



# Aging Seattle and King County

***Aging and Disability Services is the Area Agency on Aging for Seattle and King County***

Hosted by the Seattle Human Services Department, Aging and Disability Services' sponsors—City of Seattle and King County—collaborate to improve the health and quality of life for older people, adults with disabilities, and caregivers, connecting individuals and families throughout King County, Washington with resources to live as independently as possible.

King County's population is growing and aging. Estimates indicate that, by 2050, the adults aged 85+ population will increase more than 300 percent. In the future, the older-adult population will be increasingly more diverse.

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**Our Vision:** Black, Brown, Indigenous, Latinx, and Asian communities of color experience equitable health and quality of life, so all people thrive at every stage of life.

**Our Mission:** ADS builds and strengthens systems that ensure equity, mutual respect, and access to resources for older adults, people with disabilities, and their caregivers.

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## Service Areas

ADS provides case management services throughout King County and funds a broad range of other programs and services through partnerships with community-based organizations.

- Adult Day Services
- Care Coordination
- Family Caregiver Support
- Health Promotion
- Elder Abuse Prevention
- Homecare
- Information & Assistance
- Legal Services
- Mental Health
- Nutrition—Community Meals, Home Delivered Meals & Farmers Market Vouchers
- Senior Centers
- Transportation

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## Funding

ADS funds programs and services that help older people and adults with disabilities remain in their homes and communities of choice. ADS administers approximately \$71.3 million in federal, state and local funds to promote healthy aging.

Among more than 100 funded programs, ADS investments that help support cultural and language appropriate services for people in diverse communities throughout King County include:

- African American Elders Program
- African Americans Reach & Teach Health Ministry
- Asian Counseling & Referral Service
- Chinese Information & Service Center
- GenPride
- Indian American Community Services
- Jewish Family Service
- Kin On
- Korean Women's Association
- Neighborhood House
- Open Doors for Multicultural Families
- Pike Market Senior Center
- SeaMar Latino Senior I&A

ADS consults with the Muckleshoot and Snoqualmie Indian Tribes to address their health and social needs in service planning since they hold the knowledge to create sustainable solutions.

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## Area Plan on Aging

The Area Plan on Aging for King County charts our course in creating an elder-friendly community. Revised every four years, the plan presents trends and outlines major goals and objectives to:

- Promote healthy aging
- Prevent disease
- Encourage financial security
- Increase independence
- Improve health care
- Create livable communities

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**Seattle-King County Advisory Council on Aging and Disability Services:** Chartered under the Older Americans Act of 1965, twenty-one members of the ADS Advisory Council guide planning and funding decisions and advocate on behalf of older adults in King County.

**Mayor's Council on African American Elders:** Created in 1995, twelve members of the MCAAE advocate for accessible, culturally appropriate, comprehensive services with a focus on people of African descent who are aged 55+ and isolated, frail, and low-income.

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## Aging and Disability Resource Center

To speak with a caring, highly trained specialist who can give you reliable, confidential information about service options for older people, adults with disabilities, and caregivers, call our information and assistance line: Community Living Connections. Call toll-free: 1-844-348-5464



PO Box 34215 • Seattle, WA 98124-4215 • 206-684-0660  
aginginfo@seattle.gov • www.agingkingcounty.org