Pōmai Lāua ʻo Papa

Ka Wā Kamaliʻi a me ka Makua Poina Wale: Pehea e Mālama ai i nā Mea Koʻikoʻi loa

Hoʻomohala ʻia e kō Hā Kūpuna, ke Kikowaena Noiʻi Kākoʻo ma hope o nā Kūpuna Kānaka ʻŌiwi Hawaiʻi

Pōmai Lāua ʻo Papa

Ka Wā Kamaliʻi a me ka Makua Poina Wale: Pehea e Mālama ai i nā Mea Koʻikoʻi loa

Hoʻomohala ʻia e Hā Kūpuna,
ke Kikowaena Noiʻi Kākoʻo
ma hope o nā Kūpuna
Kānaka ʻŌiwi Hawaiʻi

©2023 Hoʻopaʻa ʻia ke kuleana kope e Hā Kūpuna, ke Kikowaena Noiʻi Kākoʻo ma hope o nā Kūpuna Kānaka ʻŌiwi Hawaiʻi

Mālama ʻia nā pono a pau

Paʻi ʻia ma Kina
Lā Hoʻopuka: Malaki 2024

No nā kūpuna, nā moʻopuna a me nā ʻōhana
a pau a puni ka honua, nou kēia moʻolelo
o Pōmai lāua ʻo Papa. Ma kou ʻalo ʻana i
nā pōpilikia o ka papa maʻi kemenekia
(dementia), e ʻike ʻoe, ʻaʻole ʻoe e hele
hoʻokahi ma ia ala.

Haliʻa

ʻO ka manaʻo nui o *HALIʻA,* ʻo ia kahi mea i hoʻomaopopo ʻia me ke aloha a me ka hauʻoli. Pili paha ka *haliʻa* i nā mea ʻai ʻono loa, i nā mele a me nā kaʻao punahele paha, i nā mea e hoʻohaliʻa mai ana iā kākou i nā wā e noho pū ana mākou me nā kānaka aloha nui ʻia.

ʻO ke kemenekia (ʻo *dementia* ka inoa laha ma ka ʻōlelo Pelekania), he papa maʻi ia e hoʻopilikia ana i ka waihona hoʻomanaʻo o ke kanaka. Ke kaʻa ke kanaka i ua maʻi lā, kāhuli wale kona ʻano, a ʻaʻole hiki paha iā ia ke hoʻomanaʻo i nā mea haliʻa. **ʻOkoʻa ke kemenekia, ʻokoʻa ka ʻelemakule kūmau ʻana.** ʻOiai he nui nā kumu maʻi o ke kemenekia, ʻo ka Maʻi ʻAlekahaima (ʻo *Alzheimers* ka inoa ʻōlelo Pelekania) ke kumu maʻi laha loa.

ʻO nā hua kaʻawale o ka huaʻōlelo ʻo **HALIʻA,** he kōkua ia e ʻike i nā hōʻailona e kaʻa paha ke kupuna i ke kemenekia a pono ʻo ia e kipa i ke kauka no ke kilo ʻana mai. ʻO ke kauka ka mea e hiki ke kilo mai i ka papa maʻi Kemenekia. ʻO kēia ʻano hua ʻōlelo e kōkua mai i ka hoʻomaopopo ʻana, kapa ʻia ʻo ia he mnemonic ma ka ʻōlelo Pelekania.

H: **H**oʻomaopopo hapa (a emi paha) ke kanaka i nā inoa, nā hanana, ka ʻikepili ʻano nui. Poina paha iā ia ka lā, ka mahina, ka makahiki paha. Pilikia ʻo ia i ka ʻimi a me ka loaʻa ʻana o kāna mau mea like ʻole.

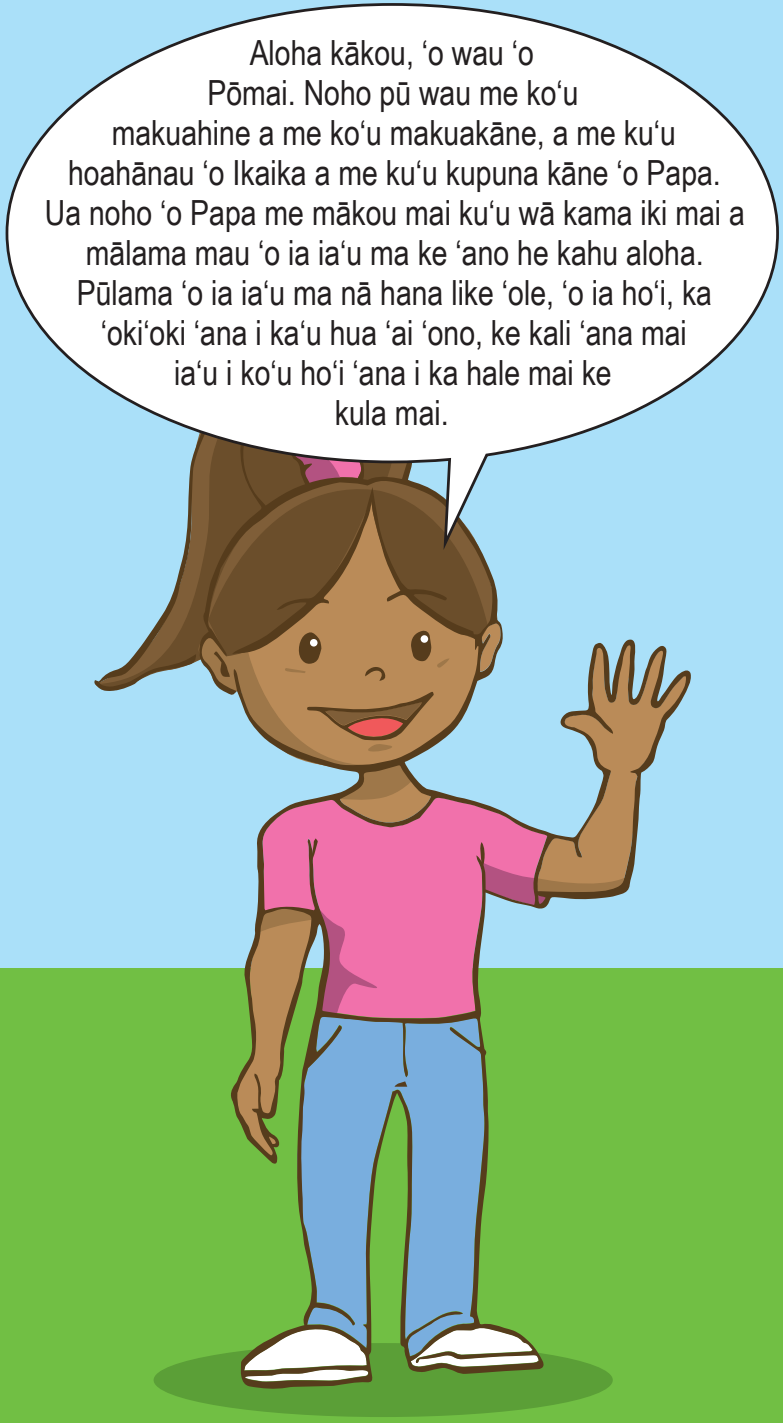
A: **A**uhili wale ke kanaka i ʻō a i ō, me ke komo wale ʻana i kekahi mau hana hoʻomakaʻukaʻu.

