Getting to Know Project Dana

Project Dana is National Volunteer Caregiving Network program that provides a variety of services to the frail elderly and disabled to ensure their wellbeing, independence, and dignity in an environment of their choice. Support comes from a corps of trained volunteers guided by the principle of “Dana,” which combines selfless giving and compassion without desire for recognition or reward.

Project Dana recruits and trains volunteers across the state to assist the frail and elderly with:

- **Friendly Visits**;
- **Respite services**;
- **Transportation to medical appointments, grocery shopping, and religious services**;
- **Telephone visits**;
- **Minor home repairs, light housekeeping and fall prevention assessments**;
- **Family Caregivers Support**.

Volunteers are sensitive to diverse cultures and traditions. They receive initial and continual training and education from the project, and are managed by trained volunteer coordinators from partner congregations.

Hawaii enjoys the highest life expectancy in the nation. The older adult population in the state is growing twice as fast as the national average. As it grows, so does the need for compassionate options to help older adults maintain the independence and dignity they deserve.

At Project Dana, a small but capable staff and large group of dedicated volunteers provide some of this much needed care for the frail elderly and disabled in our community.

A volunteer says: “As a Project Dana volunteer, I feel that I am a contributing member of society.”

A recipient says: “Life would not be as nice without your help!”

Partially funded by the State’s Executive Office on Aging and Elderly Affairs Division, City and County of Honolulu, private foundations and individual donations.

**CONTACT**

Project Dana – Moiliili Hongwanji Mission
902 University Ave., Honolulu, HI 96826
(808) 945-3736 Office
(808) 945-0007 FAX
projdana@hawaiiantel.net
www.projectdana.org

---

**FACTS**

- Founded in 1989.
- Comprised of a coalition of 32 churches/temples across Hawaii.
- 1,000 volunteers serve 1,200 persons totaling 60,000 hours annually.
- 92% of those served are Asian and Pacific Islanders.
- Collaborates with more than 200 public and private agencies.
- Recipient of national awards and recognitions:
  - The first Rosalyn Carter Caregiving Award (1993).
  - Best Practice program by National Senior Volunteers Summit (1998).
  - SHARE Award from GlaxoSmithKline and the University of Pennsylvania Institute on Aging (2001).
  - Star Transportation Award from the Beverly Foundation and AAA (2002).
Caring for the Caregiver Support Group (CCSG)

Project Dana’s CCSG program is unique in its concept by offering three different types of caregiver training/support group sessions along with individual counseling support to caregivers. The goal of the program is to help alleviate the stress that come with continuous caregiving responsibilities. Caregivers must be providing care to someone who is 60 years old or older living at home*.

The program provides two consecutive meetings every month, with an additional meeting every three months. Caregiver training/support group sessions are held on the 2nd and 3rd Wednesdays of each month from 9:30 am – 12:30 pm at the Honpa Hongwanji Hawaii Betsuin Social Hall (1727 Pali Highway) located downstairs of the main temple structure. Location may change so please contact Project Dana. Parking is available in the front of or at the back of the main temple.

Education Sessions. Speakers from various professions and organizations are invited to present on topics related to caregiving. Education sessions on various topics enable caregivers to better understand their loved ones and how to effectively care for them, while also learning to care for themselves. It helps in increasing caregiver knowledge on and connection to different community resources available for assistance. A continental breakfast and a light lunch are offered on days we have education sessions.

Rap Sessions. During these sessions, caregivers are given the opportunity to “talk story.” Joys and benefits of being a caregiver are often expressed along with frustrations and concerns. Caregivers also have the opportunity to explore potential solutions shared among other caregivers. On days when rap sessions are scheduled, participants are asked to bring a dish to share in the potluck luncheon.

Outing Sessions. Once every three months, the caregivers in this support group are treated to a time of fun and relaxation to nurture the mind, body, and spirit with healthy socialization, discovering new places, and/or engaging in activities outside the realms of everyday caregiving. In some cases, a partial/entire cost for the outing may be contributed. The participants will be notified in advance of the planned event the date, time, and cost of the outing.

One-on-one counseling. There are times where an individual can feel lonely being in a group. For caregivers who need additional assistance, one-on-one counseling may be arranged to provide a sympathetic ear and guidance, and to address their individual stresses and needs.

Project Dana has sponsored the CCSG program for 17 years. The program receives partial funding through a grant under the Older Americans Act of 1965, Title III E Funds, administered by the Hawaii State Executive Office on Aging through the Elderly Affairs Division, City and County of Honolulu. Monetary donations and other contributions are greatly appreciated to sustain the quality of the program.

* Contact Project Dana’s CCSG Coordinator for grant criteria.

Updated: March 2018