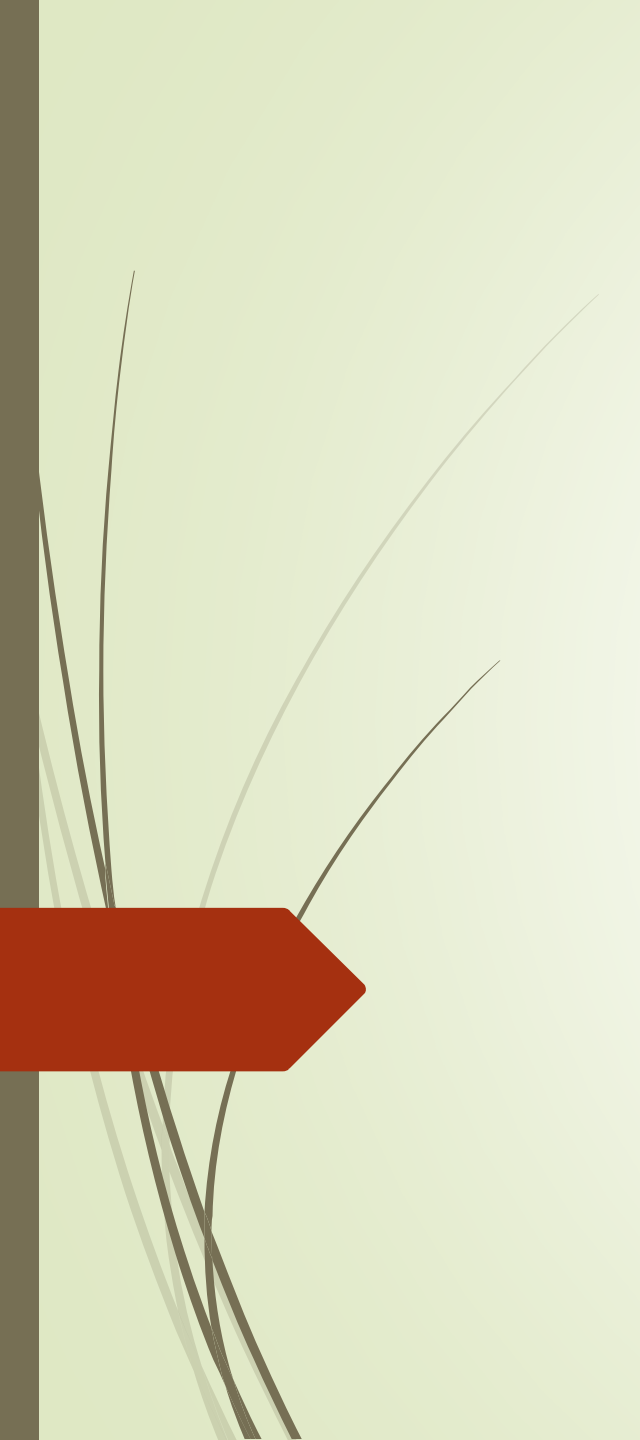


STUDENT LIGHTNING ROUND



hawaii pacific gerontological society



Exploring Volunteer Motivations and Attitudes: A Pilot Study to Improve Kuakini Health System's Volunteer Program

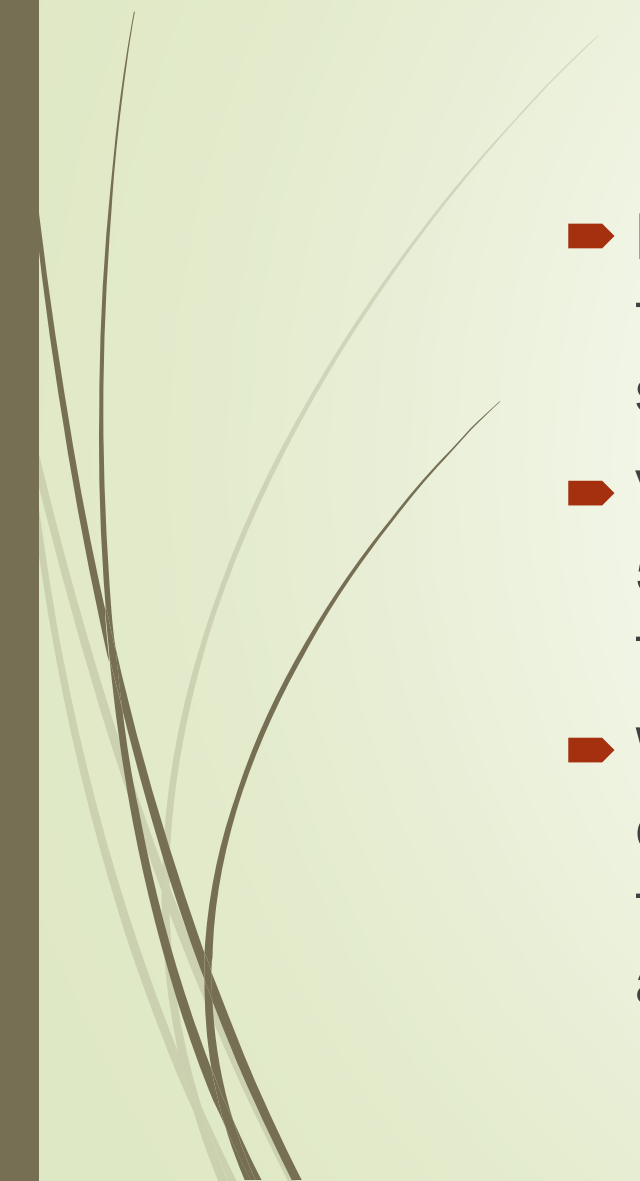
Jewel Ito, BA¹, Kiara Moffitt, BS¹, Josh Ooka, BS¹, Kristal Xie, MS, MPH¹, Masako Matsunaga, PhD, MPS, MS, RDN¹, Misty Yee^{1,2}, Kamal Masaki, MD^{1,2}

¹John A. Burns School of Medicine, University of Hawaii

²Department of Geriatric Medicine at John A. Burns School of Medicine, University of Hawaii



Background



- **Hospital volunteers** perform a variety of non-clinical tasks that **support staff workload** and **increase patient satisfaction**.
- Volunteers at Kuakini Medical Center in Hawaii assist in over 50 departments and services. Current management discussed that **staffing** volunteer programs is a **challenge**.
- We designed our study to understand the **motivations** and **current satisfaction** of volunteers at Kuakini Medical Center to support efforts aimed at **enhancing volunteer retention** and **recruitment**.



Kuakini Medical Center is a nonprofit healthcare organization that operates an acute care hospital in Honolulu, HI.



We designed a **mixed methods** survey consisting of 27 quantitative, qualitative, and retrospective pre-post questions.



The survey was distributed to **83 active volunteers**, with **44 completed responses** received via Qualtrics and paper copy from October to February 2024.



