

East King County



RESOURCE GUIDE

For Older Adults and Their Families



IMPORTANT PHONE NUMBERS

POLICE/FIRE/MEDICAL EMERGENCIES 911

NON-EMERGENCY POLICE & FIRE DEPARTMENT CONTACT NUMBERS

If you are unsure if your situation is an emergency, dial 911. Dispatchers will help determine if immediate action is needed.

Use your local non-emergency number when police assistance is not immediately needed. This may be because some time has elapsed since the incident occurred (such as a car prowler discovered the next morning) or if you are calling regarding a nuisance issue, such as graffiti.

- Bellevue, Kirkland & Mercer Island: (425) 577-5656
- Bothell: (425) 486-1254
- Carnation: (425) 333-4190
- Duvall: (425) 788-1519
- Issaquah: (425) 313-3200
- Redmond: (425) 556-2500
- Sammamish & Woodinville: (206) 296-3311
- Snoqualmie & North Bend: (425) 888-3333

COMMUNITY LIVING CONNECTIONS

INFORMATION & REFERRAL (844) 348-5464

EVERGREENHEALTH COMMUNITY HEALTHCARE ACCESS TEAM (425) 899-3200
Press option 2

EVERGREENHEALTH MEDICAL CENTER (425) 899-1000

KING COUNTY 2-1-1 211

KING COUNTY CRISIS CONNECTIONS (206) 461-3222

POISON CONTROL 1-800-222-1222

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For additional copies of this guide, please contact: EvergreenHealth Community Healthcare Access Team at (425) 899-3200 or City of Kirkland at (425) 587-3307 or resourceguide@kirklandwa.gov.



Park Lane, Downtown Kirkland

Welcome to the East King County Resource Guide for Older Adults & Their Families

Inside you will find information on community resources regarding health, housing, transportation, recreation, emergency preparedness, and more; all specifically tailored for adults ages 50 and up.

The resources focus on organizations that serve residents of East King County. If services in a category are not offered on the Eastside, then organizations from outlying areas are included.

Members of the Kirkland Senior Council have made every effort to verify the information in this guide. However, organizations and missions can change. Please call or visit the organization website to verify that the services offered are what you are seeking.



Reading the Resource Guide

The Resource Guide lists organizations by category and sub-category. For example, a medical equipment supplier would be under the category “Health Care Services,” and sub-category “Medical Equipment Suppliers.” Individual agencies are listed alphabetically within each category.

At the beginning of each category, you will find important information including frequently used terms and a summary of the different types of options available. See the index for help locating a specific resource or organization.

Many organizations offer more than one service and are listed under multiple categories. A description of the types of services provided by each organization is included in the listing.

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ADULT DAY PROGRAMS

Adult day centers offer opportunities for older adults with physical and cognitive disabilities to socialize outside of their homes and can provide daytime respite for caregivers.

Adult Day Program Terms To Know

Adult Day Care (ADC): A program which provides day time socialization, meals, and activities primarily for persons with physical and/or mental limitations. Participants return home each evening. Often used as respite for those caring for an older adult who cannot safely be left alone at home.

Adult Day Health (ADH): A program primarily for persons with physical and/or mental limitations which provides all the services of ADC and therapeutic activities facilitated by Registered Nurses, therapists, and other service providers.

Adult Day Programs

All facilities provide both Adult Day Care (ADC) and Adult Day Health (ADH) services unless otherwise indicated. Information on payment options is under “Financial Aid” on page 3.

King County Senior Hubs

Senior Hubs serve as recognized resource centers on aging services and provide support, outreach, connection, and opportunities for social engagement to elders throughout King County. Mon-Fri, 8AM to 5PM

(206) 263-9105 • <https://kingcounty.gov/depts/community-human-services/adult-services/older-adults-caregivers/senior-hubs.aspx>

Department of Community and Human Services (DCHS) 401 5th Ave, Ste 500
Seattle, WA 98104

Kline Galland Polack Adult Day Center

Provides ADC services with kosher meals and a Jewish heritage focus. Accepts private pay. Open Mon-Thurs.

(206) 725-8800 •

<https://www.klinegalland.org/care-options/kline-galland-home/>

7500 Seward Park Ave S
Seattle, WA 98118

Legacy House

Provides ADC and ADH services primarily for Asian older adults. Staff members speak 15 different languages. Open Mon-Fri, 10AM - 2PM.

(206) 521-4124 • www.legacyhouse.org

Email: information@legacyhouse.org

803 S Lane St
Seattle, WA 98104

Mercer Island Senior Social

Provides social opportunities for senior adults who have physical, memory, hearing, or visual limitations as well as frail or isolated older adults. Activities on Tues, Weds, and Thurs. Contact hours, 10AM - 2PM.

(206) 275-7843 • **Leslie Sylvetsky**

8236 SE 24th St
Mercer Island, WA 98040

Northshore Senior Center Adult Day Program

Provides ADC, ADH, and specialized programs for early stage memory loss. Serves people in King and Snohomish counties. COPES, RCL, SCSA, VA, respite, and private pay accepted on a sliding-fee scale for low-income participants. Mon - Fri, 10AM - 2PM.

(425) 488-4821 • <https://www.northshoreseiorcenter.org/programs-services/#1603576331394-cfed7a1d-5bf1>

10212 E Riverside Dr
Bothell, WA 98011

Old Friends Club

Provides ADC services in multiple Eastside locations. A place of friendship for people with memory loss and a healthy break for caregivers. Private pay accepted, and most long-term care insurance is accepted. Financial assistance may be available. Locations in Bellevue, Carnation, Kirkland, Sammamish, and more.

(425) 681-9776 • www.olderfriendsclub.org

Email: welcome@olderfriendsclub.org

Providence Elderplace

Health care and social services for older adults known as PACE (Program of All-Inclusive Care for the Elderly). PACE programs keep older adults as healthy as possible in the community by providing comprehensive health care and social services including: primary and specialty medical care, a day health program, social work services, rehabilitation, and much more.

(206) 320-5325 • https://www.providence.org/locations/wa/elderplace-redmond?ls=location&y_source=1_MTUwMTY2NzctNzE1LWxvY2F0aW9uL-ndIYnNpdGU%3D

8632 160th Ave NE
Redmond, WA 98052

Financial Aid

Washington State Department of Social and Health Services (DSHS)

DSHS has funding options for those seeking adult day services. Below are two commonly accepted options:

Community Options Program Entry System (COPES)

A Medicaid waiver program that pays for services for people in community settings, such as ADC and ADH, who would otherwise need to be in nursing homes and are income eligible. East King County: **(425) 213-1963**

EvergreenHealth Community Health Access Team (CHAT)

Administers Washington State's Respite Care program which provides financial assistance to caregivers seeking respite care.

(425) 899-3200, press option 2 or

(425) 899-3250 for Spanish •

www.evergreenhealthcare.org/access

Email: chat@evergreenhealth.com

Information & Referral Services

National Adult Day Services Association (NADSA)

A national online database of adult day centers, searchable by city, state, or zip code. Adult-day-care.org also has other information and resources related to adult day centers, such as how to pay for services, and can provide assistance via telephone.

(866) 333-6002 • www.nadsa.org

Leadingage Washington

Provides general information about adult day centers, site visit checklists, and links to local adult day centers.

(253) 964-8870 • www.leadingagewa.org/members/adult-day

Sound Generations Pathways Information & Assistance

Provides general information about adult day centers and links to local adult day centers.

(206) 448-3110 or **(888) 435-3377** •

www.soundgenerations.org

Email: info@soundgenerations.org

EMERGENCY ASSISTANCE PROGRAMS

The programs listed in this section offer assistance for people in emergency situations involving financial and housing needs. Each program has eligibility criteria that must be met in order to receive services.

Catholic Community Services of Western Washington (CCSWW)

Available to families, seniors, and people with disabilities. To access the services, contact the intake line listed below, Weds, 2PM-4PM.

(425) 213-1963 • www.ccsww.org/get-help/shelter-homeless-services/emergency-assistance

11061 NE 2nd St
Bellevue, WA 98004

Hopelink

A community action agency serving homeless and low-income families, children, seniors, and people with disabilities. Services include food banks, transportation, emergency financial aid, energy assistance, adult education, family development, and more. The agency has multi-purpose service centers and housing sites through- out north and east King County.

www.hope-link.org

Email: hopelink@hope-link.org

Bellevue

(425) 943-7555
14812 Main St
Bellevue, WA 98007

Kirkland/Northshore

(425) 889-7880
11011 120th Ave NE
Kirkland, WA 98033

Redmond

(425) 869-6000
8990 154th Ave NE
Redmond, WA 98052

Shoreline

(206) 440-7300
17837 Aurora Ave N
Shoreline, WA 98133

Sno-Valley

(206) 333-4163

31957 E Commercial St
P.O. Box 485, Carnation, WA 98014

Issaquah Community Services (ICS)

Helps families who are residents in the Issaquah School District with emergency aid to prevent homelessness with rent assistance. It also may help pay utility bills, bus tickets, and other miscellaneous expenses. Mon-Fri, 9AM-11AM.

(425) 837-3125 •

www.issaquahcommunityservices.org

Email: help@issaquahcommunityservices.org

180 E Sunset Way
Issaquah, WA 98027

Issaquah Food & Clothing Bank

Partners with Issaquah Community Services to provide assistance to Issaquah residents including eviction prevention, food, and utility assistance. Mon 5PM-7PM, Tues & Thurs 10AM-1PM, Weds 5PM-7PM.

(425) 392-4123 • www.issaquahfoodbank.org

179 1st Ave SE
Issaquah, WA 98027

Jewish Family Service

Services include emergency financial assistance and eviction protection. By appointment only.

(425) 643-2221 • www.jfsseattle.org

Email: emergency@jfsseattle.org

King County Office
1601 16th Ave NE
Seattle, WA 98122

Mercer Island Youth & Family Services (MIYFS)

Low-income Mercer Island residents of all ages who need eviction prevention assistance, food, and utility assistance may be eligible for services.

Main Office: **(206) 275-7611**

Emergency: **(206) 275-7869** • www.miyfs.org

2040 84th Ave SE

Mercer Island, WA 98040

Muslim Housing Services

Services available include case management, eviction prevention, and utility assistance. Case managers speak Amharic, Arabic, English, Hindi, Oromo, Somali, Swahili, Tigrinya, and Urdu. Mon, Tue & Thurs 10AM-6PM, Wed 10AM-5PM, Fri 10AM-1:15PM & 2:30PM-6PM.

(206) 723-1712 • www.muslim-housing.org

6727 Rainier Ave S Unit 26

Seattle, WA 98118

Salvation Army - Eastside Corps

Provides emergency assistance to help people with low income pay rent and utilities. Assistance is provided once in a twelve-month period. Mon-Fri, 10AM-6PM.

(425) 452-7300 • www.bellevue.salvationarmy.org/eastside_bellevue_corps/

911 164th Ave NE

Bellevue, WA 98008

St Vincent de Paul Helpline

Can assist with eviction prevention, food vouchers, gasoline vouchers, home visits, and utility through either direct provision of services or referral. Helpline operates Mon-Fri, 8AM-3PM, subject to change.

Main Office: **(206) 767-9975**

Helpline: **(206) 767-6449**

www.svdpsattle.org

Issaquah Food & Clothing Bank

Provides food, clothing, hygiene items and case management resources to anyone in need in their service area. The food bank works to get healthy, local produce. The clothing bank aims to provide essential needs for families including household items, toiletries, diapers, and clothing. Hours vary by day. Check the website for weekly updates.

(425) 392-4123

www.issaquahfoodbank.org

179 1st Ave SE

Issaquah, WA 98027

EMERGENCY PREPAREDNESS

This section provides information on how to prepare for emergencies such as natural disasters. 911 should only be called when an immediate response from police, fire, or medics is needed. Non-emergency police contact numbers and poison control are located on the front inside cover. Emergency information is also broadcast on AM 1000 or FM 97.3.

Emergency Resources

2-1-1: King County

Call 2-1-1 for information about emergency alerts in King County. Phone lines monitored Mon-Fri, 8AM-6PM. Live chat available online Mon-Fri, 10AM-4PM.

2-1-1 or (800) 621-4636 • TTY (206) 461-3610
www.crisisconnections.org/king-county-2-1-1

5-1-1: Washington Travel Information & Road Warnings

A state-wide travel information line offering incident reports, pass conditions, weather information, and other resources.

5-1-1 or (800) 695-7623 • <https://wsdot.wa.gov/travel/511-travel-information>

American Red Cross Northwest Region

Provides immediate, short-term disaster assistance, community disaster education, preparedness training, emergency kits and supplies, and other services. Operates a 24-hour disaster assistance hotline, see listed below. Also offers free downloadable emergency contact cards:

www.redcross.org/images/MEDIA_CustomProductCatalog/m4240194_ECCard.pdf

24-hour Hotline: (877) 272-7337 or (206) 323-2345 • www.redcross.org

1900 25th Ave S
Seattle, WA 98144

Bellevue Office of Emergency Management

Disaster preparedness information, resources, and emergency alerts for Bellevue-area emergencies.

(425) 452-6807 • <https://bellevuewa.gov>

[/city-government/departments/fire/emergency-management](#)

Email: oem@bellevuewa.gov

Bothell Office of Emergency Management

Disaster preparedness information, resources, and emergency alerts for Bothell-area emergencies.

(425) 806-6270 • <https://www.bothellwa.gov/314/Emergency-Preparedness>

King County Office of Emergency Management

Specializes in disaster mitigation, preparedness, response, and recovery. In addition to natural and technological disasters, many homeland security issues are also coordinated through this office. Website offers information about how to prepare for a disaster as well as notifications. ALERT King County is a regional public information and notification service to help inform about potential hazards and threats. Sign up for this free service on the website.

(206) 296-3830 or (800) 523-5044 •

www.kingcounty.gov/depts/emergency-management/alert-king-county

Email: ecc.kc@kingcounty.gov

Kirkland Office of Emergency Management

Disaster preparedness information, resources, and emergency alerts for Kirkland-area emergencies.

(425) 587-3691 or 24/7 Emergency Update Hotline (425) 587-3767 • www.kirklandwa.gov

[/Government/Departments/Fire-Department/Emergency-Management](#)

Email: KirklandEM@kirklandwa.gov

Mercer Island Office of Emergency Management

Disaster preparedness information, resources, and emergency alerts for Mercer Island-area emergencies.

(206) 275-7905 • www.mercergov.org/emergencymanagement

Puget Sound Energy

24-hour utility information. Outage maps are also viewable online.

(888) 225-5773 • www.pse.com

Redmond Office of Emergency Management

Disaster preparedness information, resources, and emergency alerts for Redmond-area emergencies.

(425) 556-2219 • www.redmond.gov/512/Emergency-Management

Emergency Preparedness Tips for Older Adults

BUILD A KIT

A minimum 7-14 day supply of necessities is recommended. Store your kit in a dry, easy-to-access location. Smaller items can go in a backpack or to-go kit. Include the following:

- 1 gallon of water per person per day
- Non-perishable foods with a manual can opener
- Battery-powered radio and flashlights, with extra batteries stored in a water-proof bag
- Weather-appropriate clothing and blankets, rain ponchos
- Cash and change
- Personal hygiene supplies
- Medication. Talk to your health care provider(s) about ways to manage prescriptions and other medical needs during an emergency
- Copies of important documents such as driver's license, birth certificate, doctor's information, living will, and insurance information
- Duct tape, dust mask, and gloves
- First aid kit with extra medication, over-the-counter drugs, hearing-aid batteries, extra glasses or contact lenses, bandages, anti-bacterial ointment, gloves, and any other items to meet your needs
- Items for pets such as extra food, water, medication, and litter
- Photos of family members and pets

MAKE A PLAN

- Know where to go and who to call for help. The numbers on page 6 and on the front inside cover of this guide are good places to start. Coordinate with family and friends.
- Talk to your health care provider(s) about ways to manage prescriptions and other medical needs during an emergency.
- Write your plan down and keep it with your emergency kit.

BE READY

Store your emergency kit and plan in a safe place. Consider keeping one in your vehicle. Keep the numbers on page 6 and the inside cover of this guide easily accessible.

FOOD & MEAL PROGRAMS

This section contains information on local food banks, community dining programs, home-delivered meals and groceries, and reduced-cost programs.

Food Benefit Programs

Senior Farmers Market Nutrition Program (SFMNP)

Provides qualifying low-income seniors with checks to spend on food at participating farmers markets. See pages 14 & 15 for markets.

(844) 348-5464 • <http://www.agingkingcounty.org/SFMNP>

Supplemental Nutrition Assistance Program (SNAP)

State program that enables low-income people to purchase food with an electronic benefit card (used in the same manner as a debit card). Applicants must meet financial requirements and can apply by phone, online, or in person at the Department of Social and Health Services.

(877) 501-2233 • <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>

Email: Snap-Ed@doh.wa.gov

805 156th Ave NE
Bellevue, WA 98007

Community Dining

Gurudwara Sikh Centre of Seattle

Caters to the spiritual needs of the Punjabi community and provides nightly Langar Service (free community meal) from 6:30PM-8:30PM Mon-Sat and from 10:30AM-2:30PM on Sundays, subject to change.

(425) 487-4878 • <https://www.sikhcentreofseattle.org/Langar.aspx>

Email: info@sikhcentreofseattle.org

20412 Bothell-Everett Hwy
Bothell, WA 98012

Issaquah Meal Program

Catholic Community Services serves dinner Mon-Fri, 5PM-6PM at Issaquah Community Hall. All are welcome.

(425) 679-0342 • www.ccsww.org/get-help/shelter-homeless-services/issaquah-meals

180 E Sunset Way
Issaquah, WA 98027

Lake Washington United Methodist Church

Serves a free community meal open to all. Weds, 5:30PM-6:15PM.

(425) 885-3311 • www.lakewaumc.org/do-community-involvement/

Email: office@lwumc.com

7525 132nd Ave NE
Kirkland, WA 98033

Open Kitchen

Open Kitchen is a once-weekly meal service provided by the Redmond United Methodist Church. Meals are served Weds, 5PM-6PM. Takeout only.

(425) 883-7553 • www.openkitchenredmond.com
16540 NE 80th St
Redmond, WA 98052

Salvation Army

Volunteers serve free meals Mon - Fri from 5:30PM-7PM, except on holidays. Takeout only.

(425) 452-7300 •

911 164TH Ave NE
Bellevue, WA 98004

St Johns Episcopal Church

Fourth Saturdays, 6PM-7:30PM

(425) 827-3077 •

Email: office@stjohnskirkland.org

105 State St S
Kirkland, WA 98033

Vedic Cultural Center

Sun Vegetarian Feast 7:30PM-9:30PM.

(206) 979-8002 •

Email: info@vedicculturalcenter.org

1420 228th Ave SE

Sammamish, WA 98075

Food Banks

Adra P. Berry Memorial Food Bank

Operated by Raging River Community Church.

Open from 3PM-4PM on Thursdays.

(425) 222-5573 • <https://r2c2blog.wordpress.com/ministry/foodbank/>

31104 SE 86th St

Preston, WA 98050

Cedar Park Northshore

Serves Kenmore area, hosted by Northshore Church, Mon, 6PM-7PM.

(425) 939-1377 •

www.cpnorthshore.com/food-bank

18737 68th Ave NE

Kenmore, WA 98028

Fall City Community Food Pantry

Lunch is served on the first and third Wednesdays of each month at noon and 6:30PM.

(425) 269-8098 • www.fallcityfoodpantry.org

Email: info@fallcityfoodpantry.org

4326 337th PI SE

Fall City, WA 98024

Helping Hands

Open to all Snoqualmie Valley residents in need.

The food bank operates Tuesdays from 9:30AM-

4:30PM. Home-made soup is also served to clients during food bank hours.

(425) 888-0096 • www.helpsnovalley.org

Email: info@helpsnovalley.org

1550 Boalch Ave NW

North Bend, WA 98045

Hopelink

Hopelink locations offer food banks for residents. Limited emergency food bags and home delivery for homebound adults are available depending on volunteer availability. Clients may visit Hopelink's food banks twice a month.

www.hopelink.org/get_help/food

FOOD BANK LOCATIONS

Bellevue

(425) 943-7555

Mons & Thurs 1PM-4PM & 5PM-7PM,

Tues & Weds 10AM-3PM

14812 Main St

Bellevue, WA 98007

Kirkland/Northshore

(425) 889-7880

Mon 1PM-4PM, Weds 10AM-3PM,

Tues & Thurs 1PM-4PM & 5PM-7PM

11011 120th Ave NE

Kirkland, WA 98033

Redmond

(425) 869-6000

Mon 1PM-4PM, Tues 10AM - 3PM,

Weds 1PM-4PM & 5PM - 7PM,

Thurs 10AM – 2PM

8990 154th Ave NE

Redmond, WA 98052

Shoreline

(206) 440-7300

Mon 1PM-4PM

Tues 10AM - 3PM, Weds 1PM-4PM &

5PM - 7PM, Thurs 1PM - 4PM

17837 Aurora Ave N

Shoreline, WA 98133

Sno-Valley

(425) 333-4163

Mon 4PM - 6PM, Weds 3PM-5PM,

Thurs 10AM-12PM

31957 E Commercial St

Carnation, WA 98014

FOOD & MEAL PROGRAMS

Mobile Food Bank

(425) 333-4163

Distributes food on a set schedule to targeted areas through North and East King County for those who may not have access to the Food Bank locations. Drop-ins available to any location up to twice a month. For monthly calendar of Mobile Food Bank locations and schedule go to: <https://www.hopelink.org/need-help/mobile-market>

Issaquah Food & Clothing Bank

Issaquah locals needing assistance may visit Issaquah food bank once weekly. Call ahead for first time visits or to check availability and hours. Mon 5PM–7PM, Tues & Thurs, 10AM–1PM.

(425) 392-4123 • www.issaquahfoodbank.org

179 1st Ave SE
Issaquah, WA 98027

Mercer Island Youth & Family Services Food Pantry

Serves Mercer Island residents Mon-Fri, from 8:30AM-5PM. Contact program coordinator for enrollment information.

(206) 275-7611 • www.miyfs.org

2040 84th Ave SE
Mercer Island, WA 98040

Renewal Food Bank

Operates a food pantry within Highland Covenant Church for anyone in need. Clients may visit once per week. Mon 12PM -3PM, Tues 4PM-6:30PM, Weds 10AM-1PM.

(425) 736-8132 • www.renewalfoodbank.org

Email: Director@RenewalFoodBank.com
15022 Bel-Red Road
Bellevue, WA 98007

Snoqualmie Valley Food Bank

Residents of Fall City, Preston, North Bend, and Snoqualmie may visit once per week. Walk-ins of all ages are welcome Mon 10AM-12:30PM and Tues 3PM-6:30PM Weds from 9:30AM-4:15PM.

(425) 888-7832 •

www.snoqualmievalleyfoodbank.org

Email: manager@snoqualmievalleyfoodbank.org

122 E 3rd St
North Bend, WA 98045

Woodinville Storehouse Food Bank

Serves residents of Woodinville, Redmond, Kirkland, and Bothell. Walk-ins are welcome Tues from 6PM-7:20PM and Sat from 9AM-10:20AM.

(425) 483-5252 • www.woodinvillestorehouse.org

Email: info@Woodinvillestorehouse.org

17110 140th Ave NE
Woodinville, WA 98072

Senior Hot Meals Program

Many Senior Centers in King County offer hot weekday lunches to individuals over age 60 for a suggested donation of \$4.00. Friends, family, and spouses under age 60 may purchase a meal for \$6.00. To participate, call the meal site to make your reservation. Prices are subject to change. To arrange transportation to and from these sites, call **Sound Generations** at **(206) 727-6262**.

Bellevue	North Bellevue Community Center (425) 452-7861 • nbcc@bellevuewa.gov 4063 148th Ave NE, Bellevue, WA 98007	Mon, Tues, Wed, and Fri at noon
Bothell / Woodinville	Northshore Senior Center (425) 487-2441 • www.northshoreseniorcenter.org 10201 E Riverside Dr, Bothell, WA 98011	Mon-Fri, 12:00 -12:30PM
Issaquah	Issaquah Valley Senior Center (425) 392-2381 • www.issaquahwa.gov/seniors 75 NE Creek Way, Issaquah, WA 98027	Tuesday - Friday at 11:45AM-12:30PM
Kirkland	Peter Kirk Community Center (425) 587-3360 • https://www.kirklandwa.gov/Government/Departments/Parks-and-Community-Services/Register-for-a-Recreation-Program/50-Activities-and-Services 352 Kirkland Ave, Kirkland, WA 98033	Mon, Tues, Wed, and Fri at noon
Monroe	East Community Senior Center Farmers Market (360) 794-6359 • www.mcsc.org/lunch 276 Sky River Pkwy, Monroe, WA 98272	Mon-Fri, at noon
North Bend	Mt. Si Senior Center (425) 888-3434 • www.mtsiseniorcenter.org 411 Main Ave So., North Bend, WA	Mon-Fri at noon
Redmond	Redmond Senior Center (425) 556-2300 • www.redmond.gov/206/Redmond-Senior-Center	Mon and Wed 11:30AM-12:15PM
Snoqualmie Valley	Sno-Valley Senior Center (425) 333-4152 • www.snovalleysenior.org/services/food-and-dining 4610 Stephens Ave, Carnation, WA 98014	Mon-Fri, at noon

FOOD & MEAL PROGRAMS

Home Delivered Meals

Access locally sourced home delivered meals which offer culturally diverse options and have varying fees/rates. You can find many meal delivery sources online and obtain the list by searching your city for local listing.

Chicken Soup Brigade

Delivers 5-21 free frozen meals per week for adults age 60+ who are homebound due to illness. A special program is also available for people recently discharged from a hospital or a care facility.

(206) 957-1600 or (206) 957-1686 •

<https://www.lifelong.org/food-nutrition>

15015 Main St, Ste 206

Bellevue, WA 98007

Meals on Wheels

Delivers frozen meals to homebound adults age 60+ throughout King County. Meals are available for a suggested donation of \$3. Liquid supplements like Ensure and Glucerna are also available. To apply, call or visit the website.

(206) 448-5767 • www.soundgenerations.org

[/meals-on-wheels](http://www.soundgenerations.org/meals-on-wheels)

Email: mealsonwheels@soundgenerations.org

2208 Second Ave, Ste 100

Seattle, WA 98121

Welcome Home Meals

Supports people recovering from a hospital stay. Fresh prepared meals using high quality ingredients for those who have been discharged from inpatient care within two weeks. Meals are ordered weekly and individuals can request 7-21 meals per week. Must be referred by a medical provider.

(425) 209-0603 or (866) 560-5656 •

<https://www.lifelong.org/welcome-home>

Delivered Groceries

There are many options available for paid delivery services of groceries to your doorstep or car. Most stores offer an on-line system to shop and place orders. Check with your store for their fees, protocols, and participation.

Amazon Fresh

Offers same-day and early morning delivery of a broad range of groceries including local fresh food, frozen and canned foods, beverages, and household supplies.

www.amazonfresh.com

Full Circle Farms

Delivers fresh, certified organic fruits and vegetables once weekly. Boxes come prepacked, and pricing starts at about \$25 per week.

(866) 206-8080 • www.fullcircle.com

Email: customerservice@fullcircle.com

Safeway

Offers home delivery of groceries. Same day delivery is available for orders placed by 8:30 AM.

www.shop.safeway.com

Smith Brothers Farms

Weekly delivery to your door by a Puget Sound based company. Free delivery for orders over \$10.

(877) 645-5626 • www.smithbrothersfarms.com

Email: getmilk@smithbrothersfarms.com

Walmart Grocery Delivery

Offers same day grocery delivery from 8AM-8PM. Delivery times can be scheduled for convenience. Delivery is free for orders over \$30.

(425) 429-0170 • www.grocery.walmart.com


Whole Foods Market







Provides free 2-hour delivery with Amazon Prime Now membership.

www.wholefoodsmarket.com/primenow/delivery

Visiting Farmers Markets

Farmers Markets in east King County are open seasonally. Times and months listed below are subject to change and complete, up-to-date information is available at each market's website.

Markets participating in the Senior Farmers Market Nutrition Program are indicated with:  More information about this program can be found on page 8.

Tues	Carnation Farmers Market  (425) 765-8764 • www.carnationsfarmersmarket.org Email: marketmanager@snovalleytilth.org Stossel Ave NE & West Bird St Carnation, WA 98014	May - September 3PM-7PM
	Crossroads Farmers Market  (425) 644-1111 • www.crossroadsbellevue.com/farmersmarket Email: farmersmarket@crossroadsbellevue.com 15600 NE 8th St, Bellevue, WA 98008	June - Early October 12PM-6:30PM
Wed	Kirkland Wed Market (Marina Park) (425) 822-8951 • http://kirklandmarket.org 440 Central Way, Kirkland, WA 98033	June - September 3PM-7PM
	Sammamish Farmers Market  (425) 681-4910 • www.sammamishfarmersmarket.org Email: info@sammamishchamber.org 801 228th Ave SE, Sammamish, WA 98075	May - Mid September 4PM-8PM
Thurs	Bellevue Farmers Market  (425) 454-8474 • www.bellevuefarmersmarket.org Email: fresh@bellevuefarmersmarket.org 1717 Bellevue Way NE, Bellevue, WA 98004	May - October 3PM-7PM
	Duvall Farmers Market  (425) 659-8140 • www.duvallfarmersmarket.org Email: manager@duvallfarmersmarket.org Brown Ave between NE Richardson and NE Ring, Duvall, WA 98019	May - Mid October 3PM-7PM
	North Bend Farmers Market  www.siviewpark.org/farmers-market.phtml 400 SE Orchard Dr, North Bend, WA 98045	June - Mid September 4PM-8PM

FOOD & MEAL PROGRAMS

Farmers Markets (Continued)

Fri	Juanita Fri Market (425)587-3385 • www.kirklandwa.gov 9703 NE Juanita Dr, Kirkland, WA 98034	June - September 3PM-7PM
Sat	Issaquah Farmers Market 🍷 (425) 837-3311 • www.ci.issaquah.wa.us/market 1730 10th Ave NW, Issaquah, WA 98027	May - September 9AM-2PM
	Redmond Saturday Market 🍷 (425) 556-0636 • www.redmondSatmarket.org Email: info@RedmondSatMarket.org 9900 Willows Rd, Redmond, WA 98052	May - October 9AM-3PM
	Woodinville Farmers Market 🍷 www.woodinvillefarmersmarket.com Email: WoodinvilleFM@gmail.com 13680 NE 175th St, Woodinville, WA 98072	May - September 9AM-3PM
Sun	Lake Forest Park 🍷 https://www.thirdplacecommons.org/farmers-market/ 17171 Bothell Way NE, Kenmore, WA 98155	May - October 10AM-2PM
	Mercer Island Farmers Market 🍷 (206) 235-1185 • www.mifarmersmarket.org Email: info@mifarmersmarket.org 7700 SE 32nd St, Mercer Island, WA 98040	June - September 10AM-3PM



This section provides information on funeral homes, cremation services, and bereavement support groups.

End-of-Life & Estate Planning

The legal resources for End-Of-Life and Estate Planning are on page 84.

End-of-Life Options

Death With Dignity

Promotes death with dignity laws both to provide an option for dying individuals and to stimulate nationwide improvements in end-of-life care. Mon-Fri, 9AM-5PM.

(503) 228-4415 • www.deathwithdignity.org

520 SW 6th Ave, Ste 1220

Portland, OR 97204

End of Life Washington

Guides people in the planning for the final days of their lives. Provides free end-of-life counseling and client services statewide to qualified patients who deserve a peaceful death.

(206) 256-1636 • www.endoflifewa.org

Email: info@endoflifewa.org

P.O. Box 61369

Seattle, WA 98141

Legacy Advisor

Online planning and a team of counselors help find answers and accomplish planning in a comfortable environment.

(866) 315-7354 • www.legacyadvisor.com

Hospice & Palliative Care

Hospice and Palliative care focus on managing pain and symptoms and the social, emotional, and spiritual needs of terminally ill persons and their families.

EvergreenHealth Hospice Care

Provides end-of-life support and care such as nursing, medical direction, medical social work, counseling, and bereavement in the hospital, patient's home, or at EvergreenHealth Hospice Center. Accepts Medicare, Medicaid, and insurance. Office hours, Mon-Fri, 8AM-5PM.

(425) 899-3300 • <https://www.evergreenhealth.com/health-services/hospice-care/>

12822 124th Ln NE

Kirkland, WA 98034

EvergreenHealth Palliative Care

Creates a bridge between home health and hospice for chronically ill patients with progressive, complex, and/or life-limiting conditions. Palliative care can be offered jointly with curative care. Palliative care staff focus on the physical, social, emotional, psychological, existential, and spiritual needs of patients and their families.

Office hours, Mon-Fri, 8AM-5PM.

(425) 899-3224 • <https://www.evergreenhealth.com/health-services/palliative-medicine/>

12303 NE 130th Ln, Coral 550

Kirkland, WA 98034

Hospice Foundation of America

Operates an online 'Ask an Expert' Hospice and Palliative care forum and provides other informative resources. Responses are generally made within 24 hours. Mon-Fri, 6AM-2PM.

(800) 854-3402 • www.hospicefoundation.org

END OF LIFE RESOURCES

Kaiser Permanente Hospice Program

In-home hospice services for Kaiser Permanente members facing life-limiting illness. The Hospice program is Medicare-certified. 8AM-4:30PM daily.

(206) 326-4444 or (800) 332-5735

<https://healthy.kaiserpermanente.org/washington/health-wellness/health-encyclopedia/he.Hospice-Care.aa114690>

Kindred Hospice-Seattle

Kindred Hospice-Seattle is a division of Gentiva Hospice which can provide routine home care, respite care, inpatient care, or continuous care for patients with life-limiting illnesses. Memory care options are also available. Mon-Fri, 8AM-5PM.

(206) 525-1090 • <https://curohealthservices.com/locations/gentiva-hospice-seattle/>

9750 3rd Ave NE, Ste 375
Seattle, WA 98115

Kline Galland Hospice & Palliative Care

Kline Galland Hospice care includes an interdisciplinary team of physicians, nurses, social workers, home health aides, spiritual and bereavement counselors, massage and music service providers, and physical, occupational, and speech therapists. Embraces Jewish tradition.

(206) 805-1930 • <https://www.klinegalland.org/care-options/benaroya-community-services/hospice-care/>

7500 Seward Park Ave S
Seattle, WA 98118

Overlake Palliative Care

Working with patients and families to improve their quality of life. Provides compassionate care for seriously ill patients and their loved ones to address their physical, emotional, and spiritual needs. Mon-Fri, 8AM-6PM.

(425) 635-6393 • www.overlakehospital.org/services/palliative-care

1035 116th Ave NE
Bellevue, WA 98004

Providence Hospice of Seattle

Provides end-of-life care for children, adults, and their families. Also provides a pre-hospice transition program and grief support. No one is denied services because of inability to pay. Accepts Medicare, Medicaid, most insurance plans, and private payment. Mon-Fri, 8AM-4:30PM.

(206) 320-4000 • <https://www.providence.org/locations/wa/hospice-of-seattle>

2811 S 102nd St Ste 200
Tukwila, WA 98168

Organ & Body Donation

Life Center Northwest

Federally designated nonprofit organ procurement organization dedicated to saving lives through organ and tissue donation. Work with families, medical professionals, and communities across Alaska, Montana, North Idaho, and Washington

(425) 201-6563 • www.lcnw.org

Email: info@lcnw.org

3650 131 Ave SE, Ste 200
Bellevue, WA 98006

Bereavement Support Groups

EvergreenHealth Grief & Bereavement Services

Offers individual/group support sessions, workshops, and other programs to help guide those experiencing loss through their grief. For more information and meeting times contact Evergreen Grief and Bereavement services. Office hours, Mon-Fri, 8AM-4:30PM.

(425) 899-1077 • www.evergreenhealth.com/grief

12822 124th Ln NE
Kirkland, WA 98034

Providence Grief Support Services

Offers grief counseling services for adults, teens and children. Short-term grief support and education is available to individuals and families following the death of a significant person. Services are offered at no charge.

(206) 320-4000 • <https://www.providence.org/locations/wa/hospice-of-seattle/grief-support-services>

Widowed Information & Consultation Services (WICS)

Provides information, referrals, ongoing support groups, telephone support with widowed volunteers, and social activities. A free Eastside support group meets Mondays, 7PM-8:30PM at Pilgrim Lutheran Church in Bellevue.

Seattle Office – General Inquiries

(206) 241-5650 • www.kcwics.org
Email: wicsoffice@qwestoffice.net
PO Box 66896,
Seattle, WA 98166

Eastside Support Group

(425) 653-7209 • Email: clancyKa@comcaSt-net

Pilgrim Lutheran Church

10420 SE 11th St
Bellevue, WA 98004

Funeral Homes

American Memorial

Provides funeral and cremation services to families. Operates 24-hour service line.

(425) 455-9665 or **(800) 248-1745**

Email: amfdbellevue@comcaStnet
10900 NE 4th St, Ste 2300
Bellevue, WA 98004

Barton Family Funeral Service

Offers funeral services at several offices in King County. Operates a 24-hour service line. Office hours, Mon-Fri, 9AM-5PM.

(425) 823-1900 • www.bartonfuneral.com

11630 Slater Ave NE, Ste 1A
Kirkland, WA 98034

Cascade Memorial

Offers funeral services in King, Snohomish, and Pierce Counties. Operates a 24-hour service line. Hours, Mon-Fri, 8:30AM - 4:30PM.

(425) 641-6100 • www.cascadememorial.com

Email: info@cascadememorial.com
13620 NE 20th St, Ste A
Bellevue, WA 98005

END OF LIFE RESOURCES

Cedar Lawns Funeral Home & Memorial Park

Offers funeral services in Redmond. Affiliated with Dignity Memorial funeral, cremation, and cemetery service providers. Cedar Lawns can be reached 24 hours a day.

(425) 885-2414 •

<https://www.dignitymemorial.com/funeral-homes/washington/redmond/cedar-lawns-funeral-home/4422>

7200 180th Ave NE
Redmond, WA 98052

Chapel of the Resurrection

Offers Christian faith-based funeral services. Operates a 24-hour service line.

(425) 939-1332 • <https://chapel.cedarpark.org>

Email: cotr@cedarpark.org

16300 112th Ave NE
Bothell, WA 98011

Co-op Funeral Home

The Co-op Funeral Home of People's Memorial is a not-for-profit funeral home providing the Greater Seattle area with dignified and affordable burial and cremation arrangements.

(206) 529-3800 • www.funerals.coop

Email: info@funerals.coop

1801 12th Ave, Ste A
Seattle, WA 98122

Elemental Creation/Burial

Greater Seattle's only a green funeral home. Operates a 24-hour service line.

(206) 357-1141 • www.elementalnw.com

10900 NE 8th St, Ste 1000
Bellevue, WA 98004

Flintofts Funeral Home & Crematory

Offers funeral services and operates a 24-hour service line, listed below.

(425) 392-6444 • www.flintofts.com

540 E Sunset Way
Issaquah, WA 98027

Funeral & Cremation Care

Offers funeral services at several offices in Washington state. Operates a 24-hour service line.

(800) 764-0895 •

www.funeralandcremationcare.com

1400 112th Ave SE
Bellevue, WA 98004

Life Celebrations by Washelli

Offers funeral services and operates a 24-hour service line, listed below.

(425) 486-1281 • www.dignitymemorial.com

[/funeral-homes/washelli](http://funeral-homes/washelli)

18824 103rd Ave NE
Bothell, WA 98011

Muslim Association of Puget Sound (MAPS)

Offers a Ghusul facility for members of the Muslim community to prepare their loved one for burial. Office hours, Mon-Fri, 9AM-5PM.

(425) 861-9555 • <https://mapsredmond.org/>

Email: manager@mapsredmond.org

17550 NE 67th Ct.
Redmond, WA 98052

Neptune Society

The Neptune Society Seattle provides cremation planning services. Planning can be done in person or online. Office hours Mon-Fri, 8:30AM-5PM.

(425) 276-7707 • www.neptunesociety.com

[/location/seattle-cremation](http://location/seattle-cremation)

4320 196th St, Ste C
Lynnwood, WA 98036

People's Memorial Association

People's Memorial Association seeks to reduce challenges during the difficult time when a loved one dies. We help nurture members who advocate for and educate themselves around memorial and end-of-life planning. Options include natural organic reduction. Contact us for more information.

(206) 325-0489 • www.peoplesmemorial.org

Email: info@peoplesmemorial.org

2011 1st Ave N

Seattle, WA 98109

Sacred Moment

Utilizing dry ice instead of embalming, biodegradable caskets and shrouds, and hosts viewings at home to promote ecologically responsible funeral practices.

Mon–Fri, 9AM–5PM

(425) 316-8290 • www.asacredmoment.com

Email: info@asacredmoment.com

1801 12th Ave, Ste A

Seattle, WA 98122

Sunset Hills Funeral Home

Offers funeral services in Bellevue affiliated with Dignity Memorial funeral, cremation, and cemetery service providers. Sunset Hills can be reached 24-hours a day.

(425) 746-1400 •

www.sunsethillsfuneralhome.com

1215 145th Pl SE

Bellevue, WA 98007

GOVERNMENT PROGRAMS

This section contains information on state and federal benefit programs.

Eligibility & Guidance

National Asian Pacific Center of Aging (NAPCA)

NAPCA is a national non-profit organization devoted to promoting the dignity, well-being, and quality of life of AANHPI (Asian American and Native Hawaiian/Pacific Islander) elders. The main services are SCSEP (Senior Community Employment Program) and Senior Assistance Center (free Multilingual Helpline). www.napca.org

Seattle Office

1511 3rd Ave, Ste 914

Seattle, WA 98101

In-bound Helpline phone numbers:

English	(800) 336-2722
Mandarin	(800) 683-7427
Cantonese	(800) 582-4218
Korean	(800) 582-4259
Vietnamese	(800) 582-4336

All messages go to voicemail and are recorded, NAPCA staff call back.

National Council on Aging:

Benefits Check Up

A free, online service of the National Council on Aging (NCOA) for adults 55+. Benefits Check Up asks a series of questions to help identify government benefits or non-profit programs that could help cover the cost of everyday expenses like food, housing, health care, medications, utilities, legal and tax services, and more.

www.benefitscheckup.org

Washington LawHelp

Features information about Medicaid and Washington Apple Health Programs, as well as other legal issues related to aging. From the home page, click "Seniors" to access the information. Resources are available in several languages. www.washingtonlawhelp.org

[/issues/aging-elder-law](http://www.washingtonlawhelp.org/issues/aging-elder-law)

Medicare

Medicare is a federal health insurance program for people 65 and older and younger people with certain disabilities or ailments. It has four parts:

Part A provides coverage for hospital inpatient services, some short-stay nursing home care, hospice, and home health services. Enrollment for Part A occurs automatically for eligible individuals and there is no premium.

Part B covers doctor visits and outpatient services such as labs and x-rays. It requires enrollment and the monthly premium is usually deducted from the Social Security checks (for those receiving Social Security checks).

Part C is often referred to as Medicare Advantage Plans. These are private insurance plans for individuals enrolled in parts A and B which generally include vision, dental, hearing, and prescription drug coverage.

Part D provides partial coverage for prescriptions. Part D plans are sold by private insurance companies and the cost varies based on the plan selected. Qualifying low-income individuals can receive a subsidy. Apply for the subsidy through any Social Security office, contact information is below.

Medicare does not pay for custodial care (help with bathing, eating, taking medicine, or supervision), long-term care, dentures or dental care, eyeglasses, or hearing aids.

Centers for Medicare & Medicaid Services (CMS) - Seattle Regional Office

Initial point of contact for Medicare and Medicaid issues.

(206) 615-2306 • www.medicare.gov

Medicare Part A & B Claims

Explains Medicare beneficiary rights and answers general Medicare questions regarding claims, premiums, preventive care, deductibles, coverage benefits, and more.

(800) 633-4227

Social Security

A federal program designed to replace the income lost when one retires, becomes severely disabled, or dies. Social Security benefits may include retirement benefits, survivor's benefits, or disability insurance. Your local Social Security Administration office can assist you with questions and applications.

Social Security Administration Office

A federal program designed to help older adults, workers who become disabled, wounded warriors, and families in which a spouse or parent dies. Social Security benefits may include retirement benefits, survivor's benefits, death benefits, or disability insurance. Your local Social Security Administration office can assist you with questions and applications.

Social Security Administration Office provides applications for federal Social Security, Supplemental Security Income (SSI), Medicare, Social Security Disability Income (SSDI), and survivor and death benefit programs. To receive Social Security benefits, the individual must have paid into the Social Security System for a certain period of time. Individuals may qualify for SSI even if they have not paid into the Social Security System. Mon-Fri, 9AM-4PM.

(800) 772-1213 • www.ssa.gov

636 120th Ave NE, Ste A100
Bellevue, WA 98005

Veterans Affairs (VA)

The Department of Veterans Affairs provides many benefits to those who have served on active military duty in the armed forces as well as their dependents. Services include VA medical care, disability benefits, and burial and death benefits.

Department of Veterans Affairs

The regional office determines an individual's eligibility for veterans benefits as well as spouse and dependent children benefits. Those who currently qualify for VA pensions may also qualify for an additional Aid and Attendance benefit if they require the presence of another person for care or are homebound. Mon-Fri, 8AM-4PM.

(800) 827-1000 or (877) 927-8387

(Vet Call Center for Readjustment Counseling and Referrals) • www.benefits.va.gov/seattle

Seattle Regional Office

Jackson Federal Building

915 2nd Ave

Seattle, WA 98174

VA Medical Center Clinics & Hospital

Inpatient and outpatient services are provided for eligible veterans.

(206) 762-1010 or (800) 329-8387

www.pugetsound.va.gov

Emergency & Crisis - Seattle VA Medical Center

(800) 273-8255

Open 24 hours a day, 7 days a week

1660 S Columbian Way • Seattle, WA 98108

Connecting with Your Government

You can advocate for yourself, friends, family, and community through conversation with your federal, state, and local government representatives. You can do this independently or by joining an advisory council such as the Bellevue Network on Aging or the Kirkland Senior Council.

GOVERNMENT PROGRAMS

Federal Government

The United States Congress has two chambers, one called the Senate and the other called the House of Representatives (or “House” for short) which share the responsibilities of the legislative process to create federal statutory law.

They occupy opposite ends of the Capitol Building. Each state in the United States elects two senators, regardless of the state’s population.

Senators serve six-year terms with staggered elections. The United States is divided into 435 congressional districts, each with a population of about 760,000 individuals. Each district elects a representative to the House of Representatives for a two-year term. Representatives are also called congressmen/congresswomen. You can find contact information for all these elected officials through a simple web search at; <https://app.leg.wa.gov/districtfinder>. Additionally, most Congressional Representatives have field offices that can help you navigate federal programs such as Social Security, Medicare, and Veterans Affairs.

Washington State Government

The legislature of the state of Washington is made up of the House of Representatives and State Senate. There are 98 Representatives from 49 districts, each of which elects one Senator and two members of the House. All members of the House are elected to a two-year term without term limits and State Senators serve without term limits, though senators serve four-year terms.

Know Your Districts - It’s hard to engage your representatives if you don’t know who they are. The Washington State Legislature’s website allows you to identify your legislative representatives by entering your street address at <https://app.leg.wa.gov/districtfinder>.

Get Involved - By attending local Town Halls, informal incumbent and candidate neighborhood appearances you can become more informed and contribute to policy formation. Some legislators also have phone or online teletowns as well. All elected legislators and congressional district incumbents have their own webpages.

Municipal and County Government

Council Meetings - No matter where you live, your City and County Councils host public meetings regularly throughout the year. By attending these meetings, you can learn about your community and contribute to the formation of local policy.

Advisory Groups - The cities of Bellevue and Kirkland each have special advisory groups dedicated to issues affecting older adults: Bellevue Network on Aging and Kirkland Senior Council. Group members engage in community outreach and advocate for older adults at the city, state, and federal level. Membership is open to adults over 50 and those who work with older adults.

For more information on The Bellevue Network on Aging: **(425) 452-4470** •

<https://bellevuewa.gov/city-government/departments/city-clerks-office/boards-and-commissions/network-on-aging>

For more information on The Kirkland Senior Council: **(425) 587-3360** •

<https://www.kirklandwa.gov/Government/Departments/Parks-and-Community-Services/Register-for-a-Recreation-Program/50-Activities-and-Services/Kirkland-Senior-Council>

Voting

Voting is a very important avenue to have your voice heard at the local, state and federal levels of government. To register to vote:

www.votewa.gov. For information on local elections: www.kcelections.com.

Washington Apple Health (Medicaid)

In Washington, Medicaid is called Washington Apple Health (WAH). It is a state-administered program that pays for medical care for qualifying low-income individuals. Coverage includes primary care, emergency visits, maternity services, pediatric care, dental services, vision care, prescription medications, and more. It can also cover care in a nursing home, adult family home, or in-home care. One program of WAH is the Community Options Program Entry System (COPES). COPES is a Washington State Medicaid (Apple Health) waiver program designed to enable individuals who require nursing home level care to receive that care in their home or alternative care environment, such as an assisted living residence. Contact DSHS to determine eligibility.

The following offices can answer questions regarding eligibility and program benefits:

Washington State HealthCare Authority Medical Assistance Customer Service Center (MACSC)

Business hours - client line, Mon-Fri,
7 AM - 5 PM PST (except state holidays)
(800) 562-3022 • Email: askmedicaid@hca.wa.gov

Department of Social & Health Services (DSHS)

The DSHS Customer Service Center can help existing Medicaid/WAH clients with general questions. Business hours - client line, Mon-Fri,
8 AM - 5 PM PST (except state holidays)
(877) 501-2233 • www.dshs.wa.gov

DSHS Aging & Long-Term Support Administration (AL TSA)

Provides information on Medicaid/WAH and other services for older adults and individuals with disabilities.

(800) 346-9257 or (360) 725-2300 •
www.dshs.wa.gov/altsa

DSHS King Eastside Community Service Office

This DSHS office processes applications for Washington Apple Health medical coupons, food benefits, and Medicare savings programs.
(877) 501-2233 •

www.dshs.wa.gov/location/dshs-cso-040
805 156th Ave NE • Bellevue, WA 98007

DSHS Home & Community Services

Helps to determine Washington Apple Health eligibility and process applications. Also assists with questions about Washington Apple Health programs such as COPES or CFC (Community First Choice). Office hours, Mon-Fri, 8AM-5PM.
(206) 341-7600 or (800) 346-9257 •

www.dshs.wa.gov
1737 Airport Way S, Ste 110
Seattle, WA 98134

DSHS The Answer Phone

Hotline available 24 hours a day for DSHS clients to access case status, payment details, and other information about food, financial, medical, and childcare benefits.
(877) 501-2233 • www.dshs.wa.gov

Apple Health Coverage Options

Apple Health eligibility when you are age 65 or older, or are eligible for Medicare.

<https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/age-65-and-older-or-medicare-eligible>

Understanding Your Coverage

Apple Health Coverage Options:

Program	Coverage Type	How to Apply
Apple Health Medicare Savings Programs*	Help paying for Medicare premiums, deductibles, and coinsurance	Washington Connection (DSHS)
Apple Health Long-Term Services**	Nursing facility, adult family homes, and in-home care	Washington Connection (DSHS)
Apple Health Aged, Blind, or Disabled**	Either full or spenddown Medicaid coverage	Washington Connection (DSHS)
Apple Health for Parent/Caretaker Relative**	Coverage for parent/caretakers of children age 19 or under	Washington Healthplanfinder
Health and Dental plans***	Enroll in health and dental plans	Washington Healthplanfinder

* Must be entitled to or receiving Medicare

** Does not require Medicare entitlement

*** Cannot be entitled to or receiving Medicare to receive health coverage through Washington Healthplanfinder (Exception: Dental plans can be purchased by Medicare recipients.)

If you need assistance in understanding your health coverage options, contact:

- Statewide Health Insurance Benefits Advisors (SHIBA)**
 For questions about enrolling in Medicare or other insurance options.
(800) 562-6900 • www.insurance.wa.gov/shiba
- Health Care Authority**
 For questions about Washington Apple Health:
(800) 562-3022
- Washington Healthplanfinder**
 For questions about enrolling into a Qualified Health or Dental Plan:
(855) 923-4633 • www.wahealthplanfinder.org
- DSHS Community Services Division**
 For help applying for health coverage:
(877) 501-2233
- DSHS Aging and Long Term Support Administration**
 For questions about long-term services and supports (if you need nursing home or help with personal care needs):
(800) 422-3263

This section contains information on clinics, healthcare programs, hospitals, resources for specific conditions, and support groups.

Community Health Centers

Eastgate Public Health Center

Medical, dental, pharmacy, and family planning services. Medical clinic hours Mon-Fri, 8AM-5PM. Dental clinic hours, Mon, Tues, Thurs, Fri 8AM-5PM.

(206) 477-8000 • www.kingcounty.gov/eastgate
14350 SE Eastgate Way
Bellevue, WA 98007

HealthPoint

Doctors, dentists, counselors, naturopaths, and pharmacy services.

Pharmacy: **(877) 233-0246**

Bothell

Medical, dental, and pharmacy services.
Mon-Wed 8AM-7PM, Thurs-Fri 8AM-5PM

Medical: (425) 486-0658

Dental: (425) 424-6350

www.healthpointchc.org/health-centers/bothell

10414 Beardslee Blvd
Bothell, WA 98011

Redmond

Medical: (425) 882-1697

Dental: (425) 883-8000

www.healthpointchc.org/health-centers/redmond

8301 161st Ave NE, Ste 103
Redmond, WA 98052

International Community Health Services (ICHS) Medical & Dental Clinic – Bellevue

Services include primary medical, dental health, and behavioral health counseling.

Medical Clinic hours Mon-Sat 8AM-5PM. Dental Clinic hours Mon-Fri, 8AM-6PM, 4th Sat of month 8AM-6PM.

Medical: (425) 373-3000

Dental: (425) 373-3030

www.ichs.com/bellevue

1050 140th Ave NE
Bellevue, WA 98005

Muslim Association of Puget Sound (MAPS-MCRC) Community Clinic

Provides basic health services and continuous aid to underserved and low-income individuals regardless of their ability to pay. Clinic offers general health care, physical exams, blood pressure checks, well women's exam, diabetes checks, vaccines, heart health, acupuncture, and natural medicine. Third Sundays, 10AM - 1PM.

(206) 486-5352

www.mapsredmond.org/mcrc-health-clinic

Email: mapsmcrc@mapsredmond.org

17550 NE 67th Ct
Redmond, WA 98052

RotaCare Clinic

A volunteer driven coalition of physicians, nurse practitioners, nurses, pharmacists, interpreters, and administrators. Provides free basic medical care and medications to adults and children.

Services include treatment for minor injuries and illnesses, diabetes and high blood pressure screening, x-rays, bloodwork, and basic medications. Saturdays 9:30AM-11:30AM.

(425) 828-4304 • Voicemail checked weekly

www.bellevuerotacare.org

Email: info@BellevueRotaCare.org

Bellevue Hopelink Building

14812 Main St
Bellevue, WA 98007

Sea Mar Community Health Center - Bellevue

Provides primary care family medicine, including preventive health exams, acute care visits, minor procedures, health education, follow-up care, and referrals. Mon-Sat, 8AM-5PM.

(425) 460-7140 (Medical)

(425) 998-5980 (Dental)

(425) 998-5990 (Pharmacy) • www.seamar.org

3801 150th Ave SE

Bellevue, WA 98006

Dental Care

The following services provide low-cost dental care. Check the Community Health Centers section on this page for more dental programs.

Dr Thomas Seal DDS

A holistic approach to dentistry offering mobile services at schools, community centers, nursing, hospice, and elder care facilities as well as at other similar locations. Tues-Wed 8AM-5PM, Thurs 8AM-2PM and every other Monday.

In office dental services are also available

(425) 823-9000 • www.drthomseal.com

Email: drthomseal@gmail.com

9750 NE 120th Pl #1

Kirkland, WA 98034

Enable Dental

Provides at-home dental services for unique populations in the comfort of the patient's home, senior home, assisted living facility, or community center. Dental teams are equipped with portable technology and systems including handheld digital x-ray units, custom chairs, and wheeled dental units.

(866) 988-4504 • www.enabledental.com

Email: trish.cooper@enabledental.com

Lake Washington Institute of Technology Dental Clinic

Services provided by student hygienists and licensed dentists by appointment. Services cost less than regular dental care and are available to low-income patients. Mon and Thurs 7:30AM-12PM, Tues and Wed 7:30AM-4PM. School closures and late starts affect hours.

Other Info: Patient appointments are Tuesdays and Wednesdays.

(425) 739-8130 •

www.lwtech.edu/campus-life/dental-clinic

11605 132nd Ave NE

Kirkland, WA 98034

Seattle/King County Dental Society

Provides referrals to private practice dentists and low-income clinics. Resources are also listed on their website. Mon-Fri, 8AM-5PM.

(206) 443-7607 • www.skcds.org

Email: skcds@skcds.com

1111 Harvard Ave

Seattle, WA 98122

University of Washington School of Dentistry

Low-cost dental work and dentures by dental students, including mobile dental service for individuals who are home-bound. Accepts Medicaid and/or personal payment for services. Closed when University is closed. Mon-Fri, 7:30AM-5PM. Other Info: Not open when University of Washington is closed.

(206) 616-6996

www.dental.washington.edu/patient

Health Sciences Center

1959 NE Pacific St

Seattle, WA 98195

Hearing & Speech

Captioned Calls

FCC-supported program which provides free caption technology-enabled phones and mobile app to those with professionally-verified hearing loss.

(833) 691-1600 • www.captioncall.com

Email: support@captioncall.com

Eastside Audiology

Clinical audiologists who provide hearing screenings, hearing aid adjustments, repairs, and other services. Mon-Fri, 9AM- 4PM, closed noon to 1PM.

(425) 528-8597 Call or Text

www.eastsideaudiology.com

49 Front St N

Issaquah, WA 98027

Evergreen Speech & Hearing Clinic

Complete speech and hearing services and testing; hearing aid fittings and related services. Three locations on the Eastside. Mon-Fri, 8AM-4:30PM.

www.everhear.com

Bellevue: (425) 454-1883

Email: bellevue@everhear.com

1800 116th Ave NE, Ste 103

Bellevue, WA 98004

Kirkland: (425) 899-5050

Email: kirkland@everhear.com

12333 NE 130th Lane, Ste 430

Kirkland, WA 98034

Redmond: (425) 882-4347

Email: redmond@everhear.com

8301 161st Ave NE, Ste 208

Redmond, WA 98052

EvergreenHealth Speech Therapy

Speech, language, voice, and swallowing evaluations and therapy. Mon-Fri, 8AM-5PM.

(425) 899-3100 • www.evergreenhealth.com/speech-therapy-program

12040 NE 128th St

Kirkland, WA 98034

Hearing Loss Association of Washington (HLAA-WA)

HOPE (Hearing Other People's Experiences) is a free, statewide support group meets monthly online via Zoom. Everyone is welcome and all meetings are live-captioned. Other Information: A team of peer mentors, who also have a hearing loss, facilitate the meetings.

(503) 882-0115 •

<https://hearingloss-wa.org/what-we-do/hope-hearing-other-peoples-experiences/>

Email: info@hearingloss-wa.org

PO Box 265

Redmond, WA 98073-0265

Hearing Specialty Center LLC

Specializes in diagnosis and measurement of hearing loss for adults and children. Can also provide hearing aid recommendations. Mon & Fri 9AM-4PM, Tues-Thursday 9AM-5PM.

Cherri Hoyden, AUD, CCC-A

(425) 821-6600 •

www.hearingspecialtycenter.com

Email: choyden@hearingspecialtycenter.com

12911 120th Ave NE, Ste E40

Kirkland, WA 98034

Hearing, Speech, & Deafness Center

Offers audiology services, hearing aids, accessories and other types of assistive technology, advocacy, case management, speech therapy and aural rehabilitation, interpreting services, and ADA workplace accommodations.

Mon-Fri, 8:30AM-5PM

(206) 323-5770 or TTY: (206) 388-1275 •

www.hsdcc.org

1625 19th Ave

Seattle, WA 98122

Overlake Hospital Speech Pathology

Speech, language, voice, and swallowing evaluations and therapy. Mon-Fri, 7AM-6PM.

(425) 688-5900 • www.overlakehospital.org/services/rehabilitation-care/speech-therapy

1417 116th Ave NE, Ste 110
Bellevue, WA 98004

University of Washington Speech & Hearing Clinic

Offers evaluation and treatment of speech and hearing disorders. Mon-Fri 8AM-5PM.

(206) 543-5440

<https://sphsc.washington.edu/apply-services>

Email: shclinic@uw.edu

4131 15th Ave NE
Seattle, WA 98105

Washington Relay Service

Relay service between callers who use Telephone Devices for the Deaf (TDD) and those who do not. Calls can be made anywhere in the world, 24/7 with no restrictions on the number, length, or type of calls. All calls are strictly confidential, and no records of any conversations are maintained.

TTY: (800) 833-6388

To reach an operator: (800) 833-6384

www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services or
www.washingtonrelay.com

Hospice & Palliative Care

Hospice and Palliative care focus on managing pain and symptoms and the social, emotional, and spiritual needs of terminally ill persons and their families. Please see End of Life Section (page 15) for listings.

Information & Referral Services

Delta Dental of Washington - Dental Plans for Seniors

Not all Medicare or health plan programs cover dental. Delta Dental offers supplemental dental insurance to bridge the gap and ensure that seniors can access critical benefits they may need.

Mon-Fri, 7AM-5PM

(800) 554-1907 • www.deltadentalwa.com

EvergreenHealth Nurse Navigator & Health Line

Offers referrals to Evergreen family doctors and specialists, information on Evergreen services, and registration for classes at EvergreenHealth Medical Center. Registered nurses answer health care questions by phone 24/7.

Other Info: Enter option 1 for Healthline, option 2 for Registered Nurse when calling. Monroe Hospital Healthline is **(360) 794-1111**.

(425) 899-3000 •

www.evergreenhealth.com/healthline

Northwest ADA Center

Provides information, resources, and guidance related to the Americans with Disabilities Act.

Mon-Fri, 8:30AM-4:30PM.

(425) 248-2480 • www.nwadacenter.org

Email: nwadactr@uw.edu

Statewide Health Insurance Benefits Advisors (SHIBA)

Part of the insurance commissioner's consumer protection services, SHIBA provides free, unbiased, and confidential assistance with Medicare and health care choices. SHIBA advisors can assist by phone, email, or in-person. Visit the website to make an appointment. Mon-Fri, 8AM-5PM.

(800) 562-6900 • <https://www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba>

Office of the Insurance Commissioner

PO Box 40256
Olympia, WA 98504

Washington Apple Health (Medicaid)

In Washington State, Medicaid is called Washington Apple Health. Individuals can apply for Apple Health through Washington Health Plan Finder (see below). The application process takes approximately 45 minutes and a response is given right away. Mon-Fri, 7AM-4PM.

(800) 562-3022 • <https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care>

Email: askmedicaid@hca.wa.gov

Cherry Street Plaza

626 8th Ave SE
Olympia, WA 98501

Washington Health Plan Finder

The official Affordable Care Act (ACA) compliant health benefit exchange for the State of Washington. Find and apply for health insurance coverage by entering basic information about yourself and your household. Individuals can apply for Washington Apple Health or renew their coverage through the website, calling, or through a Navigator at no additional cost. Navigators can only be contacted through the website. Mon-Fri, 7:30AM-5:30PM.

Other Information: The Apple Health application process takes approximately 45 minutes and a response is given right away.

(855) 923-4633 • www.wahealthplanfinder.org

Medical Equipment Suppliers

Medicare and/or AppleHealth may cover some medical equipment and supplies if ordered by a doctor. Check with the supplier for more information.

Apria Healthcare

Offers a range of medical supplies for mobility, respiratory health, home accessibility, and other home medical equipment. Mon-Fri, 9AM-5PM.

(425) 881-8500 • www.apria.com/shop

14935 NE 87th St
Redmond, WA 98052

Bellevue Healthcare

Offers a range of medical supplies for mobility, respiratory health, home accessibility, and other home medical equipment. Accepts Medicare/Medicaid. Free home delivery for orders over \$100. Mon-Fri, 8AM-5PM, Sat, 9AM-5PM.

(425) 451-2842 • www.bellevuehealthcare.com

2015 152nd Ave NE
Redmond, WA 98052

Bridge Disability Ministries - Meyer Medical Equipment Center

Used durable medical equipment for a suggested donation. Return equipment when no longer needed. Mon - Thurs 9:30AM-5:30PM, Fri 9:30AM-1:30PM.

(425) 628-1751 •

<https://bridgemin.org/medical-equipment/>

Email: bridge@bridgemin.org

12356 Northrup Way
Bellevue, WA 98005

M.D. Medical Supplies

Provides incontinence supplies, walkers, wheelchairs, toilet and shower aids, hospital beds, and more for purchase. Accepts Medicare, Medicaid, and private insurance through prescription by a doctor. Orders can be placed through website. Store hours, Mon-Fri, 8:30AM-5PM. Other Information: Specializes in incontinence supplies.

(800) 892-1750 • www.mdmedicalsupplies.com

7687 S 180th St
Kent, WA 98032

Rotech Healthcare Inc.

Provides an extensive array of respiratory equipment and services to patients.

Mon-Fri, 9AM-4PM.

(253) 926-0474 • www.rotech.com

1000 SW 7th St Ste F

Renton, WA 98057

Snoqualmie Valley H.E.L.P. Center

Home medical equipment lending program for Snoqualmie Valley residents. Lends wheelchairs, walkers, shower chairs, commodes, canes, and other medical equipment for a suggested cash donation. Return equipment when no longer needed. Visit Snoqualmie Hospital Rehabilitation Clinic to access equipment. By appointment only, please leave a message to schedule an appointment.

Other Information: Mount Si Senior Center and Sno-Valley Senior Center accept donations of medical equipment.

(425) 831-3754 • www.snoqualmiehospital.org/clinics/outpatient-therapy

Snoqualmie Hospital East Campus

34500 SE 99th St

Snoqualmie, WA 98065

Senior Clinics

The programs below provide primary care services by physicians and/or nurse practitioners with special training and certification in geriatric medicine and a team of healthcare professionals. Services include comprehensive geriatric assessments, memory screening, functional ability evaluation and support needs, care coordination, and linkage to social and health services in the community.

EvergreenHealth Geriatric Care

Medicare, Medicaid, and most major insurance plans accepted. Mon-Fri, 8AM-Noon and 1PM-5PM; Phone service available 8:30AM-5PM.

(425) 899-6800 • www.evergreenhealth.com/geriatric-medicine

11521 NE 128th St, Ste 100

Kirkland, WA 98034

Overlake Medical Center Senior Health Clinic

Open to anyone 65 or older, accepts Medicare and Medicare Supplements. Accepts Medicaid. Mon - Thurs 8AM-4:30PM, Fri 8AM-4:15PM.

(425) 688-5234 • www.overlakehospital.org/services/senior-health

1750 112th Ave NE, Ste A101

Bellevue, WA 98004

Vision

The following programs provide services for individuals who are blind or have vision impairment. To find an eye doctor, contact the physician referral lines on page 28.

Washington State Department of Services for the Blind

Provides training, counseling, and support for blind and low-vision individuals and their families. Also offers the Independent Living Older Blind program (contracted through the University of Washington and local providers), which helps older people who are blind or have low vision remain independent in their homes.

Office hours, Mon-Thurs, 8AM-4:30PM.

(206) 906-5500 • www.dsb.wa.gov

Email: info@dsb.wa.gov

3411 S Alaska St

Seattle, WA 98118

Washington Talking Book & Braille Library

Offers audio books and listening devices, books in braille, and large print which can be shipped through the mail at no charge.

Mon-Fri, 8:30AM-5PM. Other Information:

Offers books in large print for youth.

(206) 615-0400 or (800) 542-0866

TTY: **(206) 615-0418** • www.wtbbl.org

Email: wtbbl@sos.wa.gov

2021 9th Ave

Seattle, WA 98121

Preventing Falls

According to the CDC, one out of four older adults fall each year. The risk of falling can be reduced by taking a few simple measures:

- 1. Exercise:** Exercising to improve balance and strength can reduce one's risk of falling. Tai Chi, Yoga, water aerobics, and other exercise programs are low impact exercise options offered at many senior and community centers.
For more information on preventing falls through exercise, see "**Falling into Fitness**" - a free video produced by the Kirkland Senior Council: www.youtube.com/watch?v=vqT2Z_ULBp0
- 2. Check the Side Effects of Medications:** Discuss medications with your health care provider or pharmacist. Be aware of medications that may cause dizziness or sleepiness, which can contribute to falling.

3. Have Your Vision Checked: Poor vision can increase your chances of falling, so regular eye exams are one way of preventing falls.

4. Make Your Home Safer: Keep pathways and walkways clear. Repair broken or uneven steps. Small, unsecured rugs should be removed or taped down.

Bright lighting will help you see pathways and trip hazards better.

Keep items you use often in places you can reach without having to use a stool or bend down too low to reach.

Place grab bars and non-slip mats in the bathroom as well as adding hand rails on staircases or along hallways where there is nothing safe to grab on to.

Learn More About Preventing Falls:

Local Senior Centers offer fall prevention classes called "**A Matter of Balance.**" See page 103 for more information.



Urgent Care & Walk-in Clinics

Urgent care can be used in place of an emergency room for non-emergency illnesses and injuries. Wait times for non-emergencies are often less than wait times in emergency rooms. Appointment booking and wait times are often displayed on the location's website.

CITY	CLINIC NAME, LOCATION & HOURS	CONTACT & WEBSITE
Bellevue	Concentra Urgent Care Walk-in patients only Mon-Fri, 8AM-5PM 1925 140th Ave NE Bellevue, WA 98005	(425) 865-8060
	Indigo Health – Bellevue 15600 NE 8th St, Ste A4 Bellevue, WA 98008 Daily, 8AM-8PM	(425) 643-3331 www.indigohealth.com/locations/
	Kaiser Permanente Urgent Care 11511 NE 10th St Bellevue, WA 98004 24 hours a day, 7 days a week	(425) 502-4120
	Overlake Clinics - Downtown Bellevue Urgent Care • Walk-in patients only 400 108th Ave NE Bellevue, WA 98004 Mon-Sat, 8AM-8PM	(425) 635-6550 www.overlakehospital.org/department/urgent-care
	Overlake Clinics - Lake Hills Urgent Care Walk-in patients only 619 156th Ave SE Bellevue, WA 98007 Mon-Sat, Noon-9PM	(425) 637-3280 www.overlakehospital.org/department/urgent-care
	Overlake Clinics - Newcastle Urgent Care Walk-in patients only 13159 Newcastle Commons Dr Newcastle, WA 98059 Mon-Fri, 8AM-8PM, Sat, Noon-8PM	(425) 635-3020 www.overlakehospital.org/department/urgent-care
	Swedish Urgent Care - Factoria 3900 Factoria Blvd SE, Ste A Bellevue, WA 98006 Daily, 8AM-8PM	(206) 320-2001 www.providence.org/our-services/urgent-care/urgent-care-factoria

CITY	CLINIC NAME, LOCATION & HOURS	CONTACT & WEBSITE
Bellevue	ZoomCare - Bellevue Super 345 106th Ave NE Bellevue, WA 98004 Mon-Sun, 10AM-10PM	https://www.zoomcare.com/clinic/zoomcare-bellevue-super
	ZoomCare - 4th Street No-wait visits, and on-site access to labs and prescription medication. 10541 NE 4th St Bellevue, WA 98004 Mon-Fri, 9AM-7PM, Sat & Sun, 9AM-6PM	https://www.zoomcare.com/clinic/zoomcare-bellevue-4th
Bothell	Indigo Health – Bothell 23131 Bothell-Everett HWay, Ste B Bothell, WA 98021 Daily, 8AM-8PM	(425) 483-3335 www.indigohealth.com/locations/urgent-care-bothell
	ZoomCare - Bothell No-wait visits, and on-site access to labs and prescription medication. 24118 Bothell Everett Hwy #200 Bothell, WA Mon-Fri, 9AM-7PM, Sat & Sun, 9AM-6PM	https://www.zoomcare.com/clinic/zoomcare-bothell
Issaquah	Indigo Health – Issaquah 6140 E Lake Sammamish Parkway SE, Ste F Issaquah, WA 98029 Daily, 8AM-8PM	(425) 651-7090 www.indigourgentcare.com/locations/urgent-care-issaquah
	Overlake Clinics - Issaquah Urgent Care 5708 E Lake Sammamish Parkway SE Ste 102 Issaquah, WA 98029 Mon-Fri, 7AM-9PM, Sat-Sun 9AM-5PM	(425) 688-5777 www.overlakehospital.org/department/urgent-care
	UW Neighborhood Clinic 1740 NW Maple St, Ste 100 Issaquah, WA 98027 Mon-Fri, 10AM-8PM, Sat & Sun, 8AM-6PM	(425) 391-3900 www.uwmedicine.org/locations/primary-care-issaquah

HEALTH CARE

CITY	CLINIC NAME, LOCATION & HOURS	CONTACT & WEBSITE
Kirkland	EvergreenHealth - Totem Lake Urgent Care 12710 Totem Lake Blvd NE Kirkland, WA 98034 Mon-Fri, 8AM-8PM, Sat & Sun, 9AM-5PM	(425) 544-3850 www.evergreenhealth.com/health-services/urgent-care/
	Indigo Urgent Care - Kirkland 12423 Totem Lake Blvd NE Kirkland, WA 98034 Open Daily, 8AM-8PM	(425) 406-5458 www.indigourgentcare.com/locations/urgent-care-kirkland
	ZoomCare - Totem Lake No-wait visits, and on-site access to labs and prescription medication. 11811 NE 128th St, Ste B Kirkland, WA 98034 Mon-Fri, 9AM-7PM, Sat & Sun, 9AM-6PM	https://www.zoomcare.com/clinic/zoomcare-kirkland-totem-lake
Newcastle	Overlake Medical Clinics Newcastle Walk-in patients only 13159 Newcastle Commons Dr Newcastle, WA 98059 Mon-Fri, 8AM-8PM, Sat Noon-8PM	(425) 635-3020 www.overlakehospital.org/department/urgent-care
Redmond	Concetra Urgent Care 16690 Redmond Way Redmond, WA 98052 • Mon-Fri, 8AM-5PM	(425) 882-0100
	EvergreenHealth Urgent Care 8980 161st Ave NE, Ste 320 Redmond, WA 98052 Mon-Fri, 8AM-8PM, Sat & Sun, 9AM-5PM	(425) 883-3333 www.evergreenhealth.com/urgent-care
	Overlake Medical Clinics Redmond 17209 Redmond Way Redmond, WA 98052 Mon-Fri, 7AM-10PM; Sat, Sun, and holidays 7AM-5PM	(425) 635-6400 www.overlakehospital.org/department/urgent-care
	Swedish Urgent Care Redmond 18100 NE Union Hill Road Redmond, WA 98052 Mon-Fri, 8AM-8PM, Sat & Sun, 8AM-4PM	(425) 498-2165 www.providence.org/our-services/urgent-care/urgent-care-redmond
	ZoomCare - Overlake 2010 148th AVE NE, Unit 150 Redmond, WA 98052 Mon-Fri, 9AM-7PM, Sat & Sun, 9AM-6PM	(425) 498-2165 https://www.zoomcare.com/clinic/zoomcare-overlake

CITY	CLINIC NAME, LOCATION & HOURS	CONTACT & WEBSITE
Sammamish	EvergreenHealth Urgent Care 22850 NE 8th St, Ste 103 Sammamish, WA 98074 Mon-Fri, 8AM-8PM, Sat & Sun, 9AM-5PM	(425) 898-1126 www.evergreenhealth.com/urgent-care
Snoqualmie Valley	CarePoint Clinic SVA Church Campus 36017 SE Fish Hatchery Rd. Fall City, WA 98024 Wed, 10AM-2PM, 2nd Sat, 9AM-1PM	(425) 478-6627 www.carepointonline.org Email: info@carepointonline.org
	Meadowbrook Clinic Urgent Care 209 Main St S, Ste 115 North Bend, WA 98045 Mon-Sun, 10AM-6PM	(425) 831-0777
	Snoqualmie Ridge Urgent Care 35020 SE Kinsey St, Ste B Snoqualmie, WA 98065 Daily, 10AM-8PM	(425) 831-3800
Woodinville	EvergreenHealth Urgent Care 16916 140th Ave NE Woodinville, WA 98072 Mon-Fri, 8AM-8PM, Sat & Sun, 9AM-5PM	(425) 488-2273 www.evergreenhealth.com/urgent-care
	ZoomCare - Woodinville No-wait visits, and on-site access to labs and prescription medication. 17705 140th AVE NE, #A-18 Woodinville, WA 98072 Mon-Fri, 9AM-6PM	(425) 488-2273 https://www.zoomcare.com/clinic/zoomcare-woodinville

Specialized care and support groups for those seeking resources related to a condition (listed alphabetically).

Addiction & Recovery Services

The following programs aid people with chemical dependency. Services include referrals, counseling, self-help groups, crisis intervention, and inpatient or outpatient treatment.

Alano Club of the Eastside

Provides social opportunities and a cafe setting for recovering alcoholics. Club and Café hours, 11AM- 7PM, seven days a week.

(425) 455-5700 •

www.alanocluboftheeastside.org

Email: manager@alanoclubeastside.org

12302 NE 8th St

Bellevue, WA 98005

Alcohol & Drug Help Line

Can provide crisis intervention, referral assistance, and information for individuals dealing with substance abuse issues. 24-hour free confidential referral line.

(206) 722-3700 • www.adhl.org

Alcoholics Anonymous (AA) Eastside Intergroup

The east King County branch of Alcoholics Anonymous (AA) that operates a 24-hour hotline, hosts group meetings, and connects individuals to other resources as needed. Meetings are held every day of the week, in over 16 cities on the Eastside.

(425) 454-9192 • <http://eastsideaa.org/>

Email: esig@eastsideaa.org

Cascade Behavioral Health Hospital

Provides inpatient and outpatient substance abuse and alcohol detoxification and treatment programs, mental health and trauma/PTSD programs, and a geriatric special unit providing services for dementia, depression, anxiety, and mental disorders. Accepts most insurance and Medicare. Both facility and phone line staffed 24/7.

(888) 986-3024 • www.cascadebh.com

Email: info@cascadebh.com

12844 Military Rd S

Tukwila, WA 98168

Consejo

Substance Use Disorder Program Provides outpatient substance use disorder services tailored to monolingual, immigrant, and low-income adults.

(206) 461-4880 • www.consejocounseling.org

EvergreenHealth Monroe Recovery Center

Services at the Recovery Center are available 24/7 and include evaluation, acute medical detoxification, residential treatment, naloxone stabilization, outpatient services, and a day treatment program.

(360) 794-1405 • www.recoverycentermonroe.com

Email: recoverycenter@evergreenhealth.com

17880 147th St SE

Monroe, WA 98272

Fairfax Behavioral Health Hospital

Senior specific programs include occupational therapy, group therapy, and life skills coaching for patients who are experiencing a psychiatric disturbance related to age. Evaluation and admissions available 24/7.

(425) 821-2000 • <https://www.fairfaxhospital.com/programs/adults/>

10200 NE 132nd St

Kirkland, WA 98034

Hotel California By the Sea Bellevue

Provides outpatient treatment programs to the greater Seattle area to achieve and maintain long-term sobriety and recovery and co-occurring mental health conditions. Also provides inpatient detox services. Accepts most insurance. **(844) 252-1356** • <https://www.hotelcalifornia-bythesea.com/washington/>

1601 114TH Ave SE
Bellevue WA 98004

King County Behavioral Health and Recovery Division

Provides information in multiple languages about services and treatment in King County. Conducts evaluations and initiates court proceedings for involuntary treatment of those with chemical dependency as well as education about prevention and intervention.

(206) 263-9000 • <https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse.aspx>

Chinook Building - 401 5th Ave, Ste 400
Seattle, WA 98104

Lakeside Milan Recovery Centers

Facilitates intervention and assessment and operates a residential inpatient program and outpatient program for individuals experiencing chemical dependency.

General Information:

(800) 231-4303 • www.lakesidemilam.com

Email: help@lakesidemilam.com

Kirkland Inpatient Facility

(425) 823-3116

10322 NE 132nd St
Kirkland, WA 98034

Kirkland Outpatient

(425) 822-5095

6725 116th Ave NE, Ste 110
Kirkland, WA 98033

Motivations Recovery Center

Outpatient chemical dependency treatment, counseling, assessment, and deferred prosecutions.

(425) 481-2122 •

www.motivationsrecoverycenter.com

17311 135th Ave NE, Ste 750

Woodinville, WA 98072

Narcotics Anonymous

Supports chemically dependent individuals and their friends and families. 24 hour hotline.

(206) 790-8888 • www.seattlena.org

Email: info@seattlena.org

New Life Recovery Solutions

Full-service addiction recovery center serving patients in Bellevue and the surrounding area.

Mon-Fri, 10AM-6PM and Sat, 10AM-6PM.

(425) 454-2238 • www.nlrsnow.com

12330 NE 8th St, Ste 100

Bellevue, WA 98005

Providence Drug & Alcohol Addiction Treatment

Services include detoxification, stabilization, partial hospitalization, outpatient day and evening programs, relapse programs, court assessments, evaluation, and education. Medicare, most insurance companies, and private pay are accepted. Some subsidized care also available.

(425) 258-7390 • <https://www.providence.org>

916 Pacific Ave

Everett, WA 98201

Therapeutic Health Services

Offers outpatient treatment, classes, counseling services, and referrals for inpatient services.

Medicaid and most insurance plans are accepted. A sliding-fee scale is available. Office hours,

Mon-Thurs 7AM-5:30PM and Fri, 7AM- 4:30PM.

Dispensary hours, Mon-Fri, 6AM-1PM and Sat 7:30AM-11:30AM.

(425) 747-7892 • www.ths-wa.org

1412 140th Pl NE

Bellevue, WA 98007

Alzheimer's, Memory Care & Dementia

Alzheimer's Association of Washington

Information and referral services for most of Washington State living with Alzheimer's or other dementias. Family support groups, community education, virtual library, and early stage and caregiver programs. Also operates a 24/7 Helpline to provide information and support to those in need.

(206) 363-5500 • www.alz.org/alzwa

24/7 Help Line: **(800) 272-3900**

Email: InquiryWa@alz.org

19031 33rd Ave W, Ste 301

Lynnwood, WA 98036

Alzheimer's Association El Portal Del Noroeste Project

Helps Latino and Hispanic Communities learn about memory loss, treatments, caregiver self-care, support groups, and coping mechanisms tailored to their language and culture.

(206) 529-3877 •

www.alz.org/alzwa/helping_you/espanol

Email: eochoa@alz.org

Alzheimer Association Support Groups

Current listing of support groups by city. Call facilitator prior to first meeting.

<https://www.communitylivingconnections.org/wp-content/uploads/sites/173/2023/01/Support-Group-List-King-County-January-2023-1.pdf>

Wisdom at Northshore Senior Center

A social day program for individuals experiencing early memory loss. Participants engage in cognitive, physical, and social enrichment activities including educational discussions, modified fitness exercises, lunch, and socially engaging activities. Weekly participation preferred. Brief

respite option for caregivers.. Pre-screening and registration required. Mon, Wed, and Fri 10 AM-2:30PM.

(425) 488-4821 • <https://www.north-shoreseniorcenter.org/programs-services/#1603576331394-cfed7a1d-5bf1>

10212 E Riverside Dr

Bothell, WA 98011

Momentia

Empowering persons with memory loss and their loved ones to remain connected and active in the community. Offers website and quarterly booklet providing a calendar of dementia-friendly creative or social engagement activities provided by numerous organizations.

www.momentiasattle.org

Old Friends Club

Offers caregiver respite, group and individual support, education, and resources.

(425) 681-9776 • www.olderfriendsclub.org

Email: welcome@olderfriendsclub.org

P.O. Box 2472

Kirkland, WA 98083

Amyotrophic Lateral Sclerosis (ALS)

ALS Association - Evergreen Chapter

Resources and support groups for persons with ALS and their families.

(425) 656-1650 • http://webwa.alsa.org/site/PageServer?pagename=WA_homepage

19226 66th Ave S, Ste L-105

Kent, WA 98032

Arthritis

Arthritis Foundation - Washington Chapter

Educational materials, support groups, self-help, and aquatics programs. Also operates a Help Line with the latest information on types of arthritis, medications, and treatments.

(206) 489-4610 Help Line: **(800) 283-7800** •

<https://www.arthritis.org/local-offices/wa-seattle>

Cancer

American Cancer Society

Provides information and referral services, educational materials, transportation to treatment, assistance with temporary housing, free nutritional supplements, loaned medical equipment, support groups, and emergency food vouchers.

24/7 help line: **(800) 227-2345** • www.cancer.org

Seattle Office

(206) 283-1152

Mon-Fri, 8:30AM-5PM

www.cancer.org/about-us/local/washington

5601 6th Ave S, Ste 491

Seattle, WA 98108

CancerCare

A nationwide organization which can provide information, support, and limited financial assistance to people with cancer and their families.

(800) 813-4673 • www.cancer.org

Cancer Lifeline

Provides financial assistance to low-income patients with all cancer types, support groups, referrals, exercise programs, and family programs. Operates a 24-hour helpline for immediate phone support. Mon-Fri, 9AM-5PM, call for Sat hours.

(206) 297-2100 • www.cancerlifeline.org

Help Line: **(206) 297-2500** or **(800) 255-5505**

6522 Fremont Ave N

Seattle, WA 98103

Cancer Pathways

Hosts free support groups, educational workshops, and other social events for people with cancer and their families. Can also assist with resources and non-medical referrals. Mon-Fri, 9AM-5PM.

(206) 709-1400 • www.cancerpathways.org

Email: info@cancerpathways.org

1400 Broadway

Seattle, WA 98122

Chris Elliott Fund (End Brain Cancer)

A Redmond-based organization for people with brain cancer and their families. Provides patients with immediate access to advanced treatment options, specialists, and support programs. Helps patients and caregivers with education, guidance, support, and advocacy.

(425) 444-2215

www.endbraincancer.org

Email: wecare@endbraincancer.org

16150 NE 85th St, Ste 201

Redmond, WA 98052

EvergreenHealth Halvorson Cancer Care Center

Provides a full range of medical and supportive services. The center hosts sessions with oncology social workers and is home to a resource center. Boutique stocked with free wigs, head coverings, and breast prostheses.

www.evergreenhealth.com

[/health-services/cancer-care](http://www.evergreenhealth.com/health-services/cancer-care)

Halvorson Cancer Center:

(425) 899-6000

Resource Center:

(425) 899-2265

Boutique:

(425) 899-2252

12040 NE 128th St

Kirkland, WA 98034

National Cancer Institute Information Service

Provides information, referrals, and education related to treatment, prevention, and research. Available to patients, families, health care providers, or anyone affected by cancer. Live help available Mon-Fri, 6AM-6PM.

(800) 422-6237 • www.cancer.gov

Email: NClinfo@nih.gov

Overlake Medical Center Cancer Resource Center & Navigator Program

Provides information, support groups, educational materials, and other services. The center is staffed by oncology social workers, patient navigators, and volunteers. Patients and families may walk in or make an appointment if they wish to meet with a social worker for a private consultation. Mon-Fri, 8AM-5PM.

(425) 454-2148 •

www.overlakehospital.org/cancer

Email: cancer@overlakehospital.org

1135 116th Ave NE, Ste 200
Bellevue, WA 98004

Seattle Cancer Care Alliance (SCCA)

Unites doctors from local medical centers to develop community cancer treatment programs. Also promotes SCCA physician-led clinical trials to patients. Mon-Fri, 7AM-9PM.

(206) 606-7222 • www.seattlecca.org

825 Eastlake Ave E
Seattle, WA 98109

Caregiver Support

King County Family Caregiver Support Program

Provides support for unpaid caregivers. Services may include information and referral, training, and respite care available on a sliding-fee scale.

(425) 746-9900 • www.kccaregiver.org

Community Connections - Caregiver Support Resources Services

Provides a variety of supports, resources, information, and respite care for family members, partners, and friends of people with serious health conditions.

Informational Brochure:

<https://www.communitylivingconnections.org/wp-content/uploads/sites/173/2020/01/CaregiverSupportBrochureWEB012220.pdf>

Support Locator:

<https://www.communitylivingconnections.org/find-support/>

Northshore Adult Children of Aging Parent Support Group

As parents age, family members may struggle with legal and healthcare decisions, changing family roles, and finding meaning in this new phase of life. This support group helps participants learn, share, and gain resources and emotional support from others who are traversing this inevitable transition. Meets 3rd Weds, 6:30PM-8PM, virtually.

(425) 286-1035

Chronic Pain

Living Well with A Chronic Condition

A free 6-session program for individuals with chronic pain or conditions such as neuropathy, fibromyalgia, or diabetes. Helps participants cope and learn patient advocacy. The program is sponsored by EvergreenHealth and takes place periodically throughout the year at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland. Contact either center for more information including start dates.

Peter Kirk Community Center • (425) 587-3360

352 Kirkland Ave
Kirkland, WA 98033

Northshore Senior Center • (425) 286-1035

10201 E Riverside Dr
Bothell, WA 98011

Diabetes

American Diabetes Association

The American Diabetes Association offers educational programs and a lending library of materials, screenings, support groups, and risk assessments. Literature tailored for older adults is also available at the website.

Mon-Fri, 9AM-7PM

(206) 282-4616 or (800) 342-2383 •

<https://diabetes.org/get-involved/community/local-offices/alaska>

180 Nickerson St, Ste 309
Seattle, WA 98109

Diabetes/Pre-Diabetes Education & Support Group

A support and discussion group for people with diabetes or pre-diabetes. Meets on the second Weds 10AM-11:30AM, subject to change.

Northshore Senior Center

(425) 487-2441

10201 E Riverside Dr
Bothell, WA 98011

EvergreenHealth Diabetes Education Services

American Diabetes Association Certified Diabetes Educators provide information and training on topics ranging from prevention to management. Individual consultations are also available. Medicare and Medicaid cover these services, as do most private insurance providers, but there are options for those without insurance. Mon-Thurs 8AM-5PM, Fri 8AM-4PM.

(425) 899-4030 • www.evergreenhealth.com/health-services/diabetes-education-nutrition/

12303 NE 130th St
Kirkland, WA 98034

Overlake Medical Center Diabetes Education

An American Diabetes Association-recognized diabetes education program taught by nurses and dietitians who are certified diabetes instructors. Topics range from prevention to management and one-on-one instruction is also available. Medicare and Medicaid cover these services as do most private insurance providers.

(425) 688-5700 • https://www.overlake-hospital.org/services/diabetes-endocrinology?queryID=bcf00d18c4350da07f4e09fb-2bcd0eea&objectID=entity:taxonomy_term/2484:en

Disability

Community Living Connections

Provides information and referrals for aging and disability-related services, consultation and planning assistance for long-term care, and access to family caregiver supports.

(206) 962-8467 or (844) 348-5464 •

www.communitylivingconnections.org

Email: info@communitylivingconnections.org

Lutheran Community Services Northwest

Serves older adults and people with disabilities in King and Snohomish counties for Home Care, Meals on Wheels, Senior Companion, and Retired and Senior Volunteer Program (RSVP).

(206) 901-1685 • www.lcsnw.org

4040 S 188th St, Ste 300
SeaTac, WA 98188

Epilepsy

Epilepsy Foundation Washington

Provides seizure training to first responders and the public, emergency medication assistance, support groups, and other programs for people with epilepsy and their families.

(206) 547-4551 • <https://www.epilepsy.com/local/washington>

Email: washington@efa.org

2311 N 45th St, Ste 134

Seattle, WA 98103

Neuroscience, Spine & Orthopedic Institute

Helps patients achieve their highest level of wellbeing. Experts are available for treatment of the disease and its symptoms. Services include rehabilitation psychology, physical and occupational therapy, and vocational counseling. The program offers access to cutting-edge therapies.

Mon-Fri, 7AM-5PM.

(425) 899-4930 • DeYoung Pavilion

<https://www.neuro-spine-ortho.com/health-services/neuroscience-spine-orthopedic-institute/>

12039 NE 128th St, Ste 300

Kirkland, WA 98034

Head Injury / Traumatic Brain Injury

Brain Injury Alliance Washington (BIAWA)

Provides information, assistance, case management, support groups, and advocacy at no cost for persons with head injuries and their families.

(206) 467-4800 or (877) 982-4292 • www.biawa.org

Email: info@biawa.org

113 Cherry St PMB 40683

Seattle, WA 98104-22051

EvergreenHealth Neurological Rehabilitation Classes

A variety of communication and exercise classes including dance, yoga, and tai chi for adults affected by neurological impairments including Parkinson's, MS, stroke recovery, and brain injuries.

(425) 899-3135 • DeYoung Pavilion

<https://www.evergreenhealth.com/locations/locations-profile/?id=4>

12039 128th St Ste 300

Kirkland, WA 98034

Heart Disease

All facilities or organizations that provide heart care may not be listed. Contact your primary care provider for a referral to a qualified cardiologist

American Heart Association & American Stroke Association

Provides cardiovascular health information, public health education such as CPR classes, and a heart and brain health resource guide available online.

(206) 336-7200 • www.heart.org/en/affiliates/washington/puget-sound

Email: puget.sound@heart.org

601 Union St, Ste 2420

Seattle, WA, 98101

EvergreenHealth Heart Care

Offers ongoing support and management of chronic heart failure and helps coordinate care between a patient's primary care physician and heart specialist. The center also facilitates prevention and exercise consultation programs. Programs vary in cost, and participation may require a physician referral based on individual health risk.

HEALTH CARE & SUPPORT FOR SPECIFIC NEEDS

Heart: (425) 899-0555 •

www.evergreenhealth.com/heart

12333 NE 130th Ln, Ste Tan 320

Kirkland, WA 98034

Kaiser Permanente Bellevue Medical Center

Coordinated and connected approach to cardiac care.

(425) 502-3000 • <https://wa.kaiserpermanente.org/html/public/specialties/cardiology>

11511 NE 10th St

Bellevue, WA 98004

Overlake Hospital Medical Center & Overlake Medical Clinics

Cardiologists provide comprehensive cardiac care to patients at the clinic and round-the-clock support for patients in need of emergency care at Overlake's Emergency Department.

Bellevue - Overlake Medical Tower

Office hours: Mon-Fri, 8AM-5PM

(425) 454-2656

1135 116th Ave NE, Ste 600

Bellevue, WA 98004

Issaquah - Highmark Building

Office hours: Mon-Fri, 8:30AM-5PM

(425) 688-5787

1740 NW Maple St, Ste 207

Issaquah, WA 98027

Kirkland

Office hours: Mon-Fri, 8:30AM-5PM

(425) 635-6470

290 Central Way

Kirkland, WA 98033

Virginia Mason Medical Center

Comprehensive cardiovascular care provided by a team of heart doctors, heart surgeons, nurses, nurse practitioners, nutritionists, dieticians, pharmacists, exercise therapists, and other specialists.

(206) 341-1111 •

www.virginiamason.org/cardiology

Bellevue Heart Care

Mon-Fri, 8AM-5:30PM

(425) 637-1855

222 112th Ave NE

Bellevue, WA 98004

Issaquah Heart Care

Mon-Fri, 8AM-5:30PM

(425) 557-8000

100 NE Gilman Blvd

Issaquah, WA 98027

Kirkland Heart Care

Mon-Fri, 8AM-5:30PM

(425) 814-5100 • [www.virginiamason.org](http://www.virginiamason.org/kirkland-heart-care)

[/kirkland-heart-care](http://www.virginiamason.org/kirkland-heart-care)

EvergreenHealth Plaza Building

11800 128th St, Ste 300

Kirkland, WA 98034

Hepatitis

Hepatitis Education Project (HEP)

Free walk-in clinic for testing and vaccinations, a support group, and a case management program for referrals, insurance assistance, and advocacy. Also provides health education. Mon – Thurs, 12:30-5:30 PM by appointment.

(206) 732-0311 or (800) 218-6932 •

www.hepeducation.org

1621 So. Jackson St, Ste 201

Seattle, WA 98144

HIV/AIDS

Gay City

Seattle's LGBTQ Center offering HIV testing and STI screening. Offers rapid HIV Testing (finger poke), HIV antibody testing, and screening for syphilis, chlamydia, gonorrhea, and Hepatitis C. Wellness Center is open Mon-Fri, 3:00PM-8:00PM and Sat 12:30PM-5:00PM.

Resource Line: **(206) 323-5428**

Main Office: **(206) 860-6969**

24-hour Crisis Line: **(866) 427-4747**

www.gaycity.org • Email: info@gaycity.org

400 E. Pine St, Ste 100

Seattle, WA 98122

Lifelong AIDS Alliance

Provides a range of services including case management, information and referral, housing and health insurance navigation, chemical dependency support, advocacy, and education. Also offers a nutrition program which includes delivery of meals for certain individuals.

(206) 957-1600 or (877) 297-0576 •

www.lifelong.org

1016 E. Pike St, 3rd Floor

Seattle, WA 98122

Washington State Department of Health - HIV Care Client Services

Early Intervention Program (IEP) and the Medical Case Management Program can help people living with HIV to get medical care and support.

(877) 376-9316 •

<https://doh.wa.gov/you-and-your-family/illness-and-disease-z/hiv/hiv-care-client-services>

Email: ask.EIP@doh.wa.gov

PO Box 47841

Olympia, WA 98504-7841

Infectious Diseases

King County Public Health Disease Epidemiology & Immunization Resources

Operates an online resource center and 24-Hour hotline on communicable diseases such as flu and whooping cough or animal bites in King County.

(206) 296-4774 • www.kingcounty.gov/cd

24-Hour Pre-recorded Hotline: **(206) 296-4949**

401 5th Ave, Ste 900

Seattle, WA 98104

Lung Disease

American Lung Association of Washington

Information, education, home air quality testing, tenant support, and support groups. Also operates a free lung HelpLine staffed by registered nurses and lung specialist

(206) 441-5100 • <https://www.lung.org/>

Helpline (800) 586-4872

Email: InfoMTP@Lung.org

5601 6th Ave S, Ste 460

Seattle, WA 98106

Multiple Sclerosis

EvergreenHealth Multiple Sclerosis Center

Helps MS patients achieve their highest level of wellbeing. Experts are available to help with treatment of the disease and its symptoms. Services include rehabilitation psychology, physical and occupational therapy, and vocational counseling. Mon-Fri, 8AM-5PM.

(425) 899-5350 • www.evergreenhealth.com/ms

12039 NE 128th St, Ste 300

Kirkland, WA 98034

National Multiple Sclerosis Society - Seattle Chapter

Information and referrals, counseling, support groups, and medical equipment loans. Mon-Fri, 9AM-5PM.

(206) 284-4236 or (800) 344-4867 •

www.nationalmssociety.org/Chapters/WAS

Email: MSnorthwest@nmss.org

192 Nickerson St, Ste 100

Seattle, WA 98109

Muscular Dystrophy

Muscular Dystrophy Association

Provides educational materials and programs, support groups, and clinics at University of Washington Medical Center and Seattle Children's Hospital. Office hours, Mon-Fri, 9AM-5PM.

(206) 283-2183 • <https://www.mda.org/>

Email: seattle@mdausa.org

21905 64th Ave W, Ste 301B

Mountlake Terrace, WA 98043

Parkinson's Disease

American Parkinson Disease Association (APDA) - Northwest Chapter

Provides information, educational materials and resources, support groups, referrals, and financial support programs.

(206) 695-2905 • <https://www.apdaparkinson.org/community/northwest/>

Email: apdanw@apdaparkinson.org

180 Nickerson St, Ste 108

Seattle, WA 98109

Northwest Parkinson's Support Groups

For most up to date support groups, visit the website or phone number listed below.

<https://www.apdaparkinson.org/community/northwest/resources-support/support-groups/washington-state-support-groups/>

(206) 695-2905

Booth Gardner Parkinson's Care Center at Evergreen Health

Strives to improve the quality of life for Parkinson's and other movement disorder patients and their families. The center provides medical evaluation, medication management, nutrition guidance, counseling; physical, occupational, swallowing, and speech therapy; neuropsychological and social work services; and caregiver support. Mon-Fri, 8AM-5PM.

(425) 899-3123 •

www.evergreenhealth.com/parkinsons

12039 NE 128th St, Ste 300

Kirkland, WA 98034

Northwest Parkinson's Foundation

Partners with all people affected by Parkinson's to find solutions to the challenges created by Parkinson's. Programs and services include specialized neurology and rehab therapy referrals, HOPE Conferences, individualized care consultations with master's level social workers, PD Link peer support, online exercise programming, Dance for PD, connection to support groups, and classes and more.

(206) 748-9451 or (877) 980-7500

www.nwpcf.org • Email: info@nwpcf.org

7525 SE 24th St, Ste 300

Mercer Island, WA 98040

Yoga for Parkinson's

An ongoing weekly class for people with Parkinson's and their caregivers sponsored by the American Parkinson Disease Association. All levels are welcome. The benefits include increased flexibility and strength, better balance, fewer muscle cramps, better sleep, and greater steadiness and ease in daily life. Class fee paid to instructor on a drop-in basis. Tues, 2:30PM-4PM.

(206) 719-8007 • www.yogaforpd.com

Northshore Senior Center

10201 E Riverside Dr, Room 202/203

Bothell, WA 98011

Sleep Disorders

EvergreenHealth Sleep Disorders Center

Offers sleep consultations, diagnosis, and treatment of both complex and simple sleep disorders in a comfortable environment.

(425) 899-4280 • www.evergreenhealth.com/sleep-disorder-services

11521 NE 128th St, Ste 130
Kirkland, WA 98034

Overlake Sleep Disorders Center

Offers sleep consultations, diagnosis, and treatment of both complex and simple sleep disorders. Must be referred by an Overlake physician. Clinic hours Mon-Fri, 8:30AM-5PM.

(425) 289-3000 • <https://www.overlakehospital.org/services/sleep-medicine>

1100 112th Ave NE, Ste 320
Bellevue, WA 98004

Virginia Mason Sleep Disorders Center

Offers diagnosis and treatment for all types of sleep disorders, including sleep apnea, insomnia, restless leg syndrome, narcolepsy, shift work disorder, and sleepwalking.

<https://www.vmfh.org/our-services/sleep-disorders-center>

Bellevue Medical Center

Mon 7:40AM-5:20PM

(206) 625-7180

222 112th Ave NE
Bellevue, WA 98004

EvergreenHealth Plaza

Mon and Thurs, 8AM-5PM

(206) 625-7180

11800 NE 128th St, Ste 300
Kirkland, WA 98034

Stroke

American Stroke Association & American Heart Association

Provides cardiovascular health information, public health education such as CPR classes, and offers a heart and brain health resource guide available online.

(206) 336-7200 • www.heart.org/en/affiliates/washington/puget-sound

Email: puget.sound@heart.org

710 2nd Ave, Ste 900
Seattle, WA 98104

EvergreenHealth Stroke Services

Offering life-saving treatments and post-stroke rehabilitation certified as a Primary Stroke Center by the Joint Commission.

Stroke Center: **(425) 899-2478**

Inpatient Acute Rehab: **(425) 899-2550**

Outpatient Rehab: **(425) 899-3100**

www.evergreenhealth.com/stroke

1100 112th Ave NE, Ste 320
Bellevue, WA 98004

Stroke Support Groups

Stroke support groups' locations and schedules are listed below.

Bellevue Support Group - Overlake Medical Center Stroke Recovery

A free support group for stroke survivors and their loved ones. Fourth Saturdays, 1PM - 2:15PM.

(425) 688-5295 •

www.overlakehospital.org/rehabilitation

1035 116th Ave NE
Bellevue, WA 98004

Kirkland Support Group - Living Well

After Stroke

A free support group for stroke survivors and caregivers. First Tuesdays at EvergreenHealth Medical Center. Call the number below to register.

(425) 899-3000 • www.evergreenhealth.com/stroke-support-group

12039 128th St, Rainier Room
Kirkland, WA 98034

Snoqualmie Valley Support Group

Rehabilitation Clinic Stroke Support Group

A free support group for stroke survivors and caregivers. Third Thursdays, 3:15PM-4:30PM at Snoqualmie Hospital Rehabilitation Clinic.

(425) 831-2376

38565 SE River St
Snoqualmie, WA 98065

Stroke Warm Line

The American Stroke Association's Stroke Help Warm Line assists callers with information, referrals, and support. Mon-Fri, 7AM-4PM.

(800) 787-6537 • <https://www.stroke.org/en/help-and-support/for-family-caregivers/stroke-family-warmline>

HOUSING

This section contains information on the variety of senior housing options as well as information, placement, and moving services. See a list of housing terms and definitions below.

Housing Terms to Know

Adult Family Home (AFH): Adult family homes are residential homes licensed to care for up to six non-related residents. They provide room, meals, laundry, necessary supervision, and help with activities of daily living, personal care, and social services. Level of care varies by facility.

Assisted Living Facility (ALF): Assisted living facilities provide private apartments that are rented on a month-to-month basis. Usually included in the rent are meals, housekeeping, social activities, and transportation to medical appointments. Many residents choose to live independently, while others may require assistance with tasks such as bathing, dressing, taking medications, and dining. Additional fees are charged for each added service. Level of care varies by facility.

Continuing Care Retirement Community (CCRC): CCRCs offer varying levels of care on the same campus, allowing residents to shift to a new level of care as needed while living in the same community. They have all or some combination of independent apartment living, assisted living, memory care, long- or short-term skilled nursing, and rehabilitation. In addition to monthly rent, CCRCs charge one-time entrance fees dependent on the type of facility and the terms of the move-in contract.

Medicaid Spend Down: A Medicaid Spend Down is an option for people with disabilities and adults over age 65 who have too much income to qualify for Medicaid. The spend down occurs when they spend their excess income and become qualified for Medicaid.

Memory Care: Memory care facilities have long-term care options that are Sted for people experiencing all forms of dementia, typically Alzheimer's Disease.

Retirement/Independent Communities: Retirement/Independent communities are for people who can live independently but would like services such as planned activities, scheduled transportation, maintenance, and others to be conveniently available.

Skilled Nursing Facilities (SNF): Skilled nursing facilities, or nursing homes, provide 24-hour supervised nursing care, personal care, therapy, nutrition management, activities, social services, housing, meals, and laundry.

Adult Family Homes

Adult Family Homes are residential homes licensed to care for up to six non-related residents. They provide room, meals, laundry, necessary supervision and help with activities of daily living, personal care, and social services. Level of care varies by facility. For information, referral and placement assistance, see page 54 and 59.

There are hundreds of adult family homes on the Eastside. Washington State DSHS Aging and Long-term Support Administration maintains a list of all adult family homes, searchable by location and needs.

To access this list: <https://fortress.wa.gov/dshs/adsaapps/lookup/AFHAdvLookup.aspx>

Information & Referral Services

AptFinder.org

An online resource for finding affordable housing in Washington State for low-income households.

www.aptfinder.org

A Regional Coalition for Housing (ARCH)

A partnership between King County and East King County cities dedicated to increasing the supply of low- and moderate-income housing in the region. They can assist renters and homeowners with information and guidelines on affordability, staying-in-place, and senior housing.

(425) 861-3677 • www.archhousing.org

Email: info@archhousing.org

16307 NE 83rd St Ste 201

Redmond, WA 98052

DSHS Home & Community Services

Provides information and assistance via phone for individuals and families exploring assisted living communities or other elder issues.

(206) 341-7650 • <https://www.dshs.wa.gov/altsa>

1737 Airport Way S, Ste 130

Seattle, WA 98134

Elder Placement Professionals (EPP) Washington

EPP offers a free service to seniors and their families. Experts in senior care arrangements, providing the best level of care and saving time by giving a list of options and amenities to help make the best choice.

(425) 553-7663 •

allison@elderplacementwashington.com

Housing and Essential Needs (HEN) Referral DSHS

Provides access to essential needs items and potential housing assistance for low-income adults who are unable to work for at least 90

days due to a physical or mental incapacity and are ineligible for Aged, Blind, or Disabled (ABD) cash assistance. Eligibility for HEN housing assistance is determined by the Department of Commerce through a network of homeless and homeless prevention service providers.

(877) 501-2233 • <https://www.dshs.wa.gov/esa/program-summary/housing-and-essential-needs-hen-referral>

Solid Ground

Provides resources related to housing such as residential and stabilization services, mortgage and reverse mortgage consultation services, and tenant services. Solid Ground also has information on transportation and nutrition.

(206) 694-6700 • www.solid-ground.org/get-help/housing

Email: info@solid-ground.org

1501 N 45th St

Seattle, WA 98103

Sound Generations Pathways Information & Assistance

Offers useful guides on adult family homes, retirement homes, and assisted living communities in King County as well as staying-in-place resources and other information.

Mon-Fri, 9AM-5PM

(206) 448-3110 • www.soundgenerations.org/get-help/pathways-information-assistance

Email: info@soundgenerations.org

2208 2nd Ave #100

Seattle, WA 98121

Washington State Housing Finance Commission

Provides information about low and moderate income housing projects and policy in Washington State. Other Info: Offers on-line workshops for first time buyers.

(206) 464-7139 / (800) 767-4663

www.wshfc.org

Email: askusAMC@wshfc.org

1000 Second Ave, Ste 2700

Seattle, WA 98104

Living Communities

Listings include retirement living (also called Independent living) assisted living, memory, and respite care. Level of care varies by facility. For placement assistance see page 59.

Aegis Living Communities

Assisted living, continuing care and memory care. Does not accept Medicaid.

Aegis of Bellevue

(425) 298-3979 • <https://www.aegisliving.com/aegis-living-of-bellevue>

148 102nd Ave SE
Bellevue, WA 98004

Aegis of Bellevue at Overlake

(206) 223-3454 • www.aegisliving.com/aegis-of-bellevue-at-overlake

1835 116th Ave NE
Bellevue, WA 98004

Aegis Gardens

(425) 903-3530 • www.aegisliving.com/aegis-gardens/

13056 SE 76th St
Newcastle, WA 98056

Aegis of Issaquah

(425) 392-8100 • www.aegisliving.com/aegis-living-of-issaquah

780 NW Juniper St
Issaquah, WA 98027

Aegis of Kirkland

(425) 903-3092 • www.aegisliving.com/aegis-living-of-kirkland

13000 Totem Lake Blvd
Kirkland, WA 98034

Aegis of Kirkland at Lake Washington

(425) 659-3432 • www.aegisliving.com/aegis-of-kirkland-at-lake-washington

1002 Lake St So
Kirkland WA 98033

Aegis Lodge of Kirkland

(425) 947-0105 • www.aegisliving.com/aegis-living-of-lodge

12629 116th Ave NE
Kirkland, WA 98034

Aegis of Marymoor

(425) 999-4074 • www.aegisliving.com/aegis-at-marymoor

4585 W Lake Sammamish PkWay NE
Redmond, WA 98052

Aegis of Redmond

(425) 786-2040 • www.aegisliving.com/aegis-living-of-redmond

7480 W Lake Sammamish PkWay NE
Redmond, WA 98052

Aegis of Mercer Island

(206) 487-5290 • www.aegisliving.com/aegis-of-merc-island

7445 SE 24th St
Mercer Island WA 98040

Aljoia Mercer Island

Retirement, assisted living, and continuing care. Does not accept Medicaid.

(206) 230-0150 •

www.eraliving.com/communities/merc-island

2430 76th Ave SE
Mercer Island, WA 98040

The Belletini

Retirement, assisted living, and continuing care. Does not accept Medicaid.

(360) 707-4765 • www.mbkseiorliving.com/senior-living/wa/bellevue/the-belletini

1115 108th Ave NE
Bellevue, WA 98004

Bellewood Retirement

Retirement living with assisted living options. Does not accept Medicaid.

(425) 391-2880 • www.bellewood.com

Email: info@bellewood.com

3710 Providence Point Dr SE
Issaquah, WA 98029

Chateau at Bothell Landing

Retirement, assisted living, continuing care, memory care, and respite care. Does not accept Medicaid.

(425) 485-1155 • www.chateau-bothell-landing.com

17543 102nd Ave NE

Bothell, WA 98011

Cogir of Bothell

(425) 748-9269 •

<https://www.cogirofbothellmemorycare.com/>

10605 NE 185th St

Bothell, WA 98011

Columbia Landing of Issaquah

A memory care only community. Does not accept Medicaid.

(425) 654-4005 •

<https://parkavenuelifestyle.com/community/columbia-landing-of-issaquah/>

23845 SE Issaquah-Fall City Rd

Issaquah, WA 98029

Covenant Shores

Retirement, assisted living, continuing care, memory care, and skilled nursing. Does not accept Medicaid.

(206) 268-3000 • www.covenantshores.org

9150 Fortuna Drive

Mercer Island, WA 98040

The Creekside

Retirement living. Does not accept Medicaid.

(425) 908-0066 • www.mbkseiorliving.com

18200 Woodinville Snohomish Rd NE

Woodinville, WA 98072

Emerald Heights

Retirement, assisted living, continuing care, memory care, and skilled nursing. Does not accept Medicaid.

(425) 556-8100 • www.emeraldheights.com

10901 176th Cir NE

Redmond, WA 98052

Evergreen Court

Retirement, assisted living, and continuing care primarily for low to moderate income residents. Does accept Medicaid.

(425) 455-4333 • www.myevergreencourt.com

900 124th Ave NE

Bellevue, WA 98005

Fairwinds Retirement Communities

Retirement, assisted living, and continuing care. Does not accept Medicaid.

Brittany Park

(425) 402-7100 • www.leisurecare.com

[/our-communities/fairwinds-brittany-park](http://www.leisurecare.com/our-communities/fairwinds-brittany-park)

17143 133rd Ave NE

Woodinville, WA 98072

Redmond

(425) 558-4700 • www.leisurecare.com

[/our-communities/fairwinds-redmond](http://www.leisurecare.com/our-communities/fairwinds-redmond)

9988 Avondale Rd NE

Redmond, WA 98052

The Garden Club

Retirement living. Does not accept Medicaid.

(425) 490-4398 • <https://holidayseniorliving.com>

[retirement-communities/holiday-garden-club-bellevue-wa/](https://holidayseniorliving.com/retirement-communities/holiday-garden-club-bellevue-wa/)

13350 SE 26th St

Bellevue, WA 98005

The Gardens at Town Square

Retirement, assisted living, continuing care, and memory care. Does not accept Medicaid.

(425) 448-3615 •

www.eraliving.com/communities/bellevue

933 111th Ave NE

Bellevue, WA 98004

Golden Hearth Resident

Assisted living. Does not accept Medicaid.

(425) 298-0407 • www.goldenhearthresident.com

Email: ghrn@comcast.net

15934 NE 139th Pl

Woodinville, WA 98072

HOUSING

Island House

Retirement, assisted living, continuing care, memory care, and respite care. Does not accept Medicaid.

(425) 553-4727 • <https://www.mbksenior-living.com/senior-living/wa/mercerc-island/island-house/>

7810 SE 30th St
Mercer Island, WA 98040

Jefferson House

Memory care. Does not accept Medicaid.

(425) 202-7254 • <https://koelschseniorcommunities.com/senior-living/wa/kirkland/memory-care/jefferson-house/>

12217 NE 128th St
Kirkland, WA 98034

Kenmore Senior Living

Assisted living, continuing care, and memory care. Does not accept Medicaid.

(425) 659-3039 • <https://www.pacificaseniorlivingkenmore.com/>

7221 NE 182nd St
Kenmore, WA 98028

Madison House

Independent, assisted living, and respite care. Does not accept Medicaid.

(425) 821-8210 • <https://koelschseniorcommunities.com/senior-living/wa/kirkland/independent-assisted-living/madison-house/>

12215 NE 128th St
Kirkland, WA 98034

Merrill Gardens at Kirkland

Retirement, assisted living, and continuing care. Does not accept Medicaid. Moderate income program available.

(425) 296-4588 • <https://www.merrillgardens.com/senior-living/wa/kirkland/merrill-gardens-at-kirkland/>

Email: marketing.kirkland@merrillgardens.com

14 Main St S
Kirkland, WA 98033

MorningStar of Kirkland

Active living as well as assisted living, independent living and memory care services for older adults.

(425) 522.5549 • <https://www.morningstarseniorliving.com/communities/senior-living-kirkland/>

11729 NE 118th St
Kirkland, WA 98034

Overlake Terrace

Retirement and assisted living. Does not accept Medicaid.

(425) 883-0495 • www.stellarliving.com/overlake-terrace

2956 152nd Ave NE
Redmond, WA 98052

Pacific Regent Bellevue

Retirement living. Does not accept Medicaid.

(425) 646-9808 • www.bellevue.watermarkcommunities.com

919 109th Ave NE
Bellevue, WA 98004

Parkshore Juanita Bay

(Opening Summer 2025)

Independent senior living primarily for low to moderate income residents. Does accept Medicaid.

425-629-0499 • <https://www.transformingage.org/parkshore/juanitabay>

11853 97th Ave NE
Kirkland, WA 98034

Patriots Glen

Assisted living, continuing care, and memory care. Does not accept Medicaid.

(425)748-8743 • www.patriotsglen.com

1640 148th Ave SE
Bellevue, WA 98007

Peters Creek Retirement Community

Retirement, assisted living, respite care, and memory care. Does not accept Medicaid.

(425) 285-7763 • www.peters-creek.com

14431 Redmond Way
Redmond, WA 98052

Red Oak Residence of North Bend

Retirement and assisted living. Does not accept Medicaid.

(425) 888-7108 • www.redoakresidence.com

650 E North Bend Way
North Bend, WA 98045

Redmond Heights Senior Living

Retirement, assisted living, respite care, and secure memory care. Does not accept Medicaid. Adult day program.

(425) 885-4157 •

www.redmondheightsseniorliving.com

7950 Willows Rd NE
Redmond, WA 98052

Regency Newcastle

Retirement, assisted living, and respite care. Does accept Medicaid.

(425) 453-1508 • www.regencynewcastle.com

7454 Newcastle Golf Club Rd
Newcastle, WA 98059

Revel Issaquah

Independent living community. Does not accept Medicaid.

(425) 800-0126 •

<https://revelissaquah.com/#community>

2450 Newport Way NW
Issaquah, WA 98027

Sagebrook at Bellevue

Retirement, assisted living, and memory care. Does not accept Medicaid.

(425) 728-6962 •

<https://frontiermgmt.com/communities/sagebrook-senior-living-at-bellevue/#openModa>

15750 NE 15th St
Bellevue, WA 98008

Sunrise Assisted Living

Assisted living, continuing care, and memory care. Does not accept Medicaid. Locations are listed below.

Sunrise of Bellevue

(425) 401-5152 • www.sunriseseniorliving.com/communities/sunrise-of-bellevue/overview.aspx

15928 NE 8th St
Bellevue, WA 98008

Sunrise of Issaquah

(425) 458-7346 • www.sunriseissaquah.com

23599 SE Issaquah-Fall City Rd
Issaquah, WA 98029

Sunrise of Mercer Island

(206) 855-5293 • www.sunrisemercerisland.com

2959 76th Ave SE
Mercer Island, WA 98040

Sunrise of Redmond

(425) 374-4017 • www.sunriseredmond.com

15241 NE 20th St
Bellevue, WA 98007

Timber Ridge at Talus

Retirement and skilled nursing, with assisted living, continuing care, and memory care. Does not accept Medicaid.

(425) 427-5200 • www.timberridgelcs.com

100 Timber Ridge Way NW
Issaquah, WA 98027

University House at Issaquah

Retirement, assisted living, and memory care. Does not accept Medicaid.

(425) 207-3717 •

www.eraliving.com/communities/issaquah

22975 SE Black Nugget Rd
Issaquah, WA 98029

Village Concepts

Retirement, assisted living, continuing care, and memory care. Does accept Medicaid.

Bothell - Riverside East

(425) 448-6864 • <https://villageconcepts.com/communities/village-concepts-of-bothell-riverside-east/>

10315 E Riverside Dr
Bothell, WA 98011

Issaquah - Spiritwood at Pine Lake

(425) 651-6736 • www.villageconcepts.com/spiritwood-at-pine-lake

3607 228th Ave SE
Issaquah, WA 98029

Spiritwood Garden Homes

(425) 651-6736 •

<https://villageconcepts.com/communities/village-concepts-of-issaquah-spiritwood-garden-homes/>

3603 228th Ave SE
Issaquah, WA 98029

Vineyard Park at Bothell Landing

Retirement, continuing care, and assisted living. Does accept Medicaid.

(425) 485-8900 • www.carepartnersliving.com/vineyard-park-bothell-retirement-community/senior-living

10519 E Riverside Dr
Bothell, WA 98011

Woodland Terrace

Retirement living. Does not accept Medicaid.

(425) 402-9606 • www.leisurecare.com/our-communities/woodland-terrace

17502 102nd Ave NE
Bothell, WA 98011

Moving & Downsizing

A&W Helping Hands Estate & Downsizing Services

Set up and host estate sales. Also provides moving services and home repair/cleaning. All unsold items are donated to local nonprofits.

(425) 877-0239 •

<http://helpinghandsestatesales.com/>

Caring Transitions of Issaquah & Bellevue

A private local company providing senior and family moving services, move management, downsizing and decluttering, and estate sales with online auctions. Free consultations.

(206) 696-8800 •

www.caringtransitionsissbell.com

700 NW Gilman Blvd, Ste 335
Issaquah, WA 98027

Cosmopolitan Hoarder

Estate liquidating and downsizing services.

(206) 859-9821 •

<https://cosmopolitanhoarder.com>
info@cosmopolitanhoarder.com

11815 124th Ave NE
Kirkland, WA 98033

The Composed Domain

A private, local company dedicated to reducing clutter, organizing, and creating usable, balanced space. Can also assist with hoarding situations. Incorporates principles of meditation and Feng Shui. Individual assessments and organization sessions as well as group workshops are available.

(206) 629-6887 • www.composedomain.com

Email: info@composedomain.com

Graceful Changes Estate Sales and Clean Out

Provides professional estate sales and clean-out services.

(425) 770-0271 •

<https://www.gracefulchangesestatesales.com/>

Email: trygracefulchanges@gmail.com

Next Step Transitions

A private, local company which assists older adults with downsizing and organizing, liquidating excess items, coordinating moves, unpacking, and setting up.

(206) 276-7271 • www.nextsteptransitions.com

PO Box 15420

Seattle, WA 98115

Segue Move Management Services

A private, local company which assists older adults with downsizing and organizing, coordinating moves, packing, unpacking and setting up, and providing referrals to other moving services such as estate sales professionals and donation agencies.

(206) 729-6686 •

www.seguemovemanagement.com

12345 Lake City Way NE

Seattle, WA 98125

Placement Services

Placement service consultants help with placement into assisted living communities, adult family homes, and other types of senior living facilities. Agencies listed below are members of the Association of Senior Referral Professionals of Washington.

1st Choice Advisory Services

A private, regional, free, senior housing, and care referral service.

(800) 361-0138 • www.choiceadvisory.com

Email: bestcare@choiceadvisory.com

A1 Senior Care Advisors

Uses a database of quality senior/assisted living in the Seattle area to connect seniors to the

right services for them. Work with seniors and family members to determine the type of care needed.

(425) 324-5592 •

<https://www.a1seniorcareadvisors.com/>

Email: A1careadvisors@gmail.com

16301 NE 8th St

Bellevue, WA 98008

Care Patrol

A private, regional and free senior living service providing in person consultation, guided tours, and follow up after move in.

(425) 307-6186 • <https://www.carepatrol.com/washington.html>

Oasis Seniors Advisors

A private, local, free senior housing service serving Eastside and South King County.

(425) 276-7613 • <https://www.oasissenioradvisors.com/eastside-king-county/>

22525 SE 64th Pl #2266

Issaquah, WA 98027

Options for Seniors

A private, local, free senior living placement service. Provides in-person consultations and guided tours of housing facilities.

(425) 827-0894 • www.optionsforseniors.com

The Right Place Senior Options

A private, local, free adult family home placement service serving King County.

(206) 604-5571 • www.trpso.com

Silver Age Senior Care Referrals

A private, local, and free adult family home and assisted living placement service serving King County. Can provide guided tours. Mon-Fri, 9AM-6PM, Sat & Sun, 9AM-5PM.

(206) 669-7191 • www.silveragecare.com

Email: info@silveragecare.com

Homeless Services

Emergency services for those experiencing homelessness. For eviction prevention, see page 4 and 86.

Congregations for the Homeless (Men Only)

Provides services for men (18 years+) experiencing homelessness. Programs include a day center, emergency shelter, year-round programmatic shelter, and a housing program.

(425) 289-4044 • www.cfhomeless.org

515B 116th Ave NE
Bellevue, WA 98004

Lake Washington United Methodist Church Safe Parking Program

Offers their parking lot to women and families with children as a safe place to park and sleep in their cars. Guests have access to toilet facilities, kitchen, phone, free wi-fi, and other resource information.

