Caring for the Caregiver Program

Project Dana’s Caring for the Caregiver program offers services to family caregivers and soon to be caregivers. Services include public presentations, support group, counseling, and training. The goal of the program is to help alleviate the stress that comes with continuous caregiving responsibilities. The following further describes services offered in the program.

- **Public Presentations:** Speakers from various professions and organizations will be invited to present topics related to caregiving and aging. Attendees may join via Zoom or in-person. Presentation schedules are:
  1. **Zoom or Honpa Hongwanji Hawaii Betsuin (1727 Pali Highway, Honolulu, HI 96813)**
     - **Every 2nd Wednesday of the month**
     - 9:30 am – 11:30 am
  2. **Zoom or Waipahu Hongwanji Buddhist Temple (94-821 Kuhaulua Street, Waipahu, HI 96797)**
     - **Every 2nd Saturday of the month**
     - 9:30 am – 11:30 am

Family caregivers actively caring for an individual at least 60 years old and over and still living at home are qualified to receive the following services:

- **Caregiver Training:** Training on REACH Community and Fall Prevention Education, which targets specific issues or conditions the caregiver or their loved one experiences. The REACH Community training program is designed to reduce stress and burden of caregivers caring for someone with dementia or showing signs of memory loss. Fall Prevention Education offers home assessment and education on lowering risks of falling.

- **Support Groups:** Caregivers will have the opportunity to “talk story” about their experiences and current concerns with their peers. The Project plans outings to various locations and activities for fun and relaxation. The program’s coordinator facilitates the group meetings. Support group meetings scheduled are:
  1. **Zoom or Honpa Hongwanji Hawaii Betsuin (1727 Pali Highway, Honolulu, HI 96813)**
     - **Every 3rd Wednesday of the month**
     - 9:30 am – 11:30 am
  2. **Zoom only**
     - **Every 4th Monday of the month**
     - 7:00 pm – 8:00 pm
  3. **Outing locations will vary and announced in advance**
     - **Every 3 months**
     - 10:00 am – 11:30 am

- **Caregiver Counseling:** The purpose of one-on-one counseling is to assist caregivers through decision making and problem solving related to caregiving responsibilities. Counselors are flexible to meet caregiver needs in scheduling counseling sessions. Sessions can occur in person, by phone, or through Zoom.

Contact Project Dana for more details at info@projectdana.org or (808)945-3736.

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