



Fall Prevention Resource Guide

A guide for Kupuna, family
members, and health care
professionals



A product of the Injury Prevention and Control
Program and the Hawaii Fall Prevention Consortium

Fall Prevention Resource Guide

The Fall Prevention Resource Guide is a comprehensive listing of fall prevention programs and resources in Hawai`i. Designed for health care providers and individuals interested in learning about fall prevention, the Guide also includes facts about falls in Hawai`i, the reasons people fall, and a list of additional online resources.

How to Use the Fall Prevention Resource Guide

Resources are categorized into four main intervention types: medication management, vision, home safety, and physical activity. These intervention types follow the four pillars of fall prevention. Some resources are listed under more than one intervention type. There is also a General category for interventions that provide a little of everything, these are usually classes on fall prevention. The Other category is for interventions that do not quite fit into the main categories, such as home monitoring systems. Information for each resource includes the organization name, program location, services, cost, and contact information. You can click on links throughout this page to read information of interest or scroll through the entire document.

This Fall Prevention Resource Guide is a project of the Injury Prevention and Control Program and the Hawai`i Fall Prevention Consortium.



Medication



Vision



Home Safety



Physical Activity



General



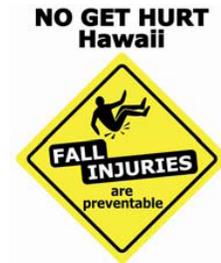
Other

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Introduction

Falls pose a serious health risk to our *kupuna* (older adults). Falls are the leading cause of injury death among older adults and the most common cause of nonfatal injuries seen in emergency departments (4). One out of every three people age 65 and older falls each year (8,9).



Falls also are a major threat to the independence and quality of life for our *kupuna*. Among Hawai`i seniors who were hospitalized for a fall-related injury from 2003-2005, 34% were discharged to nursing facilities for additional care, and another 11% were moved to a rehabilitation facility.

The good news is that falls are not an inevitable consequence of aging. Falls are preventable!

Strategies to prevent falls include:

- exercises that improve strength, balance, and flexibility
- health assessments and medication reviews
- home modifications that reduce fall hazards

The Guide offers information about fall prevention programs and resources that apply these prevention strategies.

Facts About Falls in Hawai`i

- Falls are the leading cause of fatal injuries (37% of the total) and injury-related hospitalizations (79%) among Hawai`i residents age 65 and older.
- Each year, falls result in 62 deaths and nearly 2,600 hospitalizations among Hawai`i seniors. By comparison there are only about 900 hospitalizations due to motor vehicle occupant injuries for all ages combined.
- Falls are costly. Hospital charges for seniors in Hawai`i average \$53 million a year, with about half (52%) being paid by Medicare.
- Falls are a major threat to the independence and quality of life of older adults. Among Hawai`i seniors who are hospitalized for a fall, 34% are discharged to skilled nursing facilities for additional care, and another 11% are moved to a rehabilitation facility.
- The population of Hawai`i is aging. During the past decade, the state's population of people 65 or older increased by nearly 14%.

What Causes Falls?

Most falls are not caused by a single factor. Instead, they are the result of many different things happening at the same time.

Following are some of the personal and environmental factors that can increase the risk of a fall.

- A **previous fall**. People who fall are at higher risk of falling again within a year (17).
- **Cognitive impairment** or the decreased ability to think through something logically (18).
- Problems with walking or **balance** (17,2)
- Taking four or more **medications** or any psychoactive medications (5, 12, 14, 16).
- The accumulation of **injuries** and **chronic conditions** such as diabetes or high blood pressure that can change or damage the central nervous system and slow reaction times (1).
- Lower body **weakness** (2, 7)



- **Visual impairment** (6, 10, 13).
- Wearing **shoes** with thick, soft soles such as jogging shoes (15).

Environmental factors such as poor lighting, slippery surfaces or lack of stair railings (3)

Intervention Types

Medication management programs are completed by trained professionals who review clients' medications to see if there are any side effects (such as dizziness) or interactions that may increase fall-risk. Please talk to your primary care provider or pharmacist to review your medications.



Vision checks are crucial in fall prevention. This resource guide provides several organizations that will provide vision checks or vision education. It is important to contact your primary care provider or optometrist to have your vision checked and glasses updated annually.

Physical activity has been shown to reduce the risk of falling by improving strength, balance, coordination and flexibility. Programs that emphasize physical activity can help reduce the risk of falling.



Home Safety assessments and interventions make homes safer for kupuna by reducing hazards such as clutter, dim lighting, and other tripping hazards. Several organizations will also help order or install grab bars for clients.

General interventions are usually classes or workshops that provide information on many different aspects of fall prevention. This often includes a combination of medication reviews, vision, physical activity, and home safety education.



Other organizations do not fall into the three above categories but are still vital in fall prevention. These programs include lifeline and referral services.

Tai Chi for Health

There are many clubs and organizations across Hawaii that teaches Tai Chi, some of which are listed in this resource guide. While any type of physical activity will have a positive impact on fall-risk and overall health, Tai Chi has been a leader in evidence-based practices. Tai Chi reduces fall-risk by improving strength, balance, and flexibility. It is also great for overall health and has been known to reduce arthritis pain, provide a social setting, and increase confidence.

The Department of Health funds Tai Chi for Health classes across Oahu for a small fee or free of charge. Tai Chi for Health was designed by Dr. Paul Lam and can be done standing, assisted, or sitting. These classes are currently only available on Oahu but will be expanding to the neighbor islands in the future. The Department of Parks and Recreation also offers low-cost Tai Chi classes at community centers and parks across the state.

Tai Chi for Health class sites are listed below.



Ileina Ferrier is the only Tai Chi for Health Master Trainer in Hawaii. Her many years of experience are evident when she instructs her popular class at Leeward YMCA.

Criteria for Inclusion in the Guide

To be eligible for inclusion in the Fall Prevention Resource Guide, programs or resources should:

- be specially designed to improve health and prevent falls among older adults
- apply at least one evidence-based approach to fall prevention
- provide services at little or no cost to clients, or offer a sliding-scale fee system
- be open to Hawai`i residents

The Hawai`i State Department of Health, Injury Prevention and Control Program and the Hawai`i Fall Prevention Consortium reserve the right to select the resources featured in the Fall Prevention Resource Guide. Decisions will be made based on the criteria noted above and the IPCP will have the final authority. Inclusion in the guide **does not** constitute an endorsement of the organization or resource.

To submit a resource for inclusion, contact: ipcp@doh.gov.

Hawai`i Fall Prevention Consortium

Mission: To prevent falls through networking, education, advocacy and resource development.

The Hawai`i Fall Prevention Consortium was formed in 2003 with support and leadership from the Injury Prevention and Control Program of the Hawai`i Department of Health. Its purpose is to provide organizations, professionals, caregivers, advocates and interested individuals the opportunity to network, share information and collaborate on projects that reduce the incidence and severity of fall injuries among older adults.

The Consortium meets quarterly and your participation is welcome. For more information, please call 453-6252.

Disclaimer

The Fall Prevention Resource Guide is designed for kupuna, caregivers, health care providers, injury prevention professionals, and anyone interested in learning more about fall prevention resources in Hawai`i. The Hawai`i State Department of Health, Injury Prevention and Control Program (IPCP) and the Hawai`i Fall Prevention Consortium have not evaluated these programs and resources. Inclusion in the Guide does not constitute an endorsement of the resources or their coordinating organizations. The IPCP and the Hawai`i Fall Prevention Consortium assume no responsibility for any injury or damage resulting from

involvement with one of the listed prevention programs or resources. Individuals should speak with their physicians before participating in any physical activity.

Additional Resources Online



Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

[A Tool Kit to Prevent Senior Falls <http://www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm>](http://www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm)

Includes fact sheets, graphs, brochures and posters about falls and fall prevention for older adults in English, Spanish and Chinese. Also includes:

[Check For Safety: A Home Fall Prevention Checklist for Older Adults <http://www.cdc.gov/ncipc/pub-res/toolkit/brochures.htm>](http://www.cdc.gov/ncipc/pub-res/toolkit/brochures.htm)

[What YOU Can Do To Prevent Falls <http://www.cdc.gov/ncipc/pub-res/toolkit/brochures.htm>](http://www.cdc.gov/ncipc/pub-res/toolkit/brochures.htm)

Fall Prevention Center of Excellence
[StopFalls.org <stopfalls.org>](http://stopfalls.org)

Offers information for individuals and families, service providers, researchers and educators.

Mayo Clinic
[Fall prevention: 6 ways to reduce your falling risk <http://www.mayoclinic.com/health/fall-prevention/HQ00657>](http://www.mayoclinic.com/health/fall-prevention/HQ00657)

Provides tips for fall prevention.

National Safety Council
[Falls in the Home and Community <http://www.nsc.org/issues/fallstop.htm>](http://www.nsc.org/issues/fallstop.htm)

Includes statistics, prevention tips, research findings, information for journalists and additional resources.

U.S. National Institutes of Health, National Institute on Aging
[Senior Health, Falls and Older Adults <http://nihseniorhealth.gov/falls/toc.html>](http://nihseniorhealth.gov/falls/toc.html)

Provides information, prevention tips and additional resources.

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24 Hour Fitness

Active Aging Classes

Address: Honolulu Location: 1680 Kapiolani Blvd. Honolulu, HI 96814

Phone: Honolulu Location: 951-7677 ext. 40

Website: www.24hourfitness.com

Contact: Kevin Chandlers (Honolulu location)

Email through website

Services: 24 Hour Fitness is an exercise facility offering a range of services. SilverSneakers, Silver&Fit, and Active Aging classes are offered.

ZumbaGold: lower intensity Zumba class for adults 60+ years old

SilverSneakers: Energizing exercise class for older adults. A chair is used for sitting or standing support. Different SilverSneakers classes are offered, depending on location.

Clientele: Open to all ages

Locations: Honolulu, Waikiki, Bishop, Windward City, Hawaii Kai, Pearl City, Mililani, Kahului

Eligibility/Cost: No eligibility required/ several insurance plans and Medicare cover membership for SilverSneakers and/or Silver&Fit.

Other information: Classes offered vary with location



Physical Activity

AARP Hawaii

Address: 1132 Bishop Street, Suite 1920, Honolulu, HI 96813

State office: 808-545-6024

Phone: Toll-Free: 866-295-7282

Fax: 808-537-2288

Website: www.aarp.org

Contact: Jackie Boland, Hawaii Director of Community Outreach

Email: hiaarp@aarp.org

Services: The AARP offers classes on a variety of subjects pertaining to older adults, including health and wellness classes.

Locations: AARP services are offered statewide.

