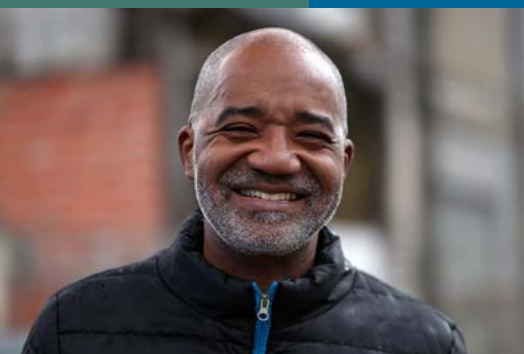




Resources for Older Adults Important Links



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City of Bellevue

- Aging Services **425-452-7681**
- Elder Mediation
BellevueWA.gov/resolve **425-452-4091**
- Fire Department, C.A.R.E.S. Program
(By police or fire referral) **425-452-2737**
- Home Repair Program **425-452-6884**
- Network on Aging **425-452-4470**
- Utilities Discount/Rebate Program **425-452-5285**

General Information/ Resources/Support

- AARP Washington State aarp.org/states/wa/
- Aging & Disability Services
agingkingcounty.org **206-684-0660**
 - ◇ Crisis Connections—24-hour crises line
866-427-4747 or **206-461-3222**
 - ◇ For resources
crisisconnections.org **2-1-1** or **800-621-4636**
- Community Living Connections **844-348-5464**
communitylivingconnections.org or
- Suicide & Crisis Lifeline **Dial 988**

- Eastside Human Services Forum
eastsideforum.org **425-587-3322**
- Hopelink
hopelink.org **425-869-6000**
- Sound Generations
soundgenerations.org **206-448-5757**
- Enhanced 9-1-1 (E-911) Program–King County
kingcounty.gov/safety/E911/Smart911.aspx
- Solid Ground
solid-ground.org **206-694-6700**
- United Way of King County
uwkc.org **206-461-3700**
- Catholic Community Services – Volunteer Services
ccsww.org **206-328-5787**

Adult Day Care/Day Health

Elder and Adult Day Services–Bellevue

eads-cares.org **425-867-1799**

Domestic Violence

- King County Sexual Assault Resource Center
kcsarc.org **425-226-5062**
- LifeWire (formerly Eastside Domestic Violence Program) lifewire.org **425-562-8840**

Domestic Violence Cont.

- Washington State Abuse Hotline **1-866-363-4276**
(for suspect abuse or neglect of a vulnerable adult)

Elder Abuse

- Adult Protective Services Intake-Line (DSHS)
(only open Monday through Friday)
1-877-734-6277
- Abuse in Long Term care facilities such as
nursing homes, adult family homes, land
assisted living facilities **1-800-562-6078**

On line reporting

dshs.wa.gov/report-abuse-and-neglect

Aging and Long-Term Support Administration

dshs.wa.gov/altsa

360-725-2300

[dshs.wa.gov/altsa/adult-protective services](https://dshs.wa.gov/altsa/adult-protective-services)

- AARP Fraud Watch Network
aarp.org/money/scams-fraud/helpline.html

Multicultural Resources

- Asian Counseling and Referral Service
acrs.org **206-695-7600**
- Chinese Information & Service Center
cisc-seattle.org
 - ◇ Elderly Information and Assistance
206-816-4991

◇ Family Resource Support Program

Russian Language

425-502-0883

Chinese Language

425-289-6805 or 206-330-4627

- Indian American Community Services (IACS)
formerly known as India Association of Western
Washington (IAWW)
iacswa.org **253-234-9989**
- Sea Mar Bellevue Medical Clinic **425-460-7140**

Health Insurance

- Medicare Information
ncoa.org/age-well-planner/medicare
1-800-Medicare (633-4227)
- Statewide Health Insurance Benefits Advisors
(SHIBA) insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba
1-800-562-6900
- Washington Health Plan Finder
wahealthplanfinder.org **1-855-923-4633**

Health/Fall Prevention

- Alzheimer's Association Washington State
Chapter alz.org/alzwa/ **206-363-5500**
- American Geriatric Society americangeriatrics.org

Health/Fall Prevention Cont.

- Evergreen Care Network
evergreenhealth.com/patients-visitors/accessing-care/ **425-899-3200**
- Fall Prevention Center of Excellence
213-740-1364
- Kaiser Permanente Resource Line **206-326-2800**
- Hearing Loss Association of Washington
hearingloss-wa.org/
- International Community Health Service
(low-cost medical and dental)
ichs.com/bellevue **425-373-3000**
- National Center for Injury Prevention & Control
1-800-CDC-INFO (232-4636)
- North Bellevue Community Fitness Center
BellevueWA.gov/city-government/departments/parks/community-centers/north-bellevue-community-center/nbcc-fitness-center
425-452-7687
- Overlake Medical Center–Senior Health Clinic
overlakehospital.org/services/senior-health
425-688-5234

- SAIL (Stay Active and Independent for Life) Fitness sailfitness.org/ or doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/OlderAdultFalls/StayActiveandIndependentforLifeSAIL
- One Step Ahead-Fall Prevention Program–King County EMS **206-263-8544**
kingcounty.gov/depts/health/emergency-medical-services/community/fall-prevention.aspx

Hearing Loss Association of Washington

hearingloss-wa.org/

Housing/Home Repair/ Long Term Care

- A Regional Coalition for Housing (ARCH) **425-861-3676**
archhousing.org
- City of Bellevue Major Home Repair Program **425-452-4069**
BellevueWA.gov/city-government/departments/parks/community-services/human-services/home-repair-assistance
- Congregations for the Homeless (day center, shelter, and housing for single men) **425-749-8369**
cfhomeless.org
- King County Housing Authority **206-574-1100**
kcha.org

Housing/Home Repair/

Long Term Care Cont.

