



# 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**



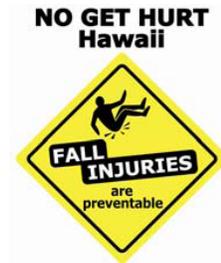
**Other**

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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](mailto: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](http://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](http://www.aarp.org)

**Contact:** Jackie Boland, Hawaii Director of Community Outreach

**Email:** [hiaarp@aarp.org](mailto: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](http://www.actionphysicaltherapykauai.com)

**Email:** [info@actionptkauai.com](mailto: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](http://www.alohafootcenters.com)

**Contact:** Dr. Robert LaReaux, DPM

**Email:** [alohafootcenters@hawaiiantel.net](mailto: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](http://www.alulike.org)

**Contact:** H. Hanakia Tui, Oahu Unit Manager

**Email:** [hatui@alulike.org](mailto: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](http://www.arthritis.org/hawaii)

**Contact:** Jennifer Hee

**Email:** [jhee@arthritis.org](mailto: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](http://www.attentionplus.com)

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

**Email:** [info@attentionplus.com](mailto: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](http://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](http://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](http://www.ComfortingHandsHawaii.com)

**Contact:** Anita Haban-Nakamaejo, Director of Operations

**Email:** [anita@comfortinghandshawaii.com](mailto: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](http://hawaii.gov/health/disability-services/neurotrauma/index.html)

**Contact:** Aaron Arakaki

**Email:** [ntrauma@doh.hawaii.gov](mailto: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](http://www.dongtaichi.com)

**Contact:** Grand Master Zeng Chen Dong or Chip Ellis

**Email:** [chipper@aloha.net](mailto: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](http://www.eomhawaii.com)

**Contact:** Dexter Suzuki

**Email:** [dsuzuki@eomhawaii.com](mailto: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](http://www.eastoahuphysicaltherapy.com)

**Contact:** Shawna Yee, PT

**Email:** [info@eastohuphysicaltherapy.com](mailto: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](http://www.elamsports.com)

**Contact:** Bev Reyes

**Email:** [admin@elamsportsoahu.com](mailto: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](http://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](http://www.hawaiiacademy.com)

**Contact:** Dr. Max Vercruyssen, Director

**Email:** [director@hawaiiacademy.com](mailto: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.hawaii Kaiphysicaltherapy.com](http://www.hawaii Kaiphysicaltherapy.com)

**Contact:** Kristi Weiss, Physical Therapist

**Email:** [dweisspt@yahoo.com](mailto: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](http://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](http://www.hawaiiwushucenter.org)

**Contact:** Xiu Zhang

**Email:** [xiu.zhang@hawaiiwushucenter.org](mailto:xiu.zhang@hawaiiwushucenter.org) or [chipper@aloha.net](mailto: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](http://www.honoluluclub.com)

**Contact:** Richard McKinney

**Email:** [getfit@richfitness.com](mailto: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](http://www.honolulu.gov/parks)

**Contact:** Steven Santiago

**Email:** [DPRseniorcitizens@honolulu.gov](mailto: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](http://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](http://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](http://www.honolulu.gov/parks)

**Email:** [DPRseniorcitizens@honolulu.gov](mailto: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](http://www.kauaiathleticclub.com)

**Contact:** Phyllis Stanwood, Site Leader

**Email:** [kac@kauaiathleticclub.com](mailto: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](mailto: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](http://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](http://www.kupunaeducation.com)

**Contact:** Toni Hathaway

**Email:** [cullen@hawaii.edu](mailto: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](http://www.kupunamonitoring.com)

**Contact:** Cullen Hayashida

**Email:** [cth@hawaii.rr.com](mailto: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](http://www.lanakilapacific.org)

**Contact:** Connie Ganal, Program Supervisor of Group Dining

**Email:** [cr@lanakilapacific.org](mailto: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 Kawaihilo 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](http://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](http://www.moiliilicc.org)

**Contact:** Linda Day

**Email:** [kupunasupport@moiliilicc.org](mailto: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](http://www.MoveWithBalance.org), [www.GivingBackMentoring.org](http://www.GivingBackMentoring.org)

**Contact:** Karen Peterson

**Email:** [KP@GivingBackMentoring.org](mailto: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](http://www.nurseprocare.com)

**Contact:** Vicki L. Davis, Administrative Manager

**Email:** [nurseprocare@apexhi.net](mailto: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](http://www.onthemovetherapy.com)

**Contact:** Reyn Kurihara, PT

**Email:** [otmtherapy@gmail.com](mailto: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](http://www.projectdana.org)

**Contact:** Rose Nakamura

**Email:** [projdana@hawaiiintel.net](mailto: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](http://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](http://www.queens.org)

**Email:** [lifeline@queens.org](mailto: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](http://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](http://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 1<sup>st</sup> floor  
226 North Kuakini Street Honolulu, HI 96816

**Phone:** 544-3310

**Fax:** 535-2017

**Website:** [www.rehabhospital.org](http://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](http://www.stfrancishawaii.org)

**Contact:** Beth Ahsing

**Email:** [info@stfrancishawaii.org](mailto: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](http://salvationarmy.org)

**Contact:** Jerlene Kawasaki

**Email:** [jerlene.kawasaki@usw.salvationarmy.org](mailto: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, word 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](http://www.secoh.org)

**Contact:** Crystal Ho'opili

**Email:** [choopili@secoh.org](mailto: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](http://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](http://www.stayfitphysicaltherapy.com)

**Contact:** Catherine Koike PT, DPT or Chip Yamaguchi PT

**Email:** [stayfit@hawaiiantel.biz](mailto: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](http://www.stillandmovingcenter.com)

**Contact:** Sonja Sironen, Malia Helela

**Email:** [info@stillandmovingcenter.com](mailto: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:** mauitaoist@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](http://www.taijinature.com)

**Contact:** Faith LeLievre

**Email:** [faith@taijinature.com](mailto: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](http://www.ymcahilo.org)

**Email:** [ymca.frontoffice@gmail.com](mailto: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](http://www.ymcahonolulu.org)

**Email:** [info@ymcahonolulu.org](mailto: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+) 1<sup>st</sup> 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](http://www.ymcaofkauai.org)

**Contact:** Cathy Egge "Aunty Cathy"

**Email:** [Cathy2002@msn.com](mailto: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](http://www.zumbakailua.com)

**Contact:** Kathy Sulieman

**Email:** [kcszumba@aol.com](mailto: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