Clientele: Adults age 50+

Eligibility/Cost: Must be 50+ years of age to be eligible for AARP membership.
AARP Membership: \$16 per year



Other

Action Physical Therapy

Address: 4381 Kukui Grove Street, Suite #3 Lihue, Hawaii 96766

Phone: 808-246-0144

Fax: 808-246-0144

Website: www.actionphysicaltherapykauai.com

Email: info@actionptkauai.com

Services: Action Physical Therapy offers individual treatment approach for its patients. Staff focuses on patients specific needs and creates a safe and effective treatment plan for orthopedic injuries and various medical conditions.

Stabilization program: Physical therapists have over 25 years of experience in the field. Stabilization program restores patients' stability during sitting, standing, walking, and moving. Therapy includes balance activities, sensory training, and ambulation training with or without the use of an assistive device.

Wheelchair/Mobility device evaluations: Patient meets with a skilled physical therapist to assess physical strengths and limitations in addition to lifestyle and occupation to find a wheelchair that matches patient's needs.

Vertigo, dizziness, vestibular rehabilitation therapy is also offered.

Location: Lihue, Kauai.

Eligibility/Cost: A physician's referral is necessary for insurance coverage. Services are offered for all ages.



Physical Activity

Aloha Foot Centers

Address: Kailua: 407 Uluniu St., #107 Kailua Medical Arts Bldg.
Kaneohe: 46-001 Kamehameha Hwy, #311 Castle Professional Bldg.

Phone: 266-0066

Website: www.alohafootcenters.com

Contact: Dr. Robert LaReaux, DPM

Email: alohafootcenters@hawaiiantel.net

Services: Fall-prevention starts with proper foot care, especially among diabetics. When it comes to foot care, footwear can play a large role. Dr. LaReaux gives recommendations on proper foot care and footwear for patients. Aloha Foot Centers also sell special shoes and braces that can reduce fall-risk by up to 40%.

Clientele: For those interested in foot care or suffering from foot problems.

Locations: Kailua and Kaneohe

Eligibility/ Cost: Physician's referral is necessary.
Covered by insurance



Other

Alu Like, Inc.
Ke Ola Pono No Nā Kūpuna

Address: Hale O Na Limahana, 458 Keawe Street Honolulu, HI 96813

Phone: 535-1328

Fax: 524-1533

Website: www.alulike.org

Contact: H. Hanakia Tui, Oahu Unit Manager

Email: hatui@alulike.org

Services: The Ke Ola Pono No Nā Kūpuna Program provides nutrition and supportive services (recreation, education, outreach, promotion of well-being) to independent Native Hawaiians 60 years of age or older on the islands of Hawaii, Kauai, Maui, Molokai and Oahu. This program enriches and enhances the lives of Native Hawaiian Kupuna.

Eligibility/Cost: For Native Hawaiians 60+ years of age and their spouses/free

Locations: Hawaii, Kauai, Maui, Molokai, Oahu



Physical Activity

American Red Cross

Address: 4155 Diamond Head Road, Honolulu, HI 96816

Phone: 734-2101 X 128

Fax: 734-8318

Website: Redcross.org

Contact: Mary Meinei

Email: info@hawaiiredcross.org (Email address will be changing in the future)

Services: Fall prevention is incorporated in CNA training.

Training modules and classes on fall prevention are no longer provided but were combined into a useful book. The Family Caregiving Book includes information on slips, trips, and falls, proper alignment, proper carrying, and home safety. The book includes a DVD. It is a great resource for families to use to provide caregiving for elders.

Locations: All major islands, including Diamond Head location

Eligibility/Cost: Open to all ages, genders, and abilities/ Family Caregiving book is \$26.95



Other

Arthritis Foundation Exercise Program

Address: 615 Piikoi Street, Ste. 1109, Honolulu, HI 96814

Phone: (808) 596-2900, Neighbor Island toll free: 1-800-462-0743

Fax: (808) 596-2904

Website: www.arthritis.org/hawaii

Contact: Jennifer Hee

Email: jhee@arthritis.org

Services: The Arthritis Foundation offers various exercise programs to reduce pain and decrease stiffness caused by arthritis.

Exercise Program: This is a land-based exercise program with activities that are designed to sustain and improve joint mobility, tone muscles and improve posture. This exercise program is conducted with participants sitting and standing and allows people to have fun while exercising in a group setting. Classes are also offered in the following areas: Aquatics and quiet Tai Chi.

Locations: Oahu, Maui, Kauai, and Big Island

Eligibility/ Cost: Open for all ages. Interested individuals should contact site directly for class fees and to sign up

Other information: The Arthritis Foundation also provides free educational seminars about any specific arthritis forms. Foundation brings in renowned rheumatologist to discuss latest research.



Physical Activity

Attention Plus Care

Address: 1580 Makaloa St. Suite 1060, Honolulu HI 96814

Phone: 739-2811

Fax: 739-0169

Website: www.attentionplus.com

Contacts: Cynde Cantorna: Scheduling
Krista Groothius- Sales and marketing

Email: info@attentionplus.com

Services: Attention Plus Care is a home health care agency offering respite care for primary caregivers. A community service seminar on falls prevention is offered once every 3 months. Classes are done by a registered nurse with handouts.

Locations: Classes are held at the Main Office Conference Room and at Kahala Nui. Home health care services are available across the Oahu.

Eligibility/Cost: This class is for anyone interested in fall prevention, especially family caregivers. Free class but no validated parking



General

Balance Center of the Pacific

Address: 600 Kapiolani Blvd. #404 Honolulu, HI 96813

Phone: 955-8339

Fax: 955-9808

Contact: Dr. Robert Kissenberger

Email: balancehawaii@hotmail.com

Services: The Balance Center of the Pacific is an independent diagnostic testing facility and rehabilitation clinic. Balance Center conducts diagnostic tests and balance tests on individuals experiencing dizziness to make sure there is no underlying disease-based problem.

Locations: Honolulu

Eligibility/ Cost: For individuals suffering from balance disorders
Covered benefit by insurance with physician referral



Other

Bayada Home Health Care

Address: 2200 Main Street #650 Wailuku, Hi 96793

Phone: 808-244-4700

Fax: 808-244-7575

Website: Bayada.com

Contact: Michelle Kanehe

Email: mkanehe@bayada.com

Services: At BAYADA Home Health Care we are determined to provide home care services with compassion, excellence, and reliability. All of our HHA's are required to take the Understanding Fall Risk Factors In-service, and our home makers and companions are strongly encouraged. The understanding fall risk factors are interactive and educational. Understanding Fall Risk Factors in-service includes: Activity 1: creative fall prevention strategies, Activity 2: Try "high risk for falls" on for size, Activity 3: Stress balls – a team building activity. Discussion questions and a multiple choice True/False quiz are administered to field staff after completion of the in-service.

Office staff is available to all our clients and field staff during normal business hours, Monday through Friday, 8:00 to 5:00, and an on-call client service manager and clinical manager are available 24/7, including holidays.

Clientele: Open to all ages

Location: Maui

Cost: Please contact the office to get a quote, the quote will be based on private pay or health insurance, and the level of service being requested, i.e. homemaker, companion, HHA, RN, LPN. Our staff is knowledgeable of community resources and will work with you to see if you would be eligible for county services through Area on Aging or Medicaid. All clients at BAYADA Home Health Care are assigned a nurse, clinical manager and a client service manager. The nurse, clinical manager will go out to the home and do an initial assessment/intake free of charge to the client.



General

Big Island Yoga Center

Address: 81-6623 Mamaloha Highway, Kealahou, HI 96750

Phone: 808-329-9642

Website: www.bigislandyoga.com

Contact: Julie Benkofsky-Webb, Managing Director

Services: Big Island Yoga Center is a non-profit organization offering Kupuna Yoga and a free class every month. It has been operating for over 20 years in Kealahou on the Big Island and is based on Iyengar yoga. With 10 teachers, Big Island Yoga Center makes individual instruction a priority. There are several gentler classes suited for older adults, including Stretch and Restore and Kupuna Yoga.

Older adults are welcome to attend the other classes as well.

Kupuna Yoga: Offered twice a week on Tuesdays and Thursdays. This class is designed for the older adult and will accommodate any physical limitation.

Stretch and Restore: A gentler class designed to alleviate stress and promote a sense of well-being.

Clientele: All ages and skill levels are welcome. 50+ years of age to attend Kupuna Yoga

Location: Kealahou on the Big Island

Cost: Prices vary depending on package. Drop in rate: \$14/class

\$50 for 4 classes, \$80 for 8 classes, \$140 for 16 classes

Big Island Yoga Center will not turn anyone away because of financial difficulties.

The student can talk to teacher about options for financial aid.

Other information: Yoga is for all individuals of all ages. Classes sometimes have an age range of 30-40 years!

Yoga helps with balance and strength and is great for preventing falls.



Physical Activity

Carrier Alert Program

Address: 71S. King St., #200 Honolulu, HI 96815

Phone: 808-768-7700

Fax: 808-527-6895

Website: <http://www.nalc.org/commun/alert/index.html>

Services: The Carrier Alert program is a cooperative community service program to monitor the well-being of elderly and disabled mail patrons. When a volunteer carrier notices something unusual (such as an accumulation of mail) with a registered patron, he or she reports it to a postal supervisory or other designated individuals who in turn contacts the sponsoring local agency. If necessary, family members, police, or emergency services are contacted.

Participation is voluntary and operation depends on local agency. Call your local post office to find out if the Carrier Alert Program is operating in your neighborhood.

Eligibility/Cost: For elderly or disabled mail patrons living alone, 60+ years of age/ free

Locations: Services are offered nationwide

Other information: Even if your local post office is not participating in the program, your friendly mail carrier is trained to always be observant of unusual behavior!



Other

Castle Medical Center

Castle Wellness and Lifestyle Medicine Center

Address: 642 Ulukahiki St., Suite 105 Kailua, HI 96734

Phone: 236-5050, call center 8:30-5

Website: <http://castlemed.org/classes.htm>

Email through website

Services: Castle Medical Center provides fitness classes for the older adult. Steady on Your Feet is a class that addresses balance challenges while standing or walking. This class focuses on stretching and strengthening of key muscles that can help improve balance. The class is offered every Tuesday, 10-11 a.m.

Bone Builder: Helps improve bone density and prevent further bone loss. The exercises focus on strength and balance and help reduce fall-risk. The class is offered every Tuesday 8:45-9:45am

Location: Wellness Center Auditorium, Harry and Jeanette Weinberg Medical Plaza and Wellness Center (building in front left of Castle Medical Center)
Kailua

Eligibility: All ages can participate in wellness classes
May require medical clearance to participate

Cost: All Fitness Program Classes, Monthly—\$40.00

All Fitness Program Classes, Quarterly—\$100.00

Windward YMCA Members—FREE

Castle Employees—FREE

An initial, one-time fitness assessment must be completed by all participants for a fee of \$25

Other information: Other classes designed for the older adult are also available, including Exercise for Life, QiGong, and Longer Life Fitness Class



Physical Activity

Catholic Charities Hawaii Lanakila Multi-Purpose Senior Center

Address: 1640 Lanakila Avenue, Honolulu, HI 96817

Phone: (808)-847-1322

Fax: (808) 847-1324

Website: www.catholiccharitieshawaii.org

Services: Catholic Charities operates the Lanakila Multi-Purpose Senior Center. The center offers over 50 classes that encourage seniors to get out of the house and exercise. Classes are offered Monday through Friday and include beginner and intermediate stretching, tai chi, chair exercises, yoga, and cultural dance classes.

Clientele: Seniors 60+ years of age

Location: Honolulu

Eligibility/Cost: 60+ years of age, resides between Fort Shafter to Ward Avenue, those living outside limits can participate if first volunteering

Other information: Catholic Charities Hawaii also offers a medication management program, case management, transportation, and many other senior services.



Physical Activity



Medication

Comforting Hands Hawai'i

Address: P.O. Box 636 Kailua, HI 96734

Phone: 262-8586

Fax: 262-4147

Website: www.ComfortingHandsHawaii.com

Contact: Anita Haban-Nakamaejo, Director of Operations

Email: anita@comfortinghandshawaii.com

Services: Comforting Hands Hawaii offers caregiving and companionship for older adults who want to continue living at home. The Fall Prevention Program consists of free fall prevention seminars, free risk assessment, and free home safety inspection for new clients.

Clientele: For kupuna and their caregivers

Location: Services are offered on Windward Oahu and others by arrangement.

Cost: Speakers and seminar are free.



General

Dahn Yoga

Address: Honolulu: 401 Kamakee St. #317 Honolulu, HI 96814

Aiea: 99-080 Kauhale St #C21 Aiea, HI 96701

Kaimuki: 3569 Harding Ave #B Honolulu, HI 96816

Phone: Honolulu: 596-9642 Aiea: 486-9642 Kaimuki: 738-5522

Website: www.dahnyoga.com

Contact: Mary McKinley (Kaimuki location)

Email: honolulu@dahnyoga.com, kaimuki@dahnyoga.com,
aiea@dahnyoga.com

Services: Dahn Yoga is a holistic approach to exercise and health, incorporating the mind and body. It uses the elements of Tai Chi and Yoga to create a combination of stretching, breathing, and meditation. Meditation starts with the mind makes one aware of energy body, rather than just the physical body. Dahn Yoga teaches and strengthens the energy system to improve overall health and wellness.

Clientele: Offered for all adults

Locations: Honolulu, Aiea, and Kaimuki

Eligibility/Cost: No eligibility/ fees range \$10-20 per class, depends on membership package

Other comments: It is important to breathe and breathe well. Breathing deeply saves a lot of stress and tension, thus helping you maintains an active lifestyle.



Physical Activity

Department of Health
Developmental Disabilities Services Branch
Neurotrauma Section

Address: 2201 Waimano Home Road, Pearl City, HI 96792

Phone: 453-6151

Fax: 453-6217

Website: hawaii.gov/health/disability-services/neurotrauma/index.html

Contact: Aaron Arakaki

Email: ntrauma@doh.hawaii.gov

Services: The Neurotrauma section of the Hawaii Department of Health provides information and referral service for the public so they can easily access community resources.

Eligibility/Cost: Service is offered for individuals suffering from a traumatic brain injury, spinal cord injury, stroke, or other brain injury/ free



Other

Dong Family International Tai Chi Chuan Association

Address: Jodo Mission, 1429 Makiki Street, Honolulu, HI 96814

Phone: (808) 524-1532 or (808) 457-5844

Website: www.dongtaichi.com

Contact: Grand Master Zeng Chen Dong or Chip Ellis

Email: chipper@aloha.net

Services: Dong Family International Tai Chi Chuan Association teaches traditional beginner and advanced Tai Chi in Oahu and Maui.

Locations: Maui: Pukalani Community Center, Kula Community Center
Oahu: Jodo Mission, Kailua Recreation Center, Straub Pearlridge, Kapiolani Women's Center, Heeia State Park, Arthritis Foundation, Chinese Cultural Plaza

Eligibility/ Cost: 18+ years of age/ Grand Master Dong's classes are \$60/month for two 2 hour classes each week.

Master Dong's disciples offer classes through the Honolulu Club, Parks and Recreation, the Arthritis Foundation, and through other venues. Several classes are offered free or a small fee.

Other information: The Dong family has been teaching Tai Chi Chuan in Honolulu for over 50 years. They teach several styles of open hand forms as well as weapons and push hands. Students of the Dong family can be found around the world. The family has been teaching Tai Chi Chuan since the 1930's in China.



Physical Activity

Ease of Mind (EOM) Hawaii

Address: 98-1840-G Ka'ahumanu Street. Pearl City, HI 96782

Phone: 779-3035

Website: www.eomhawaii.com

Contact: Dexter Suzuki

Email: dsuzuki@eomhawaii.com

Services: EOM Hawaii uses converging technologies and home maintenance services to ensure the safety and quality of life for both "Boomers" and "transient homeowners." Through home management, we are committed to helping the elderly Age in Place successfully and helping the transient population travel without worry. EOM offers home monitoring systems, fall detection and prevention through Halo Monitoring, and home evaluations and maintenance.

Location: Services are available across the island of Oahu.

Clientele: For the baby boomer generation and Kupuna living alone

Cost: Free initial customer evaluation and assessment

Fee for comprehensive home evaluation and maintenance

Fee for fall detection Halo Monitoring System and Home Monitoring System



Home Safety



Other

East Oahu Physical Therapy

Address: 850 West Hind Drive, Suite 201 Honolulu, HI 96821

Phone: 377-5605

Fax: 377-5604

Website: www.eastoahuphysicaltherapy.com

Contact: Shawna Yee, PT

Email: info@eastohuphysicaltherapy.com

Services: East Oahu Physical Therapy provides a comprehensive injury evaluation, community injury prevention seminars, fitness and personal training, aqua therapy, and home safety assessments.

Location: Aina Haina

Eligibility/ Cost: Services are offered for all ages. Must have a physician's referral, accepts most insurance plans



Physical Activity



Home Safety

Elam Sports Oahu

Address: Aiea Location: 98-1247 Kaahumanu St Ste. 118 Aiea, HI 96701
Barber's Point Location: 91-1027 Shangrila St. Building #1867 Kapolei, HI 96707

Phone: 674-9595

Fax: 674-9696

Website: www.elamsports.com

Contact: Bev Reyes

Email: admin@elamsportsoahu.com

Services: Elam Sports Oahu is a physical therapy clinic offering home safety assessments as well as a variety of physical therapy services, including massage therapy services. They also offer continued care after patients exhaust benefits from health insurance.

Mobile therapy services are offered for individuals who are unable to transport themselves to the facility.

Locations: Barber's Point and Aiea

Eligibility/Cost: Some insurance plans require physician referral, while others do not. Covered by insurance



Physical Activity



Home Safety

EnhanceFitness

Address: 715 South King Street Honolulu, HI 96813

Phone: 768-7700

Fax: 768-7720

Website: www.elderlyaffairs.com

Contact: May Fujii-Foo

Services: EnhanceFitness is an evidence-based exercise program developed by a private organization called Senior Services. This program has been evaluated and proven to reduce the risk of falls and improve overall health. It is recognized by U.S. Administration on Aging as well as many other national organizations.

Locations: Kokua Kalihi Valley (temporarily suspended until new leaders are trained), Child and Family Services Honolulu Gerontology Program, Kauai (implemented through Kauai Department of Parks and Recreation)

Eligibility/Cost: Client of Kokua Kalihi Valley or Child and Family Services, 60+ years of age/ Free
Kauai program open to the public (60+ years of age)/Free for seniors but donations are welcome



Physical Activity

Greg Yuen, MD
Psychiatrist and Tai Chi Instructor

Address: 1188 Bishop Street, Suite 806 Honolulu, HI 96813

Phone: 808-599-5050

Fax: 808-599-5719

Website: gregyuenmd.com

Contact: Greg Yuen, MD

Email through website

Services: Dr. Greg Yuen has over 30 years of experience teaching Tai Chi and offers free classes for the public.

In addition, every second Wednesday and Saturday of each month Dr. Yuen teaches health classes. Classes include: Tai Chi for Daily Life Exercises, Yin and Yang of Food, Meditation, Push Hands Practice, and more.

Clientele: For anyone interested in health and wellness.

Locations: Kapiolani Park: Mondays and Wednesdays 5-6 pm
Kailua Beach Park: Saturdays 8-9 am across Buzz's Steakhouse

No eligibility/ Free



Physical Activity

Hawaii Academy

Senior FlexFit Program and Safe Falling Workshops

Address: 1314 Mo'onui Street, Honolulu, HI 96817

Phone: 842-5642

Fax: 841-2564

Website: www.hawaiiacademy.com

Contact: Dr. Max Vercruyssen, Director

Email: director@hawaiiacademy.com

Services: Hawaii Academy is a private school for lifetime fitness, human sciences, and technology research, education, and recreation for all ages and abilities.

Safe Falling Workshops: Everyone falls, so this class teaches individuals how to fall properly. Workshop is offered once every 2 months and is run by Dr. Max Vercruyssen. This takes place both in the classroom and out on the floor.

Senior FlexFit Program: Group and individual exercises for flexibility, strength, balance, safe falling, and aerobic conditioning. Classes are designed to increase independent living and reduce risk of falling and fracturing bones. The Senior FlexFit Program also improves overall physical and mental health.

Clientele: For all ages and abilities

Location: Honolulu

Cost: Fee for services

Other Information: Classes are offered Mondays 10:45 a.m.- 12:45 p.m. and Tuesdays 12:15 p.m.- 1:45.



Physical Activity

Hawaii Kai Physical Therapy

Address: Hawaii Kai Retirement Center: 446 Kawaihae Street
Hawaii Kai, HI 96825

Hawaii Kai Drive: 6650 Hawaii Kai Drive Unit 209 Hawaii Kai, HI 96825

Phone: 396-8908

Fax: 396-8909

Website: www.hawaiiikaiphysicaltherapy.com

Contact: Kristi Weiss, Physical Therapist

Email: dweisspt@yahoo.com

Services: Hawaii Kai Physical Therapy is owned by Kristi Weiss and her husband Doug Weiss, each with over 20 years experience. Each client begins with individualized assessment to test strength and balance. Upon completion on the assessment, PT's develop a customized exercise routine for the patient. This includes both a home exercise program and therapy within the clinic. PT's focus on functional mobility and transfers, as most falls occur within the home. Also gives recommendations on safety within household mobility and gait (walking).