- Seattle/King County Coalition for the Homeless
homelessinfo.org
- Sound Generations Minor Home Repair Program
soundgenerations.org/ourprograms/minor-home-repair/ **206-448-5751**
- The Sophia Way
(shelter and day center for homeless single women)
sophiaway.org **425-463-6285**
- Washington State Long Term Care Ombudsman,
King County ltcop.org/ or
waombudsman.org/staff/ **206-623-0816**
- YWCA Seattle /King/Snohomish Emergency phone
ywcaworks.org **206-461-4882**

Immigration

- Northwest Immigrant Rights Project
nwirp.org **206-587-4009**
- US Immigration Office
www.uscis.gov **1-800-375-5283**
12500 Tukwila International Boulevard
Seattle, WA 98168

Legal

- Columbia Legal Services
columbialegal.org **206-464-1222**
- Eastside Legal Assistance Program
elap.org/ **425-747-7274**
- King County Bar Association
kcba.org **206-267-7100**

Legislative Advocacy

- Washington State Senior Citizens' Lobby
waseniorlobby.org/ **360-754-0207**

Mental Health and Substance

Abuse Treatment

- National Alliance on Mentally Illness (NAMI)
Eastside nami-eastside.org **425-885-6264**
- Sound Mental Health smh.org **425-653-5000**
- Therapeutic Health Services
ths-wa.org **425-747-7892**

Nutrition/Meals

- Catholic Community Services of Western Washington
ccsw.org/get-help/services-for-seniors-people-with-disabilities/senior-nutrition-program/
253-474-1200

- Jubilee REACH **425-746- 0506**
 Food Bank jubileereach.org
- Renewal Food Bank 3x per week **425-736-8132**
renewalfoodbank.org
- Salvation Army (meals)
salvationarmynw.org **425-452-7300**
- Sound Generations Community Dining
206-448-5768
- Sound Generations Meals on Wheels
soundgenerations.org/our-programs/food-security/meals-on-wheels/
206-448-5767

Transportation

- Eastside Easy Rider Collaborative
kcmobility.org/eerc **425-943-6769**
- Eastside Friends of Seniors
eastsidefriendsofseniors.org **425-369-9120**
- Hopelink Transportation
hopelink.org/need-help/transportation
425-943-6789
- Metro Transit Accessible Services
kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/access-transportation.aspx
206-205-5000

- Sound Generations Volunteer Transportation
soundgenerations.org/our-programs/ **206-448-5740**
- Hyde Shuttle **206-727-6262**
soundgenerations.org

Veterans

- King County Veterans Program
kingcounty.gov/depts/community-human-services/veterans.aspx
- Seattle **206-477-8282**
- Tukwila **206-477-7022**
- US Department of Veteran’s Affairs
va.gov/ **1-800-827-1000**
- Benefits – National Association of Senior Veterans
navf.org/benefits/ **1-800-352-2919**

Volunteering

- Volunteering in Bellevue
BellevueWA.gov/volunteering
- RSVP-Retired and Senior Volunteer Program
solid-ground.org **206-694-6785** or **206-694-6786**

Federal Agencies/

National Resources

- Administration on Community Living
acl.gov **202-401-4634**
- Alliance for retired Americans **202-637-5399**
- Elder Care Locator
eldercare.acl.gov/Public/Index.aspx
800-677-1116
- American Foundation for the Blind (AFB) Senior Site
afb.org **212-502-7600**
- American Geriatrics Society
americangeriatrics.org **212-308-1414**
- American Society on Aging
asaging.org **1-800-537-9728**
- Hearing Loss Association of America
hearingloss.org **301-657-2248**
- National Committee to Preserve Social Security and Medicare
ncpssm.org **202-216-0420**
- National Council on Aging
ncoa.org **571-527-3900**
- Social Security Online
ssa.gov **1-800-772-1213**

Washington State

- Washington State Department of Social & Health Services
dshs.wa.gov/ **1-877-501-2233**
- Washington State Office of Attorney General
atg.wa.gov **360-753-6200**

This resource list has been researched and compiled by the Bellevue Network on Aging, a Bellevue Parks & Community Services Department organization dedicated to healthy aging in the Bellevue community by promoting awareness of needs and resources that support older adults through life's transitions.



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-4470 (voice) or email dlassiter@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.

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| اطلاعات | | Thông Tin |
| सूचना | 425-452-6800 | 資料 |