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Care Made Simpler

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Alice Nagano's father has been in the same assisted living facility for the past five years. The facility is safe, provides meals throughout the day, and has activities that kept his body and mind active. It was conveniently located at Punchbowl so Nagano could easily visit him at night and on weekends when she wasn't working.

Earlier this year, her father began falling more frequently. So his facility recommended that Nagano find a care home that could provide her 94-year-old father with 24-hour assistance.

Finding a new facility that would be the right fit for her dad became an overwhelming, time-consuming process. Then Nagano found out about Care Sift, which provides free resources to help families find the right care facilities for their loved ones.

"It's like meeting with a realtor," says Nagano. "I told them what I was looking for, what area, and my price point. And they compiled a list of places for me."



Alice Nagano credits Care Sift for helping her find a new care home for her father, Fred Arashiro.

A Care Sift community liaison accompanied Nagano to facilities and helped her to ask caregivers the right questions. She found a care home at Maunalani Circle that was the right fit and he moved in within two-and-a-half weeks.

“He’s happy being in his new place,” Nagano says. “They take him to doctor’s appointments when I’m not able to take him. It’s a big load off my mind knowing he’s well taken care of.”



Fred Arashiro has a new friend at his new care home.

Social worker Nicole Coglietta founded Care Sift after seeing a great need for services to place loved ones in care facilities. So she created a website for families to access free information about caregiving facilities in Hawaii.

“It’s a time of crisis for families when their loved one can’t live at home or live alone,” says Coglietta. “And it’s stressful for them to provide care and find support at the same time. They don’t have the time to research all the options. That’s where we come in. We can help with the legwork so they don’t have to worry.”

Care Sift provides one-on-one for support to families looking for care for their loved ones, from finding a place to the admittance process and even providing follow-up services to make sure they’re adapting to their new home.

“It saves families a lot of time and money,” says Coglietta. “We help them navigate the health care system by giving them the different options and providing an extra source of support. We’re a one-stop shop for families looking for facilities for their loved ones.”



Care Sift founder Nicole Coglietta (right) with Care Sift senior care liaison Guy White at the Hawaii Seniors' Fair in September at the Blaisdell.

Even if your parents or grandparents may not need help right away, Coglietta suggests that families prepare for the future.

“Don’t wait until there’s a fall at home or incident that forces your loved one to look for 24-hour care,” says Coglietta. “Look for warning signs and be proactive before a situation occurs.”

Photos courtesy of Alice Nagano and Nicole Coglietta.