(425) 885-3311 • <https://lakewaumc.org/safe-parking-program-page/>

7525 132nd Ave NE
Kirkland, WA 98033

Overlake Christian Church Safe Parking

Provides a temporary and safe place for up to 15 single men and couples who are homeless (no families) with no place to stay except in their vehicles. Guests have access to showers, meals, and case managers.

(425) 895-5904 • www.occ.org/safeparking

9900 Willows Rd NE
Redmond WA 98052

St Jude Catholic Church Safe Parking

Offers seven parking spots for homeless adult men, women, and couples (no families) who have an operable, regular size vehicle. Guests are able park in the lot from 6PM-8AM every night. The church has a guesthouse available

with a refrigerator and microwave. A portable restroom is located on site as well.

(425) 658-4982 •

10526 166th Ave NE
Redmond WA 98052

Catholic Community Services (Families Only)

Provides services for families with children experiencing homelessness. Programs include a day center and emergency shelter.

(425) 679-0350 • <https://ccsww.org/get-help/shelter-homeless-services/new-bethlehem>

11920 NE 80th St, Ste 100
Kirkland, WA 98033

Mary's Place

Provides shelter, a women's day shelter, and community resources

(206) 621-8474 •

<https://www.marysplaceseatle.org/>

18118 73rd Ave NE
Kenmore, WA 98028

The Sophia Way (Women Only)

Provides services for women experiencing homelessness. Programs include a day center, emergency shelter, year-round programmatic shelter, and a housing program.

(425) 896-7385 • www.sophiaway.org

Email: info@sophiaway.org

3032 Bellevue Way NE
Bellevue, WA 98004

Helen's Place - Emergency Shelter (24/7)

(425) 572-2178

<https://sophiaway.org/helens-place/>

8045 120th Ave NE, Ste 200
Kirkland, WA 98033

Sophia's Place - Extended Stay Shelter

(425) 896-7385

<https://sophiaway.org/sophia-place/>

3032 Bellevue Way NE
Bellevue, WA 98004

Skilled Nursing

Skilled nursing facilities, also referred to as nursing homes or long-term care facilities, offer skilled or custodial nursing care.

Bothell Healthcare

Skilled nursing, short- and long-term rehabilitation, Alzheimer's, and dementia care.

(425) 481-8500 • www.bothellhealthcare.com

Email: admissions@bothellhealthcare.com

707 228th St SW

Bothell, WA 98021

Briarwood Health Center at Timber Ridge

Skilled nursing, short- and long-term rehabilitation and Alzheimer's and dementia care.

Affiliated with Timber Ridge at Talus.

(425) 278-4847 • <https://timberridgelcs.com>

[/health-center/skilled-nursing/](https://timberridgelcs.com/health-center/skilled-nursing/)

100 Timber Ridge Way NW

Issaquah, WA 98027

Issaquah Nursing & Rehabilitation Center

Long-term skilled nursing, transitional care and rehabilitation services, and Alzheimer's and dementia care.

(425) 392-1271 • www.issaquahnursing.com

805 Front St S

Issaquah, WA 98027

Kin On Health Care Center

Long-term skilled nursing, transitional care, and rehabilitation services.

(888) 721-3634 • www.kinon.org/services

[/residential-living-options/](http://www.kinon.org/services/residential-living-options/)

4416 S Brandon St

Seattle, WA 98118

Kline Galland Home

Skilled nursing, short and long term rehabilitation, and Alzheimer's and dementia care.

(206) 725-8800 • www.klinegalland.org

[/care-options/kline-galland-home](http://www.klinegalland.org/care-options/kline-galland-home)

7500 Seward Park Ave S

Seattle, WA 98118

Life Care Center of Kirkland

Long-term skilled nursing, transitional care, and rehabilitation services.

(425) 823-2323 •

www.lifecarecenterofkirkland.com

10101 NE 120th St

Kirkland, WA 98034

Mission Healthcare at Bellevue

Long-term skilled nursing, transitional care, and rehabilitation services.

(425) 897-8800 • www.missionhealthcare.com

Email: info@missionhealthcare.com

2424 156th Ave NE

Bellevue, WA 98007

North Bend Post Acute Skilled Nursing

Long-term skilled nursing, transitional care, and rehabilitation services.

(425) 888-2129 •

<https://www.northbendpostacute.com/>

219 Cedar Ave S

North Bend, WA 98045

Providence Marianwood

Long-term skilled nursing, transitional care, and rehabilitation services and Alzheimer's and dementia care.

(425) 391-2800 • [https://washington.providence](https://washington.providence.org/locations-directory/m/marianwood)

[.org/locations-directory/m/marianwood](https://washington.providence.org/locations-directory/m/marianwood)

3725 Providence Point Dr SE

Issaquah, WA 98029

Redmond Care & Rehabilitation Center

Long-term skilled nursing, transitional care, and rehabilitation services.

(425) 885-0808 • www.redmondcarerehab.com

Email: contact-Redmond@ensignservices.net

7900 Willows Rd

Redmond, WA 98052

HOUSING

Snoqualmie Valley Hospital

A skilled nursing facility with a swing-bed unit for transitional care.

(425) 831-2376 • www.snoqualmiehospital.org/services/rehabilitation

9801 Frontier Ave SE
Snoqualmie, WA 98065

The Springs at Pacific Regent

A skilled nursing facility with short and long-term rehabilitation. Medicaid not accepted.

(425) 646-9808 •

<https://www.watermarkcommunities.com/our-communities/washington/bellevue/pacific-regent-bellevue/living-choices/rehabilitation-skilled-nursing/>

919 109th Ave NE
Bellevue, WA 98004

Subsidized & Affordable Housing

The following resources manage subsidized housing properties for income-qualified individuals. The organizations have housing reserved for older adults, generally, age 62 or greater. Due to high demand for this particular type of housing, long waiting lists are common. For property tax or utility subsidies, see page 95. For eviction prevention, see page 4 and 86.

Catholic Housing Services (CHS)

Provides rental subsidies from HUD, on-site social services and partnerships with other providers. CHS's East King County properties are for income-eligible adults age 62 or greater, with some exceptions for persons with disabilities.

(206) 448-8709 • www.ccsww.org/get-help/services-for-seniors-people-with-disabilities/senior-housing

1601 E Yesler Way
Seattle, WA 98122

Elbert House

(425) 747-5111

16000 NE 8th St
Bellevue, WA 98008

Emma McRedmond Manor

(425) 869-2424

7960 169th Ave NE
Redmond, WA 98052

Housing & Urban Development (HUD)

Housing for Seniors

A searchable online list of HUD properties for older adults and persons with disabilities.

(206) 220-5101 • www.hud.gov/topics/information_for_senior_citizens

Seattle HUD Office

909 1st Ave, Ste 200
Seattle, WA 98104-1000

Hutchinson House

(425) 392-9139

105 Mount Park Blvd SW
Issaquah, WA 98027

Issaquah Gardens

(425) 557-5842

Email: issaquahgardens@quantumms.com
845 2nd Ave NW
Issaquah, WA 98027

Sno Ridge Apartments

(425) 888-2793

Email: snoridgeapts@comcaStnet
401 Stow Ave S
North Bend, WA 98045

Guardian Management

Senior apartments with reduced income.

Brandenwood Senior Apartments

(425) 885-6134 • www.brandenwood.com

14520 NE 40th St
Bellevue, WA 98007

Riverside Landing**(425) 488-0574 •**www.riversidelandingapts.com

10130 West Riverside Dr

Bothell, WA 98011

Imagine Housing

Imagine Housing is a non-profit organization which owns and operates affordable rental communities and homes in East King County. For general questions, contact their main office. To apply for an apartment, contact the individual property, listed below.

(425) 576-5190 • www.imaginehousing.org

1722 138th Pl NE

Bellevue, WA 98005

30Bellevue

Affordable apartments 1 -3 bedrooms more than ½ of which directly service homeless households.

(425) 389-8266 • www.imaginehousing.org[/community/30bellevue](http://community/30bellevue)Email: 30bellevue@qresinc.com

3030 Bellevue Way NE

Bellevue, WA 98004

Andrew's Arms

Open to those earning 35% - 50% of area median income.

(425) 392-2580 • www.imaginehousing.org[/community/andrews-arms](http://community/andrews-arms)Email: andrewsarms@alliedresidential.com

820 Front St

Issaquah, WA 98027

Andrew's Glen

Open to formerly homeless veterans and those earning 40% - 60% of area median income.

(425) 401-1004 • www.imaginehousing.org[/community/andrews-glen](http://community/andrews-glen)Email: andrewsglen@alliedresidential.com

4220 Factoria Blvd SE

Bellevue, WA 98006

Andrew's Heights

Open to those earning 30% - 60% of area median income.

(425) 401-1004 • www.imaginehousing.org[/community/andrews-heights](http://community/andrews-heights)Email: andrewsheights@alliedresidential.com

4087 129th Pl SE

Bellevue, WA 98006

Athene

Senior community available to seniors over the age of 62 who earn 30% – 60% of area median income.

(425) 293-9323 • www.imaginehousing.org[/community/athene](http://community/athene)Email: athene@Qresinc.com

12531 NE 124th St

Kirkland, WA 98034

Chalet Apartments

Open to families, adults age 55 or greater and disabled persons earning 30% - 60% of area median income. Does not accept Section 8 vouchers.

(425) 401-1004 • www.imaginehousing.org[/community/chalet](http://community/chalet)Email: chalet@alliedresidential.com

2627 148th Ave SE

Bellevue, WA 98007

Ellsworth House

Open to adults age 62 or greater and disabled persons earning less than 50% of area median income. Does not accept Section 8 vouchers.

(206) 232-7447 • www.imaginehousing.org[/community/ellsworth-house](http://community/ellsworth-house)Email: ellsworthhouse@qresinc.com

2720 76th Ave SE

Mercer Island, WA 98040

Francis Village

Open to formerly homeless veterans, formerly homeless men, survivors of domestic violence, and those earning 30% - 60% of area median income.

(425) 820-1733 • www.imaginehousing.org/community/francis-village

Email: francisvillage@Qresinc.com

12601 NE 124th St
Kirkland, WA 98034

Grace Place

Available for seniors 62+ and is fully subsidized through project based Section 8.

(206) 232-7447 • <https://imaginehousing.org/community/grace-place/>

Email: graceplace@alliedresidential.com

2720 76th Ave SE
Mercer Island, WA 98040

Highland Gardens

Available for families earning 30% - 60% of area median income.

(425) 427-8387 • www.imaginehousing.org/community/highland-gardens

Email: highlandgardens@Qresinc.com

4575 Klahanie Dr SE
Sammamish, WA 98029

Johnson Hill

Available for families earning 30% - 60% of area median income.

(425) 392-2580 • www.imaginehousing.org/community/johnson-hill

Email: johnsonhill@alliedresidential.com

280 SW Clark St
Issaquah WA, 98027

Kirkland Plaza

Open to adults age 62 or greater and disabled persons earning less than 50% of area median income. Does not accept Section 8 vouchers.

(425) 822-6288 • www.imaginehousing.org/community/kirkland-plaza

Email: kirklandplaza@qresinc.com

320 6th Ave
Kirkland, WA 98033

Mine Hill

Open to those earning less than 50% of area median income.

(425) 392-2580 • www.imaginehousing.org/community/mine-hill

Email: minehill@alliedresidential.com

245 SW Clark St
Issaquah, WA 98027

Rose Crest at Talus

Available for families earning 30% - 60% of area median income.

(425) 392-8690 • www.imaginehousing.org/community/rose-crest-at-talus

Email: rosecrest@alliedresidential.com

341 Shangri La Way
Issaquah WA, 98027

Terrace Hill

Available for families earning 30% - 60% of area median income.

(425) 820-1733 • www.imaginehousing.org/community/terrace-hill

Email: terracehill@Qresinc.com

8704 164th Ave NE
Redmond, WA 98052

Velocity

Open to those earning 30% - 60% of area median income.

(425) 835-6251 • www.imaginehousing.org/community/velocity

Email: velocity@Qresinc.com

10711 NE 37th Ct
Kirkland, WA 98033

King County Housing Authority (KCHA)

KKCHA owns and manages many properties in King County, several of which are designated for older adults and persons with disabilities. A searchable listing of their properties is available online. For general questions, contact their main office. To apply for an apartment, contact the number associated with the property.

(206) 574-1100 • www.kcha.org

600 Andover Park W
Tukwila, WA 98188

Alpine Ridge

Open to all ages and accepts Section 8 vouchers.

(425) 488-7252 • www.alpineridgeapts.com

14465 Simonds Rd NE
Kirkland, WA 98034

Avondale Manor

Open to families, adults age 55 or greater and disabled people. Does not accept Section 8 vouchers.

(206) 574-1142 • www.kcha.org/housing/property.aspx?PropertyID=6

17107 NE 80th St
Redmond, WA 98052

Bellepark East

Moderate Income Housing open to all ages. Accepts Section 8 vouchers.

(425) 746-4014 • www.kcha.org/housing/property.aspx?PropertyID=8

16241 NE 13th Pl
Bellevue, WA 98008

Bellevue Manor

Open to adults age 62 or greater and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1141 • www.kcha.org/housing/property.aspx?PropertyID=139

143 Bellevue Way SE
Bellevue, WA 98004

Casa Juanita

Open to adults age 62 or greater and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1143 • www.kcha.org/housing/property.aspx?PropertyID=22

9821 NE 122nd St
Kirkland, WA 98034

Cascadian

Open to all ages and accepts Section 8 vouchers.

(425) 747-3567 • www.cascadianapts.com

15517 NE 12th St
Bellevue, WA 98008

Cedarwood

Open to families, adults age 55 or greater, and disabled people. Does not accept Section 8 vouchers.

(206) 574-1142 • www.kcha.org/housing/property.aspx?PropertyID=26

14415 123rd Ln NE
Kirkland, WA 98034

College Place

Open to families, adults age 55 or greater, and disabled people. Does not accept Section 8 vouchers.

(206) 574-1141 • www.kcha.org/housing/property.aspx?PropertyID=28

1249 145th Pl SE
Bellevue, WA 98007

Eastridge House

Open to adults age 55 or greater and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1141 • www.kcha.org/housing/property.aspx?PropertyID=32

120 W Sunset Way
Issaquah, WA 98027

Eastside Terrace

Open to families, adults age 55, or greater and disabled people. Does not accept Section 8 vouchers.

(206) 574-1141 • www.kcha.org/housing/property.aspx?PropertyID=33

704 147th PI NE
Bellevue, WA 98007

Forest Glen

Open to adults age 62 or greater and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1142 • www.kcha.org/housing/property.aspx?PropertyID=40

8610 164th Ave NE
Redmond, WA 98052

Forest Grove

Open to families, adults age 55, or greater, and disabled people. Does not accept Section 8 vouchers.

(206) 574-1142 • www.kcha.org/housing/property.aspx?PropertyID=41

8350 167th Ave NE
Redmond, WA 98052

Green Leaf

Open to families, seniors age 55+, and disabled persons.

(206) 574-1143 • www.kcha.org/housing/property.aspx?PropertyID=43

16714 68th AVE NE
Kenmore WA 98028

Gilman Square

Open to all ages and accepts Section 8 vouchers.

(425) 310-4291 • www.gilmansquare.securityproperties.com

360 NW Dogwood St
Issaquah, WA 98027

Harbour Villa

Open to seniors age 60+

(206) 574-1143 • www.kcha.org/housing/property.aspx?PropertyID=48

7217 NE 175th St
Kenmore WA 98028

Heritage Park

Open to all ages and accepts Section 8 vouchers.

(425) 483-1237 • www.heritage-parkapts-bothell.com

9834 NE 190th St
Bothell, WA 98011

Hidden Village

Open to families, adults age 55+, and disabled people. Does not accept Section 8 vouchers.

(206) 315-4380 • www.kcha.org/housing/property.aspx?PropertyID=51

14508 SE 24th St
Bellevue, WA 98007

Highland Village

Moderate Income Housing open to all ages.

(425) 590-9313 • www.kcha.org/housing/property.aspx?PropertyID=152

14526 NE 7th PI
Bellevue WA 98007

Houghton

Open to families, seniors age 55+, and disabled persons.

(206) 574-1143 • www.kcha.org/housing/property.aspx?PropertyID=167

6705 106th Ave NE
Kirkland WA 98033

Island Crest

Open to families, seniors age 55+, and disabled persons.

(206) 315-4280 • www.kcha.org/housing/property.aspx?PropertyID=128

3030 81st PI SE
Mercer Island, WA 98040

Juanita Court

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1143 • www.kcha.org/housing/property.aspx?PropertyID=52

9926 NE 126th St
Kirkland, WA 98034

Juanita Trace

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1142 • www.kcha.org/housing/property.aspx?PropertyID=53

13137 107th Pl NE
Kirkland, WA 98034

Kirkland Place

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1141 • www.kcha.org/housing/property.aspx?PropertyID=55

419-421 7th Ave
Kirkland, WA 98033

Kirkwood Terrace

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1141 • www.kcha.org/housing/property.aspx?PropertyID=56

11925 NE 81st Circle
Kirkland, WA 98033

Landmark

Open to families, adults age 55+, and disabled persons. Accepts Section 8 vouchers.

(425) 746-4823 • www.kcha.org/housing/property.aspx?PropertyID=59

16330 NE 11th St
Bellevue, WA 98008

Newport

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(206) 315-4380 • www.kcha.org/housing/property.aspx?PropertyID=65

12646 SE 42nd St
Bellevue, WA 98006

Newporter

Open to families, adults age 55+, and disabled persons. Accepts Section 8 vouchers.

(425) 574-1100 • www.kcha.org/housing/property.aspx?PropertyID=67

5900 119th Ave SE
Bellevue, WA 98006

Northlake House

Open to adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(425) 574-1100 • www.kcha.org/housing/property.aspx?PropertyID=72

18219 96th Ave NE
Bothell, WA 98011

Northwood

Open to seniors age 62+, and disabled persons.

(425) 574-1100 • www.kcha.org/housing/property.aspx?PropertyID=75

18128 73rd Ave NE
Kenmore WA 98028

Park Royal

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1143 • www.kcha.org/housing/property.aspx?PropertyID=77

18309 96th Ave NE
Bothell, WA 98011

Parkway

Open to families, seniors age 55+, and disabled persons.

(206) 315-4380 • www.kcha.org/housing/property.aspx?PropertyID=78

3970 W Lake Sammamish PkWay NE
Redmond WA 98052

Patricia Harris Manor

Open to adults age 55+. Does not accept Section 8 vouchers.

(425) 881-5619 • www.kcha.org/housing/property.aspx?PropertyID=141

16304 NE 81st St
Redmond, WA 98052

Pickering Court

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(253) 804-0877 • www.kcha.org/housing/property.aspx?PropertyID=80

7800 Pickering Ct SE
Snoqualmie, WA 98065

Plum Court

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(425) 827-3707 • www.kcha.org/housing/property.aspx?PropertyID=82

451 4th Ave S
Kirkland, WA 98033

Si View

Open to all ages. Does not accept Section 8 vouchers.

(425) 831-7740 •

404 Healy Ave S
North Bend, WA 98045

Slater Park

Open to adults age 60+. Does not accept Section 8 vouchers.

(206) 574-1143 • www.kcha.org/housing/property.aspx?PropertyID=93

12604 NE 119th St
Kirkland, WA 98033

Somerset Gardens

Open to all ages and accepts Section 8 vouchers.

(425) 883-2222 • www.somersetgardensapts.com

14700 NE 29th Pl
Bellevue, WA 98007

Spiritwood Manor

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(206) 315-4380 • www.kcha.org/housing/property.aspx?PropertyID=97

1424 148th Ave SE
Bellevue, WA 98007

Timberwood

Open to families, adults age 55+, and disabled persons. Accepts Section 8 vouchers.

(425) 885-4244 • www.kcha.org/housing/property.aspx?PropertyID=101

3809 148th Ave NE
Bellevue, WA 98007

Village at Overlake Station

Open to families, adults age 55+, and disabled persons. Accepts Section 8 vouchers.

(425) 746-3338 • www.kcha.org/housing/property.aspx?PropertyID=109

2580 152nd Ave NE
Redmond, WA 98052

Wells Wood

Open to families, adults age 55+, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1142 • www.kcha.org/housing/property.aspx?PropertyID=113

18100 142nd Ave NE
Woodinville, WA 98072

Woodcreek Lane

Open to families, seniors age 55+, and disabled persons.

(206) 574-1142 • www.kcha.org/housing/property.aspx?PropertyID=150

18105 142nd Ave NE
Woodinville WA 98072

Woodside East

Open to families, adults age 55+, and disabled persons. Accepts Section 8 vouchers.

(425) 644-7162 • www.kcha.org/housing/property.aspx?PropertyID=120

16240 NE 14th St
Bellevue, WA 98008

Providence John Gabriel House

Low income housing adjacent to Providence Elder Place and medical service program. Available for those 62 and older with income less than 60% of area median. Residents have the option to participate in an adjacent PACE Center, Program of All-inclusive Care for the Elderly.

(425) 755-1125 • <https://www.providence.org/supportive-housing/find-a-place-to-live/providence-john-gabriel-house>

Email: JohnGabrielHouseInfo@providence.org

8632 160th Ave NE

Redmond, WA 98052

Senior Housing Assistance Group (SHAG)

This non-profit organization provides low- to moderate-income senior housing in Puget Sound. Each household member must be 55+ and at least one member must be either 61+ by the end of the current year or disabled.

(888) 450-7424 • www.housing4seniors.com

3642 33rd Ave S, Ste C-4

Seattle, WA 98144

Boulevard Place

(425) 492-1565 • <https://www.housing4seniors.com/communities/north-puget-sound/bothell/Boulevard-Place-2>

9920 Main St

Bothell, WA 98011

Crossroads Senior Living

(425) 354-2978 • www.housing4seniors.com/communities/east-side/bellevue/crossroads-senior-living-privte

1390 158th PI NE

Bellevue, WA 98008

Woodlands at Forbes Lake

(425) 947-2537 • www.housing4seniors.com/communities/east-side/kirkland/woodlands-forbes-lake

9224 Slater Ave NE

Kirkland, WA 98033

IN-HOME SERVICES

This section contains information on in-home services to help individuals who choose to stay-in-place. Such services include home care agencies, companion care volunteers, home health care, case management services, and respite care.

Care Management

Care Managers are social workers, nurses, and other specialists who work on a fee-for-service basis. They help individuals and families solve problems, set goals, and develop action plans. Services include assessment, consultation, counseling, and ongoing monitoring.

Aging Wisdom

Aging Wisdom helps families navigate options for aging well through a holistic, client-centered approach to caring for a parent, spouse, or other family member.

(425) 894-9100 • www.agingwisdom.com

40 Lake Bellevue, Ste 100
Bellevue, WA 98005

Care Managers Northwest

Leads seniors and their families through the healthcare system to help them identify the best resources to meet their needs. Care Managers provide comprehensive assessment, care planning, family conferences, advocacy, coordination of services and care, care monitoring, counseling, placement, assistance with insurance, and entitlements.

(206) 999-6037 •

<https://caremanagers-nw.com/>

Email: Laurie@CareManagers-NW.com

10416 125th Ave NE
Kirkland, WA 98033

Full Life Care

Acts as a liaison for health care, legal, financial, in-home, and adult day health services. They help individuals and families by evaluating care needs, implementing, and monitoring services.

(206) 240-2545 • www.fulllifecare.org

Jewish Family Service Care Management

Program helps vulnerable individuals and families in the Puget Sound region achieve well-being, health and stability.

(206) 461-3240 • www.jfsseattle.org

Email: oas@jfsseattle.org

Mercer Island Senior Services

Provides in-home safety, mental health and cognitive assessments, develops individualized plans for care needs, provides resources and referrals, and other services. Open to Mercer Island residents age 60+.

(206) 275-7752 • <https://www.mercerisland.gov/yfs/page/senior-services>

Email: marjorie.carlson@mercerisland.gov

Companion Care & Chore Services

Catholic Community Services Volunteer Services

A volunteer program for low-income adults aged 60+ and adults with disabilities who live independently. Volunteers spend between two to eight hours per month helping with housework, transportation, protective supervision, moving assistance, yard work, cooking, and other tasks.

(206) 328-5787 • <https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/volunteer-services/volunteer-services-king-county/> Email: VC@ccsww.org

100 23rd Ave S
Seattle, WA 98144

Eastside Friends of Seniors

A volunteer program for adults aged 60+ living independently in Issaquah, Sammamish, and parts of Bellevue and Snoqualmie Valley. Services include transportation to medical appointments and social visits to friends in assisted living or skilled nursing facilities, assistance with shopping, errands, chores, and information and referrals to other community services.

(425) 369-9120 •

www.eastsidefriendsofseniors.org

Email: info@eastsidefriendsofseniors.org

1121 228th Ave SE

Sammamish, WA 98075

Friend to Friend America

A volunteer organization serving the Greater Seattle area. Volunteers make one-on-one visits to residents of assisted living and skilled nursing facilities to provide companionship and social engagement.

(206) 870-4266 • www.ftfa.org

Full Life Care - Elderfriends

A volunteer program to reduce isolation and ensure social and emotional needs are met and provide a connection to community resources and information for adults age 65+ in King County. Elderfriends usually make one-on-one visits two to three times per month.

(206) 224-3790 • www.fulllifecare.org/we-can-help/by-service/elderfriends

Email: elderfriends@fulllifecare.org

800 Jefferson St Ste 620
Seattle, WA 98104

Senior Companions

Senior Companions are volunteers 55 and over who provide assistance and friendship to seniors who have difficulty with daily living tasks.

The program aims to keep seniors independent longer and provide aid to family caregivers.

(206) 329-0515 • <https://americorps.gov/serve/american-corps-seniors>

701 16th Ave

Seattle, WA 98122

Emergency Identification

Alzheimer's Association Safe Return Program

A 24-hour nationwide emergency response services for individuals with Alzheimer's or related dementia. May be used in the event of wandering or a medical emergency.

(888) 572-8566 • <https://www.medicalert.org/alz>

Medic-Alert Foundation

A medical emergency information system which connects emergency responders to members' up-to-date medical information. Members wear identifying necklaces or bracelets which list personal information, emergency contacts, and key medical information for quick assistance in an emergency.

(800) 432-5378 • www.medicalert.org

Smart911

A free service available to most King County residents which makes medical information available to first responders at the time 911 is called.

www.smart911.com

Medical Alert Systems

Medical alert systems also known as personal emergency response systems (PERS), medical emergency response systems (MERS), or fall buttons, offer peace of mind and a quick way for an individual to get help during an emergency or any medical event that requires an immediate response. Medical alert systems are life-saving devices that connect a user to professional help.

Bay Alarm Medical

Customers select from 180 languages when purchasing device.

(877) 522-9633 • www.bayalarmmedical.com

Elder Options Safe@Home

An emergency alert system featuring a help button which can be worn on a wristband or necklace. Services are provided for a monthly fee. Office hours, Mon-Fri, 8:30AM-5PM.

(360) 636-0700 • <https://elderoptionswa.com/safe%40home-1>

GreatCall Lively Mobile

More than 100 languages offered.

(800) 733-6632 • www.greatcall.com

Life Alert

A medical alert system specifically designed to protect seniors and all family members in a home health emergency.

(800) 360-0329 • www.lifealert.com

LifeStation

Provides innovative platforms and emergency alert systems that help seniors live safely, and independently, in the comfort of their homes.

(855) 701-0968 • www.lifestation.com/lp1-medical-alert/?conid=169

Medical Alert

Provides 24-hour protection in case of a medical emergency, fire, or break-in by simply having a help button. System is also available with fall detection.

(800) 800-2537 • www.medicalalert.com

Medical Guardian

Personal emergency response system provider that specializes in fall detection.

Life Safety Consultants: **(800) 668-9200**

Customer Care: **(800) 313-1191** •

www.medicalguardian.com

MobileHelp

Service that is integrated with nationwide wireless voice and data and GPS technology to provide real-time medical monitoring services and location tracking.

(877) 827-6207 • www.mobilehelp.com

Lifeline

An emergency alert system featuring a help button which can be worn on a wristband or necklace. Services are provided for a monthly fee.

(855) 681-5351 • <https://www.lifeline.com/>

Rescue Alert

Helping seniors live independently by providing protection and peace of mind through just a push of a button away.

(800) 688-9576 • www.rescuealert.com

Email: info@rescuealert.com

SafetyLine

An emergency alert system featuring a help button which can be worn on a wristband or necklace. Provides an in-home assessment and product use training.

(866) 344-4267 •

www.safetylinemedicalalertsyste.ms.com

Home Care Agencies

Home care agencies offer a variety of paid services which include companionship, chore services, and personal care. This means help with light housekeeping, meal preparation, shopping, laundry, transportation, and assistance with dressing, bathing, and using the restroom. Medicare and supplemental insurance currently do not cover these services, though other types of insurance may.

For assistance with health care needs at home, see “Home Health Care” on page 71.

Amicable Health Care

Provides home care and home health services. Currently contracted by Aging and Disability Services (ADS), Department of Social and Health Services (DSHS), Developmental Disabilities Administration (DDA), and the Asian Counseling and Referral services of Seattle (ACRS). Also available to private pay clients. Office hours, Mon-Fri, 8AM-5PM.

(206) 444-7410 • www.amicablehealth.net

Email: support@amicablehealth.net

Andelcare

Provides in-home care services one to 24 hours a day. Accepts private pay and some types of long-term care insurance.

(425) 283-0408 • www.andelcare.com

14400 Bel-Red Rd, Ste 109
Bellevue, WA 98007

Catholic Community Services Home Care

Provides non-medical assistance to aging and disabled individuals. Care is provided two to 24 hours per day. Accepts private pay on a sliding-fee scale.

(877) 870-1582 • www.ccsww.org/get-help/services-for-seniors-people-with-disabilities/home-care

Companion Care Inc.

Provides in-home care services one to 24 hours a day. Accepts private pay. Office hours, Mon-Fri, 8AM-5PM

(425) 485-7575 • www.companioncareofwa.com

18680 142nd Ave NE
Woodinville, WA 98072

Family Resource

Provides in-home care services one to 24 hours a day. Accepts private pay.

(425) 455-2004 • www.familyresourcehome-care.com/locations/bellevue

Email: bellevue@familyrhc.com

9 Lake Bellevue Dr #213
Bellevue, WA 98005

Fedelta Home Care Bellevue

Provides in-home care services. Care management services available. Accepts private pay.

(206) 362-2366 or (425) 454-4548 •

www.fedeltahomecare.com

Email: info@fedeltahomecare.com

320 120th Ave NE, Ste #201
Bellevue, WA 98005

Griswold Home Care of Eastside and Bellevue

Non-medical home care designed to help people with Activities of Daily Living (ADLs) such as dressing, bathing, meal preparation, and more so that they can continue to live in the comfort of their home.

<https://www.griswoldhomecare.com/bellevue-eastside/>

(425) 358-3264
4 102nd Ave NE
Bellevue, WA 98004

IN-HOME SERVICES

Home Instead

Provides in-home care services available one to 24 hours a day. Accepts private pay.

(425) 243-6834 • www.homeinstead.com

2821 Northup Way Ste 225
Bellevue, WA 98004

Homewatch CareGivers

Assists with errands, transportation, meal prep, and companionship.

