Where To Turn
2023- 2024

An information and referral guide to community resources for older adults in

KING COUNTY

Produced by SENIOR MEDIA SERVICES
A program of

LUTHERAN Community Services NORTHWEST

Find the services you need quickly

HOUSING, IN-HOME CARE, TRANSPORTATION, HEALTHCARE, FOOD RESOURCES, LEGAL AID and MORE
Get the caregiving support you need, when you need it.

At AARP Family Caregiving, we’re here to help you get answers, connect with other caregivers and find local resources close to home. So you can take care of what matters most. To learn more, visit aarp.org/caregiverswa

facebook.com/AARPWA
@AARPWA
ADVERTISER PARTNERS

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FIND IT IN WHERE TO TURN

Where to Turn lists the telephone numbers of service providers by category. The lists include government, publicly funded and non-profit programs, and paid advertisers. For services outside King County or Washington, contact the U.S. Administration on Aging’s Eldercare Locator at 1-800-677-1116, or for services in Pierce County, contact Senior Media Services at 253-722-5687.

For additional free copies of Where To Turn, please contact Senior Media Services at 253-722-5687 or pjenkins@lcsnw.org
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Home is where the HEART is

But sometimes you need a helping hand

Immigration Counseling and Advocacy
206-694-5742

Refugees and Immigrant Services
206-694-5700

Where to Turn and Senior Scene
253-722-5687

www.lcsnw.org
The Hyde Shuttle is a door-to-door van service for older adults and adults with disabilities. Numbers to call about that and other transportation options are in the Transportation section of Where to Turn.
Join us for an upcoming event!

One Medical Seniors is a doctor's office designed for those on Medicare.

We believe in building strong relationships with our patients and the local community to help keep our community healthy and connected.

Our teams host a variety of community events throughout the year that focus on:

- Medicare knowledge and education
- Health and exercise
- Technology for older adults
- Hobbies and interests

To learn more about our events, scan the QR Code or call 206-590-4030
ADVOCACY/ COMPLAINTS

Aging & Disability Services ...................... 206-684-0660
Better Business Bureau ...................... 206-431-2222
King County licensing ............... 206-296-2710
Disabled American Vets .......... 877-426-2838
Adult Protective Service .......... 877-734-6277
State long-term care ombudsman ......... 206-623-0816
Medicare Beneficiary Helpline ............... 800-633-4227
United Way HelpLine ....................... 2-1-1
State attorney general ............ 800-551-4636
State insurance commissioner .......... 800-562-6900
Disability Rights of Washington ........ 800-562-2702

CASE MANAGEMENT

Asian Counseling and Referral Service ................ 206-695-7595
Chinese Information and Service Center ............. 206-624-5633
King County Area Agency on Aging .................. 206-684-0660
Kin On Caregiver ...................... 206-652-2330
Washington Masonic Charities/
Masonic Outreach Services ..................... 844-288-3531
Valley Cities ......................... 253-833-7444

CHEMICAL DEPENDENCY

Al-Anon ................................ 800-726-8094
King County Substance Abuse Services ............. 206-263-9000
Kent Youth and Family Services .................... 253-859-0300
Valley Cities ......................... 253-833-7444
CRIME and FRAUD PREVENTION

AARP Fraud Watch Network
Helpline 877-908-3360
King County Sheriff 206-296-4155
Adult Protective Services 877-734-6277
Crime Stoppers 206-343-2020
Kent Police Department 253-856-5883
Auburn Police 253-931-3080
Emergencies 9-1-1
Algona Police 253-833-2743

CRISIS LINES

Crisis Clinic 866-427-4747
WA Recovery Help Line 866-789-1511
King County Crisis and Commitment Services 206-263-9200

DEMENTIA CARE

Alzheimer’s Association 800-272-3900
Harborview Memory and Brain Wellness 206-520-5000
King County Caregiver Support 206-436-2975

ADVANCED HEALTH CARE
Serving Home Care Needs with Compassion
SCREENED, TRAINED & SUPERVISED CAREGIVERS TO ASSIST YOU AT HOME

Companionship Memory Care
Personal Care Mobility/Transfers
Housekeeping/Meals Medication Assistance
Bathing Errands

Serving South King County Since 1984
CALL US TODAY
253-874-1435

www.advanced-healthcare.com
DENTAL CARE
Renton Public Health/
Dental Clinic ..................... 206-477-0100
Downtown Public Health/
Dental Clinic (Seattle) ..... 206-477-8300
Seattle-King County
Dental Society ............... 206-443-7607
Auburn Community
Health Center .................. 253-735-0166

DISABILITY-RELATED SERVICES
King County Developmental Disabilities .................. 206-263-9105
State Department of Services for the Blind .... 800-552-7103
Hearing Loss
Association of WA .......... 425-742-3228
Braille Library ............... 800-542-0866
Washington TDD Relay ........ 7-1-1
Alliance of People With Disabilities .................... 206-545-7055
Deaf-Blind Service Center.. 206-323-9178
Helping Hands for the Disabled ....................... 206-684-0660
Aging and Disability Services ................... 844-348-5464
Community Care
Connections ...................... 855-567-0252
Northwest Access Fund . 206-328-5116
Northwest ADA Center.... 800-949-4232

DISASTER RELIEF
American Red Cross ...... 206-323-2345
Federal Emergency Management Administration (FEMA) ... 800-525-0321
King County Emergency Management .................. 206-296-3830
Salvation Army ............... 206-767-3150
DOMESTIC VIOLENCE

Valley Cities Counseling and Consultation .................. 253-939-4055
King County Coalition Against Domestic Violence .......... 206-568-5454
King County Emergency Management ....................... 206-296-3830
YWCA ..................................... 425-226-1266
National Domestic Violence Hotline ....................... 800-799-7233
Washington State Domestic Violence Hotline .......... 800-562-6025

DRIVING EDUCATION

AAA Roadwise .................. 877-476-1254
AARP Driver Safety .......... 888-227-7669

EMPLOYMENT RESOURCES

National Asian Pacific Center on Aging ................. 206-624-1221
WorkSource .......................... 253-804-1177

FINANCIAL COUNSELING

State Department of Financial Institutions .... 877-746-4334

DENTAL HELP: The Seattle-King County Dental Society, in cooperation with the Dental Lifeline Network, donates dental services to older adults and disabled or medically compromised people who can’t afford treatment or get public aid. More information is at skcds.org and 877-861-6028.
FOOD

• Home-delivered meals
  Catholic Community Services .................. 253-474-1300
  Sound Generations .................. 206-448-5757

• Food banks
  Alonna-Pacific Food Pantry .................. 253-351-0450
  Asian Americans (ACRS) 206-695-7510
  Auburn Food Bank ........ 253-833-8925
  Black Diamond Food Bank .................. 360-886-1011
  Des Moines Food Bank ... 206-878-2660
  Emergency Feeding Program of Seattle & King County 206-329-0300
  Enumclaw Kiwanis Food Bank .................. 360-825-6188
  Federal Way Food Bank ... 253-838-6810

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family resource home care

Personalized home care to support safety, comfort and independence.

Seattle & S. Snohomish County 206.545.1092
Bellevue & Eastside 425.455.2004
Tacoma & Pierce County 253.761.8019
Snohomish County 425.361.0044
Skagit County 425.386.1156
Highline Food Bank ........ 206-433-9900
Hopelink Bellevue .......... 425-889-7880
Issaquah Food Bank ....... 425-392-4123
Kent Food Bank ............ 253-981-3145
Maple Valley Food Bank .. 425-432-8633
Muckleshoot Food Bank .. 253-876-3336
Salvation Army-Renton ... 425-255-5969
Snoqualmie Valley Food Bank .................. 425-888-7832
Tukwila Pantry ............... 206-431-8293
Vashon-Maury Food Bank .. 206-463-6332

• Meal sites
  Auburn Senior Center ...... 253-931-3016
  Black Diamond Community Center .......... 360-886-1011
  Des Moines Community Center ................... 206-870-6584
  Enumclaw Senior Center ..................... 360-825-4741
  Federal Way Community Center .............. 253-835-6900
  Issaquah Senior Center .................... 425-392-2381
  North Bellevue Community Center .......... 425-452-7681
  Pacific-Algona Community Center .......... 253-929-1150
  Peter Kirk Community Center (Kirkland) .......... 425-587-3360
  Redmond Senior Center .. 425-556-2314
  Renton Senior Activity Center ............... 425-430-6633
  SeaTac Park Community Center .............. 206-973-4680
  South Park Community Center ............... 206-684-7451
FUNERALS
Klontz Funeral Home
(Auburn, Kent) ..................253-833-1322

HEALTHCARE SERVICES
Seattle-King County Public
Health ................................. 800-325-6165
Kin On Healthcare .......... 206-721-3630
Franciscan Health
System ................................ 888-825-3227
HealthPoint ......................... 425-277-1311
One Medical ....................... 206-590-4030

HEALTH INSURANCE / MEDICARE
Medicare ............................. 1-800-633-4227
Medicare beneficiary
helpline ............................. 800-633-4227
SHIBA (Statewide Health Insurance
Benefit Advisors) ............... 800-562-6900

HEARING
Hearing, Speech and Deafness
Center ............................... 206-323-5770

PHONE DISCOUNTS: Qualifying low-income consumers can receive discounts on their telephone service through the Federal Communications Commission’s Lifeline program. Information is available at 888-641-8722.
### HOME REPAIRS

