



Resources for Older Adults - Important Links

City of Bellevue

City of Bellevue, Aging Services (425) 452-4200
http://www.bellevuewa.gov/north_bellevue_community_center_programs.htm

City of Bellevue, Elder Mediation (425) 452-4091
http://www.bellevuewa.gov/mediation_training.htm

City of Bellevue, Fire Department, C.A.R.E.S. Program (425) 452-2737
(By police or fire referral)

City of Bellevue, Home Repair Program (425) 452-6884
http://www.bellevuewa.gov/homerepair_assistance_eligibility.htm

City of Bellevue, Network on Aging (425) 452-4200
http://www.bellevuewa.gov/network_on_aging.htm

City of Bellevue, Utilities Discount/Rebate Program (425) 452-5285
<http://www.ci.bellevue.wa.us/utilityrelief.htm>

General Information/Resources/Support

AARP local chapters <http://www.aarp.org/states/wa/>

Aging & Disability Services 1 844 348-5464 <http://www.agingkingcounty.org>

Dial 211 - Crisis Clinic Community Information Line
<http://www.resourcehouse.com/en/wa/cgi-bin/location.asp>

Eastside Human Services Forum (425) 587-3324 www.eastsideforum.org

Hopelink (425) 869-6000 www.hope-link.org

Senior Information & Assistance (206) 448-3110 / 1-888-435-3377
<http://www.seniorservices.org/financiallegalprograms/InformationAssistance.aspx>

Smart 911 (206) 296-3908
<http://www.kingcounty.gov/safety/E911/Smart911.aspx>

Solid Ground (206) 694-6700 www.solid-ground.org

United Way of King County (206) 461-3700 www.uwkc.org

Volunteer Chore Services (206) 328-5787 www.ccsww.org/vcs

Adult Day Care/Day Health

Elder and Adult Day Services (425) 867-1799 www.eads-cares.org

Domestic Violence

Dept of Social & Health Services (DSHS) 1 (866) 221-4909 for 24-hr emergency line.
1 (800) 562-6078 for crimes in adult family home, assisted living facility, nursing home
or certified community residential (supported living) setting. 1 (866) 221-4909
for crimes outside of an adult living situation.

King County Sexual Assault and Resource Center (425) 226-5062 www.kcsarc.org

LifeWire (formerly Eastside Domestic Violence Program) (425) 562-8840
www.lifewire.org

Elder Abuse

Adult Abuse Prevention 1-866-363-4276 www.aasa.dshs.wa.gov

Ethnic Resources

Asian Counseling and Referral Service (206) 695-7600 www.acrs.org

Chinese Information & Service Center (206) 624-5633 www.cisc-seattle.org

Cultural Navigator Program (206) 624-5633 x 4131 www.cisc-seattle.org

Indian Association of Western Washington (206) 805-8976 iawwsenior@hotmail.com

Sea Mar Community Health Centers (206) 763-5277 www.seamarchc.org

Health Insurance

Benefits Checkup 1-800-Medicare (633-4227) www.mymedicarematters.org

Statewide Health Insurance Benefits Advisors (SHIBA) 1-800-562-6900
http://www.insurance.wa.gov/consumers/SHIBA_HelpLine/dirdefault.asp

Washington Health Plan Finder (360) 688-7700 www.wahealthplanfinder.org

Health/Fall Prevention

Alzheimer's Association of Western Washington (206) 363-5500
<http://www.alz.org/alzwa/>

American Geriatric Society www.americangeriatrics.org

Evergreen Care Network (425) 899-3200
<http://www.evergreenhealthcare.org/services/network/default.htm>

Fall Prevention Center of Excellence (213) 740-1364 www.stopfalls.org

Group Health Resource Line (206) 326-2800

Hearing Loss Association of Washington <http://hearingloss-wa.org/> For information
on the Bellevue Chapter contact Steve Pettijohn: 360 668-3180 or
SPettijohn@msn.com

International Community Health Service (low-cost medical and dental)
(425) 373-3299 www.ichs.com/bellevue

National Center for Injury Prevention & Control 1-800-CDC-INFO (232-4636)
<http://www.cdc.gov/ncipc/factsheets/adultfalls.htm>

One Step Ahead-Fall Prevention Program- King County EMS (206) 296-4693
<http://www.kingcounty.gov/health>

Overlake Hospital Senior Care (425) 688-5800
<http://www.overlakehospital.org/programs.aspx?id=180>

Housing/Homelessness

A Regional Coalition for Housing (ARCH) (425) 861-3676 www.archhousing.org

City of Bellevue Major Home Repair Program (425) 452-4069 www.cityofbellevue.gov

Committee to End Homelessness in King County (206) 263-9085 www.cehkc.org

Congregations for the Homeless (day center, shelter and housing for single men)
(425) 749-8369 www.cfhomeless.org

King County Housing Authority (206) 574-1100 www.kcha.org

Seattle/King County Coalition for the Homeless www.homelessinfo.org

Senior Services Minor Home Repair Program (206) 448-5751
www.seniorservices.org

Sophia Way (shelter and day center for homeless single women) (425) 463-6286
www.sophiaway.org

Washington State Long Term Care Ombudsman, King County
(206) 623-0816 <http://www.ltcop.org/> or <http://www.waombudsman.org/staff/>

YWCA East King County (206) 461-4882 www.ywcaworks.org

Immigration

Northwest Immigrant Rights Project (206) 587-4009 www.nwirp.org

US Immigration Office- Tukwila 1 800 375-5283
com/tukwila-wa/immigration-office

Legal

Columbia Legal columbialegal.org

Eastside Legal Assistance Program (425) 747-7274 <http://www.elap.org/>

King County Bar Association (206) 267-7100 www.kcba.org

Washington State Senior Lobby (360) 754-0207 www.waseniorlobby.org

Legislative Advocacy

Washington State Senior Lobby (360) 754-0207 <http://www.waseniorlobby.org/>

Mental Health and Substance Abuse Treatment

National Association for the Mentally Ill (NAMI) Eastside 425-885-6264
www.nami-eastside.org

Sound Mental Health (425) 653-4900 <http://www.smh.org>

Therapeutic Health Services (425) 747-7892 www.ths-wa.org

Nutrition/Meals

Catholic Community Services of Western Washington (253) 474-1200
www.ccsww.org/site/PageServer?pagename=seniors_seniornutritionprogram

Jubilee REACH (425) 746- 0506 www.jubileereach.org – Food Bank

Renewal Food Bank (425) 736-8132 3x per week

Salvation Army (meals) (425)452-7300 www.salvationarmynw.org

Senior Services Community Dining (206) 448-5768
www.seniorservices.org/foodassistance/CommunityDining/Locations.aspx

Senior Services Meals on Wheels (206) 448-5767
www.seniorservices.org/foodassistance/mealsonwheels.aspx

Transportation

Eastside Easy Rider Collaborative 425-943-6769 www.eastsideeasyrider.org

Eastside Friends of Seniors (425) 369-9120 www.eastsidefriendsofseniors.org

Hopelink Transportation (425) 943-6789
<http://www.hope-link.org/gethelp/transportation>

Metro Transit Accessible Services (206) 205-5000
<http://metro.kingcounty.gov/tops/accessible/programs/access.html>

Senior Services Volunteer Transportation (206) 448-5740
<http://www.seniorservices.org/transportation/VolunteerTransportation.aspx>

Veterans

King County Veterans Program (206) 296-7656
<http://www.kingcounty.gov/socialservices/veterans.aspx>

US Department of Veteran's Affairs 1-800-827-1000 <http://www.va.gov/>

Benefits – National Association of Senior Veterans 1800 352-2919 nasv.org

Volunteering

Eastside Time Bank Program (206) 818- 4606 eastside.tbanks.org

RSVP-Retired and Senior Volunteer Program (206) 694-6785 or (206) 694-6786
rsvpww.org

Federal Agencies/National Resources

Administration on Aging (202) 619-0724 www.aoa.gov

Alliance for Retired Americans www.retiredamericans.org

American Foundation for the Blind (AFB) SeniorSite
<http://www.afb.org/seniorsitehome.asp>

American Geriatrics Society www.americangeriatrics.org

American Society on Aging www.asaging.org

National Committee to Preserve Social Security and Medicare www.ncpssm.org

National Council on Aging 571 527-3900 www.ncoa.org

Social Security Online 1-800-772-1213 www.ssa.gov

Washington State

Washington State Department of Social & Health Services
<http://www.dshs.wa.gov/>

1-877 501-2233

Washington State Office of Attorney General (360) 753 6200 www.atg.wa.gov



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