(425) 491-1671 • <https://www.homewatchcaregivers.com/bellevue/>

3150 Richards Rd Ste 175
Bellevue, WA 98005

Jewish Family Service Homecare Associates

Provides in-home care services which can be full-time, part-time, or live-in and long or short-term.

(425) 643-2221 • <https://www.jfsseattle.org/>

Email: sls@jfsseattle.org

1601 16th Ave
Seattle, WA 98122

Kin on Home Care

Provides non-medical assistance to aging and disabled individuals. Assistance is available in Cantonese, English, Mandarin, Taishanese, and Vietnamese.

(888) 721-3634 • <https://kinon.org/>

4416 S. Brandon St
Seattle, WA 98118

Kline Galland Home Care

Provides in-home care services which can be full-time, part-time or live-in, and long or short-term.

(206) 805-1930 • <https://www.klinegalland.org/care-options/community-based-services/home-health/>

Korean Women's Association Home Care

Provides in-home care services up to 24 hours per day. Accepts private pay, private insurance, COPES, and Medicaid.

(253) 946-1995 • www.kwacares.org/our-services/in-home-care/

Optimal Aging - Swedish

A caregiver match-making marketplace connecting individuals with quality, professional caregivers who can assist with non-medical services such as meals, mobility, housekeeping, exercise, medication reminders, bathing, companionship, transportation, and more. Mon – Fri 6AM-5:30PM, Sat & Sun 8AM-4PM

(800) 377-1307 • <https://www.swedish.org>

[/services/optimal-aging](https://www.swedish.org/services/optimal-aging)

<https://www.carelinx.com/optimal-aging>

E-mail: info@carelinx.com

Synergy Home Care

Provides in-home care services available one to 24 hours a day. Accepts private pay.

(425) 462-5300 • <https://synergyhomecare.com/>

1603 116th Ave NE, Ste 116
Bellevue, WA 98004

Visiting Angels Kirkland

Provides in-home care services available one to 24 hours a day. Accepts private pay.

(425) 828-4500 •

https://www.visitingangels.com/assisted-senior-care-kirkland-washington-98034_1148

12020 113th Ave NE Bldg. C #180
Kirkland, WA 98034

Home Health Care

Home health care is specialized, skilled care ordered by a physician for a home-bound individual with a medical need. The care may be provided by a registered nurse, physical occupational or speech therapist, or a social worker. Home health care is provided by a Medicare-certified agency and covered by Medicare. Home health care agencies do not provide personal care or hourly caregiving.

Alliance Nursing

Provides private-duty nursing for patients with medically-intensive needs. Medicare, Medicaid, and most private insurance plans cover these services.

(800) 473-3303 • www.alliancenursing.com

14615 NE Woodinville Way, Ste 108
Woodinville, WA 98072

Careage

Provides skilled nursing, home health aides, medical-social services, physical, occupational, and speech therapy in-home. Medicare, Medicaid, and most private insurance plans cover these services.

(425) 278-9199 • www.careagehealth.com

Email: info@careagehealth.com

14450 NE 29th Place, Ste 106
Bellevue, WA 98007

CenterWell Home Health

Provides skilled nursing, cardiac and pulmonary care, neurorehabilitation, wound care, infusion services, chronic disease management, physical, occupational, and speech therapy, and other services in-home. Medicare, Medicaid, and most private insurance plans cover these services.

(425) 827-2415 •

<https://www.centerwellhomehealth.com/>

11811 NE 1st St, Ste A309
Bellevue, WA 98005

EvergreenHealth Home Health Services

Helps individuals recover from surgery, illness, or an accident, as well as help with managing chronic illnesses and medications. Nurses, physical, occupational, and speech therapists, social workers, home health aides, and mental health specialists are available to provide in home care. Medicare, Medicaid, and most insurance plans cover these services.

(425) 899-3300 • www.evergreenhealth.com/health-services/home-care/

Providence Home Services

Providence Home Health Care can help individuals recover from surgery, illness, or an accident, as well as help with managing chronic illnesses, medications, and providing infusion services. Nurses, physical, occupational, and speech therapists are available to provide in-home care. Medicare, Medicaid, and most insurance plans cover these services.

(425) 525-6800 • <https://www.providence.org/services/home-care-services>

2811 S. 102nd St, Ste 220
Tukwila, WA 98168

Signature

Provides skilled nursing, home health aides, medical-social services, physical therapy, occupational therapy, and speech therapy in-home. Medicare, Medicaid, and most private insurance plans cover these services.

(425) 747-7747 • <https://signaturehch.com/>

2825 Colby Ave, Ste 204
Everett, WA 98201

Home Repair & Modification

Catholic Community Services – Volunteer Services

The minor home repair program is part of the Volunteer Services program. Program qualifications include: elderly or disabled and low income (monthly income of less than \$1000/month or \$1500 for a 2 person household). Services include yard work, painting, ramps, and grab bars.

(206) 328-5787 • www.ccsww.org

Email: VC@ccsww.org

City of Bellevue Home Repair Program

Provides grants and zero-interest home repair loans to low-and moderate-income Bellevue homeowners for health and safety-related repairs. The maximum loan amount is \$35,000 and loans do not need to be repaid until the homeowner moves or the home is sold.

(425) 452-4069 • www.bellevuewa.gov/city-government/departments/parks/community-services/human-services/home-repair-assistance

PO Box 90012

Bellevue, WA 98009

King Conservation District Soil Testing

Provides basic soil tests for residents of King County. Residents are eligible for up to five free tests, with each additional test costing \$20 each. Soil testing can be done on rented or owned properties and is helpful for gardeners and general property maintenance. Office hours Mon-Fri, 8:30AM-5PM.

(425) 282-1900 • www.kingcd.org/programs/better-soils/healthy-soil

Email: soiltesting@kingcd.org

800 SW 39th St, Ste 150

Renton, WA 98057

King County Housing Repair Hotline

Provides grants and zero-interest home repair loans to low-and moderate-income King County homeowners for health and safety-related repairs. The maximum loan amount is \$25,000 and loans do not need to be repaid until the homeowner moves or the home is sold. Qualifying renters who need to make their unit more accessible may be eligible for grants. Bellevue residents do not qualify for this program and must apply for assistance through the City of Bellevue.

(206) 263-9095 • <https://kingcounty.gov/depts/community-human-services/housing/services/housing-repair.aspx>

Email: csd@kingcounty.gov

King County Housing Authority Weatherization Program

Provides free weatherization to single-family residences at no cost to qualifying households. Services are also available to qualifying multi-family apartment buildings at partial cost to the property owner.

(206) 214-1240 • www.kcha.org/wx

Email: energyconservation@kcha.org

600 Andover Park W

Tukwila, WA 98188

Master Builders Association Ramp-a-Thon

The Master Builders Association of King and Snohomish Counties has an annual ramp construction event. Volunteers from the association construct free ramps for low income residents in need.

(425) 451-7920 • <https://www.mbaks.com/community/rampathon>

Northshore Senior Center Home Repair

Performs minor home improvements, usually at reduced rates for older adults. Serves northeast King County including Bothell, Kirkland, Redmond, and Woodinville.

(425) 286-1028 •

www.northshoreseniorcenter.org

Puget Sound Labor Agency

Builds wheel chair ramps for disabled homeowners in King, Pierce, and Snohomish counties. Client pays for materials, labor is free and financial assistance may be available for qualifying homeowners.

(206) 448-9277 •

<https://www.pugetsoundlaboragency.org/wheelchair-ramp-program.html>

Email: psla@pugetsoundlaboragency.org

5300 4th Ave S

Seattle, WA 98108

Rebuilding Together Eastside

Volunteers perform needed repairs for East King County homeowners who are elderly, disabled, typically low-income, and unable to make the repairs themselves. All repairs are free.

(425) 455-0179 •

<http://www.rebuildingtogethereastside.org/>

Email: contact@rebuildingtogethereastside.org

Sound Generations Minor Home Repair

Performs minor home repairs including basic plumbing, electric, and carpentry, as well as disability access projects such as installing grab bars and building wheelchair ramps. Services are provided below market cost to low- to moderate-income homeowners in Seattle, Bellevue, and Shoreline.

(206) 448-5751 • <https://soundgenerations.org>

[/our-programs/minor-home-repair/](https://soundgenerations.org/our-programs/minor-home-repair/)

Email: mhr@soundgenerations.org

Information & Referral Services

Home Care Association of Washington

An online database of adult day health, home health, and home care providers which are Home Care Association members. Searchable by location, services, and payment method.

(425) 775-8120 • www.hcaw.org

Email: info@hcaw.org

2311 N 45th St, #337

Seattle, WA 98103

Harmony Cares Medical Group

A medical practice composed of highly trained and compassionate doctors and nurse practitioners who treat patients in the comfort of their homes. With a focus on serving homebound older adults.

(206) 508-0197 •

www.harmonycaresmedicalgroup.com

606 Oakesdale Ave SW, Ste C200

Renton, WA 98057

Respite Care - Private

For additional respite care resources see Adult Day Programs on page 2. Many of the home care agencies on pages 73 and 74 can also provide respite care.

Crisis Connections Respite Care Services

Full-time, unpaid caregivers of older adults may qualify for short-term respite care provided on a sliding-fee scale. Mon-Fri, 8AM-6PM.

(206) 436-2975 • www.crisisconnections.org

[/get-help/resources/older-adult-support](http://www.crisisconnections.org/get-help/resources/older-adult-support)

Email: caregiver@crisisclinic.org

Full Life Respite Services for Caregivers

A brief break for stressed caregivers providing care for loved ones. Provides someone to come into the home for the caregiver to leave the home for a few hours or an occasional overnight.

(206) 528-5315 • <https://www.fulllifecare.org/services/adult-day-health-care/>

6555 Ravenna Ave NE
Seattle WA, 98115

King County Family Caregiver Support Network

Provides referrals and links to resources such as support groups and counseling, caregiver training, and respite care. Services are provided for unpaid primary caregivers of older adults and adults with disabilities.

(844) 348-5464 • www.kccaregiver.org

Email: info@communitylivingconnections.org

Lifespan Respite Washington

A statewide resource for caregivers. Offers online resources including where to find respite care and caregiver support groups.

(253) 442-3214 • www.lifespanrespitewa.org/respice-care/adults-elders

Email: getrespice@wapave.org

Partners in Care

A non-profit organization which specializes in fiduciary care management services. They assist with guardianships, trusts, Power of Attorney, probate administration, and property management.

(206) 525-2729 • www.pic.org/care-management

Email: info@pic.org

Respite Care - Publicly Funded

2-1-1 King County

2-1-1 connects callers to people who can provide health and human services information, answer questions, and make referrals. Call 2-1-1 for information about the availability of financial, food and housing assistance programs, and weather alerts. Phone lines monitored Mon-Fri, 8AM-6PM. Live chat available online Mon-Fri, 10AM-4PM.

2-1-1 • (800) 621-4636 • TTY (206) 461-3610

www.crisisconnections.org/king-county-2-1-1

African American Elders Program

Offers social and health referrals and case management for African American older adults.

(206) 328-5696 • <https://ccsww.org/get-help>

[services-for-seniors-people-with-disabilities/african-american-elders-program/](https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/african-american-elders-program/)

Email: ccskingcountyinfo@ccsww.org

100 23rd Ave S

Seattle, WA 98144

Asian Counseling & Referral Service (ACRS)

Provides a broad range of social services for elderly Asian Pacific Americans in King County including communication assistance for 30 languages, family and individual counseling, advocacy, meals, substance abuse counseling, and case management. For mental health services, ACRS accepts Medicaid, Medicare, and most private insurance plans. Other programs and classes are offered on a sliding-fee scale based on household income.

(206) 695-7600 • www.acrs.org

Email: info@acrs.org

655 156th Ave SE, Ste 255

Bellevue, WA 98007

Agencies listed in this section are community-based, publicly-funded organizations that offer information on the full spectrum of senior care resources.

Bellevue Mini City Hall – Crossroads Shopping Center

Mini City Hall is a neighborhood service center located inside the Crossroads Mall that extends City services and community connections to East Bellevue's diverse population. This service center specializes in personalized customer service, provided by a friendly staff, in five different languages. Mon-Sat, 10AM -6PM

(425) 452-2800 •

www.bellevuewa.gov/mini-city-hall

Email: Minich@bellevuewa.gov

15600 NE 8th St, Ste H-9

Bellevue, WA 98008

Chinese Information & Service Center (CISC)

Provides services to immigrants including immigrant transition, adult day center, caregiver support, in-home care, and case management.

(206) 624-5633 • www.cisc-seattle.org

Email: info@cisc-seattle.org

North Bellevue Community Center

Weds 8:45AM-3PM

(206) 957-8525

4063 148th Ave NE

Bellevue, WA 98007

Issaquah Library

Weds 10AM-1PM

10 W Sunset Way

Issaquah, WA 98027

Community Living Connections

Provides information and referral for aging and disability-related services, consultation, planning assistance for long-term care, and access to family caregiver supports. Callers can be connected to resources within their community.

(206) 962-8467 or (844) 348-5464 •

www.communitylivingconnections.org

Email: info@communitylivingconnections.org

Department of Social & Health Services Customer Connection

Offers a broad range of services and assistance, including access to SNAP and other benefit programs. Customers can apply for services online via Washington Connection, phone, or in person.

(877) 501-2233 • TTY (800) 833-6384

www.dshs.wa.gov/esa/community-services-offices/community-services-office

King Eastside Community Services Office

805 156th Ave NE

Bellevue, WA 98007

East African Community Services (EACS)

EACS provides social and medical referrals and case management services to East African elders.

(206) 721-1119 • www.eastafricans.org

Email: info@eastafricans.org

7054 32nd Ave S, Ste 207

Seattle, WA 98118

EvergreenHealth Community Healthcare Access Team (CHAT)

CHAT partners with many community organizations to assist low income and uninsured residents of EvergreenHealth's service district who face barriers in accessing affordable and quality health and social services.

(425) 899-3200, press option 2 or

(425) 899-3250 •

www.evergreenhealthcare.org/access

Email: chat@evergreenhealth.com

12040 NE 128th St, Ste B1-140

Kirkland, WA 98034

Gay City

Operates a resource and referral line for LGBTQ communities, promotes wellness, and provides select health services. Resources can also be found on their webpage.

Resource Line: (206) 323-5428

Main Office: (206) 860-6969

24-hour Crisis Line: (866) 427-4747

www.gaycity.org Email: info@gaycity.org

517 E Pike St

Seattle, WA 98122

Jewish Family Service Refugee & Immigrant Service Center (RISC)

Multi-service agency that provides services for supportive living, domestic violence, counseling, food access, and refugee and immigrants.

<https://www.jfsseattle.org>

Older Adult Services

Programs and services that encourage active older adults to engage in activities, support adult children of aging parents, and enable older adults challenged by disability, illness, or declining health to live in comfort and dignity

(206) 461-3240 •

<https://www.jfsseattle.org/get-help/older-adult-services/>

Email: oas@jfsseattle.org

Refugee & Immigrant Service Center (RISC)

Offers information and assistance, help accessing local and state social services, employment services, and language and citizenship classes.

(425) 643-2221 • www.jfsseattle.org/refugee

Email: ris@jfsseattle.org

15821 NE 8th St, Ste 210

Bellevue, WA 98008

LifeWire

Operates a 24-hour crisis line and provides other services such as emergency housing, advocacy, legal assistance, and counseling to victims of domestic violence.

24-Hour Helpline:

(425) 746-1940 / (800) 827-8840 •

www.lifewire.org

Email: info@lifewire.org

PO Box 6398

Bellevue, WA 98008

Washington Assistive Technology Act Program (WATAP)

Provides resources and services to persons who face challenges related to disability and aging to help in the selection and use of assistive technology. Assistive technology makes tasks easier at work, at home, and in the community. Services include a device library, demos, alternative financing, and equipment reuse.

(800) 214-8731 • www.watap.org

Email: watap@uw.edu

This section provides information on programs and agencies that assist older adults with legal information and services.

Advocacy Groups

The following programs and services offer advocacy on behalf of older adults about such issues as nursing care, legislation, and age discrimination.

American Association of Retired Persons (AARP)

Advocacy and education about consumer products and discounts, insurance products, information, and referral services for those age 50+. Some services require an annual membership fee.

(888) 687-2277 • www.aarp.org/wa

18000 International Blvd, Ste 1020
SeaTac, WA 98188

Disability Rights - Washington

Protects the rights of people with physical, developmental, and mental disabilities. Provides free information, referral, legal representation, education, and advocacy.

(206) 324-1521 or (800) 562-2702 •

www.disabilityrightswa.org

Email: info@dr-wa.org

315 5th Ave S, Ste 850
Seattle, WA 98104

Long-Term Care Ombudsman Program

Advocates for residents of nursing homes, adult family homes, and assisted living facilities. Provides confidential responses to questions and complaints.

(800) 562-6028 or (206)737-0242 •

www.waombudsman.org

Email: ltcop@mschelps.org

PO Box 23699

Federal Way, WA 98093-0699

Senior Citizen's Lobby

Advocates for over 30 statewide, regional organizations that want to enhance the quality of life for senior citizens through education and legislation.

(360) 754-0207 • www.waseniorlobby.org

1501 S Capitol Way, Ste 103

Olympia, WA 98501

Sound Generations Senior Rights Assistance

Provides free live assistance over the phone and on-line with simple will programs, probate, guardianship and end-of-life issues, Medicaid, and long-term care planning. Website also provides assistance through free downloadable documents.

(206) 448-5720 •

<https://soundgenerations.org/our-programs/senior-rights-assistance/>

Washington LawHelp

Free legal information and self-help materials that provide information about non criminal legal problems affecting low-income people and seniors in Washington state.

www.washingtonlawhelp.org

Washington State Alliance for Retired Americans

A politically active, non-partisan older adult organization.

(206) 890-1009 • washington.retiredamericans.org

Email: wsarapresident@hotmail.com

Washington State Legislative Hotline

Hotline staff provide information concerning Washington State government, pending legislation, and the legislative process. Passes opinions from constituents to legislators, the Governor, and Lieutenant Governor.

8AM-7PM during session;

8AM-4:30 PM during non-session.

(800) 562-6000

LEGAL RESOURCES

Consumer Protection & Fraud Prevention

AARP Fraud Watch Network

Provides fraud protection information such as how to identify and prevent fraud and operates the Fraud Watch Helpline for reporting fraud or getting information.

(877) 908-3360 •

www.aarp.org/money/scams-fraud

Federal Trade Commission Identify Theft

Provides step-by-step guidance to those who have been a victim of identity theft. This includes how to report the crime and how to develop and implement a recovery plan. Also provides tips for prevention and the warning signs of identity theft.

www.identitytheft.gov

Washington State Consumer Protection

Online database of consumer protection resources relating to major consumer concerns. This includes aging and elder care, food, insurance, and finances. It also provides resources and guidance on filing complaints.

www.atg.wa.gov

Crime Victim Assistance

These programs seek to prevent crime and abuse toward older adults and to provide support and assistance to victims. For any law enforcement emergency, always call 911.

Aging & Long-Term Support Administration (AL TSA)

AL TSA is a division of the Department of Social and Health Services (DSHS) whose mission is to serve seniors and people with disabilities living with good health, independence, dignity, and control over decisions that affect their lives. Adult Protective Services (APS) fall under the umbrella of AL TSA. APS investigates reports of allegations of abuse, abandonment, neglect, self-neglect, and financial exploitation of vulnerable adults living in the community and in facilities. Reports can be filed online.

(877) 734-6277

(800) 562-6078 (for residential care services)

(360) 725-2300 • www.dshs.wa.gov/altsa

Consejo Counseling & Referral Center

Consejo is the first and foremost agency in Washington State providing Latina/o survivors and their children with legal support from domestic and sexual violence or assault, stalking, emotional or verbal abuse or threats from current or former spouses, partners, parents, family members, or intimate and/or dating partners.

(206) 461-4880 • <https://consejocounseling.org/portfolio/valve-diseases/>

Harborview Center Abuse & Trauma Center

Provides assault-related exams, counseling, advocacy, and referrals for victims of sexual abuse and traumatic events.

(206) 744-1600 • <https://www.uwmedicine.org/locations/harborview-abuse-and-trauma-center>:

At UW Medicine Factoria

(206) 744-1600

13231 SE 36th St, Ste 110
Bellevue, WA 98006

Labor & Industries Crime Victims Compensation

Assists victims of violent crimes with medical and mental health expenses that arise because of such crimes.

(800) 762-3716 • <https://www.lni.wa.gov/claims/crime-victim-claims/who-can-file-and-what-is-covered>

Email: crimevictimsprogramM@lni.wa.gov

Department of Labor & Industries

PO Box 44520
Olympia WA 98504-4520

LifeWire

Operates a 24-hour crisis line and provides other services such as emergency housing, advocacy, legal assistance, and counseling to victims of domestic violence.

24-Hour Helpline:

(425) 746-1940 or (800) 827-8840 •

<https://www.lifewire.org/get-help/legal-support/>

DV Hopeline

Operates a 24-hour crisis line or on-line chat and provides services such as emergency housing, advocacy, legal assistance, and counseling to victims of domestic violence.

(206) 737-0242 or (877) 737-0242 •

www.dvhopeline.org

Office of Crime Victims Advocacy

The Office of Crime Victims Advocacy (OCVA) serves as a voice within government for the needs of crime victims in Washington. Crime victim programs work with governments, community-based organizations and individuals to reduce the impact of crime, substance abuse, and violence. Programs use advocacy, prevention, education, treatment and law enforcement to stop violence, substance abuse, and their social impacts.

(800) 822-1067 • www.ocva.wa.gov

1011 Plum St SE
Olympia, WA 98501

Victim Support Services

Advocates are available for crime victims 24/7 to provide crisis intervention, advocacy, courtroom support, information, referrals, and more.

24-Hr Hotline: **(888) 288-9221**

King County Office: **(425) 271-0305**

www.victimsupportservices.org

Washington State Long-Term Care Ombudsman Program

Advocates for residents of nursing homes, adult family homes, and assisted living facilities to protect and promote the Resident Rights guaranteed to these individuals under Federal and State law and regulations. The office receives complaints and resolves problems in situations involving quality of care, use of restraints, transfer and discharge, abuse, and other aspects of resident dignity and rights.

(800) 562-6078 / (206) 623-0816 •

www.waombudsman.org

Email: ltcop@mschelps.org

PO Box 23699

Federal Way, WA 98093-0699

End-of-Life & Estate Planning

Please see End of Life Resources section (page 15) for non-legal assistance, cremation, and burial.

Cake End of Life Planning

Cake is a free online tool to help plan personalized healthcare, legal, and funeral decisions. The site prompts a series of questions that helps to create documents that express final wishes.

www.joincake.com

King County Bar Association Elder Law Clinic

Provides free, 30-minute appointments with Elder Law attorneys to discuss power of attorney, guardianship, wills, and estate planning. Appointments are available in Seattle or Kent. For appointment scheduling, call Mon-Thurs, 9:30AM-3:30PM.

(206) 448-5720 • www.kcba.org/For-the-Public/Free-Legal-Assistance/Neighborhood-Legal-Clinics

Seattle

1st & 3rd Fridays, 1PM-3PM

Senior Rights Assistance

2208 2nd Ave, Ste 100
Seattle, WA 98121

Kent

2nd & 4th Fridays, 1PM-3PM

Kent Senior Center

600 E Smith St
Kent, WA 98030

Northwest Justice Project

Statewide law firm serving low-income clients through legal advice and representation, community partnerships, and education to empower clients and combat injustice in all its forms. Language assistance available.

(206) 464-1519 • www.nwjustice.org/home

401 2nd Ave S, Ste 407
Seattle, WA 98104

Partners in Care

Organization specializing in fiduciary care management services. They assist with guardianships, trusts, Power of Attorney, probate administration, and property management.

(206) 525-2729 • www.pic.org

Email: info@partners-in-care.org

Legal Terms to Know

Advance Directive: A legal document which expresses a person's wishes regarding end of life care. There are two types of advance directives: health care directives (often called living wills) and durable powers of attorney for health care.

Health care directives/living wills are used to inform doctors and caregivers of individual preferences regarding medical interventions that would or would not be used to keep someone alive in the event of serious or critical injury, terminal illness, or incapacitation (i.e. coma, late-stage dementia).

Durable power of attorney for both health and mental health care, and finances designate a trusted friend or family member to act as a health care agent if a physician determines that an individual cannot make health decisions on their own. The designated person would be able to authorize, stop, or refuse medical treatment on their behalf.

Advance directive forms are available for free from the Washington State Medical Association's **website:** www.wsma.org/advance-directives. Consider your values and discuss the forms with your physician or attorney.

Conservatorship/Guardianship: Arrangement which gives a trusted friend or family member decision making authority over medical matters, financial matters, or both, if a judge determines that the individual is unable to make them on their own. The terms "conservatorship" and "guardianship" can be used interchangeably, but States use one or the other. In Washington "guardianship" is the most commonly used term.

Durable Power of Attorney for Finances: Legal document which gives a trusted friend or family member decision making authority over finances in the event that an individual is unable to manage them.

Physician Orders for Life-Sustaining Treatment (POLST) form: POLST form is a document that states the end-of-life care wishes of patients with a serious illness or injury, who may only expect to live up to a year. Others should use advance directives.

Probate: Court process which closes legal and financial matters after death. Wills can dictate the probate process.

Trust: Relationship in which a person (a 'trustee') is appointed by a third party such as a court to hold title to an asset for the use or benefit of someone who cannot manage the asset on their own (a beneficiary). One example may be a bank account which the trustee manages but may only use for the benefit of the beneficiary.

LEGAL RESOURCES

Legal Services

These programs can assist you with legal advice. Many community centers also have periodic legal advice sessions. Call 211 for additional resources in King County.

Catholic Community Services Tenant Law Center

Provides free legal assistance for qualifying low-income persons facing landlord-tenant issues, eviction and subsidy terminations, and debtor-creditor issues related to past tenancies.

Mon-Fri, 9AM-5PM

(206) 324-6890 • www.ccsww.org/get-help/specialized-services/tenant-law-center

Coordinated Legal Education, Advice, & Referral System for Seniors (CLEAR)

Northwest Justice Project (NJP) operates a toll-free and referral hotline called CLEAR which provides statewide access for clients needing legal help. CLEAR also refers cases to NJP offices throughout the state to provide attorneys for high priority cases.

(855) 657-8387 • www.nwjustice.org/get-legal-help

Eastside Legal Assistance Program (ELAP)

ELAP is a non-profit civil legal aid organization that provides free legal advice to low-income residents of East King County, who are facing domestic violence, housing, financial, immigration, and other civil issues that need a legal solution. Survivors of domestic violence throughout King County also qualify for legal services.

Help Line hours are Tues-Fri, 10AM-2PM

(425) 747-7274 (English)

(425) 620-2778 (Spanish)

www.elap.org Email: info@elap.org

King County Bar Association (KCBA) Free Legal Assistance

The King County Bar Association (KCBA) Pro Bono Services department works with over 1,400 volunteer attorneys, paralegals, law students, and community members to provide free legal assistance for low income King County residents. Services include general legal advice, debt and bankruptcy, family law, and housing. Assistance for most services can be accessed at any of the 15 neighborhood clinics throughout King County. Appointment requests must be made by voicemail or online intake form <https://forms.gle/qNr8P9Cvhzq6w66k9>.

(206) 267-7070 • <https://www.kcba.org/For-the-Public/Free-Legal-Assistance>

Sound Generations Senior Rights Assistance

Provides free assistance over the phone, via zoom, or through free downloadable documents. Topics include estate planning, Powers of Attorney, probate, guardianship and simple wills, Medicaid, and long-term care planning.

Mon-Fri, 9AM-4PM

(206) 448-5720 • <https://soundgenerations.org/our-programs/senior-rights-assistance/>

Email SRA@soundgenerations.org

Preventing Fraud & Identity Theft

Consumers lose billions of dollars each year to fraud. People over age 50 account for over half of all victims according to a study by AARP. These con-artists use everyday tools -the mailbox, the phone and the internet to reach our pocketbooks. How do you fight back?

- Never give out personal information to anyone on the phone, through the mail, or over the internet. It is common for scammers to claim they are calling from the IRS, your credit card company, or a computer software, or security company. These companies will never call and ask for personal information over the phone, even if they are claiming to be giving you a “refund.”
- Make sure that all your phones are on the do not call register. Hang up on robocalls.
- Many seniors are disconnecting their land lines and only using their cellphones, which in many cases allows the owner to block phone numbers from scam callers (T-Mobile, Verizon and AT&T offer the block call feature). You can also turn to technology apps to block these calls.
- If you answer the call because the number looks familiar, it may be. Current technology allows these scam artists to “ghost” local phone numbers even though they may be calling from overseas.
- Never give your credit card number over the phone or on line to any charity you have not personally checked out. To check that a charity is a legitimate organization, contact the Secretary of State’s Division at **(800) 332-4483** to make sure the organization is registered with the State.
- Never respond to an offer you do not understand. Always request the offer in writing and don’t let anyone pressure you into acting immediately. If the offer sounds too good to be true, it is.
- Never pay in advance for a promise. Someone may ask you to pay in advance for mortgage assistance or tax help. They may even say you have won a prize but first you must pay taxes or fees. If you do, they will probably take the money and disappear.
- Do not send money through wire transfers or pre-paid credit cards. Scammers often pretend to be a relative in urgent need of wire transfer. The caller usually requests that you keep their request a secret. DON’T. Hang up and contact another family member to work at verifying the request
- Shred personal information before throwing it away.
- Never hire door-to-door vendors including roofers, pavers, tree trimmers, or other services offering you a deal on home repairs. Tell them you will want to check with the Better Business Bureau before making a commitment.
- In Washington State, you can file a complaint with the State Attorney General’s Office via the website. The AG’s Office also suggests you file with the National Fraud Information Center, which gathers information about fraud to assist consumers.

Stay informed. Sign up for free scam alerts from the FTC at www.ftc.gov/scams.

Get the latest tips and advice about scams sent right to your inbox.

Report Scams to <http://www.atg.wa.gov/senior-fraud>.

Preventing Elder Abuse

Advice from DSHS, Adult Protective Services, and the King County Prosecuting Attorney's Office on protecting yourself and others from abuse.

Protect Yourself

- Stay busy and engaged in life. Don't let yourself become isolated from others or from your favorite activities.
- Cultivate a strong network of family and friends who are concerned about your well-being and do not let anyone prevent you from staying engaged. Abusers often prevent victims from using the telephone, leaving the house, seeing friends and family, or attending appointments alone. If living with another, have your own phone and send and open your own mail.
- Take good care of yourself. Older adults in declining health can become more vulnerable to abuse.
- Maintain regular medical and dental appointments and take care of your personal needs.
- Be aware of yourself, your surroundings, and your rights.
- If an adult relative wants to live with you, think it over carefully; especially if the individual is unemployed, has a history of violent behavior, substance abuse, or gambling. Assert your right to be treated with dignity and respect. Be clear about what you will and will not tolerate and set boundaries. Trust your instincts. If you need help, ask a trusted friend, family member, attorney, or physician.

Protect Others

Keep a watchful eye out for family, friends, and neighbors who may be vulnerable. Understand that abuse can happen to anyone and know what to look for.

Some red flags for abuse include:

- A new "best friend" in the adult's life who has taken an unusual interest in them
- Expensive purchases or gifting that is inconsistent with the adult's previous spending patterns
- Unmet commitments such as missed medical appointments and unpaid bills
- Decline in self-care or care of their home
- Lack of participation in usual activities, such as clubs, church, or social events
- Change in the adult's power of attorney or will without the knowledge of the family or long-time attorney

Speak up if you have concerns. Trust your instincts! Report any suspicions you have of abuse.