Methods

Results:

- Primary motivations for volunteering included:
 - 93% Desire to help others (n=42)
 - 80% Gain personal satisfaction or a sense of purpose (n=35)
 - 75% Make a positive impact within the community (n=33)

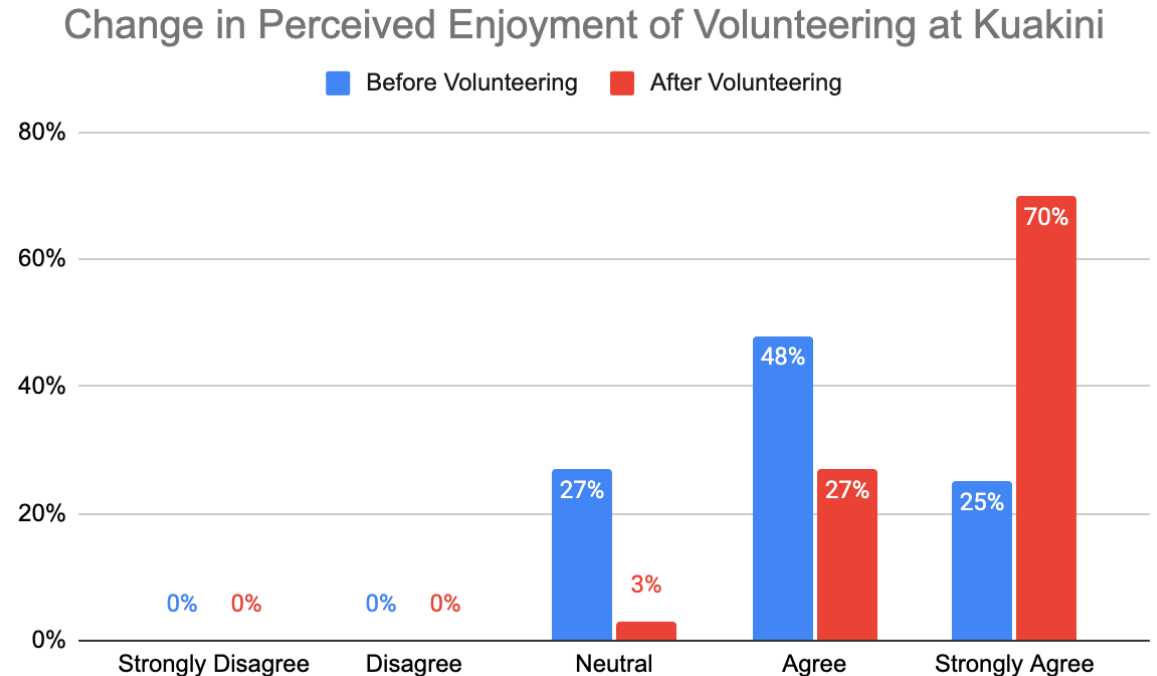


Figure 1: Volunteer self-reported change in enjoyment of volunteering at Kuakini before and after volunteering, $p < 0.001$.



Volunteers driven by goal to help others and community impact

- Most volunteers were **motivated by a desire to help others** and **support their community** with **high** levels of satisfaction.
- By aligning volunteer programs with these motivations, hospitals can:
 - Design **engaging, meaningful** roles that fit goals of volunteers
 - Increase long-term volunteer **retention** and **reliability**
 - Enhance **patient** and **staff** support



The Motivation to Care:

Understanding Multi -Level Perspectives on the Recruitment and Retention of Direct -Care Workers in Hawai'i Long -Term Care Settings

Whitney Katsutani, MSW, PhD Candidate

PhD in Social Welfare Program

Thompson School of Social Work and Public Health

University of Hawai'i at Mānoa



RESEARCH PROBLEM & BACKGROUND

- Critical shortage of direct-care workers (DCWs) in long-term care (LTC) settings
- Growing aging population: By 2040, 29% of Hawai'i residents will be 65+
- 70% of adults aged 65+ will need care assistance in their lifetime
- Limited informal caregiving options due to:
 - Declining family size
 - Greater spatial mobility
 - Shifting gender roles
- 95% of Hawai'i considered rural, impacting care access

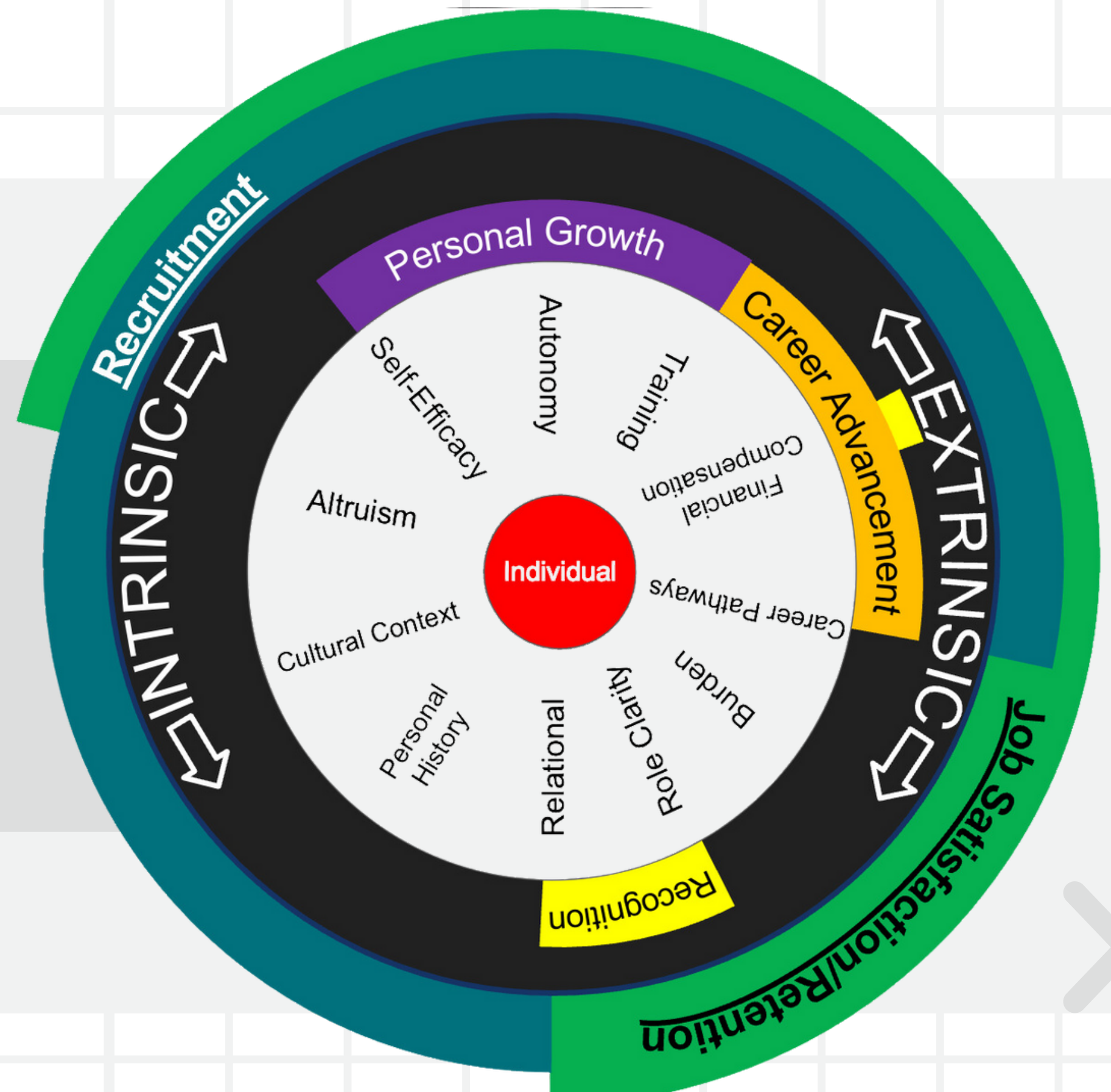


RESEARCH AIMS & METHODOLOGY

- Research Questions:
 - How do DCWs describe experiences in pursuing/retaining LTC positions?
 - What are perspectives of organizational leadership?
 - How do findings align with current policy and literature?
- Methods:
 - Qualitative study using phronetic iterative approach
 - Semi-structured interviews with:
 - 15+ DCWs
 - 5+ organizational leaders
 - Setting: Residential care facilities in Honolulu



CONCEPTUAL MODEL OF DCW MOTIVATION



EXPECTED IMPLICATIONS

- Inform evidence-based recruitment/retention strategies
- Contribute to policy development for:
 - DCW workforce initiatives
 - Long-term care systems
 - Healthcare workforce development
- Practical applications:
 - Organizational training programs
 - Support systems for DCWs
 - Cultural competency in care delivery
- Foundation for future research across other LTC settings



MAHALO!