Clientele: Services are offered for all ages, with a higher focus on geriatric clients and neuromuscular disorders such as Parkinson's and stroke

Locations: Hawaii Kai Retirement Center and Hawaii Kai Drive

Eligibility/ Cost: Must have physician referral
Covered by all Hawaii insurance companies except Kaiser



Physical Activity



Home Safety

Hawaii Pacific Health

Kapiolani Health and Wellness Classes

Address: Kapiolani Women's Center: Artesian Plaza, 1907 S. Beretania Street
Pali Momi Medical Center: 98-1079 Moanalua Road
Straub Clinic and Hospital: 888 South King Street
Phone: 527-2588
Website: www.kapiolani.org
Contact: Dr. Marcie Nowack
Email through website

Services: Hawaii Pacific Health offers a variety of health and wellness classes at their clinics across the island, including a monthly Fall Prevention Workshop. The Fall Prevention Workshop covers risk factors in falling, a home safety questionnaire, and exercises to improve balance and coordination. Students also receive a comprehensive self-risk assessment covering a checklist of risks (medications, vision, numbness, home safety). The first hour of the workshop is lecture with balance and walking exercises at the end.

Posture and balance: 1 hour lecture, 1st half about posture covering a series of exercises with resistance band, posture tips, and shoulder exercises. 2nd half of workshop about balance, including the various exercises students can perform to improve balance.

Informative and fitness classes that reduce fall-risk factors are offered: Boost your Metabolism, Easy Yoga for Seniors, Hula Kupuna, Senior Robics, Osteo-cise, Posture and Balance Workshop, Tai Chi, and What You Need to Know About the Aging of Your Eyes.

Clientele: Open to everyone

Locations: Honolulu, Aiea

Cost: Fall Prevention Workshop: \$10
Posture and Balance Workshop: \$10
Other class prices vary (small fee)

Other information: Workshops fall once a month on Saturdays



General

The Hawaii Wushu Center

Address: St. Andrew's Priory, 224 Queen Emma Square, Honolulu, HI 96813

Phone: (808) 489-3921

Website: www.hawaiiwushucenter.org

Contact: Xiu Zhang

Email: xiu.zhang@hawaiiwushucenter.org or chipper@aloha.net

Services: The Hawaii Wushu Center is a non-profit organization that is dedicated to promoting Chinese culture and martial arts. Its students have won gold medals in competitions on the mainland. The Taijiquan classes are oriented toward adults, while the other classes are suitable for all ages.

The Hawaii Wushu Center teaches the official Chinese competition forms of Taijiquan (Tai Chi Chuan) as well as the Yang style. The school also teaches various other Chinese martial art forms.

Clientele: Classes are offered for those ages 6 and over

Location: St. Andrews Priory

Cost: \$60/month for two 2 hour classes each week.



Physical Activity

Honolulu Club

Address: 932 Ward Avenue, 7th Floor Honolulu, HI 96814

Phone: Front Desk: 543-3910 Membership: 543-3937

Fax: 5433929

Website: www.honoluluclub.com

Contact: Richard McKinney

Email: getfit@richfitness.com

Services: Honolulu Club is a health and fitness facility encompassing equipment, exercise rooms, pool, spa, and more. Over 90 fitness classes are offered on a weekly basis, many of them designed for older adults.

Fitness classes: Gentle Yoga, Pilates on the Ball, Tai Chi, group cycling, dance, Stretch & Relax, aerobics, and aqua fitness, many more.

Clientele: For all ages

Location: Honolulu

Cost: Fee, contact Membership for more information



Physical Activity

Honolulu Department of Parks and Recreation

Address: 1541 Kalakaua Avenue Honolulu, HI 96813

Phone: (808)-973-7258

Fax: (808)-973-7262

Website: www.honolulu.gov/parks

Contact: Steven Santiago

Email: DPRseniorcitizens@honolulu.gov

Services: The Honolulu Department of Parks and Recreations offers many exercise and recreation classes in sites throughout the island of Oahu. Exercise classes are offered: stretching, light aerobics, medium-level aerobics, Luk Tung Kuen Chinese style exercises, yoga, and more. Social activities: ballroom dancing, Hula, and Minyo Japanese dancing

Locations: 1541 Kalakaua Avenue, Makua Alii Senior Citizen Center
Senior Citizen Clubs offer classes throughout Oahu

Eligibility/Cost: Senior programs are offered for individuals' ages 55+/ Most classes are free but some require small fee

Other information: Recreational classes are also offered: oil painting, ceramics, Japanese style painting, floral arranging, arts and crafts, Hawaiian quilting, and photography
Over 35 Senior Citizens Clubs provided throughout Oahu which also provide various classes



Physical Activity

Honolulu Gerontology Program

No Fear of Falling EnhanceFitness Program

Address: Main Office: 200 N Vineyard Blvd., Building B, Honolulu, HI 96817

Phone: 543-8468

Fax: 543-8475

Website: www.childandfamilyservice.org

Contact: Debbie Hart, Program Supervisor

Services: The No Fear of Falling EnhanceFitness Program is a series of group classes for those at risk of falling or who have a fear of falling. Clients meet 3x/week for sessions. Each 1.5 hour session features one hour of strength, flexibility, balance and resistance exercises performed while seated, standing and moving. Hand weights, stretch bands and unique movements are employed mimicking typical situations where clients need to utilize balance and coordination in daily life. Also included in each session is one-half hour of focused education/discussion and specifics topics concerning fall prevention and related health issues. The last half hour is for socialization and education on fall prevention. A pharmacist is occasionally scheduled to come in and review medications. Fall risk assessments are provided as options during the last 30 minutes.

The Honolulu Gerontology Program also offers chair-based exercises designed to build strength and mobilize participants. The classes are designed by the Arthritis Foundation and are offered twice a week.

Locations: Lani Huli Senior Housing, 25 Aulike St. Kailua, HI 96734
Hale Po'ai Senior Housing, 1001 N. School St. Honolulu, HI 96817

Eligibility/Cost: Program is offered for adults ages 60 and older who are living independently in the community and are independently mobile. Consent forms need to be signed and a physician's authorization form is required/ the program is free but donations on a sliding scale based on income are encouraged on a monthly basis.



Physical Activity



Medication

Ho'ola Lahui Hawaii

Address: Main Center: 4491 Rice Street Unit 6, Lihue, HI 96766

Phone: Pharmacy: (808) 240-0200

Fitness Center: (808)-245-8933

Website: hoolalahui.org

Contact: Marla Silva

Email: webmaster@hoolalahui.org

Services: Ho'ola Lahui Hawaii is a non-profit organization that promotes wellness in the community by providing medical, dental, counseling, pharmacy services and fitness programs for the insured and uninsured.

Over 30 classes are offered at the Hui Ho'ola Maika'i Fitness Center, many appropriate for older adults: Yoga, Zumba, Hula, aerobics, water aerobics, core conditioning, stretching, and line dancing

Community events: nutrition, Zumba demos, cooking demos, Relay for Life

Location: Hui Ho'ola Maika'i Fitness Center

3-3204 Kuhio Highway

Lihue, HI 96766

Eligibility/Cost: Visitors (non-Kauai residents), drop in fee: \$6

Punch card: \$30/ 10 classes

Other information: Ho'ola Lahui Hawaii also hosts health clinics and pharmacy for medication management.



Physical Activity



Medication

Iyengar Yoga Honolulu

Address: 2752 Woodlawn Drive, Suite 5-203 Honolulu, HI 96822

Phone: 808-382-3910

Website: honolulu-yoga.com

Contact: Shelley Choy

Email through website

Senior Stretch class: Various stretches that address all parts of the body from head to toe. Senior Stretch promotes strength, coordination, flexibility, and conditions the body. The class is also soothing and calming for the mind and brings a sense of optimism and well-being. The teacher has been at the Iyengar Yoga for nine years and leads a group of dedicated students.

Location: Manoa

Clientele: Iyengar Yoga offers classes for all ages and skill levels. All ages but must be 60+ years of age for Senior Stretch class

Eligibility/Cost: No eligibility/ Single class is \$12

Monthly discounted rates: \$41 classes once a week for 1 month, seniors get \$5 off, twice a week: \$72

Other information: Iyengar Yoga offers other classes: Kids Yoga, Gentle Stretch, Basic, and Intermediate



Physical Activity

Kaiser Permanente Prevention and Health Education

Address: 1010 Pensacola Street, 3rd floor, Honolulu, HI 96814

Phone: 432-2260

Fax: 432-2249

Website: www.kp.org/livehealthy

Contact: Ashlyn Saunders

Services: Kaiser Permanente's Prevention and Health Education offers a Senior Summit Program, which provides ongoing educational opportunities on a wide variety of issues specific to seniors. One of these lectures is Move for a Healthier Life, which covers exercise fundamentals and injury prevention for seniors.

A variety of exercise and fitness classes are also offered for members and non-members. Classes include Chairobics, Qi Gong, Tai Chi, and Yoga.

Many classes are open to both Kaiser members and non-members.

Locations: Senior Summit programs are offered at YMCA and Kaiser locations throughout the island. Health and wellness classes are offered at various locations throughout the state.

Eligibility/Cost: Senior Summit Programs are free and open to the public. Pre-registration is required. Exercise and fitness classes require small fee for members and non-members.

More information: For Senior Summit lectures, call 432-2235 for more information.

For exercise and fitness classes, call 432-2260 to pre-register.



General

Kamana Senior Center

Address: 127 Kamana Street Hilo, HI 96720

Phone: 808-961-8710

Fax: 808-961-8921

Website: <http://cohproto.squarespace.com/pr-elderly/>

Email: ead@co.hawaii.hi.us

Services: The Kamana Senior Center is overseen by the Department of Parks and Recreation's Elderly Affairs Division. The center offers many physical activity programs designed for older adults to promote maximum independence, optimum health, personal dignity and self-enrichment. Classes include physical activity, creative gardening, Qi Kuong, Japanese dance, yoga, Hula, toning exercise, line dance, physical Goju-kai, Tai Chi, and Rhythm and Life.

Location: Hilo

Eligibility/Cost: 55+ years of age/ \$10 for entire 8-10 week session

Other information: The Kamana Senior Center also offers classes in other recreational programs such as photography, ukulele, ceramics, and watercolor. A Kupuna Discount Booklet is available online for a variety of products and services, including eye care, medication, and groceries.



Physical Activity

Kaneohe Community and Senior Center

Address: 45-613 Puohala Street, Kaneohe, HI 96744

Phone: 233-7317

Website: www.honolulu.gov/parks

Email: DPRseniorcitizens@honolulu.gov

Services: The Kaneohe Community and Senior Center is run by the Honolulu Department of Parks and Recreation. The center offers many physical activity classes appropriate for seniors: physical fitness, Zumba, Tai Chi, Hula, Sahn bo dahn, and more.

Location: Kaneohe

Eligibility/Cost: For older adults but no particular age eligibility/ \$35 one-time membership. Members can take as many classes as they want.

Other information: Also offers recreational classes including ukulele, watercolors, craft, Hawaiian quilting, and ceramics.



Physical Activity

Kapahulu Center

Address: 3410 Campbell Avenue, Honolulu, HI 96815

Phone: 737-1748

Fax: 737-1491

Website is currently being updated

Contact: Cassandra Tesoro

Services: The Kapahulu Center offers exercise classes for older adults 1-2 per week including Tai chi, Korean exercise, yoga, aerobics, and wall yoga.

Clientele: Classes are offered for older adults.

Location: Kapahulu area

Cost: Membership is \$40/ year, small fee of \$2 per class



Physical Activity

Kauai Athletic Club

Address: 3371 Wilcox Road #101 Lihue, HI 96766

Phone: 808-245-5381

Website: www.kauaiathleticclub.com

Contact: Phyllis Stanwood, Site Leader

Email: kac@kauaiathleticclub.com

Services: Kauai Athletic Club includes cardio theatre, weight room, and offers various exercise classes for older adults.

Silver Sneakers I: Focuses on muscular strength and range of movement. Can be implemented sitting or standing

Silver Sneakers II: Cardio circuit with some resistance training. Can be implemented sitting or standing

Senior Hula Aerobics: A low-impact aerobic class paced for seniors which incorporates moves from Hula

Senior Aerobics: One-hour workout geared for ages 60+, modified for different levels from beginner to advanced.

They also offer other appropriate classes such as yoga and tai chi.

Clientele: Open to all ages.

Location: Kauai

Eligibility/Cost: 60+ years for senior membership/ \$38 per month for seniors when using Autopay.

Medicare and other health plans may cover Silver Sneakers gym membership.

Silver Sneakers membership is free to qualifying seniors 65 and older with Humana Insurance.



Physical Activity

Kauai Department of Parks and Recreation

Senior Programs

Address: 4444 Rice Street, Mo'ikeha Building, Suite 105, Lihue, HI 96766

Phone: 808-241-4462

Fax: 808-241-4197

Website: <http://www.kauai.gov/parks>

Contact: Melanie Okamoto

Email: mokamoto@kauai.gov

Services: Physical activity classes are offered at neighborhood centers across the island. Classes offered: Tai Chi, exercise, yoga, chi gong, swimming, Hula, Kupuna wellness (combination of stretching and light weights), chair exercise, line dancing, Filipino dance, Japanese dance, Drums Alive, weight training circuits, aerobic drumming with exercise balls

Also offers EnhanceFitness: an evidence-based fall prevention physical activity program.

Classes vary among neighborhood centers.

Clientele: For ages 55+ but welcomes anyone else interested

Locations: Neighborhood Centers across Kauai: Kekaha, Waimea, Kaumakani, Hanapepe, Kalaheo, Koloa, Lihue, Kapaa, & Kilauea

Cost: Free for seniors, but donations are welcome



Physical Activity

Kauai In Home Therapy Services

Address: Mailing: P.O. Box 1714, Kapaa, HI 96746

Phone Toll Free: 808-332-6266

Direct: 808-333-3688 808-431-4244 or 808-353-3960

Website: kauaihometherapy.com

Contact: Bryce Berkholder

Email: Aloha@KauaiHomeTherapy.com

Services: Kauai In Home Therapy Services brings outpatient quality care to the homes of seniors and pediatrics, so they don't have to travel to the clinic. Physical therapists are well-versed in fall prevention, balance issues, gait disturbances, and senior safety issues. Older clients who have fallen in the past undergo a comprehensive fall risk assessment which includes a medication review, assessment of gait and balance, and a visual assessment. Also produces informative handouts on fall prevention physical and environmental risk factors.

Kauai In Home Therapy Services offers in-home safety evaluation and equipment modification.

Clientele: Services are offered for all ages, from pediatrics to geriatrics

Location: Kalaheo, Kauai

Physical address:

2-2514 Kaumualii Hwy

Suite 205, Rainbow Plaza

Kalaheo, Kauai, HI 96741

Eligibility/Cost: Physician's referral necessary/ Covered by insurance



General

Kauai Veterans Memorial Hospital

Address: P.O. Box 337, Waimea, HI 96796

Phone: 338-9431

Fax: 338-9420

Website: www.hhsc.org

Contact: Emma Padilla

Services: Kauai Veterans' Memorial Hospital offers long-term care and provides vision checks and medication management

Nurses practice fall prevention by placing bed alarms in case someone puts legs on side and secures mats.

KVMH provides maintenance physical therapy and physical activities with residents.

Clientele: Inpatient, Outpatient Employee Services

Location: Kauai

Eligibility/Cost: Fee, insurance



General

Kokua Care

Address: 3184 Waiialae Ave Unit B Honolulu, HI 96816

Phone: Honolulu: 734-5555 Leeward: 671-9000 Windward: 262-1155

Fax: 734-5455

Website: www.kokuacare.com

Contact: Keahi Dela Cruz

Email: info@kokuacare.com

Services: Free in-home assessment and home safety evaluation.

Kokua Care provides in-home nursing and companionship that allows clients to continue living at home. CNAs exercise with clients, do basic chores and services, run to errands and appointments, give medication reminders, and provide other personal assistance as necessary.

Location: Serves all of Oahu

Eligibility/Cost: None/ fee based on in-home assessment, care plan, frequency and duration, and scheduled days



Home Safety



Medication



Physical Activity

Kapiolani Community College Kupuna Education Center

Address: 4303 Diamond Head Road Honolulu, HI 96816

Phone: 734-9108

Fax: 734-9128

Website: www.kupunaeducation.com

Contact: Toni Hathaway

Email: cullen@hawaii.edu

Services: The Kupuna Education Center is located at Kapiolani Community College and offers Family Caregiver Training, Active Aging classes, and Elder Stay@Home/ Home Care Worker Training.

Fall Prevention Class: Learn how to prevent falls through information, resources, and exercises. Participants with significant balance problems should be accompanied by a family member or caregiver at no extra fee.

Wellness of Body and Mind classes are offered: Ecstatic Dance, Beginning Iyengar Yoga, Laughter Yoga, Universal Tai Chi, and more.

Clientele: Kupuna and/or caregivers

Location: Kapiolani Community College

Eligibility/Cost: No eligibility/ Fall Prevention Class is \$30, other classes vary

Other information: Other classes are also offered: Hands-On Skills for Family Caregivers, Dealing with Your Parents and Their Stuff, Career Transitions for Boomers, Aging and Older Adults, Dementia and Alzheimer's Disease Training, Transfer Workshop.

Kupuna Connections: Kapi'olani Community College's TV Series Dedicated to Hawai'i's Seniors and Their Families. Kupuna Connections covers many aspects of Kupuna health and wellness and fall prevention, such as physical activity, medication management, and home modification.



General

Kupuna Monitoring Systems

Address: P.O. Box 2247 Aiea, HI 96701

Phone: 808-721-1201

Fax: 808-356-1907

Website: www.kupunamonitoring.com

Contact: Cullen Hayashida

Email: cth@hawaii.rr.com

Services: Kupuna Monitoring Systems works with Phillips Lifeline, a national provider of emergency response service. Provides installation and any type of service that subscriber may need. Subscriber wears help button. If they need assistance, subscriber presses help button to signal response center. Staff contacts responders (neighbors, family members) to check if subscriber is okay. If needed, staff calls emergency medical services.

Phillips Lifeline also offers a product that has the ability to pick up fall signal in case if person becomes unconscious.

Kupuna Monitoring Systems also offers a medication dispenser programmed to alert person that it is time to take medication. It dispenses proper medication doses at preprogrammed times to reduce the risk of medication error.

Clientele: Kupuna living alone

Locations: Available on all islands

Eligibility/Cost: No eligibility/ Fee



Medication



Other

Lanakila Meals on Wheels Kupuna Wellness Centers

Address: 1809 Bachelot St. Honolulu, HI 96817

Phone: 808-531-0555

Website: www.lanakilapacific.org

Contact: Connie Ganal, Program Supervisor of Group Dining

Email: cr@lanakilapacific.org

Services: Kupuna Wellness Centers (also called Group Dining) is a half-day center open Monday to Friday 8-12. Seniors participate in nutrition education, excursions, shopping, physical activities, singing, crafts, and lunch.

Clientele: Kupuna

Location: 18 centers across Oahu

Eligibility/Cost: Have to register for the program, 60+ years of age and spouse (no age requirement for spouse)/ suggested donation of \$2 per meal

Other information: At the time of this publishing, Lanakila was not accepting new clients because of budget cuts. Please contact Lanakila to see if a center is accepting new clients.



Physical Activity

Life Care Center of Hilo

Fall Prevention Program

Address: 944 West Kawaihāni Street Hilo, HI 96720

Phone: 959-9151

Fax: 959-6202

Contact: Chris Ridely

Services: Life Care Center of Hilo runs quarterly fall prevention program: 6 week program, once a week, 2 hour session. This is a lifestyle change program to promote health and wellness and reduce fall risk. Small class sizes help staff in knowing each member and addressing their personal needs.

The Fall Prevention program, modeled after a federal program, is very comprehensive and includes a pre- and post- balance check, exercises to perform daily, medication review, dietary recommendations. Participants are reminded and encouraged to have annual hearing and vision checks. Life Care Center staff also checks blood pressure (standing, sitting and laying down), blood sugar, blood oxygen level, vitals, and cholesterol. Classes cover a range of fall prevention techniques, including posture, home safety, and proper shoes. This information is passed on to the participant's physician.

Various health professionals, such as physical and occupational therapists, come in to teach members about various aspects of fall prevention. The UHH School of Pharmacy conducts medication management. Agencies such as American Heart Association, American Cancer Society and Alzheimer's Association provide additional information.

For those living home alone, staff will assist in installing a personal emergency response system device in preparation for any emergency.

