refreshments Served

- | | |
|---------|------------------------------|
| May 28 | Land Use |
| June 4 | Pūowaina Conversations Recap |
| June 18 | Fund Development |

Please RSVP to
808-649-3725
or by QR code:

