



Resources for Older Adults Important Links



Contents

City of Bellevue	4
General Information/Resources/Support.....	4
Adult Day Care/Day Health	6
Domestic Violence.....	6
Elder Abuse	6
Multicultural Resources.....	7
Health Insurance	7
Health/Fall Prevention	8
Hearing Loss.....	9
Housing/Home Repair/ Long Term Care.....	9
Immigration.....	11
Legal	11
Mental Health and Substance Abuse Treatment.....	11
National Center for Injury Prevention & Control.....	12
North Bellevue Community Fitness Center	12
Nutrition/Meals.....	12
Transportation	13
Volunteering.....	14

Federal Agencies/National Resources..... 15
Washington State 16

City of Bellevue

- **Aging Services, North Bellevue CC**
425-452-7681
- **Elder Mediation,
Bellevue Conflict Resolution Center**
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**..... 425-452-4069
 - ◇ Hearing Loss 425-452-5262
- **Network on Aging, North Bellevue CC**
425-452-4470
- **Utilities Discount/Rebate Program**
425-452-5285

General Information/Resources/Support

- **AARP Washington State** aarp.org/states/wa/
- **Aging & Disability Services**
 - ◇ Case managemet for COPES
agingkingcounty.org 206-684-0660
 - ◇ Crisis Connections–24-hour crises line
866-427-4747 or 206-461-3222
 - ◇ All Community Resources Online:
crisisconnections.org 2-1-1 or 800-621-4636

- Community Living Connections 206-962-8467
communitylivingconnections.org or
seattle.gov/humanservices/services-and-programs/promoting-healthy-aging/community-living-connections

- Suicide & Crisis Lifeline Dial 988

- Hopelink 425-943-7555
hopelink.org

- Sound Generations 206-448-5757
soundgenerations.org

- Enhanced 9-1-1 (E-911) Program–King County
kingcounty.gov/safety/E911/Smart911.aspx

- Solid Ground 206-694-6700
solid-ground.org

- United Way of King County 206-461-3700
uwkc.org

- Catholic Community Services–
 Volunteer Services 206-328-5787
ccsww.org

Adult Day Care/Day Health

- Elder and Adult Day Services–Bellevue
nw-seniors.org/daycare.html 425-867-1799

Domestic Violence

- King County Sexual Assault Resource Center
kcsarc.org425-226-506 or 888-998-6423
- LifeWire
(formerly Eastside Domestic Violence Program)
lifewire.org 425-746-1940

Elder Abuse

- Adult Protective Services Intake-Line (DSHS)
(only open Monday through Friday 8 a.m.-5 p.m.)
1-877-734-6277
- Abuse in Long Term care facilities such as
nursing homes, adult family homes, assisted
living facilities 1-800-562-6078
 - ◇ On line reporting [dshs.wagov/altsa/
residentialcare-services/residential-care-
services-online-incident-reporting](http://dshs.wagov/altsa/residentialcare-services/residential-care-services-online-incident-reporting)
 - ◇ Aging and Long-Term Support Administration
dshs.wa.gov/altsa 360-725-2300
[dshs.wa.gov/altsa/adult-protective services](http://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..... 206-624-5633
 - ◇ Senior and Disabled Adult Services
206-816-4991
 - ◇ Russian Speaking Senior Day Program
425-624-7651
 - ◇ Family Resource Support Program
 Russian Language 425-502-0883
 Chinese Language
 425-289-6805 or 206-330-4627
- **Indian American Community Services (IACS)**
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)
- **Office of the Insurance Commissioner**
 1-800-562-6900 or 206-753-4806
insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba
- **Washington Health Plan Finder**
wahealthplanfinder.org 1-855-923-4633

Health/Fall Prevention

- Alzheimer’s Association Washington State Chapter 206-363-5500
alz.org/alzwa/
- American Geriatric Society
americangeriatrics.org
- Evergreen Care Network..... 425-899-3200
evergreenhealth.com/patients-visitors/accessing-care/
- Evergreen Health Outpatient Rehab Services
425-899-1960
- King County Fall Prevention Coalition
soundgenerations.org/king-county-fall-prevention-coalition 206-448-5757
- Fall Prevention Center of Excellence
homemods.org/acl/consumerawareness
213-740-1364
- Kaiser Permanente Resource Line
206-326-2800
- International Community Health Service
(low-cost medical and dental)
ichs.com/locations/bellevue-medical-and-dental-clinic..... 425-373-3000

- National Center for Injury Prevention & Control
cdc.gov/falls/index.html
1-800-CDC-INFO (232-4636)
- North Bellevue Community Fitness Center
BellevueWA.gov/nbcc 425-452-7681
- Overlake Medical Center–Senior Health Clinic
overlakehospital.org/services/senior-health
425-688-5234
- Washington State Department of Health, Older Adult Falls, Finding Our Balance
doh.wa.gov/you-and-your-family/injury-and-violence-prevention/older-adult-falls
- 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