Whitney Katsutani

email: wkim@hawaii.edu



FALL PREVENTION - HOME MODIFICATION POLICY REVIEW

KEVIN PERALTA
UNIVERSITY OF HAWAI'I AT MĀNOA
MASTER'S OF PUBLIC HEALTH-HPM
GRADUATE STUDENT



What Causes Falls?

- Body coordination, such as eyesight, hearing, and reflexes are not as reactive when it comes to aging.
- Chronic conditions, such as heart disease, kidney disease, diabetes, and thyroid disorders may affect balance.
- Older persons with Alzheimer's disease are twice as likely to experience fall accidents compared to those without cognitive disorders.
- Side-effects from medications increases an older individual's risk of falling.
- Safety hazards in the home leading to accidental fall injuries.



Hawai'i Overview

Fall-Related Injury

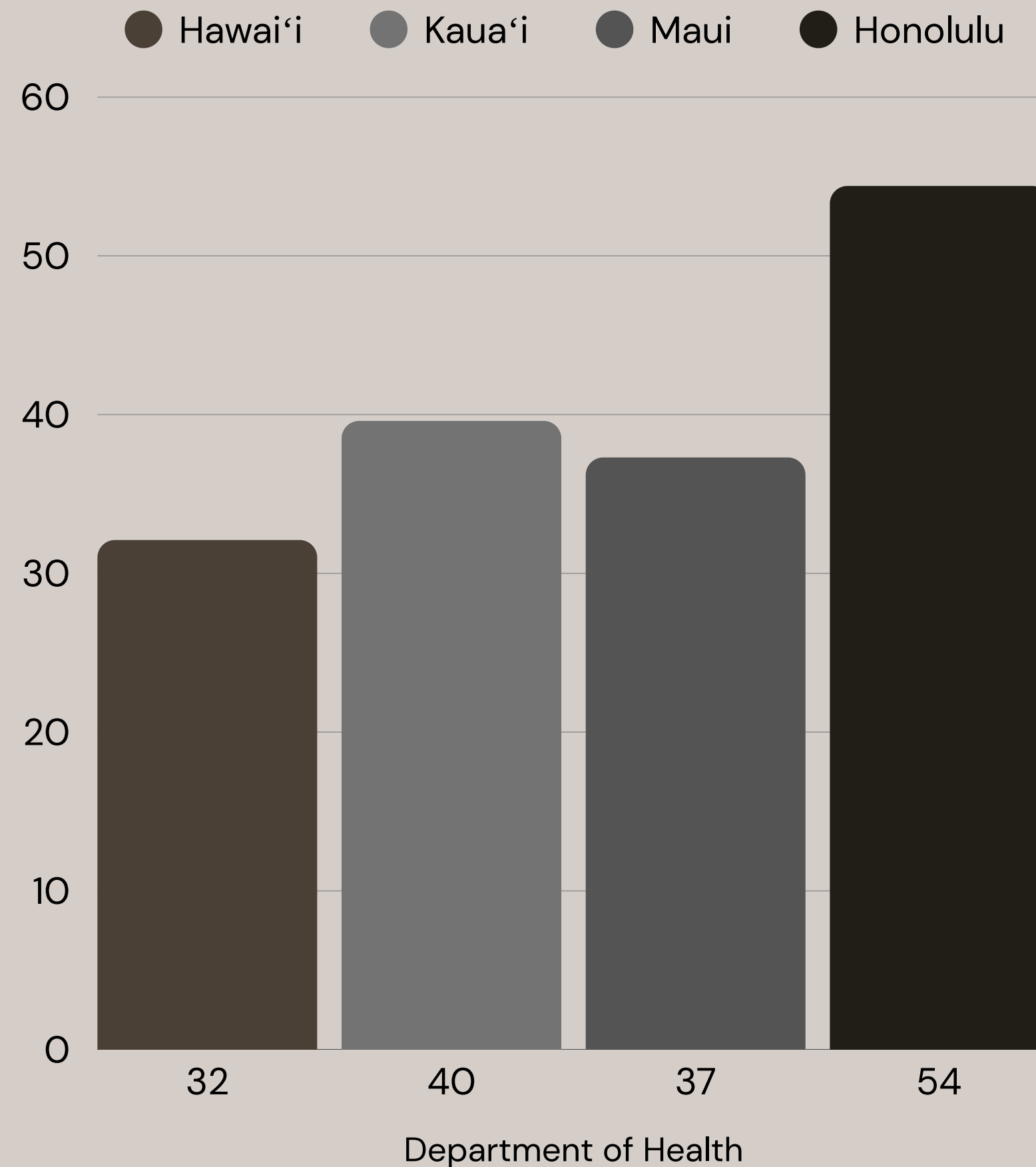
In 2023, 40.7% of older adults in Hawai'i report fall-related injuries, an increase from 32.4% in 2019.

Hospitalization

In 2023, fall-related emergency room visits among individuals aged 65+ is trending upwards at 3,643 annually.

25% of individuals would be rehospitalized within a year after discharge.

Annual Rate of Fatal Falls Among Seniors in Hawai'i



Foundational Issues

Health Equity



55,236 seniors live alone.

25,326 of individuals aged 65 and older live below FPL.

15.3% of individuals aged 65 and older have an independent living difficulties.

7.2% of individuals aged 65 and older report self-care disabilities.

Financial Burden



39.7% of households are financially burdened.

Average income of SSI recipients is \$967, while it cost \$11,437–\$13,216 per month for nursing home care.

Only 10% of homes are considered aging ready, despite 90% of older adults prefer to age-in-place.

Health Policy



Older adults in Honolulu experience wait-times of up to six months for approval of home modifications permits.

Restricted support of public health home modification interventions that follow the CAPABLE model.

Restricted financial support for caregivers to afford fall-prevention preparation.

Call to Action!

Legislature: HB 701 Family Caregiver Tax Credit

- **Contact your senator and representative to reintroduce HB 701 in the 2026 legislative session!**
- This would have establish tax credits for home modifications that improve safety, accessibility, and independent living for older persons and individuals with disabilities.
- Compared to the monthly cost of nursing home care, home modifications are a low-cost, high-impact investment in community health, safety, and family caregiving.

City & County of Honolulu: Amend § 18-5.10 Ordinance

- **Contact your city council members to amend this ordinance to not only apply to clean energy projects, but to also include health-related projects!**
- Older adults in Honolulu face a 5–6 month delay in receiving building permits for critical home modifications needed for safety and independent living. Thrive for Life, an organization serving aging residents, reports that such delays can:
 - Increase the risk of fall-related injuries and fatalities.
 - Result in avoidable hospitalization or institutionalization.
 - Create significant stress and burnout among family caregivers.



