

Tiim Eo Ej Lale im Kejbārok Rūtto Ro (Lellap im Lōllap)



Alain Takane

MD

Taktō eo an Rūtto
(Lellap im Lōllap)

- Board an Taktō emōj aer lelok an pepa in kōmalim nān an taktōiki rūtto (lellap im lōllap) im baamle
- Rūttolok ilo Hilo
- Kadiōjlok jān University of Hawai'i ilo Manoa John A. Burns School of Medicine
- Bōk master tiikri ikijen katak kilen an armej kālet kilen aer makūtkūt im mantin aer mour
- Kadedelok būrookraam in ekatak ikijen taktōiki rūtto (lellap im lōllap) ilo University of Hawaii



Kayla Bajo, PharmD

Taktō In Kauno Ilo Jikin
Kauno Eo

- Lotak im rūttolok ilo Wahiawa im kadiwōjlok jen Leilehua High School
- Bajelor of Aat Tiikūri in Kauno im Tiikūri in Takto in Kauno jen Daniel K. Inouye Kaalōj (Jikuul) In Kauno eo ilo University of Hawaii ilo Hilo
- Pepa in Kamool Ke Ej Tijemlok In Taktōiki Rikōbataat jen Jikuul in Taktō eo University of Massachusetts Chan

Injorōn

Kōmij bōk aolep kain injorōn ko ekoba, AlohaCare, HMSA, UnitedHealthcare, HMMA, Ohana Health Plan, UHA, Tricare Select, Medicare, Medicaid im bareinwōt injorōn ko jet kajjojo. Ne ejjelok am injorōn, kōm naaj jipaņ eok kanne am pepa in kōmman am injorōn in kadiklok am kōllā ekkar nān dettan onāām.

Ne ejjelok am injorōn, jout im bōktok JUON ian pepa kein nān kamool dettan onāām:

- Pepa in kamool kōllā jān jikin jermal eo am me ekāāl tata
- Pepa in owōj eo am (Tax return)
- Pepa in rejijōtōr eo am ilo obii eo ej lale ro ejjelok aer job/jermal
- Pepa in kamool eo am jān obii eo ej kōmman aolep kain jipaņ (Human Services)
- Pepa in kamool eo am ikijen jipaņ ko relap ak ewōr ien aer jemlok, nān baamle ko elap aer aikuji

Koba bar JUON pepa in Kamool wōn kwe:

- Laijen in kattōr eo am
- ID eo am jen Jitait (State)
- Pāājpot (passport) ak kūrriin kat (green card) eo am

Awa in Pellok Ko (lale ilo weebjait ne ikijen lajrak eo ejimmwe im likio)

Jikin Taktō eo an Rūtto (lellap im lōllap)

Mande – Taije (7 jiboņ – 5:30 jota)

Jādede eo kein kajuon im kein kajilu ilo aolep allōņ (7 jiboņ – 5 jota)

*Ilo Jādede emaroņ naaj wōr oktak ekkar joņan taktō ro rej pād in jipaņ



Juon jikin ājmour eo kien eo elap ej kile ke ewāppen im epolemen nān an lale im kejbārok ājmour eo an armej ro rej jokwe im amnak ilo Wahiawa, Wailua, Mililani, Schofield, Kunia im jukjuk in pād ko ad.

Geriatric Specialty Center – Suite 106B Jikin Taktō eo an Rūtto (lellap im lōllap) – Ruum nōmba 106B

Family Medicine – Suite 106A Jikin Taktō Eo an Baamle – Ruum nōmba 106A

Women's Health – Suite 106B. Jikin Taktō eo an Kōra – Ruum nōmba 106b



Jikin Taktō Eo an Rūtto (lellap im lōllap)

Jikin Taktō eo an Rūtto (lellap im lollap)

Ruum nōmba 106B

Mande – Taije (7 jiboņ – 5:30 jota)

Jādede eo kein kajuon im kein kajilu:

(7 jiboņ – 5 jota)

Ilo Jādede emaroņ naaj wōr oktak ekkar joņan taktō ro rej pād in jipaņ

Kūr tok kōm ilo (808) 622 1618

Ne emoj an kilōk obii, kūr tok nōmba in an taktō : (808) 524-2575



Jibadbad Eo Am

Ilo wōt jitibōn Aloha im meanwōd, kōmij kōmman bwe en dik onāan im lukkan emōn in wāppen jipaņ ko nān ājmour nān kōkōmanman lok ājmour ilo jukjuk in pād eo ad.

