

Aging Network Services

for King County Residents



Seattle Office

Office address: Seattle Municipal Tower
700 5th Ave, Seattle

Mailing address: PO Box 34215
Seattle, WA 98124-4215

Phone: 206-684-0660

South King County Office

Office address: 600 SW 39th St. Suite 155
Renton, WA 98057

Mailing address: PO Box 34215
Seattle, WA 98124-4215

Phone: 206-615-1855

E-mail: aginginfo@seattle.gov

Updated November 21, 2016. For current listings and active Web links, visit
www.agingkingcounty.org/docs/southcountyservices.pdf

Aging Network Services for King County Residents

Medicaid Screening

Screening for King County residents age 60+:

Community Living Connections
206-962-8467
Toll-free 1-844-348-5464 (KING)
info@communitylivingconnections.org

Screening for King County residents age 18–59:

DSHS Home & Community Service Office
(King County)
206-341-7750
(toll-free 1-800-346-9257)

Screening for King County residents with developmental disabilities:

Division of Developmental Disabilities
(Region 2)
206-568-5700
(toll-free 1-800-314-3296)
dd4fso@dshs.wa.gov

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	PROGRAM	GOAL	SERVICES MAY INCL	ELIGIBILITY	REFERRAL PROCESS
Information & Assistance	211 Community Information Line www.resourcehouse.info/Wi_n211/	Provide free call-in information & referral services for people w/ disabilities		Anyone may call. Program & service eligibility may differ.	<ul style="list-style-type: none"> Dial 211 (anywhere in King County) or 206-461-3200
	Community Living Connections www.communitylivingconnections.org/	Provide free information & referrals to Aging Network services.	Plan, find & get more care, services, or programs, e.g.: <ul style="list-style-type: none"> Benefit eligibility Case mgmt Counseling Employment Fitness & wellness Health care coverage Home repair Housekeeping Housing & assisted living Legal (e.g., advance directives, living wills) Long-term care Meals Medicaid Personal care Prescription drug options Transportation 	Anyone may call. Focus is on older adults, adults with disabilities, caregivers, family members, and professionals serving these populations. Community Living Connections provides linguistic and culturally appropriate information and assistance services for older adults from a variety of ethnic communities, including: <ul style="list-style-type: none"> Latino Asian (15+ languages) Russian & Ukrainian East African 	<ul style="list-style-type: none"> Community Living Connections <ul style="list-style-type: none"> 206-962-8467 Toll-free 1-844-348-5464 (KING) info@communitylivingconnections.org
	Statewide Health Insurance Benefits Advisors (SHIBA) www.insurance.wa.gov/shiba/index.shtml	Provide free, unbiased health care coverage counseling to people of all ages	Answer questions about: <ul style="list-style-type: none"> Affordable health care coverage Health insurance rights Health care access Prescription access 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Call the SHIBA Hotline 206-727-6221 (toll-free 1-800-562-6900) See SHIBA community locations in King County

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	Abuse in Later Life www.agingkingcounty.org/what-we-do/older-americans-act-programs/	Provide abuse victims with a broad range of support and access to community resources, enabling them to live more self-sufficiently	<ul style="list-style-type: none"> • Referrals to community resources • Assistance in locating, hiring, monitoring, and terminating social service providers 	<ul style="list-style-type: none"> • Victims of physical, emotional, or sexual abuse, exploitation, neglect or abandonment 	<ul style="list-style-type: none"> • Community Living Connections <ul style="list-style-type: none"> ○ 206-962-8467 ○ Toll-free 1-844-348-5464 (KING) ○ info@communitylivingconnections.org • To report elder abuse, call the King County Elder Abuse Hotline: 1-866-221-4909 • Adult Protective Services 1-866-ENDHARM (1-866-363-4276)
Behavioral Health	Geriatric Regional Assessment Team www.evergreenhealth.com/grat	Assessments, crisis intervention, stabilization and consultations for older adults and individuals with disabilities in King County	Provides crisis and non-crisis interventions, including: <ul style="list-style-type: none"> • Geriatric Crisis Services • Family Caregiver Counseling • Substance Abuse Assessments • Geriatric Consultation Services 	<ul style="list-style-type: none"> • See right 	<ul style="list-style-type: none"> • For questions on eligibility or to make a referral, call: 425-899-6300 or 1-800-548-0558 (toll free)
	The Hoarding Project www.thehoardingproject.org King/Pierce County Hoarding Task Force	Promote an effective, ethical, and sustainable response to hoarding in communities, through research, education and prevention, and			

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	http://thehoardingproject.org/home/king-pierce-county-hoarding-task-force	collaborative approaches to treatment			
	<p>PEARLS (Program to Encourage Active, Rewarding Lives)</p> <p>www.pearlsprogram.org</p> <p>PEARLS for Veterans</p> <p>www.agingkingcounty.org/health-information/veterans/</p>	Provide community-based intervention for older adults w/ minor depression	At-home behavioral counseling	Age 60+ w/ minor depression or dysthymic disorder	<ul style="list-style-type: none"> • General contact: Samantha Santor Tel. 206-684-0107 • PEARLS for Veterans contact: Daniel Widner Daniel.Widner@seattle.gov 206-615-0533 <p style="text-align: right;"><i>Continued ...</i></p>

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	PROGRAM	GOAL	SERVICES MAY INCL	ELIGIBILITY	REFERRAL PROCESS
Care Coordination & Case Management	Case Management (Medicaid & Dual-Eligibles)	Help Medicaid- and dual-eligible King County residents who have significant health & social needs to remain living in their own homes	<ul style="list-style-type: none"> Assess/ auth services for residents on State in-home care programs Discharge planning Mental health services Nurse consults PEARLS referral Service coordination 	<ul style="list-style-type: none"> 18+ years old Low-income Authorized to receive services by State DSHS Home & Community Services <p>Medicaid Eligibility Information</p>	<ul style="list-style-type: none"> Screening for people age 60+: <p>Community Living Connections 206-962-8467 Toll-free 1-844-348-5464 (KING) info@communitylivingconnections.org</p> Screening for people age 18–59: <p>DSHS Home & Community Service Office (King County) 206-341-7750 (toll-free 1-800-346-9257)</p> Screening for adults with developmental disabilities: <p>Division of Developmental Disabilities (Region 2) 206-568-5700 (toll-free 1-800-314-3296) dd4fso@dshs.wa.gov</p>
	Case Management/ Seattle Housing Authority	Help SHA residents who have significant health & social needs to live independently in SHA buildings	All of the above, plus: <ul style="list-style-type: none"> Coordination w/ SHA staff & providers Resident advocacy & referral Crisis incident response 	<ul style="list-style-type: none"> Any Seattle Housing Authority (SHA) building resident 	<ul style="list-style-type: none"> Refer caregiver to SHA building case manager (office hours should be posted in lobby) or building manager

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	<p>Chronic Care Management <i>aka King County Care Partners</i></p>	<p>Provide community-based, multidisciplinary, RN-led care mgmt, education & assistance for medically vulnerable Medicaid fee-for-service adults</p>	<ul style="list-style-type: none"> • Assess risk factors, healthy literacy, health status & self-mgmt skills • Screen for alcohol & substance abuse, depression & other mental health conditions, diabetes, heart disease & other chronic conditions • Help understand provider's treatment plan & prescribed medications • Develop a medical treatment plan w/ provider, if a plan does not exist • Develop a care plan, helping set goals for self-mgmt • Refer to services that address unmet needs identified in the assessment • Address barriers to using the health care system 	<ul style="list-style-type: none"> • 18+ years old; and • Multiple chronic conditions; and • Medicaid FFS eligible; and • Referred by their health plan. 	<ul style="list-style-type: none"> • Refer by calling or faxing contact info & diagnoses to: Caroline Bacon 206-386-1521 <p style="text-align: right;"><i>continued ...</i></p>