L: **L**alau a huikau ka noʻonoʻo. Paʻakīkī ka hoʻokō ʻana i ka hana maʻalahi.

I: **ʻĪ**nea hele ke kanaka i ka nalo ʻana o nā huaʻōlelo iā ia e kamaʻilio ana paha, e kākau ana paha.

ʻA: **ʻA**no ʻē ke ʻano o ke kanaka. Kāhuli kona ʻano. Ma ia kāhuli hele ʻana, piʻi koke ka huikau, ka huhū wale, a me ke ahonui ʻole. ʻIke ʻia ia mau manaʻo ma ka maka, ma ka leo, ma ka lawena hoʻi o ke kino.

Lana nui kō mākou manaʻo, ʻo kēia moʻolelo o kō Pōmai lāua ʻo Papa ʻalo like ʻana i ke kemenekia, he kōkua auaneʻi ia i ka hōʻike maopopo ʻana aku iā ʻoe, ʻaʻole ʻoe ʻo ke kamahele hoʻokahi ma ia ala.


Aloha kākou, ʻo wau ʻo Pōmai. Noho pū wau me koʻu makuahine a me koʻu makuakāne, a me kuʻu hoahānau ʻo Ikaika a me kuʻu kupuna kāne ʻo Papa. Ua noho ʻo Papa me mākou mai kuʻu wā kama iki mai a mālama mau ʻo ia iaʻu ma ke ʻano he kahu aloha. Pūlama ʻo ia iaʻu ma nā hana like ʻole, ʻo ia hoʻi, ka ʻokiʻoki ʻana i kaʻu hua ʻai ʻono, ke kali ʻana mai iaʻu i koʻu hoʻi ʻana i ka hale mai ke kula mai.

HALIʻA - Ka Hana Leʻaleʻa a Māua

Nui nā haliʻa hoʻohauʻoli a māua ʻo Papa, ʻo ka pāʻani ʻoe ma ka pāka, ʻo ke kuʻi kalo ʻoe, a ʻo ka ʻau kai ʻana ʻoe ma kahakai!

Akā, ma kēia mau lā i hala aku nei, ua piʻi ka hopohopo i loko oʻu, no ka mea, ua kāhuli kō Papa ʻano kūmau.

E Papa, maikaʻi anei ʻoe?

Pilikia kō Papa **hoʻomaopopo** ʻana **i nā mea ʻano nui,** e laʻa me ka hoʻokaʻa ʻana aku i kāna mau pila. He mea mau ka nalo ʻana iā ia o kāna mau mea pilikino. Akā, ma kēia mau lā, ke **kāhuli** nei **kona ʻano** a **piʻi koke kona huhū.** Eia hou aʻe, ʻoiai māua i ka lumi hoʻokahi, ʻaʻohe ona nānā mai iaʻu. Me he mea lā,ʻauana ʻo Papa i loko o kekahi honua moemoeā.

Haʻo wau i kō Papa **ʻano** o mua, a hopohopo hoʻi iā ia.

He aha lā hoʻi kaʻu hana i pilihua ai ʻo ia?
E aha ʻia ana i kuʻu Papa aloha, ka mea i puni mau i ka leʻaleʻa?

‘O ka hua ‘ōlelo HALI‘A, he kōkua ia e maopopo ai iā kākou ke kāhuli ‘ana o kō Papa ‘ano.

H. **H**o‘omaopopo māhunehune ke kanaka i nā inoa, i nā hanana ho‘i

A. **A**uhili wale ke kanaka i ‘ō a i ō, me ke komo wale ‘ana i kekahi mau hana ho‘omaka‘uka‘u

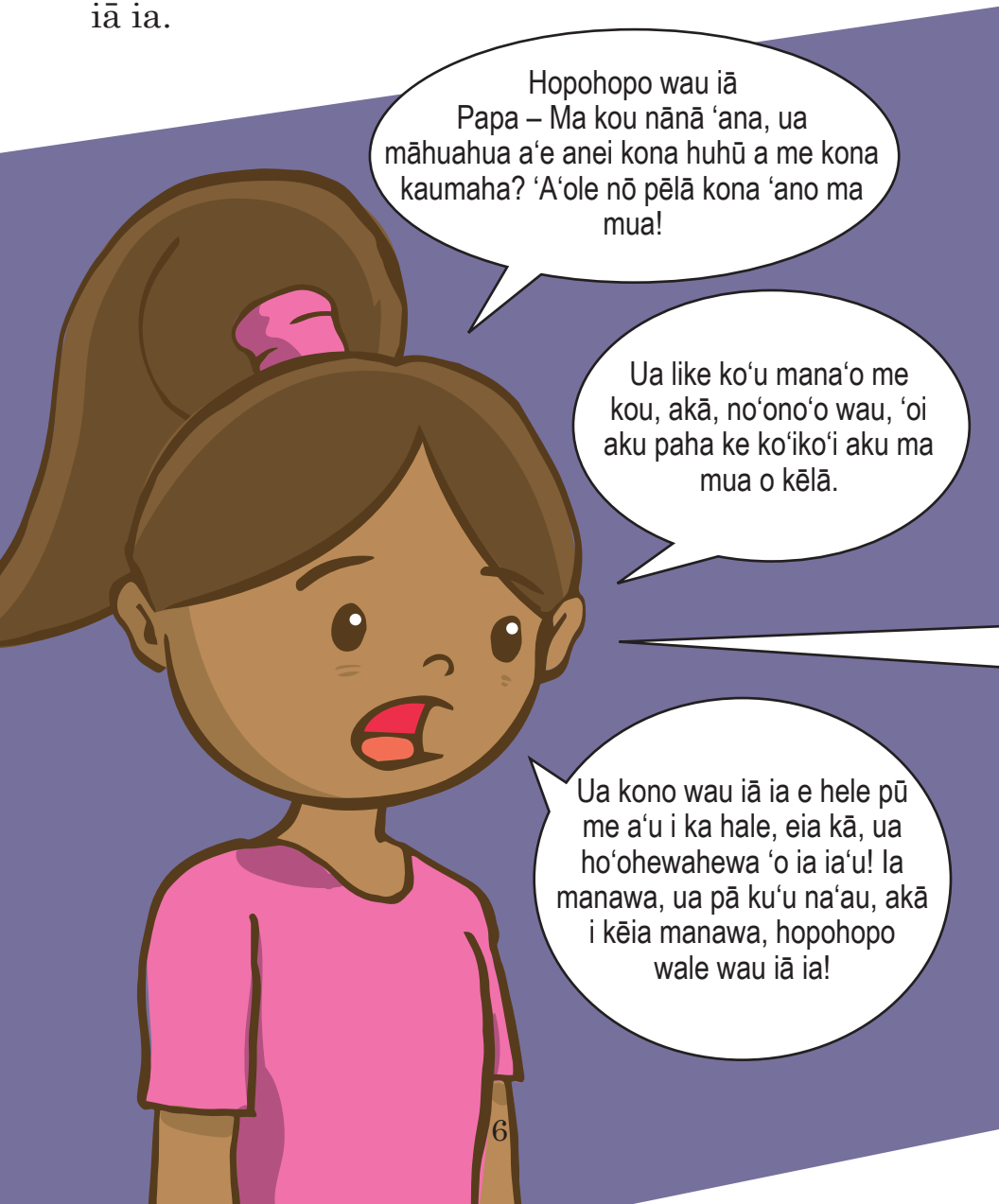
L. **L**alau a huikau ka no‘ono‘o. Pa‘akikī ka ho‘okō ‘ana i ka hana ma‘alahi