Clientele: Elders and/or disabled

Location: Hilo

Eligibility/Cost: None/ asks for \$25 donation

Other information: Includes book of handouts covering fall prevention information



General

Maui Clinic Pharmacy

Address: 53 S. Pu'unene Ave #101, Kahului, HI 96732

Phone: 877-6222

Fax: 877-0504

Contact: Sheena Jolson

Email: jolson.pharmacy@gmail.com

Services: Maui Clinic Pharmacy offers medication reviews and is willing to coordinate with other pharmacist across the island to work with all types of patients to reduce medication complications in relation to falls.

Maui Clinic Pharmacy is already working with Jo Reyes from the Office on Aging and Catholic Charities in setting up presentations and free medication reviews with elderly patients all across the island. Maui Clinic Pharmacy is looking to expand this project in the future.

Clientele: Geriatric population, >3 disease states, >5 medications

Locations: Kahului, Makawao, Paia

Cost: \$75-100 for Complete Medication Reviews



Medication

Maui Department of Parks and Recreation

Community Classes

Address: 700 Halia Nakoia Street, War Memorial Complex, Wailuku, HI 96793

Phone: (808)270-6154

Website: co.maui.hi.us

Contact: Karen Deguilmo

Services: Maui Department of Parks and Recreation offers a wide variety of low-cost community classes for the public. Many classes are physical activity and can assist in reducing fall-risk. Classes include Jazzercise, Hula, Pilates, Swing Maui, Tai Chi, Taiko Drumming, Yoga, and Zumba.

Clientele: Everyone

Locations: Classes are offered throughout Maui: Kihei, Makawao, Lahaina, Kahului, Pukalani, Kula, and Wailuku.

Eligibility/Cost: \$5/hour for seniors 55+ and youth under 18. \$8/hour for adults



Physical Activity

Moiliili Community Center

Moiliili Senior Center and Kupuna Support

Address: 2535 S. King St, Honolulu, HI 96826

Phone: 955-1555

Fax: 945-7033

Website: www.moiliilicc.org

Contact: Linda Day

Email: kupunasupport@moiliilicc.org

Services: Moiliili Senior Center offers recreational and Rhythm and Life exercise classes for independent seniors on Mondays and Fridays. Activities include excursions, hikes, recreational classes, and special events. Kupuna Support are for frail, less independent individuals. Moiliili Community Center provides Rhythm and Life exercise class 5 days/week for participants which exercise both fine and gross motor skills. On Mondays and Fridays Kupuna Support participants join the Senior Center's exercise class. Tuesdays through Thursdays a program aide certified in Rhythm and Life exercise instructs Kupuna participants.

Clientele: Senior Center: Independent individuals 60+ years old
Kupuna Support: Elderly, frail to some extent individuals

Location: Moiliili

Eligibility/Cost: Senior Center: 60+ years old, reside within areas of Ward Avenue and Hawaii Kai

Kupuna Support Center: 62+ years old, somewhat frail, lives alone a plus, low-income, able to walk with some personal assistance (use of cane or walker is fine), able to eat and use the restroom with some personal assistance, non-aggressive and not prone to wandering (symptoms of dementia and Alzheimer's are fine), not presently attending a day care program, cleared for participation by a doctor and a TB clearance

\$55/ day (best deal on the island) and offers free roundtrip transportation

Other information: Moiliili Community Center no longer provides home assessments. Sister organization Project Dana is located at Moiliili Hongwanji and provides home assessments.



Physical Activity

Move with Balance

Address: PO Box 791339 Paia, HI 96779

Phone: 808-573-3109

Website: www.MoveWithBalance.org, www.GivingBackMentoring.org

Contact: Karen Peterson

Email: KP@GivingBackMentoring.org

Services: The award winning Move With Balance (MWB) program improves cognitive skills, helps prevent injuries from falls, and enhances the lives of all older adults, by pairing active senior volunteers with frail elders in loving relationships. These program goals are achieved by offering learning opportunities that include integrated movements, cognitive exercises, vision training, and balance training.

INNOVATIVE REPLICATION

We are actively replicating MWB to reach all seniors nationally, by offering MWB training 'kits' to either organizations or individuals via each of the following three implementation models.: 1) Our Group Model targets organizations that serve elders such as gyms, senior centers and their associated service sites (e.g., meal sites, recreation sites), assisted living facilities, and nursing homes; 2) Our Caregiver Model targets professional caregivers, national caregiver franchises, and individual caregivers, such as physical therapists, physicians, etc.; 3) Our Personal Model targets independent individuals (usually more mobile seniors) who can do the program alone or with friends, and caregivers who care for family members or loved ones.

Clientele: Any senior 55--105

Location: Wailuku Community Center, Waikapu Community Center, Pukalanai Community Center, Kahului Union Church

Eligibility/Cost: All seniors age 55-105, no cost to mentors or seniors.



Physical Activity



Vision

Nurse Pro-Care

Address: 315 Kino'ole St, Hilo, HI 96720

Phone: 933-9933

Fax: 931-9059

Website: www.nurseprocare.com

Contact: Vicki L. Davis, Administrative Manager

Email: nurseprocare@apexhi.net

Services: Tips for Preventing Falls and Injuries, Safe Medication Management, and Environmental Home Safety Tips provided for all clients at initial intake. Home Safety Assessments available upon request of client or family.

Clientele: Seniors, disabled adults and adults with special needs.

Location: East and West Hawaii (Big Island)

Eligibility/Cost: No cost (included in New Client Intake)



Home Safety



Medication

Ohana Pacific Rehab

Address: Honolulu Location: 1314 S. King Street Honolulu, HI 96814

Kailua Location: 354 Uluniu Street. #404 Kailua, HI 96734

Phone: Honolulu: 593-2610 Kailua: 262-1118

Fax: Honolulu: 591-9420 Kailua: 262-0045

Website: www.ohanapacificrehab.com

Contact: Kevin Lockette, PT

Email: kevin@ohanapacificrehab.com

Services: Ohana Pacific Rehab is a physical therapy clinic providing quality care for Honolulu and Kailua residents. Free Fall Prevention Screenings are offered if the patient is referred by a physician. If the patient is not referred, a fall prevention consultation is also offered.

Physical therapists also teach pre and in-services on fall prevention and body mechanics, injury prevention, and exercise & aging. Free education downloads are located on website. Offers full range of geriatric and neurological based physical and occupational therapy clinics. Gait, balance and falls clinics.

Clientele: Children to geriatrics. Varies depending on condition.

Location: Honolulu and Kailua

Eligibility/Cost: Free consultation if no insurance

Takes major insurance, which normally covers physical therapy

Other information: Specializes in Parkinson's.

Kevin Lockette, physical therapist, has written a book called, "A Caregiver's Complete Guide for Safe Mobility & Independence in the Home".



Physical Activity

On the Move Therapy

Address: 968 Spencer St. Unit 305 Honolulu, HI 96822

Phone: 808-599-0215

Fax: 866-311-6249

Website: www.onthemovetherapy.com

Contact: Reyn Kurihara, PT

Email: otmtherapy@gmail.com

Services: On the Move Therapy is a mobile outpatient physical therapy practice. Physical therapists (PTs) treat patients in their home environments. PTs first assess fall-risk using Timed Up and Go (TUG) test. After the assessment, PTs develop balance program suitable for the patient. Throughout course of balance program, PTs retest patient to measure improvement. Home safety assessments are also done at new patient intake. PTs make recommendations to make the patient's home safer and efficient for independent living.

Clientele: All ages

Location: Oahu

Eligibility/Cost: Physicians referral required for insurance coverage



Physical Activity



Home Safety

Project Dana

Address: 902 University Ave. Honolulu, HI 96826

Phone: 945-3736

Fax: 945-0007

Website: www.projectdana.org

Contact: Rose Nakamura

Email: projdana@hawaiiintel.net

Services: Provides a variety of services to the frail, elderly and disabled to ensure their well-being and continued enjoyment of independence and dignity in a supportive and safe environment. Services include a free home safety assessment, minor home repairs, transportation, presentations on fall prevention, respite care, and family caregivers support.

Clientele: Frail elderly and their caregivers

Location: Main location in Honolulu with various sites across the state

Eligibility/Cost: All services are free but donations are accepted



Home Safety



Other

Project Vision Hawaii

Address: 2938 Pacific Heights Road Honolulu, HI 96813

Phone: (808)282-2265

Fax: (808)591-5909

Website: projectvisionhawaii.org

Contact: Annie Hiller, Executive Director

Email: Email through website

Services: Project Vision Hawaii is a mobile retina screening unit. Staff conducts vision screening and takes bilateral retina images. Information and images collected are analyzed by an ophthalmologist to give recommendations for participants to bring to their next visit with their eye care professional. If participants are without an eye care professional, staff also gives options for doctors that accept their insurance in the area.

Retinal camera can also detect macular degeneration, diabetic retinopathy, ocular vein occlusion, glaucoma suspect, cataract suspect, and many other conditions.

Clientele: The elderly and the underserved population

Location: Mobile unit travels throughout state

Eligibility/Cost: Free



Vision

Queen's Lifeline

Address: The Queen's Medical Center - 1301 Punchbowl Street, Honolulu, Hawaii 96813

Phone: 691-7585

Fax: 691-4625

Website: www.queens.org

Email: lifeline@queens.org

Services: Queen's Lifeline is a Personal Response System, allowing the subscriber to summon help at the press of a button. Once activated, the 24-hour Monitoring Center will contact you through the two-way communicator's built-in speakerphone. If they are unable to reach you, help will be sent. This can be a family member, neighbor, or emergency services if necessary.

Clientele: Elderly

Location: Available on Oahu

Eligibility/Cost: \$45 to install system and \$45 per month. Subscriber can cancel after 1 month



Other

Rehabilitation Hospital of the Pacific Aiea Branch

Address: Pearlridge Center- Phase 2
98-1005 Moanalua Rd., Suite 425 Aiea, HI 96701
Phone: 486-8000
Fax: 486-8987
Website: www.rehabhospital.org

Services: Rehabilitation Hospital of the Pacific Aiea Branch provides outpatient rehabilitation services to the Leeward community. Rehab Hospital offers home safety assessments for patients. These are done in office. Staff educates clients on safety and accessibility in home environments. Provides recommendations on ways to make home safer, such as installing grab bars and removing throw rugs. Assists clients in ordering proper equipment and educates how to use equipment. Staff demonstrates proper safe techniques and exercises to do at home.

Clientele: Varies, depends on need

Location: Aiea

Eligibility/Cost: Physician's referral/ coverage depends on health insurance plan



Physical Activity



Home Safety

Rehabilitation Hospital of the Pacific Hilo Branch

Address: 76 Puuhonu Place Hilo, HI 96720

Phone: 961-5776

Fax: 961-6473

Website: www.rehabhospital.org

Contact: Don Yamaochi

Services: Rehab Hospital of Hilo provides outpatient rehabilitation service to the Hilo community.

