

Where to learn more about older adult services in the US

for King County

To obtain lists of long-term care and community providers, find out how they work, learn about Medicaid eligibility, find respite care, obtain free or low-cost services, or find out who to call for these services in another part of the country or state, call:

Senior Information & Assistance

a free telephone referral service in King County
operated by Senior Services,
9M – 5 PM, Monday-Friday

206-448-3110

1- 800-972-9990

www.seniorservices.org

To obtain lists of services in King County, press “Downloadable Consumer Documents” on their website, then “GO to documents page.” The following services are available on-line:

- ⌘ assisted living facilities/retirement communities (including subsidized)
- ⌘ nursing homes
- ⌘ nursing homes with Alzheimer’s units
- ⌘ hospices
- ⌘ subsidized housing for older people (no care services)
- ⌘ emergency response systems
- ⌘ adult day centers
- ⌘ licensed home health care agencies
- ⌘ options for hiring household help
- ⌘ telephone reassurance programs

To get a list of adult family homes within specific zipcodes in King County, use their website’s Adult Family Home Screening Tool.

for Pierce, Kitsap and Snohomish Counties

You can reach Senior Information & Assistance offices in these counties by calling 1-888-435-3377 (1-888-4ELDERS) or www.4elders.org.

for elsewhere in the state and nation

Call Senior I & A in Seattle (above) or the Eldercare Locator at 1-800-677-1116, 9 AM – 8 PM, Eastern Time. Be sure to have the county and city name or zip code of the area you’re calling about.

- ⌘ For information about adult day services anywhere in the state, call:
The Washington Adult Day Services Association (WADSA) 206-461-3899
1-888-609-2372
www.adultday.org
Their website lists individual centers, plus additional information about what adult day services are and tips for choosing one.
- ⌘ For assistance finding a private care manager in your area, contact Senior I & A *or*
The National Association of Professional Geriatric Care Managers. 520-881-8008
www.caremanager.org
- ⌘ For assistance with legal issues (Durable Powers of Attorney, Living Wills, end-of-life planning, landlord-tenant, elder abuse, Medicare, etc.), call:
Senior Rights Assistance 206-363-5500
a free legal assistance service operated by Senior Services 1-800-972-9990, x461
Also available on the Senior Services website: www.seniorservices.org
- ⌘ For assistance with health insurance questions (for all ages), call:
SHIBA (Statewide Health Insurance Benefit Advisor) 206-616-2435
in King County
- ⌘ For free legal services to persons 60+, call:
CLEAR*SR 1-888-387-7111
(Coordinated Legal Education, Advice & Referral Services) www.nwjustice.org
funded by the NW Justice Project
- ⌘ For help understanding and caring for someone with Alzheimer's disease or other dementing illness, call:
The Alzheimer's Association 206-783-6600
(Western and Central Washington Chapter) 1-800-848-7097
www.alzwa.org
- ⌘ For the complaint history of a long-term care facility in Washington (facilities that provide hands-on care only), to lodge a complaint, AND to link to the federal web site for nursing home inspection reports nationwide, contact:
The Long-Term Care Ombudsman's Office (state-wide) 1-800-562-6028
(King County) 206-623-0816
www.ltcop.org
- ⌘ For the complaint history of a home care, home health or hospice agency, call the:
Washington Health Department's public disclosure office: 1-360-705-6652
(There's no toll free number)