I. **‘Ī**nea pākela ke kanaka i ka nalo ‘ana o nā hua‘ōlelo iā ia e kama‘ilio ana paha, e kākau ana paha

‘A. **‘A**no ‘ē ke ‘ano o ke kanaka

Kamaʻilio ʻo Pōmai lāua ʻo kona hoahānau ʻo Ikaika

ʻO Ikaika kuʻu hoahānau a kuʻu hoapili hoʻi. Kamaʻāina nō ʻo ia iā Papa a aloha pū nō hoʻi ʻo ia iā ia.



ʻAe, aia nō paha i kona ʻelemakule ʻana.
ʻĀnō iho nei, ua ʻike au iā ia ma ka pāka e noho mehameha ana me ka huikau.
ʻAuē! He hoʻomakaʻukaʻu nō kēnā! He pono paha ke hōʻike aku i kō poʻe mākua.

Hopohopo iho ʻo Pōmai a kiʻi mai ʻo ia i ke kākoʻo

I kēia mau lā, noʻonoʻo au no Papa i nā manawa a pau, iaʻu kā hoʻi e noho ana ma ka lumi papa! Pilikia nō paha kona naʻau, akā, ʻike ʻole wau i ia pilikia. Me he mea lā, ua kau mai kahi ao hākumakuma ma luna oʻu. Ma kekahi lā, ua ʻike kaʻu kumukula i ia hopohopo oʻu, me ke noi pū mai iaʻu, e noho pū māua ma hope o ka pau ʻana o ka papa. ʻAuē!

Ma hope o ka papa, nīnau maila kaʻu kumukula i ke kumu o koʻu pilikia. He paʻakikī iaʻu ke hoʻopuka wale aku i ia kumu i ona lā. ʻO koʻu manaʻo mua, huhū paha ʻo ia iaʻu. Eia kā, ʻoluʻolu a ahonui maila ʻo ia. Aʻoaʻo maila ʻo ia, e kamaʻilio māua ʻo ke kanaka lawehana kākoʻo kaiāulu i loaʻa mai kahi kōkua keu. ʻO ka lawehana kākoʻo kaiāulu, he kanaka ia ma ka ʻoihana e kōkua i nā kānaka a me nā ʻohana ma kō lākou ʻalo ʻana i nā pilikia kaumaha (he *social worker* ia ma ka ʻōlelo Pelekania).

Aloha ʻoe e Pōmai! ʻO Paka koʻu inoa ʻohana, e kapa mai naʻe ʻoe iaʻu ʻo ʻAnakē Pua. ʻO au ka lawehana kākoʻo kaiāulu ma kēia kula nei. E haʻi mai ʻoe, ua pilikia ua ʻo Papa lā i ke aha?
ʻEkemu wale ʻo Papa i kēia mau lā. Noho wale ʻo ia ma luna o kona noho ponoʻī, me ka hōʻaʻā ʻana aku o kona maka i ka paia. Aia aku aia mai, hoʻohewahewa kā hoʻi ʻo ia i koʻu maka.
Maopopo ʻole loa iaʻu kona pilikia. Makemake wau e kākoʻo ma hope ona, eia naʻe, ʻaʻole akāka iki iaʻu kahi ʻaoʻao e kākoʻo pono ai.

ʻŌlelo maila ʻo ʻAnakē Pua, ʻaʻole koi ʻia koʻu hopohopo ʻana iā Papa, ʻo wau wale nō. Hāpai maila ʻo ia i ka manaʻo, e hōʻike māua i kaʻu e hopohopo nei i o kuʻu mau mākua lā i ʻike māua, ua like anei kō lāua ʻike ʻana i ke kāhuli ʻana o kō Papa ʻano, ʻaʻole paha? ʻO ke kanāho ihola nō ia o kuʻu naʻau!

Hui kō Pomai ʻOhana me ka Lawehana Kākoʻo Kaiāulu

Hui ʻo ʻAnakē Pua, ka lawehana kākoʻo kaiāulu ma kaʻu kula, me kuʻu mau mākua.
ʻO lāua hoʻi, ua nalu like i ke kāhuli ʻana o kō Papa naʻau a me ke ʻano ʻē o kāna mau hana. He hopena anei ia o ka ʻelemakule ʻana, ʻaʻole paha?

Ua ʻike lāua i kō Papa nīnau mau ʻana i ka nīnau hoʻokahi. Hopohopo lāua e **auhili** paha ʻo Papa a nalo loa, a ua komo kahi noʻonoʻo ʻihaʻiha, e kaʻa ana ʻo Papa i ka Maʻi ʻAlekahaima (Alzheimer's Disease). He ʻiʻini kā lāua e lawe aku iā Papa i ke kauka akā, hoʻohuoi iho lāua e piʻi kō Papa huhū ke hāpai ʻia ia manaʻo i ona lā. ʻOkoʻa loa kona **ʻano** ma kēia mau lā.