- Hearing Loss Association of Washington
hearingloss-wa.org/ 503-882-0115

Housing/Home Repair/ Long Term Care

- A Regional Coalition for Housing (ARCH)
archhousing.org 425-861-3677
- City of Bellevue Major Home Repair Program
[BellevueWA.gov/city-government/
departments/parks/community-services/
human-services/home-repair-assistance](http://BellevueWA.gov/city-government/departments/parks/community-services/human-services/home-repair-assistance)
425-452-4069
- Porchlight 425-698-1295
porchlightcares.org
- King County Housing Authority 206-574-1100
kcha.org
- CDC – Violence Prevention, Elder Abuse
[cdc.gov/violenceprevention/elderabuse/
index.html](http://cdc.gov/violenceprevention/elderabuse/index.html)
- Sound Generations Minor Home Repair Program
mhr@soundgenerations.org
[soundgenerations.org/ourprograms/minor-
home-repair/](http://soundgenerations.org/ourprograms/minor-home-repair/) 206-448-5751
- The Helen’s Place day center for homeless
single women..... 425-896-7385
sophiaway.org
- Helen’s Place- women’s shelter 425-572-2178

- Washington State Long Term Care Ombudsman, King County 206-623-0816
ltcop.org/ or waombudsman.org/staff/
- YWCA Seattle /King/Snohomish
Emergency phone 206-461-4888
ywcaworks.org

Immigration

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

Legal

- Columbia Legal Services 206-464-5911
columbialegal.org
- Eastside Legal Assistance Program .. 425-747-7274
infor@elap.org | elap.org/
- King County Bar Association 206-267-7100
kcba.org
- Washington State Senior Citizens' Lobby
waseniorlobby.org/ 360-754-0207

Mental Health and Substance

Abuse Treatment

- National Alliance on Mental Illness (NAMI) Eastside.....nami-eastside.org
1-800-950-6264 (help line) or 425-885-6264
- Sound Mental Health smh.org
425-653-5000 or crises 206-461-3222
- Therapeutic Health Services 425-747-7892
ths-wa.org

National Center for Injury Prevention & Control

cdc.gov/about/leadership/leaders/ncipc.html ...
1-800-232-4636

North Bellevue Community

Fitness Center

BellevueWA.gov/nbcc 425-452-7681

Nutrition/Meals

- Catholic Community Services of Western Washington..... 425-213-1963
ccsww.org/get-help/services-for-seniors-people-with-disabilities/senior-nutrition-program/

- Jubilee REACH 425-746-0506
jubileereach.org
- Renewal Food Bank 3x per week
renewalfoodbank.org 425-736-8132
- Salvation Army (meals)
salvationarmynw.org 425-452-7300
- Hopelink Foodbank
hopelink.org 425-869-6000
Sound Generations Community Dining
206-448-5768
 ◇ Bellevue site 425-452-7681
- Sound Generations Meals on Wheels
206-448-5767
soundgenerations.org/our-programs/food-security/meals-on-wheels/

Transportation

- Eastside Easy Rider Collaborative
kcmobility.org/eerc 425-943-6769
- Eastside Friends of Seniors
eastsidefriendsofseniors.org 425-369-9120
- Hopelink Transportation 425-943-6789
hopelink.org/need-help/transportation

- Metro Transit Accessible Services... 206-205-5000
kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/access-transportation.aspx
- Sound Generations Volunteer Transportation
soundgenerations.org/our-programs/
206-448-5740
- Hyde Shuttle 206-727-6262
soundgenerations.org
- Find a Ride program kcmobility.org
- Metro Flex – King County
- Access Transportation – King County
- Transportation – Sound Generations
- Transportation – Hopelink
- BellHop – free on-demand shuttle in Bellevue
- King County Veterans Program
kingcounty.gov/depts/community-human-services/veterans.aspx
 - ◇ Seattle..... 206-263-8387
 - ◇ Tukwila..... 206-263-8387
- US Department of Veteran’s Affairs
va.gov/..... 1-800-827-1000

- Benefits – National Association of Veterans & Families
navf.org/benefits/ 1-800-352-2919

Volunteering

- Volunteering in Bellevue
BellevueWA.gov/volunteering
- RSVP-Retired and Senior Volunteer Program
206-694-6785 or 206-694-6786
solid-ground.org
servewashington.wa.gov/programs/senior-corps/retired-senior-volunteer-program

Federal Agencies/National Resources

- Administration on Community Living
acl.gov 202-401-4634
- Alliance for retired Americans 202-637-5399
- Elder Care Locator 800-677-1116
eldercare.acl.gov/Public/Index.aspx
- American Foundation for the Blind (AFB)
Senior Sit 212-502-7600 e
afb.org
- American Geriatrics Society 212-308-1414
americangeriatrics.org

- American Society on Aging..... 1-800-537-9728
asaging.org
- Hearing Loss Association of America
hearingloss.org..... 301-657-2248
- National Committee to Preserve Social Security
and Medicare 202-216-0420
ncpssm.org
- National Council on Aging..... 571-527-3900
ncoa.org
- Social Security Online..... 1-800-772-1213
ssa.gov

Washington State

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



정보	Information	情報
Información		معلومات
సమాచారం		Информация
اطلاعات		Thông Tin
सूचना	425-452-6800	資料



For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-4470 (voice) or email dlassiter@bellevuewa.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov.

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.