**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

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

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.ltcp.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  cumbialegal.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

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
rsvpwv.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
This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone’s participation, please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.