Wehewehe ʻo ʻAnakē Pua i ka hua ʻōlelo ʻo HALIʻA e aʻo mai i koʻu ʻohana i nā lawena maʻamau ʻole no ka ʻelemakule ʻana. Aʻoaʻo maila ʻo ia e lawe kuʻu ʻohana iā Papa i ke kauka e kilokilo ʻia ai nā kumu o ka loli ʻana o kona **ʻano** a me kona lawena ʻē. E hoʻolale paha ke kauka i kō Papa kilo ʻia ʻana e kekahi kauka kilo mākule (*geriatrician*), i ke kauka kilo lolo (*neurologist*) paha.

Maikaʻi ke hoʻopuka aku i ka manaʻo hopohopo me ke aloha. ʻO ka hua hōʻailona ʻo HALIʻA, he kōkua ia e hōʻoia mai ai kākou i nā ʻōuli hiki o ka papa maʻi kemenekia (ʻo dementia hoʻi) i kūlike ʻole i ka ʻelemakule kūmau ʻana.

H. **H**oʻomaopopo māhunehune ke kanaka i nā inoa, i nā hanana, i nā mea maʻamau

A. **A**uhili wale ke kanaka i ʻō a i ō, me ke komo waleʻana i kekahi mau hana hoʻomakaʻukaʻu

L. **L**alau a huikau ka noʻonoʻo. Paʻakikī ke hoʻokō aku i ka hana maʻalahi

I. **ʻĪ**nea pākela ke kanaka i ka nalo ʻana o nā huaʻōlelo iā ia e kamaʻilio ana paha, e kākau ana paha

ʻA. **ʻA**no ʻē ke ʻano o ke kanaka

Hoʻoponopono ka ʻOhana

He kanāho nō ka hoʻoponopono ʻana o ka ʻohana! I mea e nā ai ka hopohopo o ka ʻohana, ʻae maila ʻo Papa e ʻike i ke kauka.

Ma ke Keʻena Kauka

ʻO ko mākou lawe akula nō ia iā Papa e ʻike i kāna kauka ponoʻī iho. Ma hope mai, hele mākou e ʻike i ke kauka kilo mākule, a laila, i ke kauka kilo lolo. A pau nā hōʻike like ʻole a ua poʻe kauka lā, ke kilo ʻia hoʻi, he ʻaneʻane hoʻokahi malama ma hope mai, ua haʻi ʻia mai, **kaʻa ʻo Papa i ka maʻi *ʻAlekahaima*.**

Aʻoaʻo maila ke kauka, e hoʻokumu mākou i ka palapala hoʻolālā ola pono me ke kōkua a kekahi lawehana kākoʻo kaiāulu, ka mea mākaukau i ke kākoʻo ʻana ma hope o ka ʻohana e noho pū ana me ke kanaka kaʻa i ua maʻi lā.

Ua aʻo mai mākou i ke ʻano i pilikia ai kēlā me kēia mea o ka ʻohana i ua maʻi ʻAlekahaima lā. Loaʻa maila kekahi ʻike waiwai e pili ana i nā keʻena lawelawe kaiāulu a me kekahi mau mea kōkua iā mākou nā kamaliʻi. Hoʻokumu like mākou i ka palapala hoʻolālā ola pono ma hope o Papa ma nā hana ʻano nui, ʻo ia hoʻi, ka ʻai ʻana i ka lāʻau lapaʻau, ke komo ʻole nō hoʻi i kahi hana hoʻomakaʻukaʻu. Palena ʻole loa ʻia ka nui o kaʻu mau nīnau, a ma hope mai, ʻoi loa aku ke akāka o kaʻu hana e pono ai ʻo Papa.

Pehea e pane ʻia ai kāu mau nīnau hou aʻe?

Aʻo hou mai ʻo Pōmai

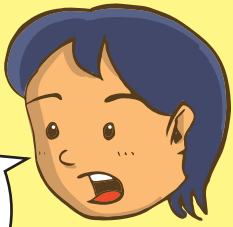
Ua hele a akāka i kō ka Hui ʻAlekahaima (ʻo ia hoʻi ka Alzheimer's Association), he nalu pinepine ka poʻe ʻōpiopio i nā nīnau o kēlā me kēia ʻano e pili ana i ka papa maʻi kemenekia, i ka maʻi ʻAlekahaima hoʻi. Eia mai kekahi mau hāʻina ma lalo iho nei.

E hoʻokele aku iā **alz.org/help-support/resources/kids-teens** i mea e hoʻomāhuahua aʻe ai i ka ʻike.

E loaʻa anei kuʻu mau mākua i ka maʻi ʻAlekahaima? E loaʻa ana wau i ua maʻi lā?

ʻO ka hapanui o nā kanaka kaʻa i ka maʻi ʻAlekahaima, he kūpuna lākou e like me Papa. Ma ka manaʻo ʻana o nā mea noiʻi ʻepekema he nui, aia i ka loaʻa ʻē o kekahi mea pili koko i ua maʻi lā. Inā i loaʻa ʻē ka mea pili koko i ia maʻi ʻAlekahaima, ʻoi aku ka nui o nā kanaka o ia ʻohana hoʻokahi e maʻi like ana ma hope aku. Eia naʻe, ʻaʻole e maʻi nā mea pili koko a pau o ia ʻohana. ʻAʻole like ke ʻano e laha ai ka maʻi ʻAlekahaima me ke ʻano laha o ke anu paha, o ka palū paha.

He aha lā hoʻi ia mea he maʻi ʻAlekahaima?



ʻO ka maʻi ʻAlekahaima, he maʻi ia e loli ai ka hana a ka lolo, a me ke ʻano o ka noʻonoʻo ʻana, a me ka hana ʻana a ke kanaka.

Hiki ke pale aku i ka maʻi ʻAlekahaima?

Huli mau ka poʻe noiʻi ʻepekema i kekahi ʻano e pale aku ai i ka maʻi ʻAlekahaima. He kōkua paha ka mālama ʻana i ka puʻuwai, ka hoʻoikaika kino ʻana, ka ʻai pono ʻana, ka mālama ʻana i ka niho a me ka ʻiʻo pale niho, ka launa ʻana me nā hoa e pāʻani ai i nā hana leʻaleʻa e ikaika aʻe ai ka lolo. He koʻikoʻi nō hoʻi ka pale ʻana aku i ka ʻeha poʻo ma o ke kau ʻana lā i ka paleupoʻo a me ka ʻūmiʻi ʻana i ke kuapo noho kaʻa. ʻAʻohe manawa kūpono ʻole e hoʻomaka ai kākou pākahi i ia mau hana mālama kino!

Aia
aku aia mai,
kapa hewa mai iaʻu ʻo
Papa i kō haʻi inoa. No ke
aha lā?