Home safety assessments

Rehab therapists provide recommendations on to make living at home safer for clients living with physical limitations. Occupational therapists assist clients in ordering appropriate equipment and educate on proper use of equipment, such as grabbers/reachers.

Clientele: Varies, depending on need

Location: Hilo

Eligibility/Cost: Physician referral required/ insurance coverage varies among plans



Physical Activity



Home Safety

Rehabilitation Hospital of the Pacific

Nu'uano Branch

Women's Rehabilitation Program

Address: Rehabilitation Hospital of the Pacific 1st floor
226 North Kuakini Street Honolulu, HI 96816

Phone: 544-3310

Fax: 535-2017

Website: www.rehabhospital.org

Services: Women's Rehabilitation Program offers services on many subjects, including balance and falls.

Clientele: Women

Location: Nu'uano

Eligibility/Cost: Referred by physician/ covered by insurance

Other information: Women's health program offers education and rehabilitation in incontinence, osteoporosis, osteoarthritis, cancer treatments, and uterine and bladder prolapse.



Physical Activity

Saint Francis Lifeline

Address: P.O. Box 29700 Honolulu, HI 96820

Phone: (808) 547-6120

Fax: 676-1220

Website: www.stfrancishawaii.org

Contact: Beth Ahsing

Email: info@stfrancishawaii.org

Services: The Sisters at Saint Francis were the first to bring Philips Lifeline to Hawaii 20 years ago. A voicebox is installed (needs a landline to operate, no cell phones). Client wears a wrist or neck pendant and presses button if he/she needs help. Communicator ranges 3-500 feet.

Two different pendants are available: Classic and Auto Alert. The Auto Alert has the Fall Detector Button which is programmed with GPS in case the client falls and is unable to press button.

Clientele: Anyone who wishes to remain independent in home, older adults

Location: Serves all of Oahu

Eligibility/Cost: Installation fee: \$50 Monthly charge

Classic: \$43 Auto alert: \$56.50

No contract



Other

The Salvation Army

Adult Day Health Services

Address: 296 North Vineyard Blvd. Honolulu, HI 96817

Phone: 521-6553

Fax: 521-9955

Website: salvationarmy.org

Contact: Jerlene Kawasaki

Email: jerlene.kawasaki@usw.salvationarmy.org

Services: The Salvation Army implements a day health service program for individuals who want to continue living at home for as long as possible. Clients participate in physical activity everyday, including one morning and one afternoon walk in the courtyard. If the client is unable to walk independently, CNA gives a one-on-one walking session. Staff also provides range of motion exercises in a seated class setting. Staff administers medication and provides monthly nursing assessments.

Arts and crafts and recreational activities (ikebana, art, cooking, handmade card, and entertainment) are offered by staff and outside instructors. Clients also participate in mental stimulation games (trivia, work scrambles, jan ken po).

Clientele: Frail or disabled older adults

Location: Honolulu

Eligibility/Cost: About 65+ years of age/ fee depends on level of care \$45-83 per day



Physical Activity



Medication

Special Education Center of Hawaii (SECOH)

Address: SECOH Administrative Office 708 Palekaua Street Honolulu, HI 96816

Phone: 734-0233 ext. 319

Fax: 734-0391

Website: www.secoh.org

Contact: Crystal Ho'opili

Email: choopili@secoh.org

Services: SECOH offers adult day care services for seniors and a program for individuals with special needs/disabled. Participants come to the center from 9-3. Clients do activities at SECOH and the community center. Seniors participate in sit-down exercises every morning. They also do recreational activities such as arts and crafts, bingo, musical objects, and verbal games. Caregivers take clients on outings to the mall, museums, and eating out.

Clientele: Elderly and individuals with special needs

Location: SECOH Adult Day Care Services: Kahala and Wahiawa
Special needs: Waipahu Community Center, Pualani Manor Recreation Center, Ewa Beach Community Center, Pearl City Community Center

Eligibility/Cost: Must have 2 step TB and physical exam, first assessed on how they engage and interact, wheelchair accessible/ 2 separate prices for each day care, includes different services. No separate levels of care.

Other information: Most falls are preventable. Caregivers play a large role and need to be aware of surrounding areas, such as loose rugs, and provide stand-by assistance.



Physical Activity

Senior Move Managers

Address: P.O. Box 201432 Honolulu, HI 96820

Phone: 808-221-8345

Website: www.smmhawaii.com

Contact: Cynthia Arnold

Email: seniormovers@gmail.com

Services: Senior Move Managers assist seniors in downsizing and decluttering their homes; whether they want to move to another home or to just clean up their current home. A Senior Move Manager Professional helps clients transition to wear they are going to move. Most clients move from their larger family home to a smaller place. SMM also assists seniors in decluttering their home so it makes it more comfortable for them.

SMM is a one-stop shop support team to solve any moving or decluttering situation.

Clientele: Seniors and baby boomers 50+ years of age

Location: Oahu, looking to expand to the neighbor islands

Eligibility/Cost: No age eligibility/ Depends on the job and service



Home Safety

Sports Club Kahana

Address: 4327 Lower Honoapiilani Hwy Lahaina, Maui, HI 96761

Phone: 808-669-3539

Website: www.sportsclubkahana.com

Contact: Nina Kane

Email: Email through website

Services: Sports Club Kahana is a fitness facility offering Silver Sneakers and Silver Fit classes for older adults: Focuses on muscular strength and range of movement. Classes incorporate music to move through a variety of exercises to improve health and activity for daily living skills. Students use handheld weights, elastic tubing with handles, and a ball for resistance. A chair can be used to sit or for standing support.

Both programs include use basic gym equipment with each membership (cardio equipment, free weights, ect.)

Clientele: Gym is open to all ages. Silver Sneakers and Silver & Fit classes for ages 65+. Pregnant women or individuals with multiple sclerosis or recovering from surgery are also welcome.

Location: Kanapali, Maui

Eligibility/Cost: 65+ Medicare eligible covered by insurance on monthly basis, offers senior discounts for those who don't qualify. Silver & Fit is supported by Kaiser. Silver Sneakers is covered by Humana.

Personal training is extra cost, massage extra, sauna free

Physical therapists come in as well

Other information: Seniors can participate in Core Fit classes as well. Instructors can tailor class so it is an appropriate pace.



Physical Activity

Stay at Home Modifications

Address: 500 Portlock Road Honolulu, HI 96825

Phone: 271-5634

Contact: Mike Dowell

Email: m.dowell@yahoo.com

Services: Stay At Home Modifications provides home safety assessments, installs grab bars and ramps, and does any other home improvement to make client's life easier (even changes light bulbs). Also provides educational materials on home safety.

Clientele: Anybody with a disability or needs help getting around house

Location: Serves all of Oahu

Eligibility/Cost: Sliding-scale home assessments/ about \$100 per grab bar



Home Safety

StayFIT Physical Therapy LLC

Address: 99-128 Aiea Heights Drive #207 Aiea, HI 96701

Phone: 487-0487

Fax: 486-8674

Website: www.stayfitphysicaltherapy.com

Contact: Catherine Koike PT, DPT or Chip Yamaguchi PT

Email: stayfit@hawaiiantel.biz

Services: Offers home safety assessment

Staff also provides balance tests and screening for future falls. The physical therapist works with client in setting up future program to prevent falls.

Clientele: Ages 5-95

Location: Aiea

Eligibility/Cost: Physicians referral required for insurance coverage, Fee for service accepted

Other information: Offers rehabilitation for vertigo

NDT certified physical therapist on site, Specializes in spinal therapy and rehabilitation, injury and illness rehabilitation experts.



Physical Activity



Home Safety

Still and Moving Center

Address: 1024 Queen Street, Honolulu, HI 96814

Phone: 808-397-7678

Website: www.stillandmovingcenter.com

Contact: Sonja Sironen, Malia Helela

Email: info@stillandmovingcenter.com

Services: The Still and Moving Center is a mind/body moving center in Honolulu. It offers a variety of classes in dance, martial arts, yoga, and meditation. The center offers many classes appropriate for kupuna. Classes include Tai-chi for Better Balance, Gentle Pilates, Gentle Yoga, Gentle Nia, and Feldenkreis. The Still and Moving Center also offers many free and low-cost workshops.

Tai-Chi for Better Balance: An evidenced-based fall prevention program endorsed by the CDC. It is a slow-moving, gentle exercise program great for older adults, anyone recovering from surgery, long illness, balance issues, or for those who have been sedentary for a long time. Regular Tai-Chi is also offered.

Gentle yoga class: Designed for older adults with no painful stretches.

Feldenkreis: gentle movement sequences that improve coordination, breathing, flexibility, and balance. Students relearn certain movement patterns.

Silver Fox Belly-dance: Belly-dancing for older adults is a fun and low-impact way to move.

Clientele: All ages

Location: Kaka'ako

Eligibility/Cost: Certain classes are free/ Seniors drop-in rate is \$14/class
10 and 20 class packages available at discounted prices (\$9-\$10 per class)



Physical Activity

Tai Ji Hawaii

Address: Tam Hoy Tai Chi Center, 794 Kilauea Avenue Hilo, HI 96720

Phone: 808-938-9679

Website: taijihawaii.com

Contact: Sifu Peter Tam-Hoy

Email: tamhoy001@hawaii.rr.com

Services: Offers traditional Tai Chi classes for the public, including the Yang Taiji Long Form, Yang Taiji Eight Form, Qigong, Tai Chi Chuan, and Chan Ssu Chin. Many of these exercises are designed to improve balance, flexibility, and strength. Tai Chi also increases both lung capacity and blood circulation.

Clientele: All ages

Location: Hawaiian Paradise Park Community Center, Tam Hoy Tai Chi Center

Eligibility/Cost: None/fee



Physical Activity

Taiji on Maui

Address: PO Box 671 Kihei, 96753

Phone: 344-2532

Website: taijionmaui.com

Contact: Cory Williams

Email: mauitoist@gmail.com

Services: Cory Williams has been instructing Tai Chi for 15 years. He teaches county classes for senior services and private classes as well. Cory was trained from Masters in China and on the mainland. He also helps sponsor workshops with Tai Chi masters.

Clientele: Everyone, especially older adults and those interested in Tai Chi

Location: Keopuolani Park, West Maui Senior Center, Kaunoa Senior Center, Kihei Community Center's Aquatic Center Classroom, Waipuilani Park

Eligibility/Cost: No charge for seniors, but donations are accepted



Physical Activity

Waikiki Community Center

Address: 310 Paoakalani Avenue, Honolulu, HI 96815

Phone: 923-1802

Fax: 922-2099

Website: waikikicommunitycenter.org

Contact: Aura Wilson

Email: info@waikikicommunitycenter.org

Services: Provides various exercise classes for older adults: Gentle yoga, dance (line dancing, hula), low and medium-impact aerobics.

