

## Start Talking Now

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Strong family relationships are maintained through love, respect and open communication

Don't wait until there is a crisis or a family conflict

The time to start talking and creating family plans to support your elder family member is now

Call 521-6767 between 8:30 a.m. and 4:30 p.m. and ask to participate in the Kupuna Pono Program

The Program Specialist will talk with each family member and schedule a family conference at a day, time and place that works for your family

Experienced facilitators will be assigned to work with your family to ensure everyone has a chance to talk and everyone's voice is heard



## The Mediation Center of the Pacific, Inc.

Bringing People Together to Talk  
and Resolve Conflicts Creatively  
Since 1979

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## KUPUNA PONO

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### Helping Families Talk and Support Their Kupuna



Every family loves and respects their elder members

Every family has disagreements regarding the care and support of their elders

Family disagreements lead to hurt and disharmony

To make things right and restore harmony, the Kupuna Pono Program helps families talk and create plans to support their Kupuna

**Call: 521-6767**

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## KUPUNA PONO HELPS FAMILIES TALK



Caring for a loved one can lead to family conflict.

### The Kupuna Pono Program

Family conferencing and mediation help families talk and agree on difficult issues regarding the care of an elder member such as:

- ✚ When support for taking medication, cooking, cleaning or personal care is needed
- ✚ How to work together to help an elder family member stay in their home
- ✚ When an elder member should move out of their home and where they should live
- ✚ End of life issues

### Family Conferencing

Family members and others who support the elderly member, are guided in a planning discussion about the:

- strengths of the family
- strengths of the elder family member
- needs of the elder member
- concerns about the elder family member
- available resources to support the elder's needs

Based on their discussion, the family creates a plan that builds on their unique family strengths, to support the needs of the elderly member.

### Mediation

When family members are in conflict, an impartial mediator can help those members talk about the issues creating the conflict, listen to each other's concerns and brainstorm solutions that resolve the issues. The process is private. The participants come up with their own solutions.

### Guiding Values

**Respect**

**Empowerment**

**Independence**

**Safety**

*The Kupuna Pono Program is founded on the belief that family members know best how to support their elder family member and each other.*

- ✚ *The wishes and long-standing values of the elder family member are considered and supported*
- ✚ *The family and the elder member make their own decisions that meet their unique needs*
- ✚ *Plans are created to enable the elder family member to be safe and as independent as possible*
- ✚ *Community resources are identified to help families support their plans*