Annual Report

Age-Friendly Honolulu

2021-2022

Prepared by
University of Hawai‘i
Center on Aging

https://www.hiphi.org/age-friendly-honolulu/
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MESSAGE FROM MAYOR RICK BLANGIARDI

Aloha. An “age-friendly” perspective is essential to ensuring that Honolulu is a city that is accessible and enjoyable for all our residents regardless of age. The City and County of Honolulu is proud to highlight our efforts to become more age-friendly through this Age-Friendly Honolulu Annual Report.

In this report, the City proudly presents the progress towards implementing Ordinance 18-36, Relating to Age-Friendly Honolulu. In order to empower our kupuna and create a more accessible city, key staff within city departments are trained in age-friendly practices and approaches, and recently developed their own "checklists", detailing the departments' plans for becoming more age-friendly.

Age-Friendly Honolulu successfully partnered with community partners to support the critical basic needs of kupuna during the pandemic - including food security and vaccine outreach and education. In addition, it has partnered to create a home accessibility educational booklet and pilot home modification program for kupuna and caregivers. As we look to rebuild from this pandemic, Age-Friendly Honolulu also strives to change mindsets around aging, from the narrative that older adults are vulnerable to older adults as valuable assets. To support this shift, Age-Friendly Honolulu is partnering with an internationally recognized consultant and founder of Ibasho to create programs that empower elders to lead in their communities.

We know that by 2030, more than a quarter of our population will be over the age of 60. I can tell you firsthand, people over 60 have so much to contribute to their families, to their communities, and to our world. We need to make sure our communities are safe, accessible, and inclusive so that their voices can be heard, because there is so much we can learn from those who came before us. Please continue reading this excellent report to learn more about the steps Age-Friendly Honolulu has taken toward creating a better environment for our kupuna, helping to ensure active engagement for people of all ages and abilities.

Rick Blangiardi
Introduction

In an Age-Friendly Honolulu, interconnected communities will embrace older adults who want to remain socially involved and physically active; the city infrastructure will remain responsive to the capabilities and safety of our people; equitable services will enable community-wide health promotion; robust opportunities for intergenerational exchanges will exist; and, quality of life will thrive among all residents.

Honolulu perceives active aging as a lifelong process and this initiative envisions the city being livable for all ages, not just for older adults. Safe and affordable transportation benefits all people, young and old. Families experience less stress when they have access to community support and health services for older adults they care for. A barrier-free city infrastructure enhances the mobility and independence of people of all ages with disabilities.
The City and County of Honolulu joined...

the World Health Organization’s (WHO) Global Network of Age-Friendly Cities and AARP National’s Network of Age-Friendly Communities in 2013. The concept of Age-Friendly cities was developed by WHO in 2005 to guide communities to implement policies, services and infrastructure that support older adults to live in healthy and vibrant cities as they grow older.

The City and County of Honolulu leverages global best practices along with the strong support of the aging network within the community, including AARP Hawai‘i. In 2018, an Age-Friendly Honolulu ordinance was passed (Bill 54), which required and signified a commitment by the City and County of Honolulu to be “age-friendly”.

“It is a place that enables people of all ages to actively participate in community activities. It is a place that treats everyone with respect, regardless of their age. It is a place that makes it easy to stay connected to those around you and those you love. It is a place that helps people stay healthy and active even at the oldest ages. And it is a place that helps those who can no longer look after themselves to live with dignity and enjoyment.”
Age-Friendly Vision:

An Age-Friendly Honolulu will embrace its aging demographics by ensuring informed and empowered kūpuna, reducing barriers to inclusion, and providing opportunities for engagement and active aging.

Age-Friendly Goals:

Enable Residents of all ages to actively participate in activities that keep them socially engaged, healthy, and active, particularly at the oldest ages.

Provide kūpuna with meaningful roles in the community, including mentors, volunteers, or through intergenerational programming.

Remove barriers to support community inclusion and accessibility for persons of all abilities.
Profile of Aging Population in Honolulu

24% of the county population was age 60 and older in 2019, and this is expected to increase to 29% of the population by 2040.¹

63.5% of older adults are Asian
Highest percent of any US county ¹

27.8% of older adults speak a language other than English at home²

¹ 2020 ACS 5-Year Estimates Subject Tables (https://data.census.gov/cedsci/)
19% of older adults live alone
9,000 increase since 2012
(from 24,000 to 33,000)

43% of older adults struggle to make ends meet

36% of older adults with disabilities

35,000 older adults with limited or no internet access

29,000 older adults with Alzheimers

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1. 2020 ACS 5-Year Estimates Subject Tables (https://data.census.gov/cedsci/)
Department Highlights

In 2021, the City and County Departments engaged in many age-friendly projects. Read the following highlights below to learn about exciting accomplishments this year.