Call 911 and DSHS. When you call 911 a police officer will be dispatched to where you are calling from to take a report. Both of these calls trigger an investigation of the abuse or neglect.

DSHS Abuse Reporting Line: 1-866-ENDHARM (1-866-363-4276)

If you are concerned about someone's wellbeing, you may also call 911 to request a welfare check. Welfare checks are performed by police officers when someone, such as a friend or family member, suspects an individual may be in need of assistance. It is not uncommon for officers to perform welfare checks for older adults.

Spread the word. Share what you've learned.

The King County Prosecuting Attorney's Office is a resource for anyone with questions or concerns about elder abuse. Visit their website at www.kingcounty.gov/Prosecutor/elderabuse.aspx

This section contains information on community mental health, counseling, crisis intervention, support, and psychiatric programs.

BlackLine

Crisis call line that provides space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for those most impacted by systematic oppression, including Black, Indigenous, and People of Color, as well as LGBTQ, Muslim, and other historically excluded communities.

(800) 604-5841 • <https://callblackline.com/>

Crisis Connections

24-hour immediate, confidential support to people in emotional distress.

(206) 461-3222 or **(866) 427-4747**

www.crisisconnections.org

King County Crisis Commitment Services

Offers evaluation of people with behavioral health disorders for involuntary detention in psychiatric and secure withdrawal facilities according to the State of Washington law. Available 24 hours a day, 365 days a year.

(206) 263-9200 • <https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/crisis-services.aspx>

National Alliance on Mental Illness Crisis Text Line

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message. Text "NAMI" to **741741**

National Suicide Prevention Lifeline

The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you and your loved ones, and best practices for professionals. Phone and live on-line chat options available.

988 or **(800) 273-8255** •

www.suicidepreventionlifeline.org

Sound Generations

Geriatric Regional Assessment Team (GRAT) offers outreach, comprehensive assessment, and early intervention for aging adults who are escalating toward crisis. See the website below for eligibility requirements and referral directions.

(206) 448-5730 • <https://soundgenerations.org/our-programs/grat/>

WarmLine

Peer-run listening line staffed by people in mental health recovery themselves ready to listen and provide resources.

(877) 500-9276 • <https://warmline.org/>

4 Tomorrow

Focuses on serving the Latino community on the Eastside by providing culturally sensitive support and coordination. 4 Tomorrow works to connect our community members in crisis to mental health providers who are able to administer culturally sensitive care.

(425) 891-0346 •

<https://www.4tomorrow.today/programs>

Sound

Provides case management, counseling, and education with programs tailored for those ages 60+, deaf and hard of hearing individuals, veterans, and more. Accepts Medicaid and Apple Health. Admissions: **(206) 302-2300** •

www.sound.health

13555 Bel Red Rd
Bellevue, WA 98005

Behavioral Health Advocate

An independent body protecting the interests of Washington residents engaged in behavioral health services and their supports by providing consulting, resources, advocacy, and mediation for complaints against behavioral health services.

<https://www.obhadvocacy.org/>

(206) 265-1399 • kingcounty@obhadvocacy.org

EvergreenHealth In-Home Mental Health Program (IHMH)

IHMH team provides counseling and case management services to adult King County Medicaid clients at their private residence, adult family home, assisted living facility, or skilled nursing facilities when situations exist that interfere with traveling to an agency setting for support services. Office hours, Mon-Fri, 8AM-5PM.

(425) 899-6300 • www.evergreenhealth.com

[/in-home-behavioral-health](#)

11800 NE 128th St, Ste 200

Kirkland, WA 98034

HERO House Northwest

Provides education, employment, career development, meals, socialization, and other services. Membership is free to those with a history of mental illness. Mon-Fri, 9AM-5PM.

(425) 614-1282 • www.herohousenw.org

Email: info@bellevueclubhouse.org

12838 SE 40th Pl

Bellevue, WA 98006

National Alliance for the Mentally Ill (NAMI) – Eastside

NAMI Eastside is a community-based non-profit affiliate of the National Alliance for the Mentally Ill. They provide support groups, workshops, and other assistance for persons with mental illness brain disorders and their families. All services are free of charge. Mon-Thurs, 9AM-5PM.

(425) 885-6264 • www.nami-eastside.org

Email: info@nami-eastside.org

16307 NE 83rd St, Ste 203

Redmond, WA 98052

Counseling services for older adults, caregivers, and others. Style and format vary; some agencies offer combinations of individual, group, and family counseling.

Asian Counseling & Referral Service (ACRS)

Provides a broad range of social services for elderly Asian Pacific Americans in King County including; communication assistance for 40 languages, family and individual counseling, advocacy, meals, substance abuse and behavioral health counseling, and case management. Mon-Fri, 9AM-4PM.

(206) 695-7600 • www.acrs.org

Email: info@acrs.org

3639 Martin Luther King Jr. Way S

Seattle, WA 98144

Bellevue – By appointment only

655 156th Ave SE, Ste 255

Bellevue, WA 98007

Consejo Counseling & Referral Service

Case management services for older Hispanics including mental health, transitional housing, substance abuse counseling, and domestic violence assistance.

(206) 461-4880 • www.consejocounseling.org

13343 Bel-Red Rd, Ste 110

Bellevue, WA 98005

Jewish Family Service (JFS)

Provides counseling services for those with cognitive disabilities or mental illness as well as programs for aging adults and family caregivers.

Services are either free of charge or offered on a sliding-scale basis. Mon-Fri, 9AM-5PM

www.jfsseattle.org

Seattle

(206) 461-3240

1601 16th Ave

Seattle, WA 98122

Wellspring Family Services

A non-profit, multi-service organization that offers counseling services for individuals of all ages, couples, and families. Their East King County location in Redmond offers daytime and evening appointments with services being covered by many private insurance companies. Reduced rates are available and offered on a sliding scale based on household income.

Mon-Fri, 9AM-4:30PM.

(425) 869-6687 • www.wellspringfs.org

Email: info@wellspring.org

16150 NE 85th St, Ste 222

Redmond, WA 98052

Inpatient psychiatric units for adults age 60+. Medicare, Medicaid / Washington Apple Health, and private insurance are accepted. Day hospital programs or partial hospitalization programs provide intensive outpatient psychiatric services in individual or group settings. Inpatient mental health services also available where indicated.

Cascade Behavioral Health

Cascade Behavioral Health has voluntary inpatient and outpatient programs tailored to the needs of adults 18+. Services include 24-hour admission, outpatient assessment and treatment, medication management, nutritional evaluations, and education.

(206) 248-4787 or (877) 406-0251 •

www.cascadebh.com

12844 Military Rd S

Tukwila, WA 98168

Fairfax Behavioral Health Hospital

Offers a voluntary partial hospitalization program and both voluntary and involuntary inpatient units. Medicare and private insurances are accepted for the PHP. Medicare, Medicaid/ Washington Apple Health, and most private insurance plans will cover inpatient programs.

Admissions & Assessments: (425) 284-8300

Patient & General Inquiries: (425) 821-2000 •

www.fairfaxhospital.com

Kirkland

10200 NE 132nd St

Kirkland, WA 98034

Monroe

14701 179th Ave SE

Monroe, WA 98272

Harborview Inpatient Psychiatry

Inpatient psychiatric care is available to people who need immediate and intensive mental health care. Staffed by an interdisciplinary team of physicians, nurses, social workers, chemical dependency counselors, pharmacists, recreational therapists and occupational therapists, and peer support specialists. Offers both voluntary and involuntary admissions for people experiencing a broad range of severe and persistent psychotic and mood disorders, substance use disorders, and personality disorders. **Please note:** Patients must go to the emergency room and be evaluated before they can be admitted.

(206) 744-3000 • www.uwmedicine.org

[/locations/inpatient-psychiatry-harborview](http://www.uwmedicine.org/locations/inpatient-psychiatry-harborview)

325 9th Ave

Seattle, WA 98104

Geropsychiatric Center at UW Medical Center-Northwest

Provides specialized physical and emotional care for older adults. Offers information and treatment to patients and their families about the specific problems related to the brain and body, along with understanding social stressors. They work with many insurance providers, accept Medicare and have options for those without insurance. Mon-Fri, 8AM-5PM.

(206) 668-1747 • www.uwmedicine.org/locations/adult-psychiatry-uwmc-northwest-seattle

1550 N 115th St
Seattle, WA 98133

Overlake Psychiatric Services

Offers specialized voluntary psychiatric care for older adults in inpatient and outpatient settings. Accepts Medicare and most private insurance plans. Mon-Fri, 7:30AM-4:30PM

Outpatient Services

www.overlakehospital.org/services/mental-behavioral-health/outpatient-psychiatry

(425) 688-5460

1750 112th Ave NE, Ste B-102
Bellevue, WA 98004

Inpatient Services

(425) 688-5175

1035 116th Ave NE
Bellevue, WA 98004

UW Medical Center Outpatient Psychiatry

Outpatient psychiatric care is available at the UW Medical Center to people who need immediate and intensive mental health care.

(206) 598-7792 • www.uwmedicine.org/locations/psychiatry-outpatient-uwmc-roosevelt

4225 Roosevelt Way NE, 3rd Floor
Seattle, WA 98105

Program to Encourage Active Rewarding Lives (PEARLS)

A self-management program that combines problem-solving treatment with social, physical, and pleasant activities to manage symptoms of depression. PEARLS is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

Contact: Janet Zielasko, MS, LWS
(425) 286-1035 •

Email: janetz@mynorthshore.org

Northshore Senior Center

(425) 487-2441

10201 E Riverside Dr
Bothell, WA 98011

Peter Kirk Community Center

(425) 587-3360

352 Kirkland Ave
Kirkland, WA 98033

These three medical conditions can mimic each other but are very different. All require very different treatments. This is a general overview of the three.

Delirium

Delirium is an acute, temporary condition triggered by infection, reaction to medication, organ failures, urinary tract infection, or other medical causes. Delirium symptoms can be dramatic and usually appear suddenly or over hours or days. They may also come and go.

Symptoms may include:

- Disorganized thoughts; difficulty focusing or following instructions
- Pronounced confusion or agitation, possibly worsening at night or upon waking
- Uncharacteristic aggression or argumentative behavior
- Hallucinations or other misinterpretations of the environment
- Delirium is an urgent medical situation that requires immediate attention

Depression

Depression is a common, treatable medical condition with symptoms that appear over weeks or months. Signs of depression are often dismissed as normal responses to illness or life changes associated with aging, even by healthcare providers. Recognizing the signs can help you know when to seek treatment, so you can begin to feel better.

Symptoms may be hard to describe but can include:

- Feelings of hopelessness, pessimism, guilt, worthlessness, or helplessness
- Irritability, restlessness, or fatigue
- Loss of interest in hobbies and activities; poor hygiene
- Difficulty concentrating, remembering details, or making decisions
- Insomnia or excessive sleeping
- Overeating or loss of appetite
- Thoughts of suicide or suicide attempts

Talk to your doctor if you think you may be experiencing depression.

Crisis Connections offers immediate, confidential support 24-hours a day: **(866) 427-4747**.

Dementia

Dementia is a progressive cognitive decline due to a brain disease or trauma such as Alzheimer's, vascular disease, or traumatic brain injury. Symptoms appear gradually, over months or years. Recognizing Dementia is challenging because the symptoms can vary widely from person to person, come on gradually, and are difficult to accept. Early signs may include personality changes, trouble learning new tasks, difficulty finding the right words, or struggles with familiar tasks. Forgetfulness is not necessarily a sign of dementia. For example, it is normal to forget where your keys are, it is not normal to forget what keys are for. See your family doctor to eliminate delirium or depression. 24/7 Dementia Helpline: **(800) 272-3900**.

PERSONAL FINANCE & TAXES

This section provides resources for personal finance and tax information and assistance.

Consumer protection and fraud prevention resources are listed in the Legal section on page 77.

Personal Financial Guidance

American Financial Solutions

Non-profit agency dedicated to helping people determine their current financial situation, make a plan to get out of debt, set financial goals, and plan for the future. Counselors available Mon-Fri, 6AM-6PM.

(888) 864-8548 • www.myfinancialgoals.org

Consumer Financial Protection Bureau

Free financial information and resource guides specifically for older adults.

(855) 411-2372 • www.consumerfinance.gov/older-americans

El Centro de la Raza Education & Asset Building

Seeks to promote self-sufficiency and empowerment through bilingual education, asset building and skill building initiatives.

(206) 717-0085 • <https://www.elcentrodelaraza.org/get-help/education-asset-building-programs/>

2524 16th Ave S
Seattle, WA 98144

Hopelink Financial Capabilities

This program provides free tools and services to achieve financial goals and make financial decisions to help increase financial stability and long-term security.

(425) 250-3003 • Email: financialed@hope-link.org
www.hopelink.org/need-help/financial-capabilities

Northshore Senior Center

Offers workshops on investing, maximizing Social Security benefits, protecting assets, and more. Workshops are free for Senior Center members; non-members are charged a fee. Meeting times vary.

(425) 487-2441 • www.northshoreseniorcenter.org
10201 E Riverside Dr

Bothell, WA 98011

Peter Kirk Community Center

Offers workshops on investing, maximizing Social Security benefits, protecting assets, and more. Fee for some workshops.

(425) 587-3360 • Registration and schedule information: <http://www.kirklandparks.net>

352 Kirkland Ave

Kirkland, WA 98033

Senior Money Project

Offers free educational videos, online resources, and in-person presentations for seniors. Topics include equity and reverse mortgages, scams, estate planning, budgeting, retirement and investing, Social Security, Medicare, and Medicaid.

www.seniormoneyproject.org

Tax Assistance c

AARP Tax-Aide

Volunteers offer free assistance with tax questions and returns for individuals with low to moderate incomes. Assistance is always available by phone or email, and in-person tax filing services are available February-April.

(888) 687-2277 • Email: taxaide@aarp.org
www.aarp.org/money/taxes/aarp_taxaide

Internal Revenue Service (IRS)

The IRS website features information on senior specific resources, tools, and publications.

www.irs.gov/individuals/seniors-retirees

United Way Free Tax Preparation

Designed for people who make less than \$66,000 per year. Offers free walk-in tax preparation services from January to April at various public sites throughout King County.

(800) 621-4636 • Email: freetax@uwkc.org
www.uwkc.org/need-help/tax-help

Utility & Property Tax Discounts

City Utility Rate Discount Programs

Cities often have utility discount programs for residents who are age 62+ or disabled and meet certain income and residency requirements. Requirements vary by city.

City of Bellevue / Bellevue Utilities

For City of Bellevue residents in the Bellevue Utilities service area.

(425) 452-5285 • www.bellevuewa.gov/city-government/departments/utilities/pay-your-utility-bill/utility-rate-and-tax-relief
Email: UtilityRelief@bellevuewa.gov

City of Bothell - (425) 806-6881

www.bothellwa.gov/1320/Low-income-senior-discount-program
Email: utilities@bothellwa.gov

City of Carnation - (425) 549-0407

<https://www.carnationwa.gov/index.asp?SEC=ECD5FEA5-4356-4083-9F9D-0741C4268A75&DE=E81239F0-52AE-4BD7-8874-6B489C9D4D78>

City of Duvall - (425) 788-1185

www.duvallwa.gov/132/Utility-Billing

City of Issaquah - (425) 837-3070

www.ci.issaquah.wa.us/index.aspx?NID=297
Email: Finance@issaquahwa.gov

City of Kirkland - (425) 587-3150

www.kirklandwa.gov/depart/Finance_and_Administration/communityservices/Utility_Billing.htm
Email: utilitybilling@kirklandwa.gov

City of Mercer Island - (206) 275-7783

<https://www.mercerisland.gov/finance/page/utilities-service-discounts>

City of North Bend - (425) 888-7633

www.northbendwa.gov/index.aspx?NID=69
Email: utilities@northbendwa.gov

City of Redmond - (425) 556-2152

www.redmond.gov/449/Utilities
Email: UtilityBilling@redmond.gov

City of Sammamish - (425) 868-1144

Northeast Sammamish Sewer and Water District
www.nesswd.org

City of Snoqualmie - (425) 888-1555

www.ci.snoqualmie.wa.us/130/Water-Services
Email: info@ci.snoqualmie.wa.us

City of Woodinville - Woodinville Water District

(425) 487-4100 • <https://www.woodinvillewater.com/131/Pay-My-Bill>

Northshore Utility District

Encompasses parts of Kenmore, Bothell, Juanita, Totem Lake, Kingsgate, Finn Hill, and Lake Forest Park.

(425) 398-4402 • www.nud.net/my-account/payment-information/low-income-discount-program
Email: billing@nud.net

Hopelink Energy Assistance

May provide up to \$1,000 of your home heating costs per year. If qualified for the program, assistance can be received even if individual is not behind on your bill and/or have not received a shut-off notice.

(425) 658-2592 • www.hopelink.org/need-help/energy

King County Senior Property Tax Exemption & Deferral Program

Offers qualifying older adults and people with disabilities the option to be exempt from or to defer their property taxes.

(206) 296-3920 • www.kingcounty.gov/depts/assessor/TaxRelief.aspx

Department of Assessments

King County Building

500 4th Ave
Seattle, WA 98104

PETS & VETERINARY SERVICES

This section provides information on pet adoption services, veterinarians, and related programs.

Adoption Services

When beginning an adoption search for a new pet, the easiest and most convenient way to start is utilizing online sites such as

www.petfinder.com or www.adoptapet.com.

You can browse available animals by type, location, age, breed, and more prior to visiting a shelter. Local shelters are listed below.

Homeward Pet Adoption Center

Offers adoption and rehoming services, micro-chipping, low-cost spay and neuter services, and a pet food bank. Tues-Sun, 11:30AM - 5:30PM

(425) 488-4444 • www.homewardpet.org

13132 NE 177th Pl

Woodinville, WA 98072

Imagine Peace for Pups (IPFP)

Federally recognized 501(c)3 nonprofit organization founded in 2014 to combat the heartbreaking statistic of dogs euthanized in shelters.

(206) 225-7020 •

<http://www.imaginepeaceforpupsrescue.com/>

Email: imaginepeaceforpups@gmail.com

15356 81st Ave NE

Kenmore, WA 98028

MEOW Cat Rescue & Adoption

Offers adoption and rehoming services for cats and dogs. Thurs 2PM – 5PM (by appointment only), Sat 1PM–5PM, Sun 1PM–5PM

(425) 822-6369 • www.meowcatrescue.org

Email: info@meowcatrescue.org

10600 NE 68th St, Ste F

Kirkland, WA 98033

Motley Zoo Animal Rescue

A foster-based organization focused on individualized care and compatibility for both humans and animals. They work to ensure animals are matched with families where the animals will never again need rescue. A Doggy Daycare is also available. Mon-Fri, 8AM - 7PM

(206) 453-8480 •

www.motleyzooanimalrescue.org

Email: adopt@motleyzoo.org

16725 Cleveland St

Redmond, WA 98052

People United for Pets (PUP)

A volunteer driven non-profit specializing in shelter animals from high-kill areas.

www.pupdogrescue.org

Email: info@pupdogrescue.org

PO Box 1691

Issaquah, WA 98027

Regional Animal Services of King County (RASKC)

Provides King County with sustainable, affordable services that protect people and animals while providing humane animal care. Mon-Fri, 12PM-6PM, Sat & Sun 12PM-5PM

(206) 296-7387 • www.kingcounty.gov/depts

[/regional-animal-services.aspx](http://www.kingcounty.gov/depts/regional-animal-services.aspx)

Email: adoptapet@kingcounty.gov

21615 64th Ave S

Kent, WA 98032

Rescue Unleashed

A Sammamish based, all volunteer, nonprofit 501c3 focused on dog rescue and animal welfare volunteer work worldwide.

<https://www.RescueUnleashed.org>

Email: jennifer@rescueunleashed.org

Seattle Humane Society

Provides adoption, rehoming, veterinary services, microchipping/licensing, a pet food bank, pet loss support, and more. A monthly pet food program may be available for low-income seniors. Adoption hours, Sun-Wed 11AM-6PM, Thurs-Sat 11AM-8PM.

(425) 641-0080 • www.seattlehumane.org

13212 SE Eastgate Way

Bellevue, WA 98005

Seattle Purebred Dog Rescue

Works with local area shelters and private individuals to find homes for unwanted or abandoned purebred dogs.

(206) 654-1117 • www.spdrdogs.org

PO Box 3523

Redmond, WA 98073

The Whole Cat & Kaboodle

Hosts a cat café of adoptable cats from different backgrounds looking for permanent forever homes.

(425) 307-1008 •

<https://www.wholecatandkaboodle.com>

[/adoptions](https://www.wholecatandkaboodle.com/adoptions) Email: infothewholecat@gmail.com

8103 161st Ave NE

Redmond, WA 98052

Animal Control & Licensing

Licenses are required for cats and dogs eight weeks and older in the Regional Animal Services Coverage area, which includes most of east King County. Seniors pay a reduced registration fee and no fee for service animals. Licenses can be purchased online or at the locations listed below.

www.kingcounty.gov/depts

[/regional-animal-services/license-your-pet](http://www.kingcounty.gov/depts/regional-animal-services/license-your-pet)

[/purchase-renew-license.aspx](http://www.kingcounty.gov/depts/regional-animal-services/license-your-pet/purchase-renew-license.aspx)

Bellevue

- **Bellevue City Hall**
(425) 452-6800
450 110th Ave NE
Bellevue, WA 98009
- **Bellevue Mini City Hall**
(425) 452-2800
15600 NE Eighth St,
Ste H-9
Bellevue, WA 98008
- **Petco #1279**
Replacement tags not available at this location.
(425) 641-4472
3540 Factoria Blvd SE
Bellevue, WA 98006
- **QFC #808**
(425) 455-0870
10116 NE Eighth St
Bellevue, WA 98004
- **QFC #822**
(425) 643-7110
3550 Factoria Blvd
Bellevue, WA 98006
- **QFC #826**
(425) 865-0282
15600 NE Eighth St
Bellevue, WA 98008
- **QFC #859**
(425) 822-4154
2636 Bellevue Way NE
Bellevue, WA 98004

- **QFC #874**

(425) 653-2162
1510 145th Pl SE
Bellevue, WA 98007

Carnation

- **Carnation City Hall**
(425) 333-4192
4621 Tolt Ave
Carnation, WA 98014

Clyde Hill

- **Clyde Hill City Hall**
(425) 453-7800
9605 NE 24th St
Clyde Hill, WA 98004

Duvall

- **Duvall City Hall**
(425) 788-1185
15535 Main St
Duvall, WA 98109

Issaquah

- **Issaquah City Hall**
(425) 837-3000
130 Sunset Way
Issaquah, WA 98027
- **Petco #250**
Replacement tags not available at this location.
(425) 392-9664
975 NW Gilman Blvd
Issaquah, WA 98027

Licensing Continued

- **QFC #821**
(425) 392-4475
1540 NW Gilman Blvd
Issaquah, WA 98027
 - **QFC #840**
(425) 392-2776
4570 Klahanie Dr SE
Issaquah, WA 98027
- Kenmore**
- **Kenmore City Hall**
(425) 398-8900
18120 68th Ave NE
Kenmore, WA 98028
- Redmond**
- **City of Redmond**
(425) 556-2145
15670 NE 85th St
Redmond, WA 98052
 - **Marymoor Park**
(206) 477-7275
6046 W Lake
Sammamish PkWay NE
Redmond, WA 98052
 - **Petco #1218**
Replacement tags not available at this location
(425) 861-3907
7215 170th Ave NE
Redmond, WA 98052
 - **QFC #820**
(425) 885-2311
15800 Redmond Way NE
Redmond, WA 98052
 - **QFC #860**
(425) 869-8006
8867 161st Ave NE
Redmond, WA 98052
 - **QFC #878**
(425) 636-0420
23475 NE Novelty Hill Rd
Redmond, WA 98053

Sammamish

- **Sammamish City Hall**
(425) 898-0660
801 228th Ave SE
Sammamish, WA 98075
- **Petco #1265**
Replacement tags not available at this location
(425) 868-8875
474 228th Ave NE
Sammamish, WA 98074
- **QFC #824**
(425) 391-4680
2902 228th Ave SE
Sammamish, WA 98075

Snoqualmie

- **Snoqualmie City Hall**
(206) 801-2230
38624 SE River St
Snoqualmie, WA 98065

Woodinville

- **Woodinville City Hall**
(425) 489-2700
17301 133rd Ave NE
Woodinville, WA 98072

Yarrow Point

- **Yarrow Point Town Hall**
(425) 454-6994
4030 95th Ave NE
Yarrow Point, WA 98004

Bothell Animal Services

Provides animal services such as pet licensing, impounding aggressive, dangerous, or stray dogs and cats, investigating animal cruelty and neglect, responding to barking dog complaints, and removal of deceased animals. Licensing available in person Mon-Fri, 8AM-5PM. Online registration is found at www.petdata.com/for-pet-owners/bth. Seniors pay \$15 per neutered or spayed pet up to three animals.
(425) 486-1254 •

www.ci.bothell.wa.us/283/Animal-Services
18410 101st Ave NE
Bothell, WA 98011

Hunts Point & Medina Animal Services

The City of Medina handles licensing and animal control services for Medina and Hunts Point. Licensing: **(425) 633-6400**

Animal Control: **(425) 233-6420**

<https://www.medina-wa.gov/centralservices/webform/animal-licensing>

Kirkland Animal Services

Provides pet licensing, animal control, and lost pet services. Licensing available in person at City Hall Mon-Fri, 8AM-5PM or at the Kirkland Justice Center, Mon-Fri, 7AM-5PM. Seniors pay ½ if an animal is neutered or spayed.

(425) 577-5656 or (855) 449-7387 •

<https://www.kirklandwa.gov/Government/Departments/Police-Department/Animal-Services/License-Your-Pet>

Email: Animal.Control@kirklandwa.gov

www.kirklandwa.gov/depart/PD/Community_Resources/Animal_Services

Kirkland City Hall

123 5th Ave
Kirkland, WA 98033

Kirkland Justice Center

11750 NE 188th St
Kirkland, WA 98034

Mobile Services

Many veterinary hospitals also provide mobile services to their clients. Please check with your local veterinarian for services and pricing.

Companion Animal Solutions

Behavior modification for family pets both live on-line and in-person.

(800) 920-2858 or **(206) 953-0703** •

www.CompanionAnimalSolutions.com

Email: info@companionanimalsolutions.com

Dr Ellenbogen Mobile Veterinary Homecare & Hospice

Offers in-home care and in-home palliative care and hospice for pets. Serves residents within a 10-mile radius of Bothell.

(425) 485-7387 • www.drтинavet.com

Email: drтинavet@aol.com

PO Box 1744

Bothell, WA 98011

House Pet Vet Visits

Provides compassionate care to pets at home. Services provided in Carnation, Duvall, Issaquah, Fall City, Redmond, and Sammamish.

(425) 533-4907 • www.housepetvetvisits.com

Email: housepetvet@hotmail.com

704 228th Ave NE #611

Sammamish, WA 98074

Montgomery Mobile

Provides great care for family pets in their own homes. Services most of the eastside.

(206) 858-1263 • www.mobilevetseattle.com

Email: montgomery@mobilevetseattle.com

Pet Food Banks

Homeward Pet Food Bank

The Homeward Pet Food Bank feeds homeless animals and helps families keep their beloved pet in their home by distributing pet food and

supplies to families in need in our community through local food banks and outreach programs. Open Tues-Sun, 11:30AM-5:30PM.

(425) 488-4444 • www.homewardpet.org

13132 NE 177th Pl

Woodinville, WA 98072

Other: Check with the following food banks for pet food support:

Woodinville Storehouse **(425) 483-5252**

Maltby Foodbank **(360) 668-7900**

Monroe-Skyvalley Food Bank **(360) 794-7959**

Hopelink

Hopelink food banks occasionally have pet food available. Call ahead of first visit. Hopelink locations listed on page 4. www.hope-link.org

Northshore Senior Center

Connects qualifying low-income seniors to free pet food from the Humane Society.

Bothell

Kenmore

Mill Creek

(425) 487-2441 (425) 489-0707 (425) 948-7170

www.northshoreseniorcenter.org

10201 E Riverside Dr

Bothell WA 98011

Seattle Humane Society

Low-income seniors may qualify for monthly pet food assistance.

(425) 649-7566 / (425) 641-0080 •

www.seattlehumane.org

13212 SE Eastgate Way

Bellevue, WA 98005

Snoqualmie Valley Pet Food Bank

Provides pet food and supplies to low-income Snoqualmie Valley residents. Food distributed at Snoqualmie Valley Food Bank on the first Wed every month, 9:30AM - 5:30PM. Sign up is required prior to first pick up.

(425) 888-7832 • www.svpetfoodbank.org

122 E 3rd St

North Bend, WA 98045

RECREATION & EDUCATION

This section provides information on community and senior centers, educational programs, exercise options, volunteer opportunities, and more.

Educational Programs

King County Library System

The King County Library System (KCLS) serves residents throughout King County with more than 4.1 million items including books, periodicals, newspapers, audio and video, and extensive online resources. Local library branches offer many classes, presentations, and tutoring for older adults. The KCLS website hosts a specific Older Adults page which features book and film recommendations, classes, and assistive services.

General phone line hours, Mon-Sat, 10AM-6PM and Sun, 12PM-5PM.

(425) 462-9600 • www.kcls.org/older-adults

City	Site	City	Site
Bellevue	Crossroads Library Connection (425) 644-6203 www.kcls.org/locations/crossroads 15600 NE 8th St Bellevue, WA 98008	Bothell	Bothell (425) 486-7811 www.kcls.org/locations/Bothell 18215 98th Ave NE Bothell, WA 98011
	Downtown Bellevue (425) 450-1765 www.kcls.org/locations/Bellevue 1111 110th Ave NE Bellevue WA 98004	Carnation	Carnation (425) 333-4398 www.kcls.org/locations/Carnation 4804 Tolt Ave Carnation, WA 98014
	Lake Hills (425) 474-3350 www.kcls.org/locations/Lake-Hills 15590 Lake Hills Blvd Bellevue WA 98007	Duvall	Duvall (425) 788-1173 www.kcls.org/locations/Duvall 15508 Main St NE Duvall, WA 98019
	Newport (425) 747-2390 www.kcls.org/locations/Newport 14250 SE Newport Way Bellevue WA 98006	Fall City	Fall City (425) 222-5951 https://kcls.org/locations/fall-city/ 33415 SE 42nd Pl Fall City, WA 98024

City	Site
Issaquah	Issaquah (425) 392-5430 www.kcls.org/locations/Issaquah 10 W Sunset Way Issaquah, WA 98027
Kenmore	Kenmore (425) 486-8747 www.kcls.org/locations/Kenmore 6531 NE 181st St Kenmore, WA 98028
Kirkland	Downtown Kirkland (425) 822-2459 https://kcls.org/locations/kirkland/ 308 Kirkland Ave Kirkland, WA 98033
	Kingsgate (425) 821-7686 www.kcls.org/locations/Kingsgate 12315 NE 143rd St Kirkland, WA 98034
Mercer Island	Mercer Island (206) 236-3537 www.kcls.org/locations/Mercer Island 4400 88th Ave Mercer Island, WA 98040
Newcastle	Newcastle 425-255-0111 www.kcls.org/locations/Newcastle 12901 Newcastle Way Newcastle, WA 98056

City	Site
North Bend	North Bend (425) 888-0554 www.kcls.org/locations/NorthBend 115 E 4th St North Bend, WA 98045
Redmond	Redmond (425) 885-1861 www.kcls.org/locations/Redmond 15990 NE 85th St Redmond, WA 98051
Sammamish	Sammamish (425) 392-3130 www.kcls.org/locations/Sammamish 825 228th Ave SE Sammamish, WA 98075
Snoqualmie	Snoqualmie (425) 888-1223 www.kcls.org/locations/Snoqualmie 7824 Center Blvd SE Snoqualmie, WA 98065
Woodinville	Woodinville (425) 788-0733 www.kcls.org/locations/Woodinville 17105 Avondale Rd NE Woodinville, WA 98072

TELOS Educational Program

Non-graded, non-credit courses for older adults offered throughout the year by Bellevue College.
(425) 564-4400 • www.bellevuecollege.edu/ce/retiree-programs

Bellevue College - North Campus

14673 NE 29th Pl
 Bellevue, WA 98007

Senior Fitness & Community Centers

Bellevue Parks & Community Services

Bellevue Parks and Community Services offers enriching and educational recreation programs for people of all ages and abilities to stay fit and active. Registration can be done online at <https://register.bellevuewa.gov> or call a facility directly.