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Caregiver Support & Adult Day Programs	Family Caregiver Support Program aka King County Caregiver Support Network www.kccaregiver.org	Help to reduce caregiver stress to enable care receivers to remain at home & independent	<ul style="list-style-type: none"> • Practical information & advice • Coaching/counseling • Referrals to local support groups • Training • Respite care, if needed (sliding fees apply) 	<ul style="list-style-type: none"> • Age 18+ • Unpaid primary caregiver for an older adult or adult w/ a disability • Income requirement: None 	<ul style="list-style-type: none"> • Contact any one of the caregiver support providers in the King County Caregiver Support Network.
	Kinship Care Kinship Services	Provide resources for a grandparent or other family member raising a relative's child	<ul style="list-style-type: none"> • Caregiver resources • Financial help • Tax benefit information • Benefits Checkup • Child care assistance • Free or reduced price food • Foster care resources • Resources for children with developmental disabilities 	<ul style="list-style-type: none"> • Age 18+ • Primary caregiver for relative's child under age 18 • Informal or formal responsibility • Primary caregiver documentation required and other payment sources exhausted for financial assistance 	<ul style="list-style-type: none"> • Catholic Community Services Kinship Services 206-328-5787 (toll-free 1-888-649-6850) KinshipProgram@ccsw.org
	Memory Care & Wellness	Provide safe, social & therapeutic environment w/ meaningful services & activities	<ul style="list-style-type: none"> • Structured, evidence-based fitness program • Health assessments & planning by RN or OT • Occupational therapy • Family caregiver support & service coordination 	Inquire by program	<ul style="list-style-type: none"> • Alzheimer's Association Hotline: 1-800-272-3900 HelplineWA@alzwa.org • Full Life/South King County Adult Day Health Center (Kent) Initial inquiries: 206-528-5315 Direct: 425-227-9095 <p style="text-align: right;"><i>Continued ...</i></p>

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	King County Adult Day Providers (multiple)	Adult day programs: <ul style="list-style-type: none"> • Enrichment • Supportive community Adult day health care programs: <ul style="list-style-type: none"> • Skilled nursing and rehabilitation therapies • Enrichment • Supportive community 	<ul style="list-style-type: none"> • Supervised daytime program • Personal care services • Therapeutic services, depending on the type of program and physical, emotional and cognitive needs of participants • Meals • Evidence-based health programs • Caregiver respite 	Inquire by program	<ul style="list-style-type: none"> • For a list of programs in King County, visit www.agingkingcounty.org/about-us/aaa-funded-services/
Chronic Conditions	Chronic Care Self-Management Program aka Living Well with Chronic Conditions https://soundgenerations.org/health-wellness/wellness/	Provide workshops at community locations for individuals w/ chronic conditions, giving them skills to keep active & manage their health	Six-week workshop series in community settings, facilitated by trained leaders, covering: <ul style="list-style-type: none"> • Techniques to deal with frustration, fatigue, pain, isolation, etc. • Appropriate exercise for maintaining & improving strength, flexibility & endurance • Appropriate medication use • Effective communications with family, friends & health professionals • Nutrition 	Adults (any age) with chronic health problems	For more information, contact: Sound Generations 206-448-5767 info@soundgenerations.org <i>continued ...</i>

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	Enhance Fitness https://soundgenerations.org/health-wellness/wellness/	Provide low-cost evidence-based health promotion program focused on healthy living with chronic conditions for older adults at community locations.	<ul style="list-style-type: none"> Seven 1-hour supervised exercise classes focus on strength, balance, aerobics & flexibility 	Older adults	Multiple locations. For more information, contact: Sound Generations 206-448-5767 info@soundgenerations.org
	Enhance Wellness https://soundgenerations.org/health-wellness/wellness/	Provide low-cost evidence-based health promotion program focused on healthy living with chronic conditions for older adults at community locations.	<ul style="list-style-type: none"> Seven 1-hour health enhancement workshops, with guidance & support to maintain/improve health 	Older adults	Multiple locations. For more information, contact: Sound Generations 206-448-5767 info@soundgenerations.org
	Senior Activity Programs	Provide community resource centers that meet the physical & emotional needs of older adults	On-site access to services & resources, including: <ul style="list-style-type: none"> Immunization Health screening Nutrition Exercise & fitness programs 	Typically age 50+	For programs in your area, contact: Community Living Connections 206-962-8467 Toll-free 1-844-348-5464 (KING) info@communitylivingconnections.org
Housing	Adult Family Home Screening Tool	Countywide online database of adult family homes			Community Living Connections 206-962-8467 Toll-free 1-844-348-5464 (KING) info@communitylivingconnections.org
	King County Housing Authority	Provide quality affordable long-term rental housing and rental assistance to	<ul style="list-style-type: none"> Low-income public housing 	<ul style="list-style-type: none"> See www.kcha.org 	<ul style="list-style-type: none"> Contact:

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	www.kcha.org	residents who live outside of Seattle & City of Renton	<ul style="list-style-type: none"> • Housing Choice vouchers (Section 8) The following senior and younger disabled services are located at some sites: <ul style="list-style-type: none"> • Counseling • Education & ESL • Emergency assistance • Gardening & nutrition 		Central Applications Processing Center 21026 Ballinger Way NE, PMB #151 Shoreline WA 98155-1290 Tel: 206-574-1248 Fax: 206-574-1241 or Section 8 Office 15455 65th Ave S Tukwila WA 98188 Tel: 206-214-1300 Fax: 206-243-5927
	Seattle Housing Authority www.seattlehousing.org	Provide long-term rental housing & rental assistance to more than 26,000 low-income Seattle residents (400+ sites)	<ul style="list-style-type: none"> • Low-income public housing • Housing Choice vouchers (Section 8) • Seattle Senior Housing Program • High Point, New Holly & Rainier Vista • Other housing options 	<ul style="list-style-type: none"> • See www.seattlehousing.org/housing/ 	<ul style="list-style-type: none"> • Contact: SHA Housing Service Center 206-239-1737 housingcounselor@seattlehousing.org Open Tues–Fri, 9:30 a.m.–4:30 p.m.
	SHAG (Senior Housing Assistance Group) www.housing4seniors.com	Supports Puget Sound seniors by providing affordable housing & lifestyle enhancements to people age qualified who otherwise cannot afford to live well in retirement.	Affordable living in one of six urban communities with increased amenities & a focus on services, including enhancement programs like fitness classes, cooking classes & transportation.	Age & income restrictions apply & vary slightly by community.	<ul style="list-style-type: none"> • Contact: SHAG Discovery Center 888-450-SHAG (1-888-450-7424) M–F 9 a.m.–5 p.m.

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Nutrition	Community Meals	Establish congregate meal sites to help meet the dietary needs of older adults	<ul style="list-style-type: none"> • Nutritionally-sound meals served in a group setting • Nutrition education • Social & fitness activities • Ethnic meals (some sites) 	<ul style="list-style-type: none"> • Age 60+ 	<ul style="list-style-type: none"> • Refer to providers listed at www.agingkingcounty.org/about-us/contracted-providers/
	Home Delivered Meals	Provide nutritious meals to older people who are homebound & unable to prepare meals for themselves	<ul style="list-style-type: none"> • Primarily frozen meals • Culturally appropriate meals for immigrant/refugee elders 	<ul style="list-style-type: none"> • Age 60+ 	<ul style="list-style-type: none"> • Sound Generations/Meals on Wheels https://soundgenerations.org/get-help/food/meals-on-wheels/ • El Centro de la Raza 206-957-4634 centraloffice@elcentrodelaraza.org • Lifelong/Chicken Soup Brigade Care Coordinators 206-957-1686 carecoord@lcaa.org

