



Native American Caregiver Support Program (NACSP)

Culturally Appropriate Caregiving: A Native Caregiving Model

ALU LIKE, Inc., a private, non-profit service organization serving the Native Hawaiian community throughout Hawaii, manages the Ke Ola Pono Na Na Kupuna (Good Health and Living for the Elderly) Program funded under Title VI-B of the Older Americans Act. They provide programs at fourteen congregate sites on five Hawaiian Islands. In 2001 Alu Like, Inc. received a Native American Caregiver Support Program (NACSP) demonstration grants to develop a multifaceted Native Hawaiian Caregiver Support Pilot Program consisting of workshops, user friendly and culturally appropriate manuals, and some direct services.



Liana Pang-Tamura, Director Elderly Services, and June Shimana, Caregivers Program

Six core values were used in developing the program. According to Program Director Liana Pang-Tamura, “these core values relate to who we are, why we are here, and how we strive to work together:”

- * PONO – Do the right thing
- * MALMA – Be caring
- * HO’OMAU – Be patient; persevere
- * KULEANA – Practice responsibility
- * LAULIMA – Be cooperative
- * HO’OKINA – Take initiative; forge ahead

Challenges faced in developing the Native Hawaiian Caregiver Support Pilot Program included:

TRADITION: Tradition remains strong in many Native Hawaiian families. Tradition dictates that caregiving for an elder who is ill or disabled is a task that is delegated to a chosen member of the family, usually a female. This is not something you volunteer for – you are chosen to do it.

ACCESSIBILITY: Although most Native Hawaiian caregivers reported knowing about caregiver support services available in their community, they did not believe these services were accessible to them and that the services were “not for Hawaiians.”

STIGMA: “Family members are being neglectful of their kupuna by having them turn to strangers to meet their needs.”

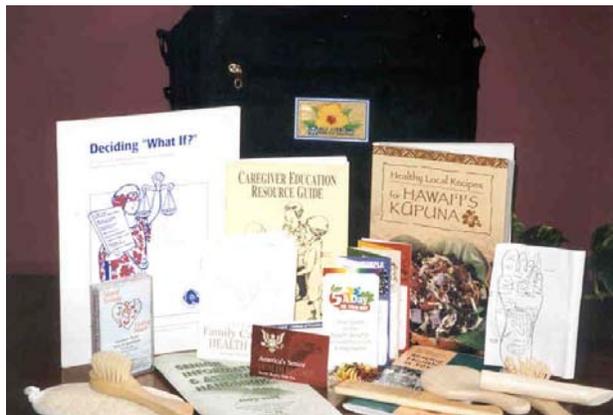
FAMILY PRIVACY: The desire for privacy and dignity causes a reluctance to seek outside services.

PROGRAM DEVELOPMENT

Key partnerships were developed to address the caregiver needs identified from the 1995 Alu Like, Inc. Survey of Native Hawaiian Caregivers and the 2002 Elder Needs Assessment. These partnerships included AARP, HMSA Foundation, University of Hawaii, Hawaii Hospice, Hawaii State Executive Office on Aging, and Hawaii Pacific Gerontological Society. Additionally, an evaluation committee was established to develop pre- and post- workshop surveys and evaluate the overall program.

A workshop/conference format was used to

provide information and activities about caring for elders and caring for yourself. Workshop topics included: cultural considerations caregiving services among Native Hawaiian Kumuna; sound caring; spiritual awakening for caregivers; depression among Native Hawaiian caregivers; and caring across cultures, interpreting traditions and ethnic differences. Special events held during the workshops and conferences included lomi lomi (massage), hula, kupuna dancing hula and singing Hawaiian music, Native Hawaiian crafts, and Oli (opening chants). Both scholarships and respite care were provided to enable caregivers to attend the conferences and workshops. Caregivers were given a “Caregiver’s to Go Kit” containing resource material to help them in their caregiving role.



Caregivers-to-go Kit

Seven conference and workshops were held. A pre-conference survey collected information on age and gender of the caregiver, caregiving role, length of time in caregiving role, relationship to the care recipient, employment status, caregiving activity, level of care, and the type of services the accessed or would like to access. The post-conference survey included

all the pre-conference survey questions and the number of sessions attended at the conference, applicability of the information presented, how much of the information had been used, and if the knowledge gained had improved their life.

EVALUATION

Of the 143 Native Hawaiian Caregiver Scholarship recipients, 83 completed both the pre- and post- conference surveys, ranging in age from 29 to 84. Although most (45%) were primary caregivers, 22% were part-time caregivers, and 18% were relief caregivers. Nearly half (45%) were working full-time, 13% were working part-time, and 28% were retired.

Preliminary results of the surveys indicate:

- * Almost all agreed that the information was applicable to their caregiving situation.
- * Most were able to apply techniques learned with 53% using 1-3 techniques learned and 26% using 5 or more techniques learned.
- * Two-thirds responded that their life had improved somewhat or a lot as a result of knowledge gained.

For additional information on the Native Hawaiian Caregiver Support Pilot Program contact:

Liana Pang-Tamura, Director,
Kumu Kahi, Elderly Services Dept.
458 Keawe Street
Honolulu, Hawaii 96813-5125.
Phone: 1-800-535-1325.
E-mail: Ltamura@alulike.org.

FOR MORE INFORMATION

AoA recognizes the importance of making information readily available to consumers, professionals, researchers, and students. Our website provides information for and about older persons, their families, and professionals involved in aging programs and services. For more information about AoA, please contact: US Dept of Health and Human Services, Administration on Aging, Washington, DC 20201; phone: (202) 401-4541; fax (202) 357-3560; Email: aoainfo@aoa.gov; or contact our website at: www.aoa.gov