Bellevue Aquatic Center

Offers two indoor pools with classes and warm water therapies. Features include wheelchair ramp, gradual entry, and two lifts. Mon-Fri, 8AM-9PM, Sat 8AM-4PM, Sun 8AM-2PM. **(425) 452-4444** • www.bellevuewa.gov/city-government/departments/parks/sports-and-athletics/bellevue-aquatic-center
601 143rd Ave NE
Bellevue, WA 98007

Crossroads Community Center

Crossroads is an international gathering place where participants reflect diversity. Offers a variety of programs for recreation, health, and social services. Open Mon - Fri, 9:30AM-7PM.

(425) 452-4874 • www.bellevuewa.gov/crossroads Email: CCC@bellevuewa.gov
16000 NE 10th St
Bellevue, WA 98008

Highland Community Center

Provides programs that give people with disabilities opportunities for recreation, socialization, and learning. Mon-Fri, 9AM-5PM

(425) 452-7686 • <https://bellevuewa.gov/city-government/departments/parks/community-centers/highland>
Email: hcc@bellevuewa.gov
14224 Bel-Red Rd
Bellevue, WA 98009

North Bellevue Community Center

Hosts activities for older adults on a rotating schedule such as Chinese Information and Service Center activities on Wednesdays, Indian American Community Services activities on Thursdays, and Sea Mar Spanish language services on Fridays. Russian language meetings on Tuesday & Friday mornings, subject to change. Open Mon-Thurs 9AM- 8:30PM; Fri 9AM-5:30PM.

(425) 452-7681 • <https://bellevuewa.gov/city-government/departments/parks/community-centers/north-bellevue-community-center>

Email: NBCC@bellevuewa.gov
4063 148th Ave NE
Bellevue, WA 98009

South Bellevue

Hosts activities for older adults on a rotating schedule such as fitness classes, pickleball, and other activities. Open Mon-Thurs 6AM-8PM, Fri 6AM-8PM, Sat 8AM-5PM.

(425) 452-4240 • <https://bellevuewa.gov/city-government/departments/parks/community-centers/sbcc>

Email: sbcc@bellevuewa.gov
14509 SE Newport Way
Bellevue, WA 98006

International Council on Active Aging (ICCA)

Offers a website to help older adults find fitness and wellness facilities dedicated to serving 50+ adults of different abilities. Helps individuals find 55+ residential communities, health stores, and community services.

www.icaa.cc/facilitylocator.htm

Issaquah Parks & Recreation

Offers activities, classes, and sports for people of all ages and skill levels. Registration for aquatic programs and Community Center fitness classes can be done online at: www.issaquahwa.gov/register or **(425) 837-3300**

Issaquah Community Center

The Community Center is a gathering place for people of all ages with active lifestyles. The Center offers a fitness room, pickleball, indoor track, and many classes. Open Mon-Fri, 7AM-9PM, Sat 8AM-4PM.

(425) 837-3300 • www.issaquahwa.gov/
 Email: parksrecreation@issaquahwa.gov
 301 Rainier Blvd S
 Issaquah, WA 98027

Issaquah Senior Center

The Issaquah Senior Center provides a network of comprehensive services including health and fitness, information and assistance, social and recreational opportunities, and a daily lunch program. Open Mon - Fri 8:30AM-4PM.

(425) 392-2381 •
www.issaquahwa.gov/seniors
 75 NE Creek Way
 Issaquah WA 98027

Julius Boehm Pool

Offers swim lessons, water exercise, and lap swim. Swim hours Mon-Thurs, Noon-4PM & 7:30-8:30PM,
 Fri, Noon-8:30PM, Sat, 1:30-6PM,
 Sun, 11:30AM-3:30PM.

(425) 837-3350 • www.issaquahwa.gov/
 50 SE Clark St
 Issaquah, WA 98027

Kirkland Parks & Community Services

Offers hundreds of sports and learning opportunities for people of all ages. Activities include athletic programs, special events, and performing arts. Registration can be done online at www.kirklandparks.net or by calling **(425) 587-3336**.

North Kirkland Community Center

Adult classes offered include languages, yoga, and fitness. Open Mon-Fri, 8AM-5PM.

(425) 587-3350 • www.kirklandwa.gov/depart/parks/Permits_and_Reservations/Community_Centers.htm

12421 103rd Ave NE
 Kirkland, WA 98034

Peter Kirk Community Center

Kirkland's hub for senior activities. Center is committed to health, wellness, and recreation opportunities for all ages. Schedule includes programs in English, Chinese, and Spanish. Subject to change. Open Mon - Fri 8AM-5PM.

(425) 587-3360 •
<https://www.kirklandwa.gov/Government/Departments/Parks-and-Community-Services/Register-for-a-Recreation-Program>

352 Kirkland Ave
 Kirkland, WA 98033

Peter Kirk Pool

Outdoor pool, open seasonally.

(425) 587-3335 • www.kirklandwa.gov/pool
 340 Kirkland Ave
 Kirkland, WA 98033

Mary Wayte pool

A full range of aquatic programs for older adults. Operating hours Mon, Weds, 5:30AM-9PM; Tues, Thurs, Fri, 5:30AM-8PM; Sat, 7AM-1:30PM; Sun, 9AM-2:30PM. Check pool schedule for exact times.

(206) 588-1117 • www.mercerislandpool.com
 Email: marywaytepool@gmail.com
 8815 SE 40th St
 Mercer Island, WA 98040

Mercer Island Community and Event Center

Focuses on providing a variety of activities that support an active lifestyle through education, outings, physical activity, health and wellness, and social connection for adults 65+. Offers drop-in fitness room. Hours Mon-Thurs 8AM-7PM Fri & Sat 8AM-5PM.

RECREATION & EDUCATION

(206) 275-7609 • <https://www.mercerisland.gov/parksrec/> Email: miparks@mercergov.org
8236 SE 24th St
Mercer Island, WA 98040

Mt. Si Senior Center

Daily activities, cultural events, fitness classes, rotating wellness providers, and an in-house advocate for resource navigation.

(425) 888-3434 •
<http://www.mtsiseniorcenter.org/>

411 Main Ave S
North Bend, WA 98045

Northshore Senior Centers

Serves the older adults of the Northshore area with locations in Bothell and Kenmore. A full range of activities and classes are presented to meet the social, educational, and recreational needs of elders and disabled.

Northshore Senior Center – Bothell

Programs and services range from fitness to cards and games to lifelong learning and computer classes. Offers a variety of support groups, adult day health, and respite care.

Mon, Tues, Thurs, & Fri 8AM- 4:30PM, Weds 8AM-8PM (425) 487-2441 •

www.northshoreseniorcenter.org
Email: Information@MyNorthshore.org

10201 E Riverside Dr
Bothell, WA 98011

Kenmore Senior Center

Offers classes, clubs, special events, Wellness Project, social services, and trips.

Mon-Fri, 9AM-3PM.

(425) 489-0707 • <https://www.kenmorewa.gov/our-city/recreation/life-long-recreation>
Email: kenmoreseniorcenter@mynorthshore.org
6910 NE 170th St (in Rhododendron Park)
Kenmore, WA 98028

Redmond Parks & Recreation

Serves all ages, abilities, and interests through innovative classes and services. Focuses on integrating unique art and cultural experiences into all activities, interactions, and events.

Register on-line at https://anc.aPM.activecommunities.com/redmondparksandrec/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&viewMode=list or by phone (425) 556-2300.

Art Studio at Grass Lawn Park

Nestled within Grass Lawn Park is a dedicated art studio to draw, paint, sculpt, and create. Year-round and seasonal activities, classes, and workshops empower people of all ages and abilities to expand creativity through an array of artistic modalities.

<https://www.redmond.gov/409/Art-Studio-at-Grass-Lawn-Park>

7031 148th Ave NE
Redmond, WA 98052

Redmond Community Center at Marymoor Village

A 20,000 square-foot community center that offers activities, rentals, and a space to disconnect and recharge. Workout in the drop in Flex Fit Studio with strength and cardio equipment. Hours Mon-Fri, 8AM-8PM; Sat 9AM-5PM. (425) 556-2300 •

www.redmond.gov/communitycenter
Email: guestservices@redmondwa.gov

6505 176th Ave NE
Redmond, WA 98052

Redmond Senior Programs

Serves adults age 50 and better during the daytime with multi-generational activities and classes in the evenings and weekends. Gather around and have fun through classes, field trips, volunteer opportunities, and events. Call for Updated Information.

(425) 556-2314 • <https://www.redmond.gov/206/Senior-Services-and-Resources>
 Email: guestservices@redmondwa.gov

Si View Pool & Community Center

Offers fitness, pickleball, and aquatics programs tailored for older adults. Check website for hours.

(425) 831-1900 • www.siviewpark.org
 Email: Info@siviewpark.org
 400 SE Orchard Dr
 North Bend, WA 98045

Mt. Si Senior Center

Meets the needs of adults, age 50+, with a range of fitness, recreational, social and educational programs, and resource and support services. Hours Mon-Fri, 8AM-4PM.

(425) 888-3434 • www.mtsiseniorcenter.org
 411 Main Ave S
 North Bend, WA 98045

Silver Sneakers

A free gym-membership program offered by many insurance plans to older adults.

(866) 584-7389 • www.silversneakers.com

Stroum Jewish Community Center

Offers fitness and aquatics programs tailored for older adults.

(206) 232-7115 • www.sjcc.org
 3801 E Mercer Way
 Mercer Island, WA 98040

Wave Aquatics

Nonprofit organization providing a range of public aquatics programs and facilities management services to Eastside Seattle - King County residents to enhance quality of life. Senior swimming and water aerobics are provided. Reservations required. Fee based.

www.waveaquatics.org

Juanita Aquatics Center

(425) 936-1627 • www.waveaquatics.org/jac
 10601 NE 132nd St
 Kirkland, WA 98034

Redmond Pool

(425) 883-4422 • www.redmond.gov/407/The-Redmond-Pool
 17535 NE 104th St
 Redmond, WA 98052

YMCA of Greater Seattle

This nonprofit organization strengthens communities through youth development, healthy living, and social responsibility. Each location features Active Older Adult programming.

Bellevue Family YMCA

(425) 746-9900 • www.seattleyymca.org/locations/bellevue-family-ymca
 14230 Bel-Red Rd
 Bellevue, WA 98007

Coal Creek Family YMCA

(425) 282-1500 • www.seattleyymca.org/locations/coal-creek-family-ymca
 13750 Newcastle Golf Club Rd
 Newcastle, WA 98059

Northshore YMCA

(425) 485-9797 • www.seattleyymca.org/locations/northshore-ymca
 11811 NE 195th St
 Bothell, WA 98011

Sammamish YMCA

(425) 391-4840 • www.seattleyymca.org/locations/sammamish-community-ymca
 831 228th Ave SE
 Sammamish, WA 98075

Culturally Focused Centers

El Centro De La Raza

Primarily serves Latino persons and hosts activities for older adults Tues-Fri. Open Mon - Fri, 8AM-5PM.

(206) 957-4634 • www.elcentrodelaraza.org
 2524 16th Ave S
 Seattle, WA 98144

Filipino Community Center of Seattle

Provides senior programs on a rotating basis including fitness and educational classes. Senior lunches are served on Mon, Tues, and Thurs.

(206) 722-9372 • www.filcommsea.org

Email: info@filommsea.org

5740 Martin Luther King Jr Way S
Seattle, WA 98118

IDIC Filipino Senior & Family Services

Non-profit that primarily serves Filipino, Asian, and Pacific Islander communities by providing healthcare and social services.

Open Mon-Fri, 9AM-5PM.

(206) 587-3735 • www.idicseniorcenter.org

7301 Beacon Ave S
Seattle, WA 98108

India Association of Western Washington (IAWW)

Hosts activities for older Asian Indian adults on a rotating schedule and promotes weekly social and physical activities including intergenerational community lunches at many Eastside community centers.

(253) 234-9989 • www.iacswa.org

PO Box 404
Bellevue, WA 98009

Mature Friends

Hosts activities for gay and lesbian individuals and couples 40+ on a rotating schedule. Membership fee required.

<https://www.mature-friends.org/#/>

Email: info@maturefriends.org

PO Box 21203
Seattle, WA 98111-3203

Seattle Indian Health Board

Hosts activities and health screenings for American Indian and Alaska Native elders, age 55 and older. Clinic is open Mon 8:30AM-5PM, Tues-Thurs 8:30AM-6:20PM, Fri 8:30AM-6PM.

Services are offered on a rotating schedule.

(206) 324-9360 • www.sihb.org

Email: info@sihb.org

611 12th Ave S
Seattle, WA 98144

Stroum Jewish Community Center

Primarily serves the Jewish community and hosts activities for older adults on a rotating schedule. Open Mon-Thurs 6AM-9PM; Fri 6AM-7PM; Sat & Sun 8AM-5PM

(206) 232-7115 • www.sjcc.org

3801 E Mercer Way
Mercer Island, WA 98040

Sunshine Garden Chinese Senior Community Center

Helps promote health, emotional well-being, and life-long learning through activities and social support. Offers activities that promote food and nutrition, wellness and fitness, education and recreation, socialization, and personal growth.

(206) 957-8517 • www.cisc-seattle.org

[/programs/](#) Email: andesk@cisc-seattle.org

611 S Lane St
Seattle, WA 98104

Ukrainian Community Center of Washington

Primarily serves Ukrainian, Russian, and Polish speaking seniors. Offers immigration services, behavioral health assistance, and other social services. Open Mon-Fri, 9AM- 5PM. Elder programs are 10AM-2PM.

(425) 430-8229 • www.uccwa.us

17701 108th Ave SE
Renton, WA 98035

United Indians of All Tribes Foundation

Helps elders continue living independently and connect to their community sharing cultural practices and intergenerational knowledge. Program offers lunch, cultural activities, fitness classes, transportation, and social service information and referrals.

(206) 228-1410 • www.unitedindians.org

[/services/elders-program](#)

Email: janderson@unitedindians.org

9010 13th Ave NE
Seattle, WA 98117

Senior Membership Programs

The following program serves older adults with newsletters, education and recreation opportunities, health care screenings and information, and other services.

American Association of Retired Persons (AARP)

Publishes a magazine and newsletter. Offers insurance, travel services, employment services, and 55 alive driving skills.

(855) 993-1983 • <https://local.aarp.org/seattle-wa/about-aarp>

18000 International Blvd, Ste 1020
SeaTac, WA 98188-4256

Volunteer Opportunities

There are many volunteer opportunities throughout our community and finding the perfect match is important. Before you begin your search, think about what you are interested in doing, your availability and commitment level, and the distance you are willing to travel. A good place to start is with a web search such as www.volunteermatch.org or www.idealists.org, or www.unitedway.org/get-involved/volunteer. Most of the non-profit agencies, hospitals and municipalities included in this Guide welcome the assistance of volunteers.

Wellness

Please contact your local senior center or fitness center for wellness programming offered in your community. Contact information for the following programs is **(425) 286-1035** • **Janet Zielasko**
Email: janetz@mynorthshore.org

A Matter of Balance

An eight session, evidence-based program to reduce fall risks for participants. A Matter of Balance is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

EnhanceFitness

An evidence-based fitness program for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises, and motivation. Class is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland. Covered benefit for some Kaiser Permanente members.

EnhanceWellness

An evidence-based self-care program to achieve positive health outcomes and maintain control of one's life. EnhanceWellness is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

PEARLS (Program to Encourage Active Rewarding Lives)

A self-management program that combines problem-solving treatment with pleasant social and physical activities to manage symptoms of depression. PEARLS is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

Nurturing Water Therapies

Offers individualized adaptive swim lessons, aquatic exercises, and aquatic therapies to individuals of all ages with sensory, developmental, neurological, physical, or other health challenges. Available to meet at Stroum Jewish Community Center and Bellevue Aquatic Center.

(425) 429-6706 •

www.nurturingwatertherapies.org

TRANSPORTATION

This section provides information on driving, public transportation, volunteer transportation programs, and related services.

Driver Safety

AARP Smart Driver Course

An on-line driver training course for older adult drivers which identifies ways to compensate for age related physical changes.

(866) 227-7457 • www.aarp.org/benefits-discounts/all/driver-safety/

Transportation Services

American Cancer Society

Volunteers offer free transportation to cancer-related medical appointments. Patients must be able to walk to and from the vehicle or have a caregiver to assist. Call 4 business days ahead to schedule a ride.

(800) 227-2345 • www.cancer.org/treatment/support-programs-and-services/patient-transportation.html

Catholic Community Services Volunteer Transportation

Volunteers provide transportation to and from medical and other necessary appointments and errands. Must be 65+ with low income. Transportation is dependent on volunteer availability between 8AM-4:30PM.

(206) 328-5787 • www.ccsww.org/get-help/services-for-seniors-people-with-disabilities/volunteer-services/volunteer-services-king-county

100 23rd Ave S
Seattle, WA 98144

Community Van – Kirkland

Alternative transportation program to get groceries, errands or any other trips done with friends, family, and community members in

Kirkland. The Community Van operates weekdays and weekends. Use an ORCA card or complete the online application.

(425) 587-3924 • <https://kingcounty.gov/depts/transportation/metro/fares-orca/transit-go-ticket.aspx> Email: CommVan@Kirklandwa.gov

Dial-A-Ride Transit (DART)

A fixed-route transit service operated in King County under contract with Hopelink. DART vehicles can also go off route for pick-ups and drop-offs within a defined service area upon request (on a first come, first-served basis). Fully accessible DART vehicles are wheelchair lift-equipped. Fares are the same as Metro's regular bus service, including the acceptance of ORCA cards. Customized trips must be requested at least two hours in advance of pick up time. Reservations can be made up to 30 days in advance. Call or submit an online request. Reservations are taken Mon-Fri, 5AM-11PM, Sat 7:30AM-9:30PM, and Sun 9:30AM-6:30PM.

(855) 233-6043 / TTY (800) 246-1646 • www.kingcounty.gov/depts/transportation/metro/travel-options/bus/dart-service.aspx
Online Reservations: www.hopelink.org/need-help/transportation/dart-ride-request

Eastside Friends of Seniors

A volunteer-based organization offering free transportation to and from medical appointments and social visits for those 60+ living in Sammamish and Issaquah. Must be ambulatory and able to transfer. Call one week ahead to schedule a ride. **(425) 369-9120** •

www.eastsidefriendsofseniors.org
Email: info@eastsidefriendsofseniors.org
1121 228th Ave SE
Sammamish, WA 98075

Hyde Shuttle

Transports adults age 55+ and people with disabilities to hot meal programs, appointments, senior centers, grocery stores, and other local destinations in King County. The service is free. Rides can be scheduled Mon-Fri, 8AM - 4:30PM.

(206) 727-6262 • Press 1 for Reservations
<https://soundgenerations.org/our-programs/transportation/hyde-shuttle/>

Medicaid Transportation

Hopelink provides Non-Emergency Medical Transportation in King and Snohomish counties for medical services covered by Medicaid. Ride scheduling takes place between 8AM-5PM.

When requesting a ride, individuals must have Provider One number, name of provider to be visited, location of appointment, date and time of appointment, and reason for appointment.

King County only: **(800) 923-7433** /
 TTY Line **(800) 246-1646** •

www.hopelink.org/need-help/transportation/medicaid-transportation

Metro Access Transportation

Provides next day, shared rides anywhere within Metro and Sound Transit's service area. Access Riders must be ADA Paratransit eligible. Rides can be requested 1-3 days in advance. Reservations accepted daily, 8AM-5PM.

(206) 205-5000 or **(866) 205-5001** •

www.kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/access-transportation.aspx

Metro ADA Paratransit

Entitles riders age 65+, disabled riders, and Medicaid card holders to reduced fare throughout the Puget Sound Region. A permit is \$3 or free to eligible applicants.

(206) 553-3000 TTY Relay: **711** •

<https://kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/paratransit.aspx>

Northshore Senior Center Transportation

Transportation to and from the Senior Center, shopping trips, and appointments. Serves Bothell, Kenmore, Mill Creek, Kirkland, and Woodinville. Ride requests can be made 1-14 days in advance.

(425) 286-1026 •

<https://www.northshoreseniorcenter.org/programs-services/#1603576406908-16db901a-8dba>

10201 E Riverside Dr
 Bothell WA 98011

Peter Kirk Community Center (PKCC)

Van Transportation

The PKCC van operates Mon-Fri, and accepts reservations up to 5PM the day before service. Provides transportation to and from PKCC, medical appointments in Kirkland, Bellevue, Bothell, or Redmond local grocery stores, and foodbanks. \$2 donation is suggested. Riders must be Kirkland residents and King County Metro Access eligible. Residents who have applied for Access can use PKCC van services for up to one month while their application is pending.

(425) 286-1026 •

Ride United

Crisis Connection offers free Lyft rides, up to \$22 each way and 6 rides per year, for non-emergency medical, job, housing, and food transportation needs for those who are eligible.

To access, call **211** for screening.

www.crisisconnections.org/rideunite

Snoqualmie Valley Transportation

Provides transportation and bus service throughout North Bend, Snoqualmie, Fall City, Carnation, Preston, and Duvall. Transportation services available Mon-Fri, 5:30AM- 9:30PM.

(425) 888-7001 • www.svtbus.org

Email: mreinert@svtbus.org

1308 Boalch Ave NW
 North Bend, WA 98045

TRANSPORTATION

Volunteer Transportation for Seniors

Volunteers provide free door-to-door transportation to essential appointments for low-income adults age 60+. Call by Tues for any appointments the following week. All rides depend on volunteer availability. Caregivers and family welcome. Scheduling 8AM-5PM Mon-Fri.

(206) 448-5740 / (800) 282-5815 •

www.soundgenerations.org

FindARide

An online resource that lists transportation options in King, Pierce, and Snohomish counties, such as local shuttles, volunteer drivers, or medical transportation.

(425) 943-6760 • www.findaride.org

Getting Around Puget Sound (GAPS)

This Hopelink program assists you with information about travel options in the community. Hopelink staff and volunteer travel trainers provide one-on-one transportation assistance at community centers, libraries, and gathering places. Call for location and times.

(425) 943-6760 • Email: mobility@hopelink.org

Metro Transit Website

Education & Tools

Information hub on anything having to do with public transit. Website features information on how to ride the bus, planning a trip, bus schedules, and helpful bus riding apps.

(206) 553-3000 / TTY Relay: 711 •

www.kingcounty.gov/depts/transportation/metro/travel-options/bus.aspx

Metro Transit Instruction Program

Offers free training on using public transit for older adults and individuals with disabilities. Trainees travel on transit with an instructor until they are comfortable on their own.

(206) 749-4242 • www.kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/accessible-bus/transit-instruction.aspx

Vets-Go Veterans Transportation

An online source for veterans, service members, and their families to find transportation in King County. Lists all public transit, paratransit/access vehicles, airport shuttles, VA shuttles, taxis, and more. Includes a real-time traffic map and trip planner.

www.findaride.org/vet-transportation

Reduced Fare Programs

Metro Regional Reduced Fare Permit

Entitles riders age 65+, disabled riders, and Medicaid card holders to reduced fare throughout the Puget Sound Region. A permit costs \$3 or is free to eligible applicants.

(206) 553-3000 • www.kingcounty.gov/depts/transportation/metro/fares-orca/orca-cards/reduced-fare-permit.aspx

ORCA Taxi Scrip Program

Provides discount taxi rides/Taxi Scrip for low-income people with disabilities and those 65+. Rides can be arranged with cab companies which accept Taxi Scrip. Must have a Regional Reduced Fare Permit (RRFP) to qualify. Call to apply.

(206) 553-3000 • <https://kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/taxi-scrip.aspx>

Vehicle Licensing

Persons with permanent or temporary mobility-limiting disabilities may qualify for disabled parking permits from the Washington State Department of Licensing. Eligibility is determined by a health care provider. Applications are available at the website below.

www.dol.wa.gov/vehicleregistration/parking.html

Redmond Driver Licensing Office

(425) 649-4281

7225 170th Ave NE
Redmond, WA 98052

North Bend Driver Licensing Office

(425) 888-4036

402 Main Ave S, Ste 11
North Bend, WA 98045

State-contracted Sub-Agent offices

Sub-agents of the State Department of Licensing that can provide disabled parking permits and other vehicle registration services.

Alpine Management Services, Inc.

(425) 369-0409 • www.alpinelicensing.com

1175 NW Gilman Blvd, Suite B-3
Issaquah, WA 98027

Bel Red Auto License, Inc.

(425) 747-0444 • www.tabs4u.com

15600 NE 8th St, Ste K-16
Bellevue, WA 98008

Eastside Auto Licensing

(425) 828-4371 •

www.eastsideautolicensing.com

8244 122nd Ave NE
Kirkland, WA 98033-8017

Sno-Falls Vehicle Licensing

(425) 888-8705 •

www.snofalls.com/sno-falls-licensing

320 SW Mount Si Blvd, Ste 102
North Bend, WA 98045-8409

Woodinville License Agency

(425) 486-0677 •

www.woodinvillelicense.com

14238 NE Woodinville Duvall Rd
Woodinville, WA 98072-8551

Worthington Brokerage, Inc.

(425) 481-1644 •

www.worthingtonlicensing.com

10035 NE 183rd St
Bothell, WA 98011

VETERANS RESOURCES & INFORMATION

Agencies listed in this section provide information and services for US Military veterans.

The American Legion

The largest wartime veterans' service organization in the US and has several posts within King County. Membership-based organization. Offers some services for non-member veterans.

(800) 433-3318 • www.legion.org

Redmond Post 161

(425) 883-0161 • www.post161.org

4330 148th Ave NE
Redmond, WA 98052

Bothell Post 127

(425) 483-5599

bothellpost127@outlook.com

21920 State Route 9 SE
Woodinville, WA 98072

Compass Housing Alliance

Offers housing programs in Shoreline and Renton with a variety of programs that meet the specific needs of military veterans and their families. Mon-Fri, 9AM-3:30PM.

(206) 474-1000

www.compasshousingalliance.org/veterans-programs/

Shoreline Veterans Center

SVC provides permanent supportive housing and case management for Veterans, also providing a technology lab that offers computer classes, assistance with applying for benefits, and job finding assistance. Mon-Fri, 8:30AM-5PM

(206) 474-1880 •

1301 North 200th St
Shoreline, WA 98133

Renton Veterans Center

RVC provides permanent housing for Veteran individuals and families and offers a variety of Veteran-specific services, including reading groups, and case management services.

(206) 474-1910

419 S 2nd St
Renton, WA 98057

King County Veterans Program

Works to provide financial, housing, employment, and other supportive services to veterans, servicemembers and their families throughout King County.

www.kingcounty.gov/depts/community-human-services/veterans/programs-services/contact.aspx

Seattle Office

Walk-in hours: Mon-Fri, 8:30AM-11:00AM and 1PM-3PM

Hours of operation: Mon-Fri, 8:30AM-4:30PM

Northgate Executive Center II

9725 3rd Ave NE, Ste 300 (3rd Floor)
Seattle, WA 98115

206-263-8387 option 2

Tukwila Office

Walk-in hours: Mon-Fri, 8:30AM-11:00AM and 1PM-3PM

Hours of operation: Mon-Fri, 8:30AM-4:30PM

(206) 263-8387 option 1

645 Andover Park W, Ste 100
Tukwila, WA 98188

Veterans Affairs Aid & Attendance and Housebound Pensions

Veterans and survivors who are eligible for a VA pension may also qualify for an additional monthly payment if they are homebound or require the aid and attendance of another person.

www.va.gov/pension/aid-attendance-housebound

Veterans Affairs (VA) Regional Office

Veterans and family members who are eligible for a VA pension may also qualify for additional benefits in the areas of health care, transitioning to civilian life, burial services, and preparedness. Visitors seeking assistance are encouraged to schedule a virtual or in-person appointment on the Visitor Engagement Reporting Application (VERA) at <https://vets.force.com/VAVERA/s/>. VERA is a self-service portal which allows visitors to schedule, reschedule, and cancel appointments.

(800) 827-1000 • www.va.gov/seattle

Seattle Regional Benefit Office

Jackson Federal Building
915 2nd Ave
Seattle, WA 98174

Veterans Crisis Line

Connects veterans, service members, and their families to confidential information and assistance from a live VA responder. The crisis line can be accessed 24 hours a day, 365 days a year via telephone, text message, or online chat.

Dial 988 then press 1 or send a text message to **838255** • www.VeteransCrisisLine.net

Online Chat: www.VeteransCrisisLine.net/chat

Veterans of Foreign Wars (VFW)

A membership organization for veterans of overseas conflicts that focuses on advocacy and camaraderie. Offers separating service member education about earned VA benefits and help with many other needs. Several posts are located in East King County, services and meeting times vary by location.

Issaquah-Mount Si Post 3436

(425) 221-2503 or Eastside Veterans' Service Office at **(425) 657-0616** •

www.vfw3436.org

Mercer Island Post 5760

www.vfwmercerisland.org

Email: vfw.5760@gmail.com

Redmond Post 2995

(425) 883-2995 • www.vfwredmond.org

4330 148th Ave NE

Redmond, WA 98052

Vets-Go Veterans Transportation

An online source to identify best transportation options in King County for veterans, seniors, people with disabilities, low-income individuals, and others with mobility needs. Lists public transit, community shuttles, paratransit/access vehicles, airport shuttles, VA shuttles, trains, veteran service organization vans, ferries, and taxi options. The website also includes a real-time traffic map and trip planner.

(425) 943-6760 • www.findaride.org

Email: mobility@hope-link.org

Hopelink

14812 Main St

Bellevue, WA 98007

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You can positively impact lives.



Join the Kirkland Senior Council!

The Kirkland Senior Council is dedicated to ensuring that Kirkland is a safe, vibrant community for residents age 50+. As an advisory group to the City Council, they advocate, support, shape, and create programs and services for older adults in the community.

KSC meetings are held on the second Tuesday of the month from 1:30 – 3:30 PM at the **Peter Kirk Community Center, 352 Kirkland Ave** in downtown Kirkland. Membership is open to adults both younger and older than age 50 who live, work, or serve the older adult population in Kirkland.

**For more information, call
(425) 587-3360**

CITY OF KIRKLAND

SENIOR COUNCIL