Age-Friendly Honolulu Bonus Points

Starting in FY2023, City and County Grants-in-Aid proposals that align Age-Friendly Honolulu’s goals will receive bonus points. Administered by the Department of Community Services, nearly 100 community-based organizations viewed a training video that included Age-Friendly Honolulu’s goals to support active aging, improve equity and inclusion, and enhance intergenerational engagement.

Hale4Kupuna Booklet

Age-Friendly Honolulu, in partnership with the Department of Community Services and the Department of Planning and Permitting, created a home modification booklet to support older adults and their families, which contains a home assessment checklist, a guide to the permitting process, photos of home modifications, and helpful tips.

To download a copy of this booklet, visit: https://www.hiphi.org/age-friendly-honolulu/
Oahu Pedestrian Plan

The Department of Transportation Services’ Complete Streets Program has produced an ‘Oahu Pedestrian Plan. It is an action plan to create vibrant, safe, and accessible streets to enable pedestrians of all ages and abilities to get around safely and comfortably. Pedestrian activity helps to build strong and safe communities, helps residents connect, and builds stronger physical and mental health.

The Oahu Pedestrian Plan includes an inventory of existing pedestrian conditions, identifies pedestrian safety issues, and prioritizes safety improvements. Related to older adults, the plan recommends a longer crossing time at crosswalks near senior centers.

Source: https://www.honolulu.gov/completestreets/pedplan.html

Dementia Training

The Alzheimer’s Association - Hawai’i Chapter provided dementia training to 1,200 members of the Honolulu Fire Department in September 2021 as part of HFD’s Biennial Medical Refresher Training for all personnel. The comprehensive training, titled, Approaching Alzheimer’s: First Responder Training, included an overview of dementia and covered topic areas such as wandering, driving, abuse and neglect, shoplifting, and disaster response.
Groundbreaking on Senior Housing Projects

Affordable senior housing is a critical need to address 'Oahu's growing older population. In 2021, the city commissioned another building that is slated to become the Halewaiolu Senior Residences, with 156 units and completed in 2023. Other senior housing projects are being proposed by developers in Chinatown.

Retired Senior Volunteer Program (RSVP)

The Department of Community Services’ Retired Senior Volunteer Program (RSVP) matches retired volunteers with community organizations. Currently, two dozen RSVP volunteers are placed at Satellite City Halls and provide concierge services. According to the Community Services Division's CSD e-Bulletin, volunteers indicate that they are getting paid from their "hearts", enjoy helping others, and learning from staff.
The Kūpuna Food Security Coalition (KFSC), convened by the Hawaii Public Health Institute (HIPHI) and chaired by the Elderly Affairs Division, Department of Community Services, with critical support provided by AARP Hawaii and Age-Friendly Honolulu, brought together a diverse cross-sector of non-profit, government, private, and community stakeholders across the state to collectively address the food needs of older adults. The coalition identified opportunities to synergize existing resources through innovative community partnerships. It strived to support impactful and sustainable solutions that provide food and wraparound services to kūpuna who need it most. In the first eight months of the pandemic, it served more than 1.2 million meals.

In response to the devastating impacts of COVID-19, the City and County of Honolulu has taken numerous steps to support its residents, including the Rental and Utility Relief Program. More than 13,000 families have received support through the city rent relief program in partnership with Catholic Charities Hawai‘i.

(Source: https://www.catholiccharitieshawaii.org/rental-utility-relief-program/)

Rental and Utility Relief Program

Source: Honolulu Star Advertiser

Kūpuna Food Security Coalition

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Kūpuna Vaccination Outreach Group

The Kūpuna Vaccination Outreach Group (KVOG), co-chaired by the Elderly Affairs Division, Department of Community Services and AARP Hawaii, is a partnership of over 60 stakeholders centered around the health and wellbeing of our kūpuna and other underserved populations. It works together to increase equitable access to COVID-19 vaccination regardless of geographic location, language proficiency, physical and mental abilities, and socioeconomic status. As a result, 100.0% of kūpuna residing in the City & County of Honolulu have initiated COVID-19 vaccination.

TEAM WorkHawaii

TEAM (Teach, Educate, Advocate and Motivation) WorkHawaii, is a group of experienced and skilled outreach workers and housing coordinators that formed in July 2020 using U.S. Department of Housing and Urban Development (HUD) Community Development Block Grant (CDBG) funding through the CARES Act. The purpose of TEAM WorkHawaii is to assist individuals and families who are experiencing homelessness, at risk for homelessness, unemployed or underemployed. The TEAM works island-wide to help project participants secure housing and employment and provides them with resources for food, medical assistance, and identification attainment.
Community Engagement Efforts

In addition to collaborating with the City and County Departments, Age-Friendly Honolulu strongly believes in engaging community-based organizations and residents of all ages in its activities. This year there were extensive efforts to engage residents and organizations in order to promote inclusion, independence, and active aging.

Ibasho Model

Dr. Emi Kiyota created a global initiative called Ibasho (www.ibasho.org). In Japanese, it means a place where one feels a sense of belonging. This initiative has created community centers called Ibasho houses, in Japan, Nepal, and the Philippines that are led by local elders.

Her expertise is in helping communities change their thinking about aging. Too often, our society sees our older adults as a vulnerable population in need of care. She, instead, promotes the view of older adults as valuable assets with many potential contributions, including skills and experience, to the community, a view well aligned with our Age-Friendly Honolulu vision.

Now, she is helping us in Honolulu. Dr. Kiyota is a consultant for the Age-Friendly Honolulu initiative and supporting efforts locally to promote Ibasho cafe sites. While she was in Hawaii in August 2021 and February 2022, she presented her innovative work to community groups, conducted asset mapping activities with older adults at Waikiki Community Center which empowered them to think about strengthening community, and strategized on creating new Ibasho cafe sites and training programs in Hawaii.
Innovations in Nutrition Programs and Services Grant

Age-Friendly Honolulu, in partnership with Lanakila Pacific and the Kūpuna Food Security Coalition, was awarded a federal Administration on Community Living grant. The project builds off the work that was done during the COVID-19 pandemic to better integrate food access, nutrition, socialization and recreation, and education by providing meals and access to an online platform with activities offered by Kūpuna Food Security Coalition members.

Kūpuna Digital Inclusion Roadmap

Age-Friendly Honolulu supported the development of a Kūpuna Digital Inclusion Roadmap, funded by AARP Hawaii. HIPHI conducted an extensive needs assessment that included data analysis and community listening sessions in all counties and developed policy recommendations and next steps.

Trainings on Federal Grant Strategy

A series of trainings on federal grant strategies was provided to Age-Friendly Honolulu, Kūpuna Food Security Coalition, and Kūpuna Vaccine Outreach Group members by Melissa Hampe of Skog Rasmussen on federal grant strategy.
SafeHomes4Kupuna Project

Age-Friendly Honolulu in partnership with Palolo Chinese Home and Curt Kiriu from CK Independent Living Builders implemented the SafeHomes4Kupuna (SH4K) project, a simple, yet powerful project that provided widespread aging-in-place education as well as home assessments and modifications to older adults in Palolo Valley, an older neighborhood on the island of Oahu.

Virtual educational sessions discussed terms such as aging in place, universal design, and home modification; trip and fall hazards; addressing current needs and anticipating future needs; and showed photos of sample designs and products that can help in different parts of the home. Home assessments and modifications were provided to Palolo Homeowners. As a workforce development opportunity, Kapiolani Community College Occupational Therapy Assistant students shadowed the home assessment process.

In 2018, Age-Friendly Honolulu initiative obtained the state license for Dementia Friends and is part of the Dementia Friends USA network. Dementia Friends is part of a global movement to educate community members from different sectors (libraries, financial institutions, business owners, church members, and students) about dementia and how to help those in the community with dementia.

To date, 60 sessions have been offered to 1456 individuals.
Next Steps

*Age-Friendly Honolulu* will continue to build its capacity and identify opportunities for City and County of Honolulu departments to collaborate and build and strengthen age-friendly guidelines, policies, and programs. In addition, *Age-Friendly Honolulu* will host listening sessions and conduct surveys of providers in order to support development of the Honolulu County Area Plan on Aging 2023-2027.

**Kūpuna Collective - Continued Engagement of the Aging Network**

Based on the lessons learned from the COVID-19 pandemic, the agencies and organizations formed *Age-Friendly Honolulu*, the Kūpuna Food Security Coalition, and Kūpuna Vaccine Outreach Group are evolving to form the Kūpuna Collective. The vision of this Collective is a permanent shift in the way the aging network comes together through cross-sector partnerships to leverage funds and respond nimbly to critical issues and needs facing our kūpuna. It utilizes a strong backbone organization, breaks down service silos, leverages funds strategically, and uses program analytics to examine impact.

Expanding beyond food security, the Kūpuna Collective addresses intersecting social drivers of health, recognizing that many aging issues are inherently linked and impact older adults’ overall ability to be healthy and live independently. At the same time, the Collective aims to change mindsets on aging, to see the possibilities in aging, and will create opportunities to engage and empower older adults in the community.

Visit our new website at:
https://www.hippi.org/age-friendly-honolulu/
Appendix

Department Age-Friendly Checklists
2021-2022