No ke aha ʻo ia e nīnau
pinepine mai ai i ka
nīnau hoʻokahi?

Ke loli nei paha kō Papa lolo, a
malia paha, he paʻakikī nona ke
hoʻomaopopo aku i nā inoa a i ka ʻōlelo
ʻakahi nō a hoʻopuka ʻia i ona lā.

E ahonui ʻoe a e ʻike leʻa ʻoe, ʻaʻole nāu ka
hewa, ʻaʻole nāna hoʻi. A huikau ʻo Papa,
ʻike nō ʻo ia i kou manaʻo aloha iā ia.

E ola
auaneʻi ʻo Papa, a i
ʻole ia, e koʻikoʻi aʻe ana
kona maʻi?

E make anei ʻo Papa i ka
maʻi ʻAlekahaima?

He maʻi māhua mau ka
maʻi ʻAlekahaima. I kēia
manawa, he minamina nō, ʻaʻohe
lāʻau e ola ai, a no laila, e māhua like
ka ikaika o kō Papa mau ʻōuli hiki. I kēia
manawa ʻānō, ʻaʻole akāka ke kumu e
make ai ʻo ia - ʻo ka maʻi ʻAlekahaima
paha, ʻo kekahi maʻi paha e
nāwaliwali ai kona kino i kēia
hope aku.

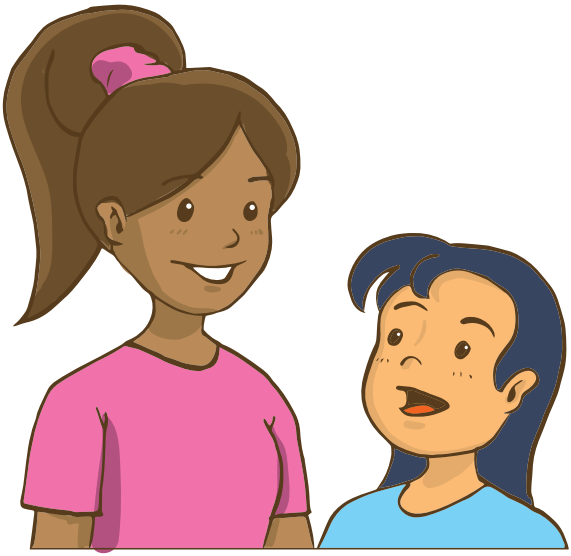
Hiki iaʻu ke kōkua ma
kekahi ʻano?

ʻAe hiki nō! E hoʻomau ʻoe i
kēlā me kēia hana āu e hana pū ana
me Papa ma mua. E like me kāu i haʻi
mua mai ai, ua ʻoliʻoli ʻolua ʻo Papa i ka
nānā pu ʻana i ka pāʻani pōpeku, i ka
hoʻokani pila ʻana, i ka holoholo ʻana ma
kahakai. Hiki nō ia ʻolua ke hoʻomau i
ia mau hana ʻoluʻolu.

Pōmai ma ke Kula Kiʻekiʻe

A māhua aʻe koʻu mau makahiki, a māhua like kō Papa ʻelemakule ʻana. Ua emi nō ka ikaika o kona waihona hoʻomanaʻo.

Eia naʻe, ua emi hoʻi koʻu weliweli i kona kūlana, a ua māhua kā hoʻi koʻu mākaukau e kōkua iā ia. Maikaʻi ʻo ia i kekahi lā, maikaʻi ʻole i kekahi. I kekahi manawa, huhū wale ʻo Papa i ka mea liʻiliʻi, akā, ʻike wau ʻaʻole naʻu ka hewa, ʻaʻole hoʻi nāna. Ua hele a akāka iaʻu, ʻaʻohe hilahila i ke noi ʻana aku i ke kōkua ke luhi koʻu kino, a pēlā hoʻi ka ʻimi ʻana i ka hoa kūkā ke pilikia koʻu naʻau.



Ma kēia mau lā, he hoa hoʻonaʻauao wau. Aʻo aku wau i nā kamaliʻi a me nā ʻōpio i ka ʻaoʻao e kōkua aku ai i ke kanaka i loaʻa i kekahi maʻi o ka papamaʻi kemenekia. Eia mai kekahi mau haʻawina a kūmole, he kōkua mai iaʻu ma koʻu noho ʻana me Papa. Lana koʻu manaʻo, he kōkua ia iā ʻoe kekahi!

Nā loli maʻamau o ka ʻelemakule ʻana

Aia aku aia mai, hoʻoholo ʻo ia i ka manaʻo kūpono ʻole

Poina i ka hoʻokaʻa ʻana i ka pila ma muli o kona paʻa ʻana i kekahi hana

Poina i ka pō mahina paha, i ka lā o ka pule paha, akā, hoʻomanaʻo ʻia ma hope aku

Aia aku aia mai, huli pahuʻa i ka huaʻōlelo kūpono

Aia aku aia mai, nalo iā ia kāna mau mea, akā, ma hope aku, hiki iā ia ke hoʻokolo aku i ke ala e loaʻa mai ai

Hoka ka naʻau ke hoʻokahamaha ʻia ke kaʻina hana maʻamau

Nā hōʻailona e akāka ai nā loli pili i ka maʻi ʻAlekahaima

Pillikia kona hoʻoholo ʻana i nā manaʻo kūpono – komo wale i ke alanui piha i ke kaʻa me ka nānā ʻole - hāʻawi wale i ke kālā i ke kanaka kamaʻāina ʻole, a ʻāpuka wale ʻia ʻo ia me ka maʻalahi

Poina wale i ke ʻano e hoʻokaʻa aku ai i ka pila. Poina paha i ia mea he pila

Hoʻomaopopo māhunehune i ke kau o ka makahiki, i ka helu paha o ka makahiki

ʻĪnea pākela i ka ʻimi ʻana i ka ʻōlelo kūpono, a huikau paha ke kamaʻilio, ka heluhelu, ke kākau paha

Nalo pinepine iā ia kahi āna i kau ai i kāna mau mea. Hiki ʻole ke hoʻokolo aku i ke ala e loaʻa hou mai ai

He nui ka loli wale ʻana o kona **ʻano.** Piʻi koke ka huikau, ka huhū, ke kaumaha paha me ke ahuwale ʻole o ke kumu i piʻi ai

Nā Kūmole

Mahalo kou heluhelu ʻana i ka moʻolelo o koʻu noho pū ʻana me Papa. Ma nā ʻaoʻao ma hope aku, e hoʻāʻo ʻoe i nā hana a me ka pāʻani e paʻa ai iā ʻoe nā haʻawina a kākou i kamaʻilio ai a me nā kūmole kākoʻo.