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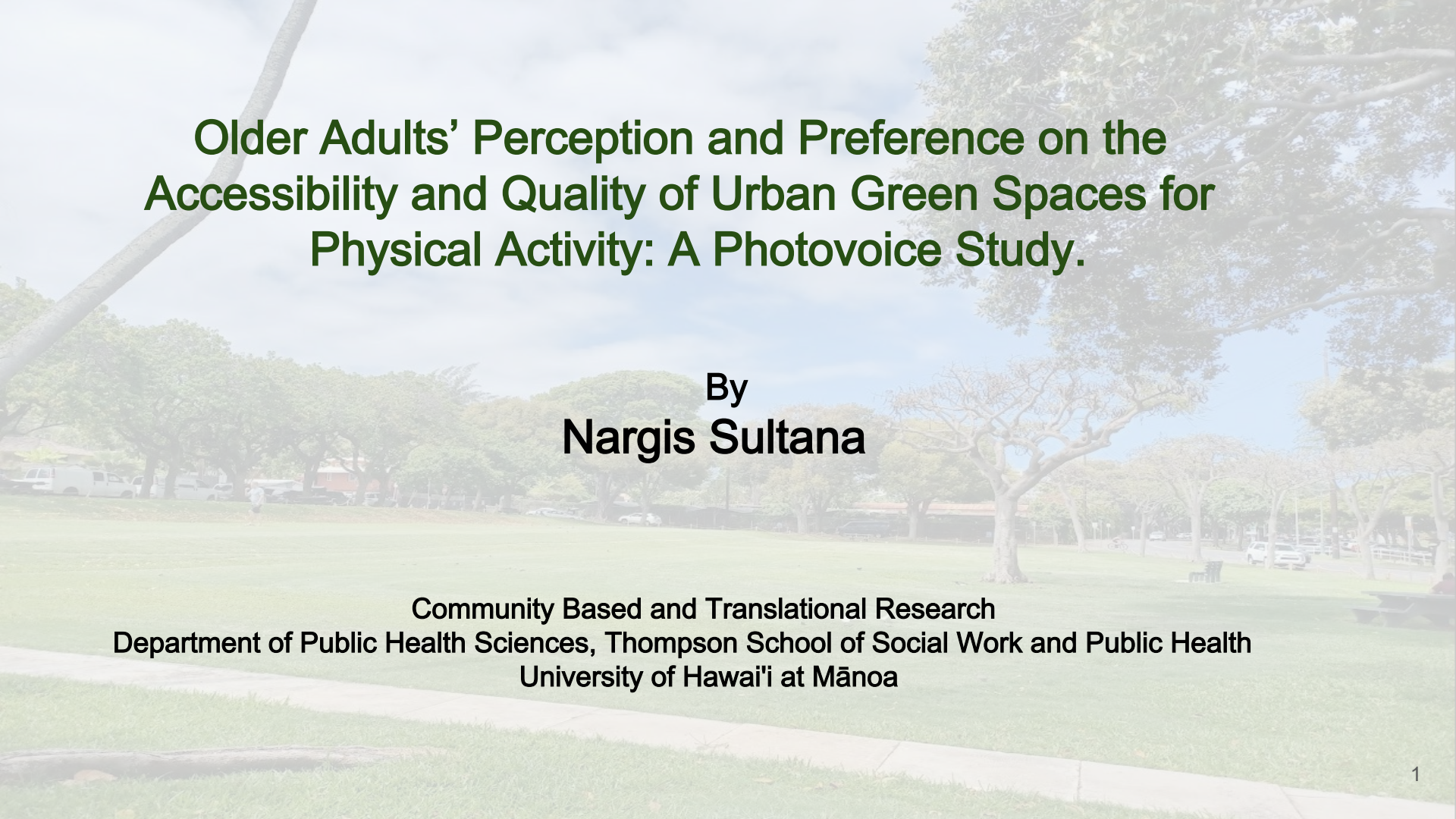
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<https://pmc.ncbi.nlm.nih.gov/articles/PMC11964428/>

The background of the slide is a photograph of a park. It features a wide, green grassy field in the foreground. In the middle ground, there are several large, mature trees with dense green foliage. A paved path or road runs along the edge of the field. In the background, there are some buildings and parked cars, suggesting an urban park setting. The sky is blue with some light clouds.

Older Adults' Perception and Preference on the Accessibility and Quality of Urban Green Spaces for Physical Activity: A Photovoice Study.

**By
Nargis Sultana**

**Community Based and Translational Research
Department of Public Health Sciences, Thompson School of Social Work and Public Health
University of Hawai'i at Mānoa**

Background

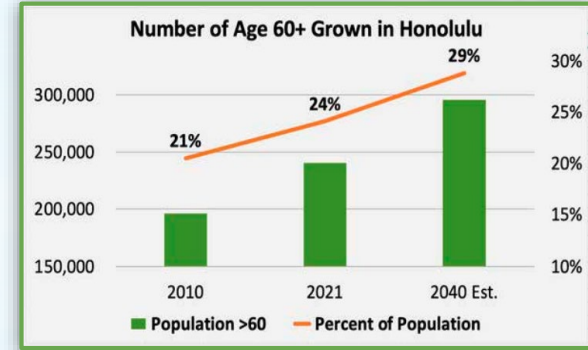


Regular physical activity (PA) is a key determinant of healthy aging .

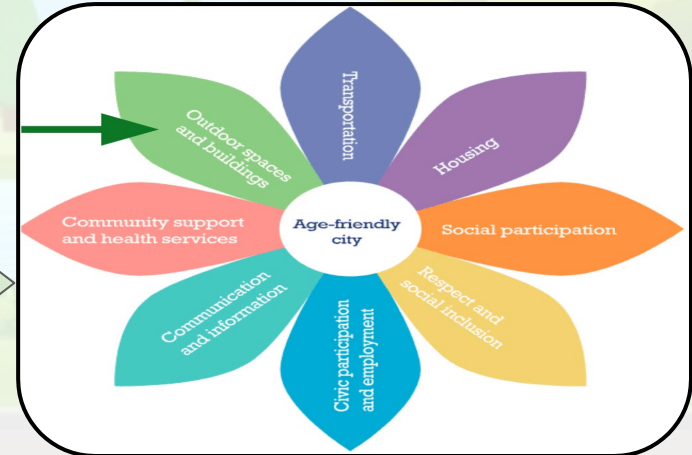


World Health Organization recommended urban green spaces (UGS) to promote health and well being of urban dwellers.

Creating an urban environment to provide equitable access to places is crucial to fostering healthy aging.



Source: University of Hawai'i - Center on Aging, n.d.



Source: Age Friendly Community Framework (WHO, 2007)

Study Overview



What are the perceived needs and preferences of older adults regarding UGS qualities that would enhance accessibility to UGS and encourage them to engage in PA in urban Honolulu, and how do they prioritize these qualities?

Study Design: Photovoice



Participants



Members of
the McCully
senior
citizen club

Key Findings

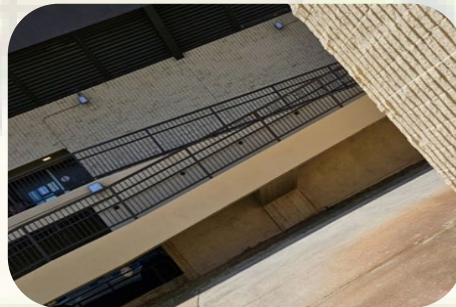
Top Facilitators : Safety, adequate & well-paved parking, park maintenance, clean restrooms, presence of ramps, paved pathways, shaded seating.

Barriers: Lack of paved walkways, poor signage, insufficient restrooms, safety concerns.

Additional Notes: Presence of safe exercise areas, and intergenerational spaces (aligned with Age-Friendly Honolulu goals).



“... there is a ramp as well as stairs to go to the swimming pool that is located on the second floor”



“... the cops were almost always here, and I felt safe walking through the park and coming here.”

Call to Action for Age -Friendly Parks

- Involve older adults in park design through participatory methods, such as Photovoice.
- Integrate accessibility into every phase of park design, development, and renovation.
- Foster cross -sector collaboration to enhance accessibility and create age -friendly environments.
- In cities like Honolulu, enhancing park accessibility through older adults' lived experiences can improve usability, promote community health and well -being, and advance age -friendly initiatives.



