

# Your Geriatric Care Team



**Alain Takane**  
MD  
Geriatric Physician

- Board-certified geriatrician and family practitioner
- Grew up in Hilo
- Graduate of the University of Hawai'i at Mānoa John A. Burns School of Medicine
- Received her master's of public health in social and behavioral health sciences
- Completed the geriatric medicine fellowship training program at the University of Hawai'i



**Kayla Bajo, PharmD**  
Clinical Pharmacist,  
Tobacco Treatment  
Specialist, Diabetes  
Self-Management and  
Wellness Educator

- Born and raised in Wahiawā and a Leilehua High School graduate
- Bachelor of Arts in Pharmaceutical Sciences and a Doctorate in Pharmacy from the Daniel K. Inouye College of Pharmacy at the University of Hawai'i at Hilo
- Certified Tobacco Treatment Specialist with the University of Massachusetts Chan Medical School  
Born and raised in Wahiawā

## Insurance

We accept all forms of insurance, including AlohaCare, UnitedHealthcare, HMSA, HMAA, Ohana Health Plan, UHA, Tricare Select, Medicare, Medicaid and other private insurance. If you do not have insurance, we can assist with enrollment, regardless of your ability to pay. We provide discounted services on a sliding fee scale.

To verify income, please bring **ONE** of the following documents to if you do not have insurance:

- Recent pay Stub
- Tax return
- Unemployment registration
- Proof of Department of Human Services benefit
- Proof of Temporary Assistance for Needy Families

Plus **ONE** item to verify identity:

- Driver's license
- State ID
- Passport or green card

**Hours of Operation** (see website for full list)

**Geriatric Specialty Center**

Mon–Thur: (7 am – 5:30 pm)

First and third Saturday of the month:  
(7 am – 5 pm)

\*Saturdays may vary due to provider availability\*



A federally qualified health center, providing residents of Wahiawā, Waialua, Mililani, Schofield, Kunia and our neighbors a single point of access to comprehensive and quality health care.

📍 **Geriatric Specialty Center – Suite 106B**  
Family Medicine – Suite 106A  
Women's Health – Suite 106B



## Geriatric Specialty Center

**Geriatric Specialty Center – Suite 106B**

Mon–Thur: (7am – 5:30pm)

First and third Sat: (7am – 5pm)

\*Saturdays may vary due to provider availability\*

**Call us at (808) 622-1618**

For after hours care, contact Physician's Exchange:  
(808) 524-2575



## Our Mission

In the spirit of aloha & compassion, we provide access to affordable, quality health care & wellness services to promote a healthy community.

Serving Wahiawā, Waialua, Mililani, Schofield & our neighbors

Nov. 2023



Wahiawā Health is dedicated to optimizing aging for older adults by promoting health and quality of life through services provided at its geriatric specialty center.



## Geriatric Specialty Center

The Wahiawā Health geriatric specialty center is led by Dr. Alain Takane, a board-certified geriatric physician, and is supported by a geriatrics care team.

### Geriatric Care Team

The geriatric care team is committed to fostering collaboration, and empowering patients, their families and caregivers to increase access to care and reach older adults where they need it most.

### Community Health Outreach

Wahiawā Health addresses challenging barriers in the community and enhances medical care access by:

- Helping set up transportation to medical appointments
- Delivering medications
- Connecting patients to resources such as food, housing, and hygiene supplies
- Providing telehealth visits via video conference

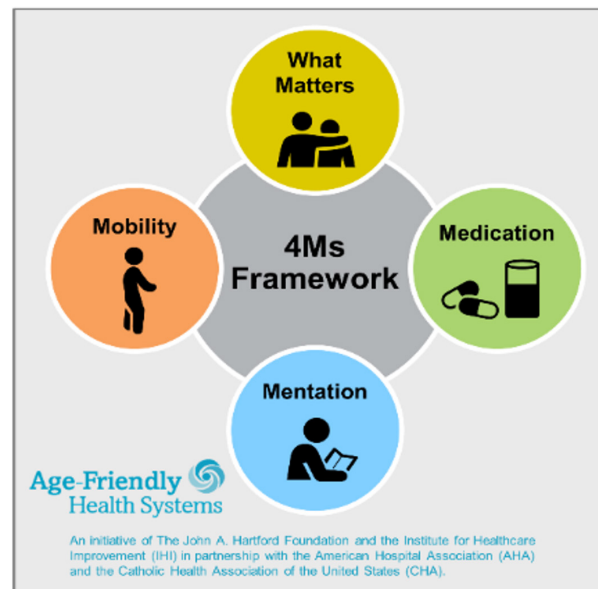
### Diabetes Prevention Program

Wahiawā Health offers a year-long Diabetes Prevention Program designed to raise awareness of prediabetes and encourage lifestyle changes proven to prevent or delay type 2 diabetes in adults with prediabetes. Throughout the year, our certified lifestyle and wellness coach assists participants by working through interactive modules to promote weight loss and improve health.



### The 4Ms Framework

Every patient visit includes a comprehensive 4M assessment which is key to building a care plan that fits the needs of each individual.



### Patient Visits

During geriatric visits patients will receive the following assessments:

- 4M assessment every visit: medications, mentation (mental activity), mobility, and what matters most to the patient
- Geriatric review of syndromes: falls, weight, appetite, incontinence, hearing, vision, dentition, sleep, pain, constipation, mood, caregiver needs, safety, social engagement and isolation
- Cognitive testing
- Geriatric depression screening if indicated
- Polypharmacy – management of multiple prescriptions
- Deprescribing – the planned process of reducing or stopping medications that may no longer be of benefit or may be causing harm
- Advanced care planning
- Healthcare maintenance screenings and immunizations
- Planning for driving retirement, if indicated
- Support for family and/or caregivers

☎ (808) 622-1618

✉ [info@wahiawahealth.org](mailto:info@wahiawahealth.org)

🌐 [wahiawahealth.org](http://wahiawahealth.org)