Malama Seniors in Waikiki program: Offers free case-management for older adults and caregivers to assist in identifying appropriate services such as housing, health services (Waikiki Health Center next door), and estate planning.

Clientele: All ages are welcome

Location: Waikiki

Eligibility/Cost: Open to all ages, must be 55+ for senior membership/ \$35 annual membership for seniors

Exercise classes require small fee, usually \$3-\$5, depending on class

Case-management: 60+ years/ no cost

Other information: WCC also has Emergency Food Bank open Tuesdays and Thursdays 1-3



Physical Activity



Other

WaterWays TaiJi

Address: Hilo (no permanent address)

Phone: 808-640-8517

Website: www.taijinature.com

Contact: Faith LeLievre

Email: faith@taijinature.com

Services: WaterWays TaiJi offers group Tai Chi classes and workplace, school, and university classes.

Beginner class incorporates Yang Tai Chi and focuses on foundation, core, balance, motion and fundamentals. The instructor spends a lot of time on foundations with new students and gives instructions to practice at home.

More advanced students practice the Chen form, which is a more vigorous form of tai chi.

Clientele: All ages

Location: Liliuokalani Gardens and some in private home

Eligibility/Cost: \$10/class (depends on class)

Fall quarter lasts from September to December and offers 1-2 classes per week.

Different classes are always being offered- contact Faith directly for more information

Other information: Balance and moving from your center foundation is the key to how tai chi works. It is especially vital in fall prevention.



Physical Activity

The Island of Hawaii YMCA

Address: 300 West Lanikaula Street Hilo, HI 96720

Phone: 808-935-3721

Fax: 808-969-1772

Website: www.ymcahilo.org

Email: ymca.frontoffice@gmail.com

Services: Many YMCA classes revolve around Zumba. Appropriate for many senior citizens.

Also offers Zumba chair classes for individuals who have trouble standing.

Aerobics classes are set at an appropriate pace for seniors.

Clientele: Open to all ages, but most participants are older adults

Location: Hilo

Eligibility/Cost: YMCA membership: \$40/ month

Adults ages 55+: \$35/ month (includes Fitness Center access)

Classes to noon are included for free

Non-members can pay \$3 per class. Zumba cards are also available for \$30 for 12 sessions (savings of \$6)



Physical Activity

YMCA of Honolulu

Address: 1441 Pali Highway Honolulu, HI 96813

Phone: (808)-531-YMCA (9622)

Fax: (808)-533-1286

Website: www.ymcahonolulu.org

Email: info@ymcahonolulu.org

Services: Active Older Adult (AOA) Fitness class is 45 minutes and covers balance training, agility training, and strength training. Other exercise classes appropriate for older adults include water aerobics, yoga, stretch and relax, qi gong, and tai chi.

Kaiser Permanente Senior Advantage members can be part of YMCA through the Silver&Fit Program. Members can have free access to YMCA where they will have access to fitness center and can participate in YMCA social activities

Clientele: All ages

Locations: Various locations throughout island: Atherton, Camp H.R. Erdman, Central, Kaimuki-Waiialae, Kalihi, Leeward, Mililani West Oahu, Nu'uanu and Windward

Classes vary among locations

Eligibility/Cost: Island wide senior (65+) 1st year monthly rate: \$47



Physical Activity

Kauai Ohana YMCA

Address: Mailing address: PO Box 1786 Lihue, Kauai, HI 96766

Physical address: 4477 Nuhoa Street Lihue, Kauai, HI 96766

Phone: 808-246-9090

Website: www.ymcaofkauai.org

Contact: Cathy Egge "Aunty Cathy"

Email: Cathy2002@msn.com

Services: The Kauai Ohana YMCA offers Deep H2O Walking & Running Class: Uses buoyancy belts, in 4-5 ft of water. Class consists of 45 minutes of running/walking in water with 15 minutes abdominal workout while listening to fun and motivating music. This class is easy on the joints and is a great way to improve cardiovascular health and to tone muscles. You do not need to be a swimmer to participate.

Clientele: Open to all ages

Location: Lihue

Eligibility/Cost: \$10/day, \$75/ month for family, no initiation fee. Pay month to month. 2 week passes also available

Other information: Times: Mondays and Fridays: 4:30 -5:30 pm

Wednesdays: 7:30-8:30 am. No registration required.

Also offers free swimming and open lanes for lap swimming



Physical Activity

Yoga Centered

Address: 37 Waianuenue Avenue Hilo, HI 96720

Phone: 808-934-7233

Website: yogacentered.com

Contact: Katrina Yoder

Email: frontdesk@yogacentered.com

Services: Offers a variety of yoga classes for all ages and skill level. Yoga Centered offers a senior class geared for the older adult. Addresses issues such as arthritis, knee injuries, hip surgeries, ect. This class is gentle and designed to increase flexibility, strength, and balance. There is an emphasis on mind and body awareness.

Clientele: All ages

Location: Hilo

Eligibility/Cost: No eligibility/\$10 per class



Physical Activity

Zumba Kailua

Address: 11 S. Kalaheo Ave Kailua, HI 96734

Phone: 808-927-1109

Website: www.zumbakailua.com

Contact: Kathy Sulieman

Email: kcszumba@aol.com

Services: Provides a variety of Zumba classes across Oahu. Offers Zumba Gold: Fun group exercises in a safe environment designed for active older adults. It can help maintain the functional skills of daily living and improve the physical and mental health of participants. This is a low impact, slower paced class. Class is 50 minutes long with 10 minutes of stretching. Zumba Chair: For those who are unstable or in wheelchairs.

Clientele: All ages are welcome

Locations: Zumba Gold: Pahahi Senior Center Thursday mornings at 10am, MidPac Country Club at 8am
Zumba Chair: Moiliii every other Tuesday

Eligibility/Cost: Drop-in rate: \$5 Punch cards: 5 classes/\$20 or 10 classes/\$40

Other information: The instructor, Kathy Sulieman, loves doing what she does!



Physical Activity

Tai Chi for Health Class Sites

Location: Arcadia Retirement Residence
Instructor: Kiyo Matsuoka
Phone: 381-7314
Email: hawaiiifitness1@gmail.com
Class info: Private, Tuesdays and Thursdays 10-11am

Location: Central YMCA
Instructor: Janice DuBois
Phone: 225-2200
Email: taichiwithJanice@aol.com
Class info: Semi-private, Mondays and Wednesdays 9-10 am

Location: Ewa By Gentry Community Center
Instructor: Chelsea Hughbanks
Phone: 224-2044
Email: chelseasdream@live.com
Class info: Public, Tuesdays 9:30-10:30 am

Location: Hawaii Kai Retirement Community
Instructor: Corey Wong
Email: asianhorizonsllc@gmail.com
Class info: Private, 2 Mondays per month 8:45-9:30am & 9:30-10:15am

Location: Kalakaua Gym at Kalakaua District Park
Instructor: Glenn Sakai
Phone: 455-6463
Email: glennsakai@yahoo.com
Class info: Public, 9:30-10:15 am

Location: Kokokahi YWCA
Instructor: Suzanne Mann
Phone: 247-1254
Email: seawifem@hawaii.rr.com
Class info: Semi-private, Mondays, Wednesdays, and Fridays 8:15-9:15 am

Location: Laniakea YWCA
Instructor: Marina Keaton
Phone: 692-3007
Email: marina2552@yahoo.com
Class info: Semi-private, Tuesdays and Thursdays 8-9 am

Location: Leeward YMCA
Instructor: Fredilina Higa
Phone: 455-3933

Email: bobopepper356@hawaiiantel.net
Class info: Semi-private, Tuesdays and Thursdays 7-8am

Location: Leeward YMCA
Instructor: Glenn Sakai
Phone: 455-6463
Email: glennsakai@yahoo.com
Class info: Semi-private, Tuesdays and Thursdays 7-8am

Location: Leeward YMCA
Instructor: Ileina Ferrier
Email: trn4life@aol.com
Class info: Semi-private, Tuesdays and Thursdays 9-10am

Location: Leeward YMCA
Instructor: Kelvin Lau
Email: goldenswordtaichi@gmail.com
Class info: Semi-private, Tuesdays and Thursdays 9-10am

Location: Leeward YMCA
Instructor: Rebellizsa Apolinario
Phone: 672-9161
Email: aporebell@yahoo.com
Class info: Semi-private, Tuesdays and Thursdays 9-10 am

Location: Manoa Community Park
Instructor: Misae Ikeda
Phone: 728-9228
Class info: Public, Mondays 9-10 am

Location: Mililani YMCA
Instructor: Shinobu Yago
Email: shinobuyagi@hotmail.com
Class info: Semi-private, Mondays and Fridays 9:55-10:55 am

Location: Moanalua Community Park
Instructor: Linda Mary Kaneshiro
Phone: 285-2045
Email: jklmkaneshiro@hawaii.rr.com
Class info: Public, Wednesdays 9:30-10:30 am

Location: New Hope Diamond Head Church Resource Center (Kahala Mall above California Pizza Kitchen)
Instructor: Frances Uchida
Email: francesuchida@me.com
Class info: Public, Fridays 9am, Free

Location: Pohai Nani Retirement Community
Instructor: Arleen Hattori
Phone: 234-4327, 220-4300
Email: tfh@hawaii.rr.com
Class info: Semi-private, Wednesdays and Fridays 10-11 am

Location: UH Japanese Garden
Instructor: Corey Wong
Email: asianhorixonsllc@gmail.com
Class info: Public, Sundays 2:15-3pm

Location: Waikele Community Park
Instructor: Linda Mary Kaneshiro
Phone: 285-2045
Email: jklmkaneshiro@hawaii.rr.com
Class info: Public, Tuesdays 8-9 am

Location: West Loch Shoreline Park
Instructor: Kasti Costales
Phone: 497-9489
Email: gc2hi@hawaiiantel.net
Class info: Public, Sundays at 11:30 am

Location: Windward YMCA
Instructor: Ryan Kalama
Phone: 753-2190
Email: kalamr001@hawaii.rr.com
Class info: Semi-private, Mondays, Wednesdays, and Fridays 10:30-11:30 am

Location: Windward YMCA
Instructor: Sue Wild
Phone: 259-7705
Email: wildsone@hawaii.rr.com
Class info: Semi-private, Mondays, Wednesdays, and Fridays 10:30-1130 am