Jermal nān armej ro ilo Wahiawa, Wailua, Mililani, Schofield, im jukjuk in pād ko ad ko

Jikin Ājmour Eo Ilo Wahiawa ej lukkun kōmaat aer maroñ in jermal ñan jipañ kaetoklok an rütto ro mour ilo aer lelok aolep kain wāwen jermal in jipañ ko ñan rōjañ ājmour im wāwen mour eo epolemen.



Jikin Taktō eo an Rütto (lellap im löllap)

Jikin Taktō eo an Rütto (lellap im löllap) ej pād iumin töl eo an Dr. Alain Takane, eo emōj an bōk an pepa in mālim eo an jān Boot eo an Taktō in kwalok ke ej juon taktō an rütto, im ej jermal in bōk jipañ jen tiim eo ej kejbārok rütto ro (lellap im löllap).

Tiim eo ej Jermal im Kejbārok Rütto Ro (lellap im löllap)

Tiim eo ej lale rütto ro (lellap im löllap) am elap aer nōknōk ilo aer kate er kajeoñ kōkajoorlok ri-nañinmej ro, baamle ko aer im ro rej kejbārok er bwe en bidodo lok aer tōbar rütto ro (lellap im löllap) ñan lelok jipañ ko elap aikuji.

Jermal in Ājmour Ko Rej Diojlok Ñan Pelaak in Jukjuk in Pād eo

Jikin Ājmour eo ilo Wahiawa ej lale abañ ko ñan kōkōmanmanlok im kabidodo lok an etal jipañ ko ñan jukjuk in pād eo ilo wāwen kein:

- Jipañ kōmman ial ñan apoinmen in taktō to
- Bōkto bōktak uno ko ñan jikin jokwe ko
- Kwalok ñan ri-nañinmej ro jikin jipañ ko me remaroñ ebōk jeramman einwōt mōñā, jikin jokwe, im kein kaddeo ko
- Kōmman telehealth ak wāwen bwe ren maroñ lo ri-nañinmej ro ilo bidio (video) ak talboon ko

Būrookraam Ko Ñan Bōprae Nañinmej in Tōñal

Jikin ājmour Eo Ilo Wahawia ej kōmmane juon Būrookraam In Bōprae Tōñal, naaj juon yiō aetokan, ñan kōjjeļäik im rōjañ rütto ro rejañin tōñal, bwe ren bōk konaer im ukōt wāwen aer mour ñan kammool, bōprae im karumijlok nañinmej in tōñal. Ilowan yiō eo, tiim eo etimjelok ilo lale wāwen mour im ājmour renaaj jermal im jipañ ro rej bōk konaer ilo aer lori kain ekatak ko ñan kadiklok eddo, kōllaplok makūtkūt in ānbwōn, kadiklok inepata, im kōkōmanmanlok aolepen ad ājmour.



4Ms Framework ej juon jiijtōm in kōjermal 4 wāwen ko (ta ko aorōk, uno, makūtkūt, joñan emman in kōlmenlokjen) ñan kakilen im kejbārok rütto ro

Aolep ien taktō, renaaj kajermal 4M ak wāwen kakilen kein emen bwe eaorōk ñan kōmmane juon pilāan in taktō eo ekkar ñan aikuji ko an kajjojo armej.



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Age-Friendly Health Systems

Ien Taktō an Ri-nañinmej

Ilo ien taktō ko an rütto ro (lellap im löllap) taktō ro renaaj etale aolep men kein:

- Aolep ien taktō ro renaaj etale men ko emen (4M) uno ko, joñan emman in an kōlmenlokjen, joñan an makūtkūt, ta ko raorōk ñan e
- Kakilen nañinmej ko an rütto: ear okjaak ke, boun/eddo in, joñan an mōñā, jab maroñ debij an kōpojok, an roñjake, lolokjen, wāwen ñiin, an kiki, metak, bin lojen, tammwin, aikuji ke ri kejbāroke ak ri lale, kwon an pād, aetōl ippān ro jet ak make ian
- Kakilen joñan jelā im an melele
- Kakilen ñe enana an mour/inebata ñe ewōr kōkallen ke ewōr
- Polypharmacy – elap an lōñ uno ko ej bōki
- Deprescribing – pilāan in kadiklok ak kabōjrake an bōk uno ko rejjab jermal ñan nañinmej eo ak remaroñ kōmman jorrān ko ñane
- Kōmman im kadedeik pilāan in lale im kejbārok ñan ilju im jōklaj
- Kakōlkōl ko ej aikuji ñan ājmour im wā ko
- Karōk ñan bōjrak jān an kattōr, ñe ewōr kakōlle ko ke ekkar
- Jipañ ñan baamle eo im ro rej lale/ kejbāroke

(808) 622-1618

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