Thank you!





Mitigating Elderly Isolation Through Newspaper Engagement

A Quantitative Exploration

Presented by:

Jessica Takabayashi

University of Hawaii at Manoa

Yasuyaki Taki

Tohoku University Smart Aging Research Center

Toshimi Ogawa

Tohoku University Smart Aging Research Center

HPGS: Navigating the Map of Aging

Background

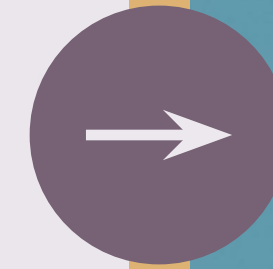
Why is our research relevant?

The global population of seniors is rapidly growing

Between 2015 and 2050, the global elderly population is predicted to double, soaring from 12% to 22%.

Social isolation and loneliness impacts HALE, with the elderly population being at high-risk.

Heart disease, weakened immune system, high-blood pressure, depression, cognitive decline, Alzheimer's Disease, and more linked to be effects of social isolation and loneliness



Objective

Investigate the feasibility of newspapers in aiding elderly in their feelings of loneliness and isolation, and encourage them to pursue future social interaction



Why Newspapers?

Physical or mental health conditions cause many seniors to not have quality means of socialization, and may even play a role in their **lack of interest** in pursuing socialization.

1) Realistically accessible to all seniors; 2) gives those who lack motivation to socialize with others a means of this fulfillment **without forcing them** out of their comfort zone, which may cause further distaste in social activity.

The end goal is to use **newspapers to inspire motivation** and courage to socialize with others.

Extrinsic Motivation vs. Intrinsic Motivation

Methods

I

PubMed, NIMH, World Health Organization, Google Scholar

- “elderly isolation and SARs,” “elderly isolation and newspapers,” “elderly dementia and social robots,” were examples of terms used for the review.
- “Japan,” “Hawaii,” and “America,” also used to get a scope for comparing US/Hawaii data vs. Japan. (POI)

2

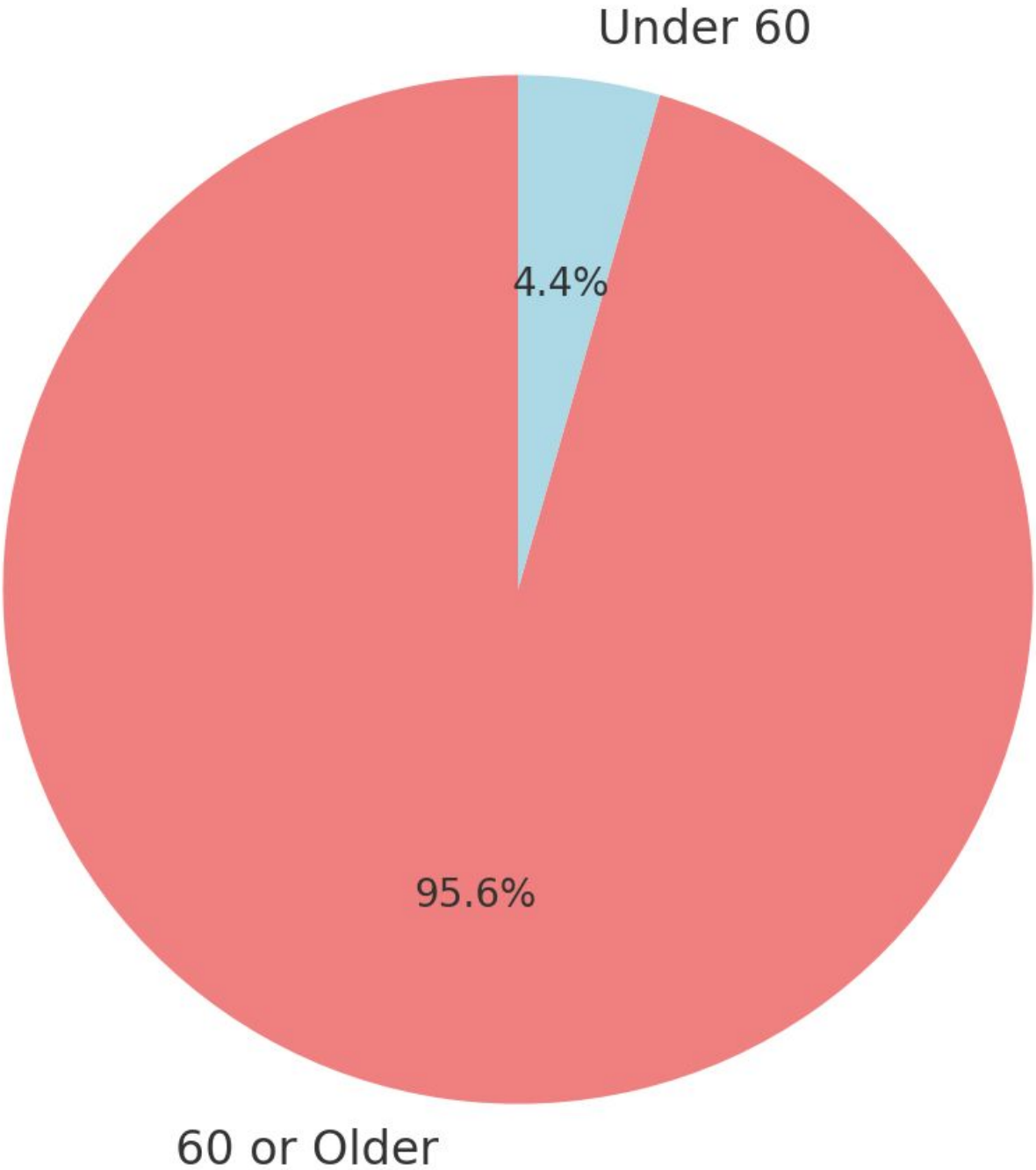
Survey targets the amount of/type of newspaper reading the participants partake in, their perceived feelings of loneliness, and actual isolation level.

- Multiple choice and short answer questions

ex: “How many time do you read the newspaper per week?” “Which of the following segments are you most interested in?” “How many times per week do you feel lonely?”

Demographics

Survey Respondents Age Distribution



n=56

Gender distribution

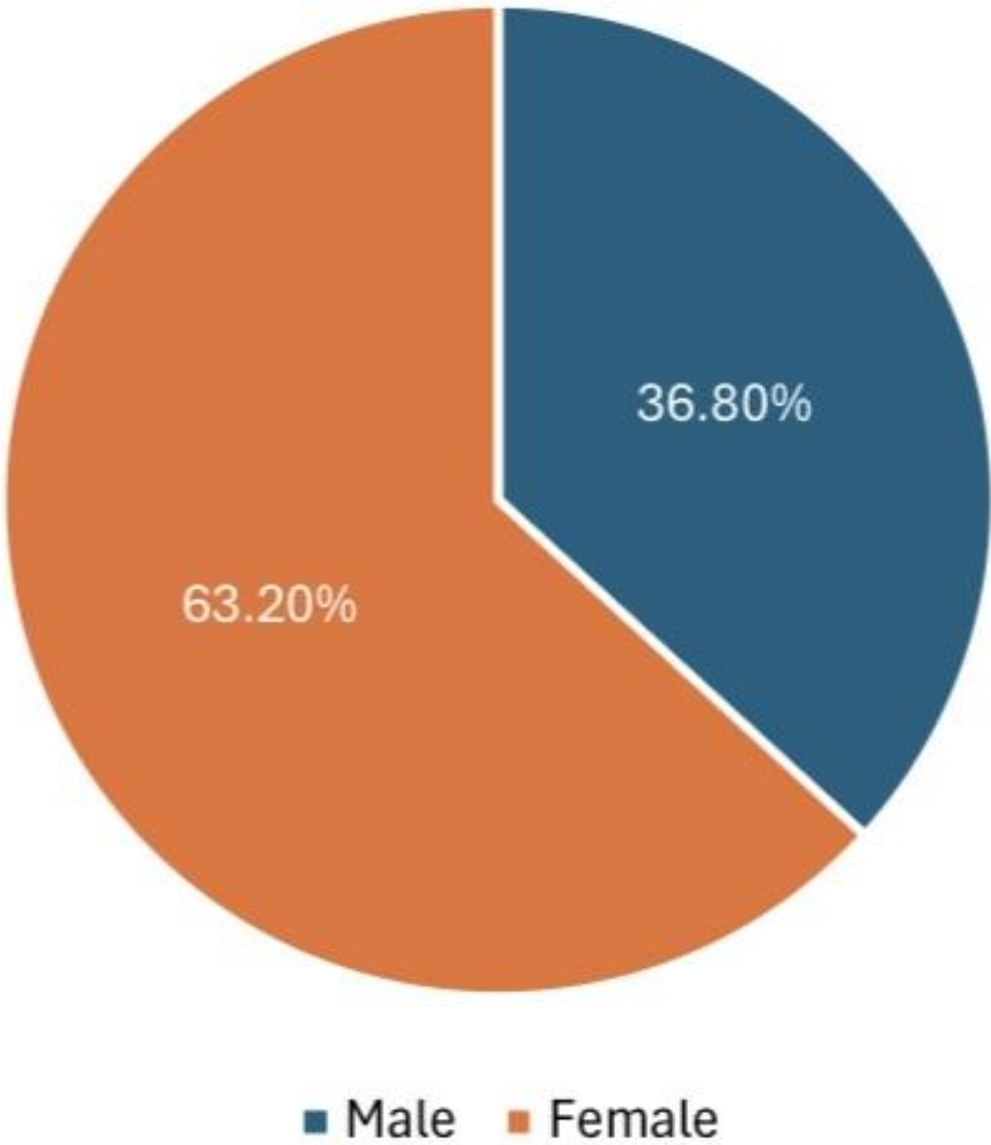
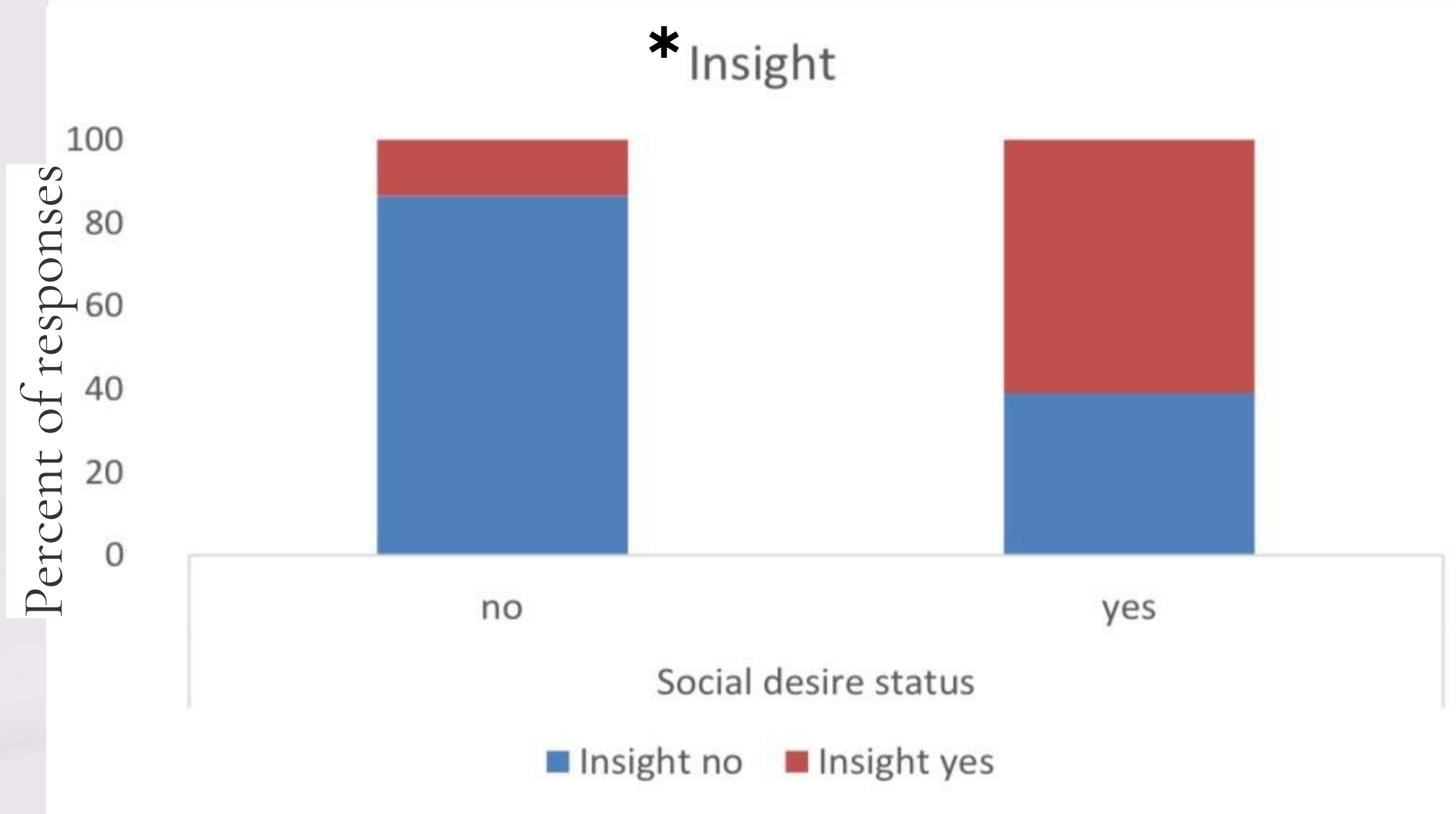
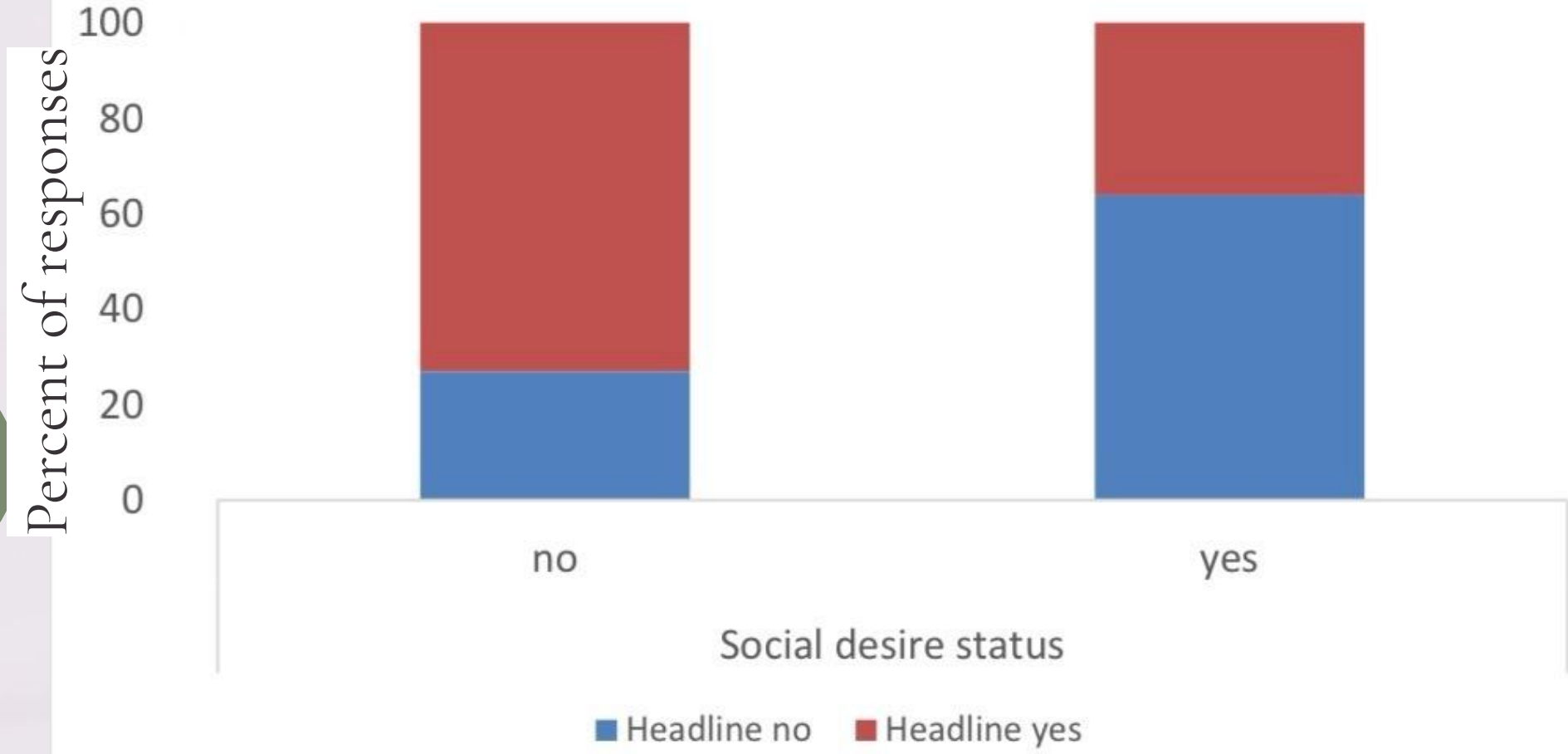


