



HAWAI'I MEALS ON WHEELS

SILVER TSUNAMI

Hawai`i's 60+ population increased from 115,670 in 1980 to 227,400 in 2010. (Source: U.S. Census Bureau).

By 2020, this population is projected to increase to 373,450 representing 26% of the overall state population. (Source: DBEDT 2035 Series, July 2009).

A recent study in 2010, indicated that persons aged 60 will be almost 28.5% of the state's total population by.



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What does this mean?
There will be small
proportion of children and
young adults in relation to
those 60 years and older



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The Age Wave

Over 10,000 Baby Boomers reach age 65 daily.

One quarter of today's 65-year-olds live past 90 years.

Battling Chronic Health Disease

Battling Depression

Concerned about Safety Issues

Lack of Nutrition

Millions of seniors are forced to prematurely trade their homes for nursing facilities



AGING IN THEIR OWN HOME

105,731 meals

**over 800 of Oahu's homebound
Kupuna and Disabled.**

55 routes

Provide socialization

Provide a safety and wellness checks

**Meals on Wheels- the difference between
remaining in own home vs. relocating to a facility.**

**The nutritious meal, friendly visit and safety
check help them cope with three of the biggest
threats of aging: hunger, isolation and loss of
independence.**



NOT ROCKET SCIENCE

Research shows seniors want to age in their own homes for as long as they can. It is

most familiar;

comfortable and;

strong sense of community

When seniors have the right support, they gain greater quality of life, need fewer hospital stays and live longer.

Reduction in feelings of isolation

Reduction in hospital stays

Decrease in falls for seniors

Decrease in senior depression

Increase in feelings of safety



HOW DO WE DO THIS?

Over 450 volunteers drive for us
Routes done during lunch hour
Pick up meals at the hospital and nursing home in your area
Deliver right in your neighborhood
Flexible- 2x a year, every other month, weekly, every labor day

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