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Oral Health	<p>Please refer to resources listed at www.agingkingcounty.org/oralhealth/, including:</p> <ul style="list-style-type: none"> • Finding Dental Care (a SeniorsOralHealth.org webpage maintained by Washington Dental Service Foundation) • Dental Access Programs in Washington • Community Clinics (serving the general community) • Senior Center-based Dental Hygiene Services • Dentists Reaching out to Seniors and the Disabled <p>In addition, we recommend contacting Senior Information & Assistance (for anyone age 60+) or King County 2-1-1, the Community Information Line, to request information about other forms of assistance.</p>				
Transportation	Ride Guide	Online trip planning for seniors and others needing special transportation services			<ul style="list-style-type: none"> • FindARide.org • Vets-GO.com
	Hyde Shuttle	Free shuttle service for elders and persons with disabilities within their communities	<ul style="list-style-type: none"> • Round-trip transportation to medical appointments, shopping, senior centers, meal sites • Wheelchair lift equipped vans 	<ul style="list-style-type: none"> • Resident of Burien/Highline, Des Moines, or Normandy Park.* • Age 60+ or adult with a disability 	<ul style="list-style-type: none"> • Service 8-4 M-F • Call up to 30 days in advance; same-day service limited. • To schedule, call 206-727-6262 (toll-free 1-877-415-3632)
	Medicaid Transportation https://hopelink.org/need-help/transportation/medicaid-transportation	Transportation to and from medical appointments for low-income residents on Medicaid assistance	<ul style="list-style-type: none"> • Hopelink arranges the most appropriate, least costly method of transportation 	<ul style="list-style-type: none"> • King County resident; and • Current Medicaid Assistance ID Card; and • Going to a covered medical service within the community 	King County Medical Transportation: <ul style="list-style-type: none"> • Reservations: 1-800-923-7433 • Reservation Fax: 425-644-9447 • TDD/TTY Line: 800-246-1646 • My Ride Line: 1-800-595-2172 (<i>cancel ride or check on status of ride</i>)

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	<p>Volunteer Transportation</p> <p>https://soundgenerations.org/get-help/transportation/volunteer-transportation/</p>	<p>Personalized, one-on-one transportation services provided by volunteer drivers at no charge</p>	<ul style="list-style-type: none"> • Volunteers drivers use their own vehicles to drive seniors to medical, dental, eye, foot care and other essential appointments • Drivers wait with passenger until ready to return home 	<ul style="list-style-type: none"> • Age 60+. • King County resident • Able to transfer into a private vehicle w/ minimal assistance • Cannot use other transportation options 	<ul style="list-style-type: none"> • Scheduling hours: 8 a.m.–5 p.m. M–F • Call by Wednesday (or before) for rides the following week • Rides dependent upon driver availability • Contact Cindy Zwart 206-448-5740 (toll-free 1-800-282-5815) cindy@soundgenerations.org

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	ADA Paratransit Program (King County Metro Transit)	Transportation for persons whose disabilities prevent use of accessible non-commuter, fixed route bus service	<ul style="list-style-type: none"> • Curb-to-curb service 	<ul style="list-style-type: none"> • Based on disability • Potential applicants complete a pre-application prior to receiving an application • Final application must be co-signed by a health care professional 	<ul style="list-style-type: none"> • Must apply and be found eligible ahead of time to use this program. For more information, contact: Metro Accessible Services 206-263-3113 (toll-free 1-866-205-5001) TTY: statewide relay 711 Fax: 206-205-6490 accessible.services@kingcounty.gov

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Veterans	PEARLS (Program to Encourage Active, Rewarding Lives) www.pearlsprogram.org www.agingkingcounty.org/health-information/veterans/	Provide community-based intervention for older adults w/ minor depression.	At-home behavioral counseling	Age 60+ w/ minor depression or dysthymic disorder	<ul style="list-style-type: none"> Contact: Daniel Widner PEARLS for Veterans 206-615-0533 Fax (ATTN Daniel Widner): 206-684-0152
	Veteran Directed Home Services www.pugetsound.va.gov/patients/eligibility.asp	Enable veterans (any age), at risk of nursing home placement to continue to live in their homes and communities	Home and community-based services, including: <ul style="list-style-type: none"> Care planning & coordination Treatment & health maintenance support Participant-directed goods, services and support Environmental & vehicle modifications Training & educational support Family caregiver support Ongoing coaching & support 	Veteran must: <ul style="list-style-type: none"> Be enrolled for primary care at VA Puget Sound Health Care System hospital or clinic Have a VA primary care team Meet eligibility criteria for home and community-based services as determined by VA Receive a referral from VDHS liaison at VA PSHCS 	Refer veteran to: <ul style="list-style-type: none"> VA Eligibility Office Toll-free 1-800-329-8387 ext. 76567

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NOTES: