

## GUIDE TO HEALTHY AGING

### ADVOCACY, AWARENESS & SUPPORT

Aloha State Association of the Deaf	Support for hearing/visual impairments	N/A	www.deafaloha.org
Alzheimer's Association Aloha Chapter	Support for people with Alzheimer's	808-591-2771	www.alz.org/Hawaii
American Cancer Society Hawai'i	Support for cancer patients	808-595-7544	www.cancer.org
American Diabetes Association–Hawaii	Support for people with diabetes	808-947-5979	www.diabetes.org/hawaii
American Heart Association	Support for people with heart conditions	808-377-6630	www.americanheart.org
American Lung Association in Hawaii	Support for people with lung conditions	808-537-5966	www.ala-hawaii.org
American Stroke Association	Stroke awareness and prevention	808-377-6630	www.stroke.org
Arthritis Foundation Hawaii	Support for people with arthritis	808-596-2900	www.arthritis.org
Brain Injury Association of Hawaii	Support for brain injury patients	808-585-7700	www.biausa.org/hawaii
Epilepsy Foundation of Hawaii	Support for people with epilepsy	808-528-3058	www.epilepsyhawaii.org
Hawaii COPD Coalition	Chronic Pulmonary Disease support	808-699-9839	www.hawaiicopd.org
Hawai'i Parkinsons Association	Support for people with Parkinson's	808-219-8874	www.parkinsonshawaii.org
Life Foundation	HIV/AIDS support services	808-521-2437	www.lifefoundationhawaii.org
Muscular Dystrophy Assoc. Hawaii	Muscular dystrophy, ALS and related	808-593-4454	www.mda.org/office/hawaii
National Cancer Institute	Cancer information service	1-800-422-6237	www.cancer.gov
National Kidney Foundation of Hawaii	Support for kidney conditions	808-593-1515	www.kidneyhi.org
Pacific Cancer Foundation – Maui	Cancer education and research	808-242-7661	www.pacificcancerfoundation.org
Susan G. Komen Hawaii	Outreach group for breast health	808-754-6659	www.komenhawaii.org
United Cerebral Palsy Assoc. of Hawaii	Support for people with cerebral palsy	808-532-6744	www.ucpahi.org

### ELDERLY & FAMILY SERVICES

Child & Family Service	Case management services	808-681-3500	www.childandfamilyservice.org
Elderly Affairs Division (EAD)	Honolulu City & County agency	808-768-7705	www.elderlyaffairs.com
Hawaii Dept. of Human Services	State agency for social services	808-832-5115	www.humanservices.hawaii.gov
Aging & Disability Resource Ctr. (ADRC)	State agency for elderly & caregivers	808-643-2372	www.hawaiiadrc.org
Executive Office of Aging (EOA)	State agency for elderly & caregivers	808-586-0100	www.health.hawaii.gov/ea/
Kokua Kalihi Valley	Elder Care Program and healthcare	808-791-9400	www.kkv.net
Project Dana	Elder care & caregiver support	808-945-3736	www.projectdana.org

### MEDICAL GROUPS & HOSPITALS

Castle Medical Center (Wellness Ctr.)	Education, seminars and programs	808-263-5050	www.castlemed.org
Hawai'i Pacific Health	Network of clinics and hospitals	808-949-9355	www.hawaiipacifichealth.org
Kaiser Permanente	Healthcare group with various services	808-432-2260	www.kaiserpermanente.org/hawaii
Kuakini Medical Center	Adult daycare and assisted living	808-536-2236	www.kuakini.org
Queen's Medical Center	Geriatric Services and hospital	808-691-8877	www.queensmedicalcenter.org
VA Pacific Islands Health Care System	Medical services for U.S. veterans	808-433-0600	www.hawaii.va.gov
Wahiawa General Hospital	Hospital with geriatric services	808-621-4310	www.wahiawageneral.org

### MENTAL HEALTH

Adult Mental Health Division, Hawai'i	State agency and 24-hour hotline	808-586-4686	www.health.hawaii.gov/amhd/
Mental Health America of Hawaii	Education and advocacy group	808-521-1846	www.mentalhealthhawaii.org
Nat'l Alliance On Mental Illness Hawaii	Education, advocacy and support	808-591-1297	www.namihawaii.org
Suicide Prevention Lifeline	24-hour national crisis network	1-800-273-8255	www.suicidepreventionlifeline.org

### SUBSTANCE ABUSE & ADDICTIONS

Alcoholics Anonymous	National 24-hour helpline	808-946-1438	www.aa.org
Hawai'i Tobacco Quitline	24/7 coaching and therapy	1-800-784-8669	www.hawaiiquitline.org
Hina Mauka	Rehabilitation for substance disorders	808-236-2600	www.hinamauka.org
Overeaters Anonymous	Support groups and solutions	505-891-2664	www.oa.org

### MISCELLANEOUS

Poison Control Center	24-hour info and emergency support	1-800-222-1222	www.poisonhelp.org
American Red Cross – Hawaii	Training, disaster relief and events	808-734-2101	www.redcross.org/hawaii
AUDIANT	Access to affordable hearing aides	1-866-956-5400	www.audientalliance.org
Centers for Disease Control & Prev.	Federal agency for public health	800-232-4636	www.cdc.gov
Dental Lifeline Network	Free dental care for qualified patients	888-449-9670	www.dentallifeline.org
Dept. of Emergency Management	Emergency preparedness	808-723-8960	www.oahudem.org
Seniors EyeCare Program	For seniors without health insurance	1-877-887-6327	www.eyecareamerica.org