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<td>253-856-5065</td>
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<td>Rebuilding Together</td>
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<td>Seattle</td>
<td>206-682-1231</td>
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<td>Authority</td>
<td>206-574-1100</td>
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<td>King County Housing Repair</td>
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<td>City of SeaTac</td>
<td>206-973-4815</td>
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<td>City of Covington</td>
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<td>Senior Housing Assistance</td>
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<td>Catholic Community Services</td>
<td>206-328-5696</td>
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<td>Compass Housing Alliance</td>
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<td>Crisis Clinic</td>
<td>2-1-1</td>
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<td>Salvation Army</td>
<td>206-281-4600</td>
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<td>Solid Ground</td>
<td>206-694-6700</td>
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<td>St. Vincent de Paul</td>
<td>206-767-6449</td>
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<td>Harborview Medical Center</td>
<td>206-744-3000</td>
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<td>Multicare Auburn Medical Center</td>
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<td>St. Elizabeth Hospital (Enumclaw)</td>
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<td>St. Francis Hospital (Federal Way)</td>
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<td>Swedish Hospital</td>
<td>206-386-6000</td>
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<td>Valley Medical Center</td>
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IMMIGRATION AND REFUGEE SERVICES

City of Seattle Immigrant and Refugee Affairs .......................... 206-727-8515
Lutheran Community Services Northwest ........ 206-816-3253
Northwest Immigrant Rights Project ......................... 206-587-4009
Refugee Resettlement Office ............................ 206-323-3152
Refugee Women’s Alliance ............................... 206-721-0243
Seattle Chinese New Immigrants Center ..................... 425-336-0128
U.S. Immigration and Naturalization ....................... 800-375-5283

IN-HOME CARE

Advanced Health Care .... 253-874-1435
Area Agency on Aging ..... 206-684-0660
All Ways Caring
   North Seattle .............. 206-368-7667
   Bellevue .................. 425-289-1257
   Renton ..................... 425-271-0614
   Federal Way .............. 253-839-3700
Catholic Community Services ......................... 877-870-1582
Family Resource Homecare
   Seattle .................... 206-545-1092
   Bellevue-Eastside ... 425-455-2004
Kin On In-Home Care ..... 206-652-2330
Korean Women’s Association .......................... 888-508-2780

LEGAL ASSISTANCE

King County Bar Association .......................... 206-267-7100
Northwest Justice Project .............................. 888-201-1014
Sound Generations ........ 206-448-5757
AARP’s Driver Safety classes are one way that older adults can brush up on their behind-the-wheel skills and maybe earn a discount on auto insurance. See the Driving Education category of Where to Turn.
SUPPORT GROUPS
Alzheimer’s Association .. 800-272-3900
Jewish Family Services .. 206-461-3240
United Way .................. 206-461-3700
Washington Brain Injury
Resource Center .......... 877-982-4292
Widowed Information and Consultation
Services (WICS) ............ 206-241-5650

TAX HELP / INFORMATION
AARP Foundation
Tax-Aide ......................... 888-227-7669
Volunteer Income Tax
Assistance ..................... 800-906-9887
IRS ............................. 800-829-1040
King County assessor .. 206-296-7300

Care You Can Trust
The All Ways Caring difference is our people. Our
team has a special combination of heart skills and
clinical skills.
Let us help you design a home healthcare plan specific
to your needs and schedule a complimentary in-home
assessment.

N. Seattle 206-368-7667 . Bellevue 425-289-1257
AllWaysCaring.com
TRANSPORTATION
Metro Transit ................. 206-553-3000
Hyde Shuttles ............... 206-727-6262
Access .......................... 206-205-5000
Sound Generations ...... 206-448-5740
Sound Transit ............... 888-889-6368
Northwest Transport .... 800-600-9225
Paratransit Services ..... 800-925-5438
Amtrak ....................... 800-872-7245
Ferry Information Line .. 800-843-3779

UTILITIES ASSISTANCE
City of Seattle .............. 206-684-0268
Hopelink (east county) ... 425-658-2592
Multi-Service Center    (south county) ........ 253-517-2263

VETERANS SERVICES
King County Veterans
Program ...................... 206-296-7656
Disabled American
Veterans ..................... 206-341-8267
U.S. Veterans Affairs .... 800-827-1000
VA Puget Sound
Healthcare System ...... 206-762-1010
VA Puget Sound Blind and Low-Vision
Services ..................... 206-764-2758
Vet Center (VA) .......... 253-838-3090
WA Veterans Affairs ...... 800-562-2308
• American Legion
Kent ............................ 253-859-9905
Renton ........................ 425-271-1439
Auburn ....................... 253-939-5789
• Veterans of Foreign Wars
Kent-Meridian Post ...... 206-650-8329
Post 1741, Auburn ...... 253-293-5839
Every life is unique – shouldn’t every funeral be, too?

ShareLife is more than just a funeral. It’s a unique, complete approach to funeral planning that honors and celebrates the life of your loved one. Plan a personalized, memorable life celebration service with a ShareLife provider near you.

The ShareLife experience doesn’t have to be expensive. Our providers in Washington have options to fit every budget. Call today to learn more!

Tacoma • Federal Way
Edwards Memorial Funeral Home
(253) 566-1008 EdwardsMemorial.com

Auburn • Kent
Klontz Funeral Home & Cremation Services
(253) 833-1322 KlontzFuneralHome.com

Sumner • Puyallup
Curnow Funeral Home & Cremation Services
(253) 863-2800 CurnowFuneralHome.com