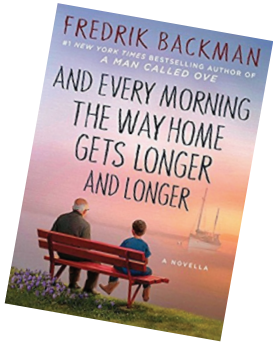
Ma nā ʻohana a pau, he paʻakikī nō ke ʻalo aku i ka hopena o ka papa maʻi kemenekia (*dementia* hoʻi). Akā, ke kōkua aku a kōkua mai ka ʻohana, a ʻauamo like i nā kuleana hou, hiki nō ke hoʻomalu iā Papa me ka maʻalili ʻole o ke aloha kekahi i kekahi.

Hiki nō iā māua ʻo Papa ke hoʻomau i ka hapanui o kā māua mau hana kaʻanalike. ʻO ka leʻaleʻa hoʻi, he mea ia e nā ai ke kaumaha o nā kānaka a pau. I kekahi lā, komo wale ʻo ia i ka hana; i kekahi lā aʻe, makemake ʻo ia e nānā wale. Maikaʻi nā mea ʻelua.

- Ka holoholo pū
- Ka mahi māla
- Ka hoʻokani pila, ka hīmeni, a me ka hoʻolohe wale ʻana i ke mele
- Ka nānā ʻana i ke kīwī a i nā kiʻi ʻoniʻoni
- Ka heluhelu leo nui ʻana kekahi i kekahi
- Ka nānā ʻana i nā kiʻi kahiko
- Ka pāʻani ʻana me kekahi hānaiāhuhu punahele
- Ke kuke ʻana i kekahi lekapī maʻalahi
- Ka pāʻani pepa ʻana, ka pāʻani ʻana i ka pāʻani papa

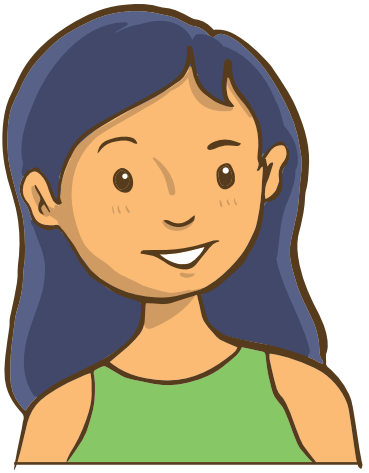
He aha kekahi hana leʻaleʻa a kou ʻohana?

He makawalu nō nā kānaka e mālama ana i ke kupuna kaʻa i kekahi maʻi o ka papa maʻi kemenekia, ʻo wau kekahi, a malia paha, ʻo ʻoe kekahi. Eia mai kekahi o ko lākou mau moʻolelo. Lana nō kuʻu manaʻo, he kōkua auaneʻi iā ʻoe kekahi.

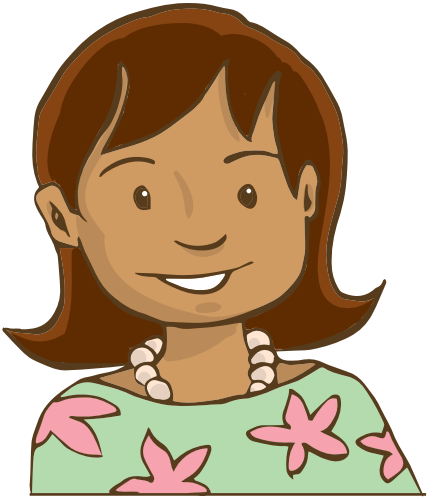


Nā Kanaka Kākoʻo

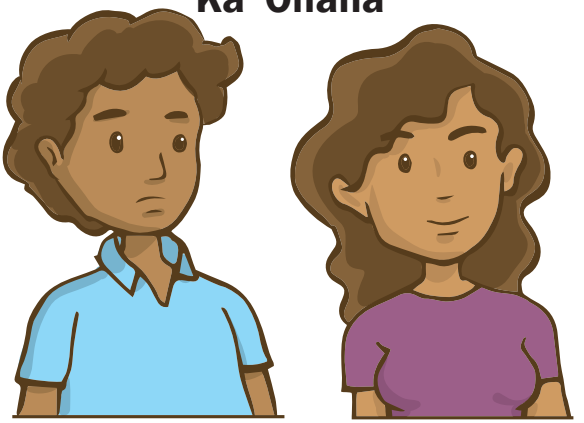
Nā Kumukula



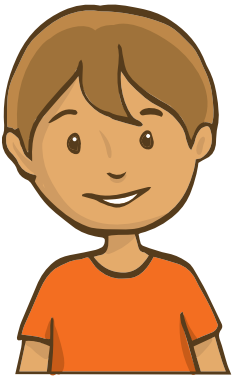
Nā Lawehana Kākoʻo Kaiāulu, Nā Mea Aʻoaʻo



Ka ʻOhana



Nā Hoa Aloha



E hoʻokele aʻe iā
Alz.org/help-support/resources/kids-teens
no ka ʻike kōkua.

Eia mai kekahi mau ʻaoʻao e hoʻopili mai

E nānā i kēia mau moʻolelo ma YouTube

My Name is Lisa (ʻO Lisa Koʻu Inoa)
Haʻi mai ʻo Lisa i ka moʻolelo o kona noho pū ʻana me kona makuahine i ka manawa e lilo loa ana kō ka makuahine waihona hoʻomanaʻo.
https://bit.ly/MyNameIsLisa

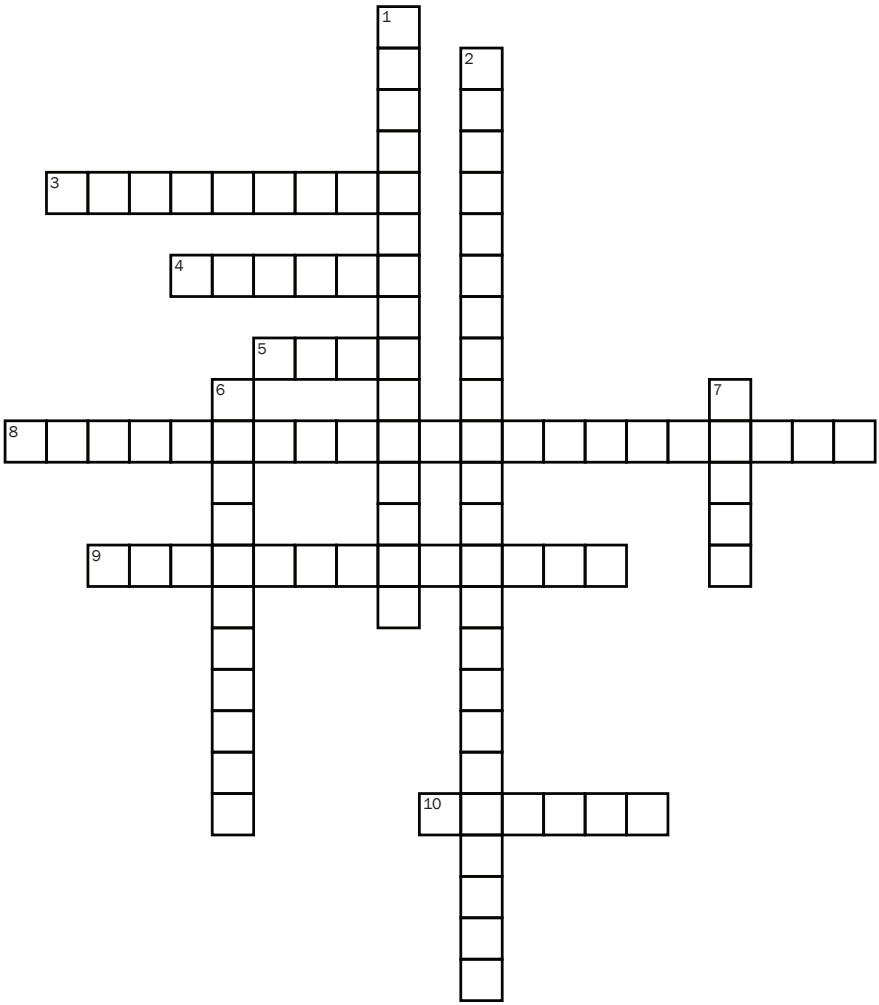
Dan's Story (Kō Dan Moʻolelo)
Haʻi aʻe ʻo Dan e pili ana i kona kupunahine i kaʻa i ka maʻi ʻAlekahaima.
https://bit.ly/DanStoryALZ

E Hoʻopili mai!

Alzheimer's Association Hawaiʻi (Ka Hui ʻAlekahaima o Hawaiʻi)	@alzhawaii	facebook.com/alzhawaii
The Youth Movement Against Alzheimer's (Ke Aukahi kūʻē i ka maʻi ʻAlekahaima a ka Poʻe ʻŌpiopio)	@theyouthmvmt	facebook.com/theyouthmovementagainstalzheimers

He Mau Haʻawina maiā Pōmai lāua ʻo Papa

E heluhelu i nā ʻōlelo nane ma ka ʻaoʻao mua a e kākau ʻoe i nā hua ʻōlelo pololei ma nā pahu. He leka ka ʻokina (ʻ). ʻAʻohe haka ma waena o nā hua ʻōlelo. E hoʻokomo i nā kahakō.



MAI KA HEMA A KA ʻĀKAU

3 He papa maʻi ia e hoʻopilikia ana i ka waihona hoʻomanaʻo o ke kanaka

4 Ka loli ʻana i ke ʻano o ke kanaka, e like me ka piʻi koke ʻana o ka huikau, ka huhū wale, a me ke ahonui ʻole

5 Ka mahele o ke kino e loli ʻia e ka papa maʻi kemenekia

8 Ke kanaka ma ka ʻoihana e kōkua i nā kānaka a me nā ʻohana ma kō lākou ʻalo ʻana i nā pilikia kaumaha (social worker)

9 Ke kauka mākaukau e kilo i nā mea ma loko o ke poʻo (neurologist)

10 Kekahi mea i hoʻomaopopo ʻia me ke aloha a me ka hauʻoli (ma kēia puke, he hua ʻōlelo ia e kōkua e hōʻokoʻa ai i nā hōʻailona o ka ʻelemakule kūmau ʻana, i nā hōʻailona o ke kemenekia)

MAI LUNA A LALO

1 Ke kauka mākaukau e kilo a e mālama i nā kūpuna (geriatrician)

2 He Palapala kēia e kōkua i ka mālama ʻana a me ke ola pono ʻana o ke kupuna. ʻo ke kanaka lawehana kākoʻo kaiāulu ke kanaka e kākoʻo i ka hoʻokumu ʻana i ia palapala

6 Ka maʻi laha loa o ka papa maʻi kemenekia

7 Ka hoʻonui ʻana aʻe o ka pilikia ʻoiai e holo ana nā makahiki e like me kō ka Maʻi ʻAlekahaima

Hā Kūpuna, Kikowaena Noiʻi Kākoʻo ma hope o nā Kūpuna Kānaka ʻŌiwi Hawaiʻi

ʻO Hā Kūpuna Kikowaena Noiʻi Kākoʻo ma hope o nā Kūpuna Kānaka ʻŌiwi Hawaiʻi (90OIRC0001), ʻo ia hoʻokahi o ʻekolu mau Kikowaena Noiʻi Kākoʻo ma hope o nā Kūpuna ʻŌiwi like ʻole i hoʻolako kālā ʻia e ko *The U. S. Administration on Community Living/Administration on Aging* (ACL/AoA), ma ka Māhele no ke Olakino a me ka Lawelawe Kākoʻo Kanaka (*U. S. Department of Health and Human Services*).

Hoʻolako kālā pū ʻia ʻo Hā Kūpuna e ka Barbara Cox Anthony Endowment, ka Geriatric Workforce Enhancement Program (U1QHP28729), a me ka Thompson School of Social Work & Public Health ma ke Kulanui o Hawaiʻi ma Mānoa (*University of Hawaiʻi at Mānoa, UHM*).

Hoʻokumu ʻia ma ka makahiki 2006, ʻimi ʻo Hā Kūpuna i ke ala e hoʻomāhua aʻe ai i ka ʻike e pili ana i nā kūpuna Kānaka ʻŌiwi Hawaiʻi, e hoʻokāʻoi i nā hana lawelawe, e hoʻopaipai aʻe i ka manaʻo kolokolohai o nā hui lawelawe, a e hoʻolaha hoʻi i ka ʻike i holo pono ai nā papahana lawelawe a me nā kulekele.

Ua kaʻana aʻe ʻo Hā Kūpuna i ka ʻike hou ma kēia wā nei e pili ana i nā kūpuna ʻŌiwi Hawaiʻi i paʻi ʻia ma nā palapala kula o kēlā me kēia ʻano ma nā kumuhana he nui loa; ka loa o ke ola kanaka; ka ʻike e koho akamai ai ka ʻohana e pili ana i ka mālama ʻana i ke olakino o ka poʻe kūpuna a me ke ʻano e mālama ʻia ai ke kupuna nāwaliwali ma waho o ka hale no kekahi manawa lōʻihi; nā pilikia o ke keiki e noho pū ana me ke kupuna kaʻa i ka papa maʻi kemenekia; nā pilikia o ke kupuna e hānai ana i kamaliʻi; ka nohona o nā kūpuna e noho ana ma

waho o Hawai‘i; ka no‘eau ku‘una no loko mai o nā puke a me nā nūpepa ‘ōlelo Hawai‘i; ka no‘eau o kēia au a nā kūpuna e kāko‘o ‘ia nei e ka papahana ‘o Ke Ola Pono no nā Kupuna a kō ALU LIKE, Inc.

Eia mai kekahi o kō mākou ‘aha kauleo nona nā ‘elele e noho ana ma kā mākou papa ‘ao‘ao: ALU LIKE, Inc., Lunalilo Home, Lili‘uokalani Trust, Papa Ola Lōkahi, the Office of Hawaiian Affairs, Partners in Development, the Executive Office on Aging, a me nā ke‘ena kalana ‘ehā no ka ‘elemakule ‘ana. Noho pū kekahi mau lālā o kēia mau māhele ha‘awina o Ke Kulanui o Hawai‘i ma Mānoa: Geriatric Medicine, Native Hawaiian Health, UH Center on Aging. ‘O kekahi ‘elele o ke kulanui ho‘i, ‘o ia ka luna o ka Native Hawaiian Affairs Program.

No ka ‘ike hou a‘e, e ho‘okele aku i kā makou paena pūnaewele iā **manoa.hawaii.edu/hakupuna/.**

Eia mai kā mākou wahi Facebook;
facebook.com/Hakupuna

Ho‘oili manuahi ‘ia kēia mo‘olelo a loko o kāu kamepiula ma ‘ane‘i:
manoa.hawaii.edu/hakupuna/pomai-and-her-papa/

E ho‘īke mai iā mākou i kou mana‘o no kēia puke ma **bit.ly/PomaiSurvey**

He mau makana nāu kēia mai kō mākou kūpuna.

Ka Leo Mahalo

Mahalo i

ka Hui ʻImi Noiʻi a Hā Kūpuna

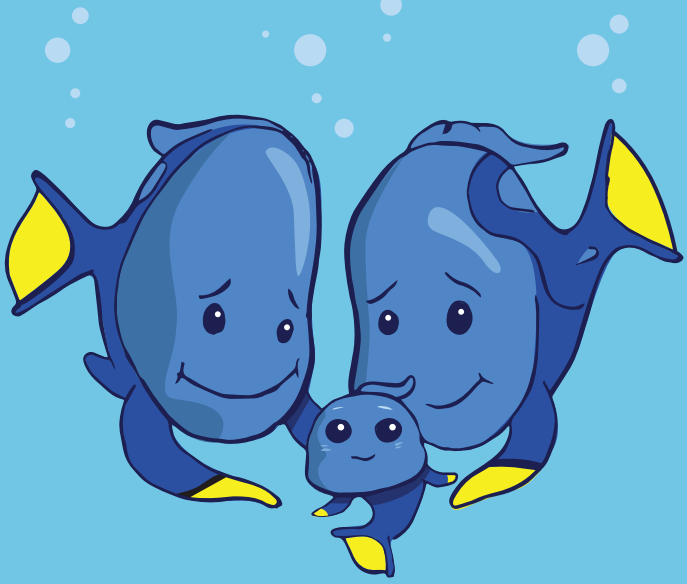
Lana-Sue Kaʻopua, MSW, PhD
Colette Browne, MSW, MPH, DrPH
Kathryn L. Braun, DrPH
Noreen Mokuau, DSW
Yan Yan Wu, PhD
Rachel Burrage, PhD
Shelley Muneoka, MSW
Keoni Rodriguez, MA
Kepoʻo Keliʻipaʻakaua, MA, (mea unuhi)
Kapali Lyon, PhD (Kumu loiloi a kōkua ma ka ʻŌlelo Hawaiʻi)

Ka ʻAha Kauleo no Hā Kūpuna

Derrick Ariyoshi
Caroline Cadirao, BA
J. Kūhiō Asam, MD
Rowena Dagdag-Andaya, BA
J. Keaweʻaimoku Kaholokula, PhD
Shawn Malia Kanaʻiaupuni, PhD
Keolamaikalani Dean, Esq.
Sherri Daniels, PhD
Kealoha Takahashi, BA
Leslie Tanoue, MPH
Lisa Watkins-Victorino, PhD
Horace Farr
Pālama Lee, PhD
Kaiwipuni Punihei Lipe, PhD
Christy Nishita, PhD
Aida, Wen, MD

Mahalo nui no ka hoʻomohala kūmole ʻana a me ka loiloi ʻana

Ivy Castellanos, Hui ʻAlekahaima, Lālā Aloha
Adrienne Dillard, PhD lāua ʻo Puni Kekauoha, Kula No Nā Poʻe Hawaiʻi
Kamal Masaki, Keʻena Lāʻau Makule ma JABSOM
Tyran Terada, MSW
Nā ʻopio o Papakōlea
Byron Inouye (kaha kiʻi) a me nā limahana o
Curriculum Research & Development Group



Hoʻomaopopo anei ʻoe i ke kaʻao no ka iʻa polū liʻiliʻi i pilikia kona hoʻomaopopo ʻana i kēlā me kēia mea, a ʻo kona poina ihola nō ia i ke ala e hoʻi aku ai i kona home?

No kekahi mau kānaka, pēlā ʻiʻo nō kō lākou moʻolelo ponoʻī iho.

Ma kēia moʻolelo, ke nāwaliwali aʻe nei ka ikaika o ka waihona hoʻomanaʻo o Papa, ke kupuna kāne o Pōmai. Hele ʻo ia a nalowale, loli kona ʻano. ʻAʻole pēlā nā kūpuna a pau, akā, inā pēlā nō kou kupuna, kaʻa paha ʻo ia i ka papa maʻi kemenekia (ʻo dememtia hoʻi). He mea nui kona kilo ʻia ʻana e ke kauka nāna e hōʻoia mai. Hopohopo kō Pōmai ʻohana a ʻaʻole paʻa iki kō lākou manaʻo i ka hana e pono ai. E heluhelu ʻoe i kō Pōmai moʻolelo iā ia e ʻimi aku ana i nā ʻano kūpono loa e kākoʻo aku ai ʻo ia ma hope o kona kupuna aloha ʻo Papa.

ʻAʻohe kanaka poina ʻole i nā manawa a pau, eia naʻe, ke hoʻomaka ke kanaka e poina i nā mea ʻano nui, he hiki iā kākou a pau ke kōkua.

University of Hawai'i at Mānoa®
Thompson School
Social Work & Public Health

Nā Kūpuna