Fig. 1. Gender distribution of Respondents.

Primary Results



We can now state that there is an **association** between the **motivations** for reading newspapers and an individual's **sociability**!

$p < 0.05$

Real-world Implications

- **Purpose** for newspaper reading is a factor in participants' desire for socialization.
- Headlines and engagement= lower inclination to socialization; may suggest that interest in **superficial information**= **weaker social motivation**.
- Newspaper reading for **insight, relaxation, locality, and awareness of events**= **stronger social desires**.

Newspapers function to act as a source of information, as well as facilitate interpersonal connections.

In particular, local news and current events equips seniors with **shared conversational ground**, which **fosters community participation**.

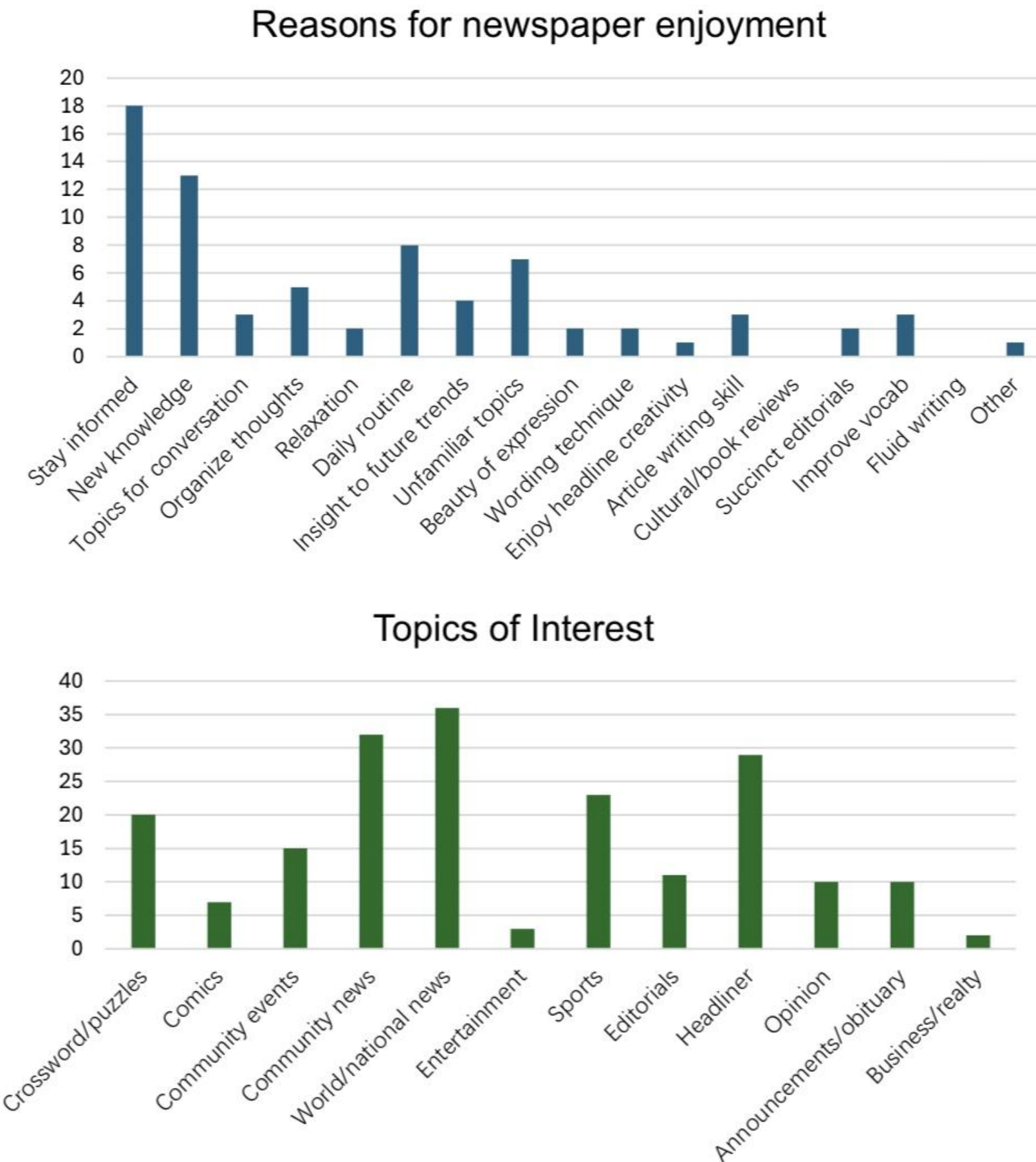


Fig. 6. Topics of Interest as reported by respondents.



Next Steps

So... What comes next?



01

Run a trial

Run an RCT trial or longitudinal study to determine if the correlation observed here, also indicates causation

02

Integrate data in consumer use (SARs)

Our long term vision is to integrate our results/data in SAR development; emphasizing on its use in news related dialogue + features



Newspaper SARs; What's the purpose?

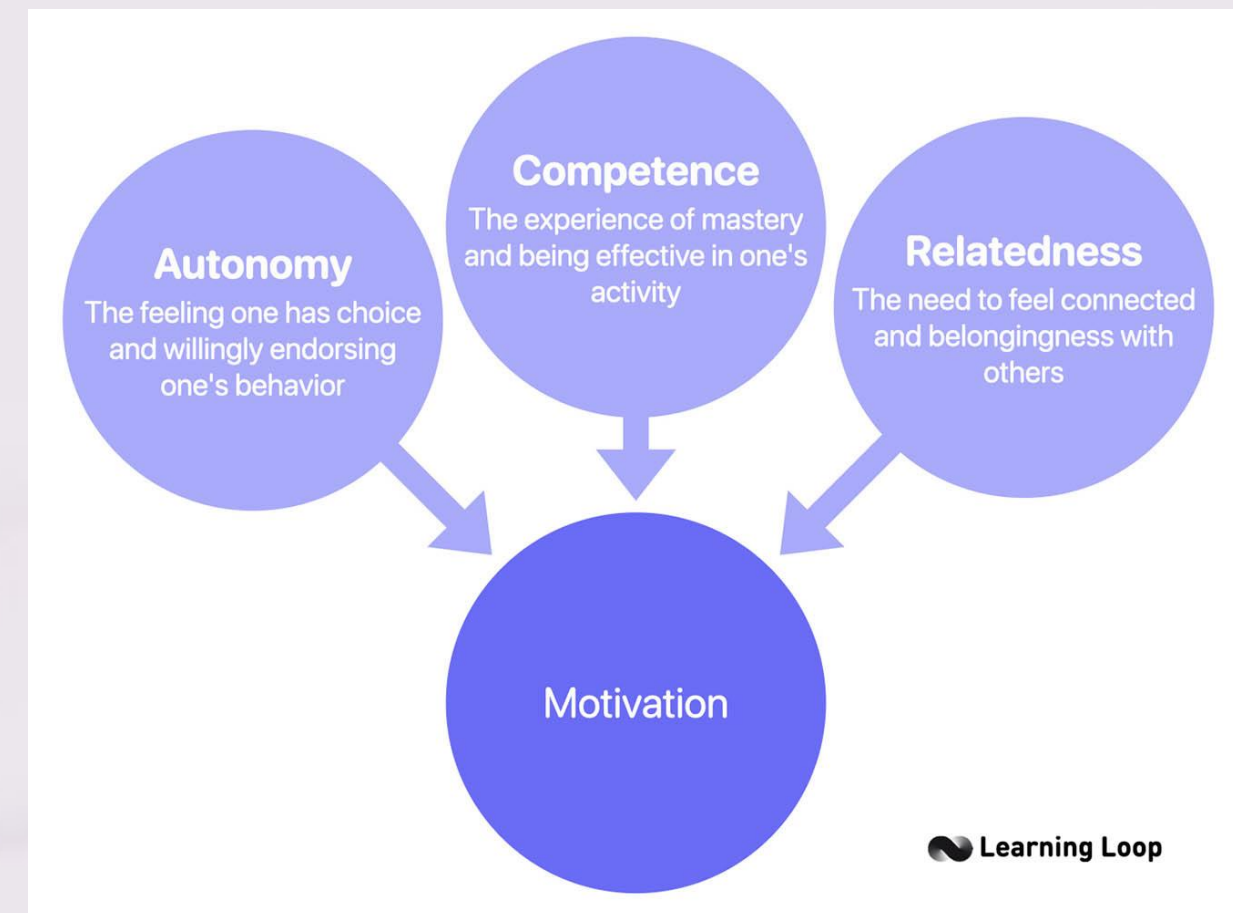
Newspapers can be used in the development of SARs.

- Interaction strategies personalized by an individual's reading motivations and inclination toward socialization.
- Function not only as information providers, but also as social catalysts that can alleviate loneliness.
- Supports **intrinsic motivation** for human interaction.

Self-determination theory (SDT):

- **Autonomy**
- **Competence**
- **Relatedness**

By employing SDT framework, social robots can transform everyday news consumption into opportunities for social enrichment. In doing so, they can alleviate loneliness, and foster intrinsic **motivation for human-to-human interaction.**



Thank You

Contact Us!

Jessica Takabayashi

E : jstakaba@hawaii.edu

P : (808) 265-1307

Toshimi Ogawa

E: toshimi.ogawa.e6@tohoku.ac.jp

Please contact us for any inquiries. Thank you for your time! :)

QR code for the survey!



Improving Understanding of Companionship Care: A Pilot Study with Families at Kuakini Home

Kristal Xie

Department of Geriatrics

University of Hawaii, John A. Burns School of Medicine

Background

- The knowledge of companionship care and its importance to residents' health and well-being is often limited among family members.
 - This gap can impact family engagement with and support for their loved ones.
 - This pilot study explored the knowledge and attitudes of family members regarding companionship care, using an educational infographic and a retrospective pre-post study.
-

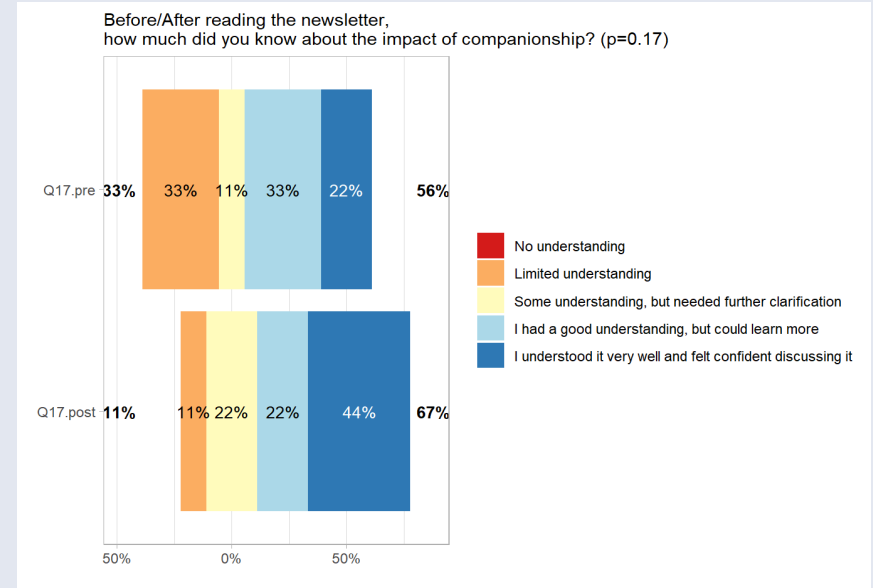
Methods

- This pilot study was conducted at the Kuakini Care Home, which provides 24-hour assisted living care and access to recreational and leisure activities for seniors in a supervised home-like setting.
- Twenty primary family contacts of residents received an infographic on companionship care and were asked to complete a brief retrospective pre-post survey. Nine responses were collected (45% response rate).
- The infographic provided information on prevalence of loneliness and its effect on health conditions, the benefits of social connection, and the importance and types of family involvement.



Results

- **After reviewing the infographic, 44% of respondents reported confidence in discussing companionship care, compared to 22% prior to viewing it.**
 - The percentage of respondents who perceived companionship as “very important” remained stable at 67%.
 - The percentage of respondents who stated their likelihood of visiting their loved one as “very likely” remained consistent at 78%.



Conclusion

- The overall attitudes of respondents, regarding the importance and likelihood of visitation, remained consistent.
 - However, the infographic was effective in improving understanding the impact of companionship with 67% rating the infographic as either “effective” or “very effective.”
 - In the future, we hope to expand our study to raise awareness about the importance of companionship in supporting the health and well-being of older adults.
-



Thank you for listening!

At this time, we would appreciate your input and collaboration as we move forward with the next phase of the study.

If you have suggestions for next steps or settings to expand awareness of companionship care, please email me at kristalx@hawaii.edu