



Resources for Older Adults - Important Links

City of Bellevue

City of Bellevue, Aging Services- 425-452-4200

http://www.bellevuewa.gov/north_bellevue_community_center_programs.htm

City of Bellevue, Network On Aging- 425-452-4200

http://www.bellevuewa.gov/network_on_aging.htm

City of Bellevue, Home Repair Program- 425-452-6884

http://www.bellevuewa.gov/homerepair_assistance_eligibility.htm

City of Bellevue, Utilities Discount/Rebate Program- 425-452-5285

http://www.bellevuewa.gov/utilities_discounts.htm

City of Bellevue, Elder Mediation- 425-452-4091

http://www.bellevuewa.gov/mediation_training.htm

General Information/Resources/Support

Senior Information & Assistance- 206-448-3110 or 1-888-435-3377

<http://www.seniorservices.org/ina/i&a.htm>

Dial 211- Crisis Clinic Community Information Line

<http://www.resourcehouse.com/en/wa/cgi-bin/location.asp>

Aging & Disability Services- 206-684-0660

<http://www.agingkingcounty.org>

Catholic Community Services – 206-323-6336 www.ccsww.org

Hopelink- 425-869-6000 www.hope-link.org

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

Eastside Human Services Forum www.eastsideforum.org

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

AARP local chapters <http://www.aarp.org/states/wa/>

Adult Day Care/Day Health

Elder and Adult Day Services- 425-867-1799 <http://www.eads-cares.org/Home.asp>

Domestic Violence Prevention

Eastside Domestic Violence Program – 425-746-1940 www.edvp.org

Elder Abuse

Adult Abuse Prevention-1-866-363-4276 www.aasa.dshs.wa.gov

Ethnic Resources

Cultural Navigator Program- 206-624-5633 x 4131 www.cisc-seattle.org

Chinese Information & Service Center- 206-624-5633 www.cisc-seattle.org

Sea Mar Community Health Centers- 206-763-5277 www.seamarchc.org

Health Insurance

Benefits Checkup – 1-800-Medicare www.mymedicarematters.org

Statewide Health Insurance Benefits Advisors (SHIBA) – 1-800-562-6900
http://www.insurance.wa.gov/consumers/SHIBA_HelpLine/dirdefault.asp

Health/Fall Prevention

Evergreen Care Network- 425-899-3200

<http://www.evergreenhealthcare.org/services/network/default.htm>

Group Health Resource Line - 206-326-2800

One Step Ahead-Fall Prevention Program- King County EMS- 206-296-4693 <http://www.kingcounty.gov/health>

Washington State Long Term Care Ombudsman, King County - 206-623-0816 <http://www.ltcop.org/>

Alzheimer's Association of Western Washington- 206-363-5500

<http://www.alz.org/alzwa/>

National Center for Injury Prevention & Control- 1-800-CDC-INFO

<http://www.cdc.gov/ncipc/factsheets/adultfalls.htm>

Fall Prevention Center of Excellence- 213-740-1364 www.stopfalls.org

American Geriatric Society www.americangeriatrics.org

Hearing Loss Association of Bellevue- 425- 425-746-1074

www.hearingloss-wa.org

Washington Assistive Technology Act Program- 800 214-8731

www.watap.org

Housing/Homelessness

ARCH- A Regional Coalition for Housing-Senior Housing Guide– 425-

861-3676 <http://www.archhousing.org/current-residents/senior-housing.html>

King County Housing Authority- 206-574-1100 www.kcha.org

Committee to End Homelessness in King County- 206-263-9085

www.cehkc.org

Seattle/King County Coalition for the Homeless www.homelessinfo.org

YWCA East King County- 206-461-4882 www.ywcaworks.org

Immigration

US Immigration Office- Seattle- 206-553-7924

Northwest Immigrant Rights Project- 206-587-4009 www.nwirp.org

Legal

Senior Rights Assistance – 206-448-5720
<http://www.seniorservices.org/SRA/SDM.asp>

Eastside Legal Assistance Program – 425-747-7274 <http://www.elap.org/>

Columbia Legal- www.washingtonlawhelp.org

Legislative Advocacy

Washington State Senior Lobby – 360-754-0207
<http://www.waseniorlobby.org/>

Mental Health/Substance Abuse

Washington Recovery Help Line – 1-866-789-1511

Sound Mental Health – 425-653-4900 <http://www.smh.org>

Nutrition/Meals

Senior Services Meals On Wheels – 206-448-5767
<http://www.seniorservices.org/nutrition/mowinfo.asp>

Senior Services Community Dining- 206-448-5768
<http://www.seniorservices.org/CommunityDining/CDInfo.asp>

Catholic Community Services of Western Washington- 253-474-1200
http://www.ccsww.org/site/PageServer?pagename=seniors_seniornutritionprogram

Transportation

Metro Transit Accessible Services – 206-205-5000
<http://transit.metrokc.gov/tops/accessible/accessible.html>

Hopelink Transportation- 425-943-6789 <http://www.hopelink.org/gethelp/transportation>

Senior Services Volunteer Transportation- 206-448-5740
<http://www.seniorservices.org/vts/vts.htm>

Washington State

Washington State Department of Social & Health Services- 1-800-737-0617
<http://www.dshs.wa.gov/>

Federal Agencies/Resources

Social Security On line- 1-800-772-1213 <http://www.socialsecurity.gov/>
Bellevue Office- 425-450-0125

National Council on Aging- 206-479-1200 www.ncoa.org

Administration on Aging- 202-619-0724 www.aoa.gov

Alliance for Retired Americans- www.retiredamericans.org

American Geriatrics Society- www.americangeriatrics.org

American Foundation for the Blind (AFB) SeniorSite-
<http://www.afb.org/seniorsitehome.asp>

American Society on Aging- www.asaging.org 

National Committee to Preserve Social Security and Medicare-

www.ncpssm.org 



This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.