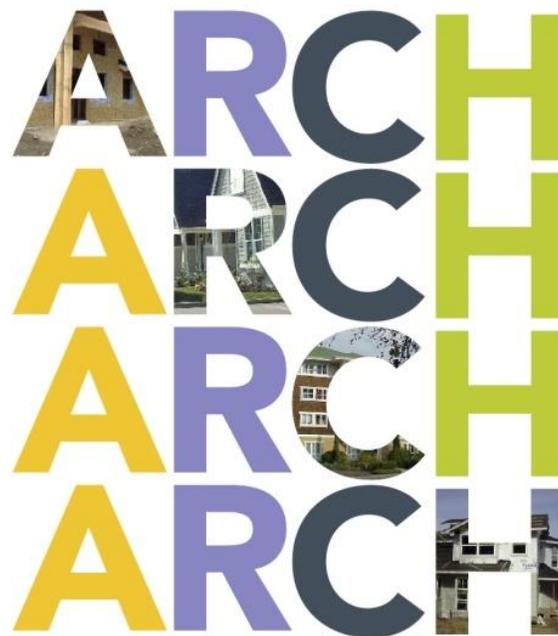


Senior Housing Options Handbook



A Regional Coalition for Housing

Your Resource for Information

on

Senior Housing Options

In East King County

June 9th, 2011



A Regional Coalition for Housing

Your Resource for Information

on

Senior Housing Options

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June 9th, 2011 (Revised in July, 2015)

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Table of Contents

- Senior Housing Overview..... 4
 - Goal of Senior Housing Options..... 4
 - Overview 4
- Senior Housing Decision Making 5
 - What Do I Value and What Are My Needs?..... 6
 - Next Steps 14
 - Evaluating Needs and Options..... 14
 - What Are My Personal Options? 17
- Aging in Place 20
 - Overview 20
 - Options in Your Existing Home 20
 - Modifying Your Existing Home 21
 - How do I modify my home?..... 21
 - Home Evaluation – Safety and Accessibility 21
 - Home Design Feature 25
 - Hiring Professionals 26
 - Zoning and Building Codes 28
 - Sharing Your Home 30
 - Accessory Dwelling Units (ADUs) 30
 - In-Home and Other Supporting Services 31
 - Discount Programs 35
 - Financing 36
- Transitioning From Home..... 37
 - Overview 37
 - Living Independently with No Services 37
 - Senior / Age Restricted Housing Communities 37
 - Age Restricted Apartments 38
 - Manufactured Housing Community 39
 - Living in a Retirement Community with on-site Services 43
 - Independent living community..... 43

Assisted Living	43
Adult Family Home.....	55
Memory Care	56
Nursing Home / Skilled Care	59
In-House Rehabilitation.....	61
Continuing Care Communities	61
East King County Housing and Care Matrix.....	62
Other Senior Resources.....	73
Senior Centers	73
Online Resource Links.....	74
Glossary of Terms.....	75
Appendix A.....	
Universal Home Design Guide.....	A-1
Appendix B.....	
East King County Senior Reference Guide.....	B-1
Appendix C.....	
Overlake Hospital Eastside Retirement and Assisted Living Providers.....	C-1

Senior Housing Overview

Goal of Senior Housing Options

Our goal is to provide tools to educate seniors, caregivers and their families about housing choices in East King County when considering aging in place or transitioning to a new home.



Dreams are renewable.
No matter what our age or condition, there are still untapped possibilities
within us and new beauty waiting to be born.
Dale E Turner

Overview

This Handbook will help you to assess your values and needs; and evaluate the many housing and service options that are available to seniors in East King County. This Handbook will also help service providers and family members who care for seniors with making housing decisions. Please refer to the table of contents for a list of topics discussed on the Senior Housing Options pages.

Materials to help assess housing options can be individually found as you read through the pages of this Handbook. They are also listed on the last page for your convenience. Additionally, the Senior Housing Option Handbook and all the worksheets and assessment forms can also be downloaded to share with others from the Senior Housing pages of ARCH Housing website:

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

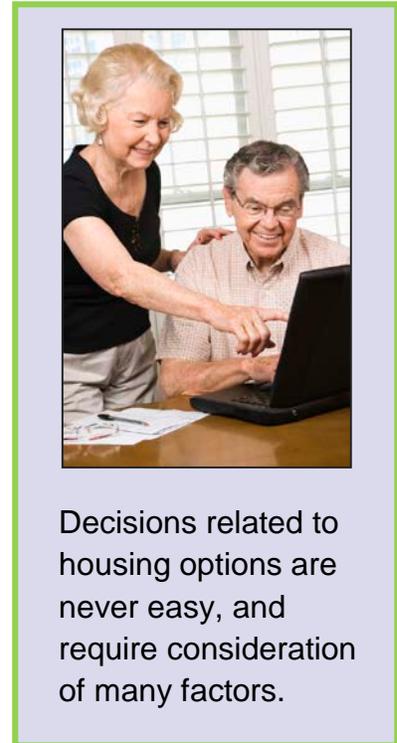
Senior Housing Decision Making

As we age, our needs change. We may live in a home that's too big for just one person, and difficult to maintain. Some of us may develop health problems that make it hard to drive safely, get up the stairs easily, or manage personal care.

For these reasons - and more - many of us face decisions regarding our living arrangements, health care, and transportation arrangements

So before you continue, answer the following question:
Why am I considering different housing options?"

The answer to this question can influence whether to stay in your current home or to consider other housing options. Even if you're not ready to make a change right now, taking the time to investigate your housing options makes good sense. Later on, when you do need to make a choice, your decision will be a better-informed one. You may want to also consider working with one or more professionals, such as a financial planner, elder law attorney, and/or senior care professional to look into the housing and other service choices that will meet your lifestyle requirements.



A series of worksheets are provided to help you assess your values, personal needs, and financial situation; and evaluate your personal housing options. Your responses will guide you to appropriate housing and service options to meet your unique needs. Keep in mind that these worksheets are for your personal use; you do not need to share the results with anyone, unless you wish to do so.

Fall Prevention

While making plans for the future, please take time now to improve safety in your existing home. Fall prevention is critical to your long term mobility and quality of life. Falls are the most common cause of injury and hospital admission for trauma in older adults. You will find other suggestions for improving your home safety in "Modifying Your Home" as part of the Senior Housing Option - Aging in Place.

What Do I Value and What Are My Needs?

The next few pages present a series of worksheets to help you assess your values, personal needs, and financial situation; and evaluate your personal housing options. Your responses will guide you to appropriate housing and service options to meet your unique needs. Keep in mind that these worksheets are for your personal use; you do not need to share the results with anyone, unless you wish to do so. Responding to the statements as honestly as possible will help you identify those areas most important to you when facing change. As you complete this assessment, keep in mind that there is no "right" or "wrong" answer.

1. Quality of Life - What Do I Value Most?

Your values will contribute to making a living situation feel like "home." You may have strong feelings about some values, and not care about others. For each value, place a check (✓) in the column that best describes your feelings.

What I would like to:	Not Important	Somewhat Important	Very Important
a. Stay in my current home.			
b. Be independent; make my own decisions.			
c. Be near family or friends.			
d. Live near my place of worship.			
e. Live near my doctor or clinic.			
f. Have easy access to stores, restaurants, and theaters.			
g. Be more involved in community activities.			
h. Keep my pet(s).			
i. Keep my personal belongings.			
j. Join an exercise program for seniors.			
k. Have plenty of space.			
l. Have privacy.			
m. Maintain control over my finances.			
n. Share living space with another person.			
o. Have a stronger support system (family, friends, or neighbors).			

Look over the values that you checked as “Very Important.” Use these to evaluate your decisions regarding which housing options and services will best meet your current and future needs.

2. Financial Resources /Personal Economics to Consider

Take some time to complete the worksheet below. Along with your responses to the values assessment, your financial resources will partially drive your decision about future housing and other lifestyle changes.

Household Income (Monthly)		Household Expenses (Monthly)	
Social Security		Mortgage/rent	
Employment income		Utilities	
Retirement/pension		Food	
Investment income		Transportation	
Alimony		Clothing	
Other income		Medications	
Total Income		Insurance prem.*	
Assets (Estimated Market Value)		Entertainment	
House/condominium		Credit card payments	
Other property		Loan payments	
Stocks, bonds, etc.		Taxes	
Pension (IRA, 401k, etc.)		Home maintenance**	
Savings/money market		Other expenses	
CDs		Other expenses	
Insurance (cash value)		Total Expenses	
Annuities			
Checking acct. balance		* Includes health, car, homeowner, and long-term care premiums. ** Includes major household repairs, such as exterior painting, roof repairs, and window repair/replacement.	
Automobile(s)			
Prepaid burial			
Furnishings			
Collectibles			
Jewelry			
Other assets			
Total Assets			

Now, calculate your monthly disposable income by subtracting total expenses from total income:

$$\frac{\quad}{\text{(Total Income)}} - \frac{\quad}{\text{(Total Expenses)}} = \frac{\quad}{\text{(Disposable Income)}}$$

Your monthly disposable income represents the amount you can afford to pay for additional services—such as cleaning, maintenance, or personal care—if you decide to stay in your current home. If your disposable income is relatively small, consider whether you would be willing to sell any of your assets to pay for your service choice. And, if you *did* tap into your assets, consider how long they could support the choice you’ve made.

When can I afford to stop working? How long will my money last?

The interactive retirement calculator provided by the American Association of Retired Persons’ (AARP) will help you answer these questions. If you wish to access this outside website go to:

http://www.aarp.org/work/retirementplanning/retirement_calculator/

If you have concerns about paying for long-term care, either at home or in another setting, you may want to check into publicly funded programs, including subsidized rental apartments for seniors. To see a list the East King County Age Restricted rental housing see the list provided on Page 39 of this Handbook. To see the Affordable East King County Rental Housing Information and Guidelines for Seniors prepared by visit: www.archhousing.org/rentals-seniors.pdf.

Cost of Services and Care in the Seattle Area is shown by Genworth, Inc. along with costs in other cities across the U.S. You may contact Genworth for questions by phone at: 1 888 436.9678

If you wish to assess this commercial website visit them at:

http://www.genworth.com/content/products/long_term_care/long_term_care/cost_of_care.html

Needs Assessments - Assessments 3 through 7 can help you sort through concerns often expressed by seniors. Responding to the statements as honestly as possible will help you identify those areas most important to you when facing change.

Directions: For each of the following statements, place a check (✓) in the column that best describes your feelings or situation. (If an item does not apply to you, *leave the space blank*.) Then add up the number of checks in each column and record the total in the last row of the chart. Finally, you will want to evaluate your lifestyle in Section 8 which follows these assessments.

3. Assessing Mobility Around Home

On my own, I am able to:	Hardly Ever	Some-times	Almost Always
a. Cook or prepare nutritious meals.			
b. Do the dishes.			
c. Clean the house or apartment.			
d. Do the laundry.			
e. Do yard work (mowing, raking, snow removal, etc.)			
f. Handle inside maintenance (painting, plumbing, etc.).			
g. Handle outside maintenance (window washing, etc.).			
h. Do grocery or other kinds of shopping.			
i. Use the telephone.			
Total number of checks in each column			

If the “Hardly Ever” column in the preceding chart has the highest number of checks, you may want to refer to the East King County Senior Reference Guide 2010-2012 for services that can support continued living in your home.

Home Delivered Meals	Page 5
Home Delivered Groceries	Page 5
Home Care Agencies	Page 29
Companion Care (Volunteer)	Page 30
Repair & Home Modification/Community Programs	Page 33
Repair & Home Modification/Private Pay	Page 34

The ARCH Senior Housing Options - Aging in Place [pages 21-25](#) of this Handbook will help you assess whether short term and potentially long term needs can be accommodated in your existing home.

4. Family & Social Community Considerations

On my own, I am able to:	Hardly Ever	Some-times	Almost Always
a. Spend sufficient time with family or friends.			
b. Ask my family or friends for help.			
c. Feel “connected” with my neighbors.			
d. Keep myself busy.			
e. Contribute to my community.			
f. Attend social, cultural, or religious events.			
g. Get where I want to go (appointments, etc.).			
Total number of checks in each column			

If the “Hardly Ever” column in the preceding chart has the highest number of checks, you may want to consider joining activities at your local senior center. A list of East King County Senior Centers is available on the ARCH Senior Housing Option web pages, listed under Senior Services.

The East King County Senior Reference Guide provides a number of additional options as listed below that can help you become more active. See pages listed below in Appendix B of this Handbook:

Recreation & Activities	Page 39
Social Programs	Page 41
Senior Membership Programs	Page 41
Volunteer Opportunities	Page 42
Support Groups	Page 43
Transportation	Page 47

5. Personal Finance Record-keeping

On my own, I am able to:	Hardly Ever	Some-times	Almost Always
a. Balance my checkbook.			
b. Make deposits or withdrawals at the bank.			
c. Pay my bills on time.			
d. Handle insurance claims.			
e. Live within my income.			
Total number of checks in each column			

If the “Hardly Ever” column in the chart above has the highest number of checks, you may want to refer seek help from a family member or a professional, such as a certified public accountant specializing in eldercare for financial management services.

Private Case Management Services	Page 31
Insurance Information	Page 35
Lawyer Referral Services & Legal Assistance	Page 38
Tax Information and Assistance	Page 46

The Washington Society of CPAs' CPA Referral Service will help you find a local certified public accountant firm that offers elder care accounting. This is a subscriber paid service and includes only those CPAs who have chosen to list.

902 140th Ave NE

Bellevue, WA 98005-3480

Telephone: (425) 644-4800; Toll Free in WA: (800) 272-8273;

CPA Referral Service website.

<http://www.wscpa.org/public/referral/findcpa.aspx>

6. Health Care & Health Limitations

On my own, I am able to:	Hardly Ever	Some-times	Almost Always
a. Manage my own health care (make and keep appointments, etc.).			
b. Take medications as prescribed.			
c. Get sufficient exercise.			
Total number of checks in each column			

If the “Hardly Ever” column in the chart above has the highest number of checks, you may want to refer to the East King County Senior Reference Guide 2010-2012 for services that provide medical assistance and recreation. Refer to the following pages of the guide for services in Appendix B:

Health Care Services	Page 9
Private Case Management Services	Page 31
Recreation & Activities	Page 39

7. Personal Care Assessment

On my own, I am able to:	Hardly Ever	Some-times	Almost Always
a. Take a bath or shower.			
b. Get dressed.			
c. Brush my teeth.			
d. Comb or style my hair.			
e. Use the toilet.			
f. Cut my food or eat meals.			
Total number of checks in each column			

If the “Hardly Ever” column in the chart above has the highest number of checks, you may want to refer the East King County Senior Reference Guide for services that can help with personal care. See pages listed below in Appendix B:

In-Home Services	Page 29
Home Health Care	Page 30
Private Case Management Services	Page 31

8. Lifestyle Evaluation

The following chart can help you prioritize and plan for your future needs. To complete this chart, transfer your total scores from each individual assessment numbered from 3-7 above to the appropriate column in the lifestyle chart below.

Then, for each lifestyle assessment, compare the numbers in each set of related columns. In the sections where the “Hardly Ever” column has the *highest* number, consider:

- Whether you can afford to pay for the services you need. If so, refer to the East King County Senior Resource Guide to locate appropriate services.
- Whether there is a family member, friend, or neighbor who can help you manage problem areas.

If points above do not apply to you, consult the recommended pages of the East King County Resource Guide* shown in the last column for assistance options.

Lifestyle Evaluation	Hardly Ever	Some-times	Almost Always	Turn to Pages *
3. Assessing Your Mobility Around Home				5, 29, 30, 33, 34
4. Family & Social Community				39, 41-43, 47
5. Personal Finance Record-keeping				31, 35, 38, 46
6. Health Care & Health Limitations				9, 31, 39
7. Personal Care Assessment				29-31

Here's a brief example. If your chart resembled the one below, you might want to concentrate on those pages of the guide shown in the shaded boxes.

Lifestyle Evaluation	Hardly Ever	Some-times	Almost Always	Turn to Pages*
3. Assessing Your Mobility Around Home	5	3	1	5, 29, 30, 33, 34
4. Family & Social Community	2	1	4	39, 41-43, 47
5. Personal Finance Record-keeping	0	2	3	31, 35, 38, 46,
6. Health Care & Health Limitations	0	1	2	9, 31, 39
7. Personal Care Assessment	3	2	1	29-31

If you would like to get a “second opinion,” you may also want to ask a family member to complete the needs assessment for you. An additional set of forms without detailed explanations may be downloaded from the Senior Housing Web pages under the Senior Services Section.

After you've investigated your Aging In Place options and Transitioning from Home options, you may want to review examples of the costs of making particular lifestyle changes. Senior Profiles Examples for three other seniors, will be found in pages 14-17 of this Handbook.

Next Steps

Evaluating Needs and Options

If you have completed the value and needs assessments in the previous "What Do I Value" section, you will have a better idea of your needs to evaluate options for aging in place and transitioning from home. You should also have a better understanding of your financial situation and the amount of disposable income available to pay for in-home services or the cost of alternative housing.

In this section, three profiles of seniors faced with the need to make lifestyle changes and their estimated costs involved are shown. Using their scenarios as examples, along with the worksheet that follows the scenarios, you may be able to estimate the costs of staying in your home versus the costs of moving to a different setting.

Senior Profiles with Lifestyle Cost Estimates (Examples):

Because needs and prices vary, it's difficult to provide an average cost for any given housing or service option. Instead, this section presents three profiles of seniors faced with the need to make lifestyle changes and the estimated costs involved. Using these scenarios as examples, along with the assessment and evaluation worksheets that follows the scenarios, you may be able to estimate the costs of staying in your home versus the costs of moving to a different setting.

Profile 1: Edith Johansson

Edith Johansson is 82 years old. She has difficulty getting around in her home, and also has trouble cooking and cleaning. She's not eating the way she should, which has caused weight loss. Edith lives alone in the home she has owned for 40 years and would like to stay there, if possible. Her children live in nearby states and try to visit at least monthly for emotional support, but are unable to visit for daily care. Edith has a monthly income of \$486.00, and monthly household expenses* of \$480.00, leaving a disposable income of \$6.00. Her total assets, excluding the value of her home, are \$30,000.

*Typical Expenses - Mortgage/rent, utilities, food, transportation, clothing, medications, insurance premiums (health, car, homeowner, and long-term care premiums), entertainment, credit card payments, loan payments, taxes, and home maintenance.

Edith evaluated her options as follows:

Staying at Home		Moving to Housing-with-Services	
Services	Estimated Monthly Cost	Services	Estimated Monthly Cost
Home-delivered Meals 5 x per week	\$72.00	1 meal per day is included in total cost	N/A
Lifeline	\$30.00	Pull cord included	N/A
Homemaking, weekly 3-hour visit	\$180.00	Laundry and room cleaning are included	N/A
Household Expenses (see page 14-foot note for a list of typical expenses*) Rent/Mortgage	\$0.00	Household Expenses Rent/Mortgage (includes utilities)	\$1,500.00
Other Expenses (food, clothing, insurance, etc.)	\$480.00	Other Expenses (food, clothing, insurance, etc.)	\$200.00
Total	\$762.00	Total	\$1,700.00

If Edith stays at home and uses her assets to pay for the services she needs, she will spend her assets at a rate of \$282.00 a month. Assuming her circumstances remain the same, she could stay at home for another nine years before using her assets (excluding home equity). Her income might qualify her for subsidized housing, which she may want to pursue. She could also consider a reverse mortgage, which would help her tap into the equity of her home to stay at home and pay for services. If she moves into a housing-with-services option, she would spend \$1,220.00 of her assets each month. Assuming her house is worth \$90,000, total assets after the sale of her home = \$120,000. She would spend all of her assets in eight years. Edith values living in her current home and chooses to pay for the services she needs there.

Profile 2: Gretchen Scott

Gretchen Scott is a 70-year-old woman whose husband recently died from a massive stroke. She is currently living in their paid-for home, but is finding the maintenance difficult. Additionally, she does not drive and is having difficulty finding transportation to go shopping (her home is not on a bus line). Her monthly income is \$1,042.00 and monthly household expenses are \$560.00, leaving a disposable income of \$482.00. If she sells her house, her total assets would be \$145,000.00.

Gretchen evaluated her options as follows:

Staying at Home		Moving to Housing-with-Services	
Services	Estimated Monthly Cost	Services	Estimated Monthly Cost
Chore (lawn mowing, snow shoveling, minor repair)	\$150.00	Chore (maintenance is covered by the rent)	N/A
Transportation (taxi service)	\$50.00	Transportation (included with rent)	N/A
Household Expenses (see page 14-foot note for included items)		Household Expenses	
Rent/Mortgage	\$0.00	Rent/Mortgage	\$750.00
Other Expenses (food, clothing, insurance, etc.)	\$560.00	Other Expenses (food, clothing, insurance, etc.)	\$275.00
Total	\$760.00	Total	\$1,025.00

Gretchen decides that the extra \$265.00 it will cost her a month to move is worth it. She will have transportation to shopping and medical appointments. She is looking forward to meeting other people her age and developing new friendships. In addition, the senior complex she has chosen offers housekeeping and personal care services if the time comes when she needs the help. She will then use her assets to pay for these services.

Profile 3: Juan and Freda Ramirez

Juan and Freda live in a two-bedroom, market-rate senior apartment. Both are in their late 70's; Juan has Alzheimer's disease and needs a lot of direction and some assistance with bathing and other personal care. Freda, who is in good health, provides all of Juan's care. She is reaching a point where she realizes she needs a break from full-time care giving. Juan and Freda would like to continue living in their apartment, near family, friends, and medical care. Their combined monthly income is \$2,917.00 and monthly expenses are \$1,200.00, leaving them with a monthly disposable income of \$1,717.00. Assets totaled \$75,000.00 from the recent sale of their home.

Freda and Juan evaluated their options as follows:

Current Apartment		Moving to Housing-with-Services	
Services	Estimated Monthly Cost	Services	Estimated Monthly Cost
In-home Respite Care 4 hours per week	\$280.00	Assisted Living package includes: 1 congregate meal/ day, laundry, housekeeping, 2 home health visits per week	\$1,084.00
Adult Day Health 2 days per week	\$336.00	Adult Day Health 1 day per week	\$168.00
Transportation - Metro	\$18.00	Transportation (included in rental package)	None
Mobility 2 x/week Family	None	Family	None
Household Expenses (see page 14-foot note for included items)		Household Expenses	
Rent/Mortgage	\$775.00	Rent/Mortgage (2 bedrooms + utilities)	\$850.00
Other Expenses (food, clothing, insurance, etc.)	\$425.00	Other Expenses (food, clothing, insurance, etc.)	\$450.00
Total	\$1,834.00	Total	\$2,552.00

Freda and Juan have a combined income that would allow them to choose either option without relying on their assets to pay for services. Freda decides she would like to try the services she has learned about before choosing a different living arrangement.

What Are My Personal Options?

You will want to use the worksheets in the following page titled "Evaluating my personal Options" to compare the costs of staying in your current home with the costs of moving to alternate housing that provide the services you need. To complete this worksheet accurately, you first need to obtain the actual costs of the service and housing options you are considering. You will want to read about senior housing options before comparing your housing choices; and will find a full discussion and information of senior housing options in the "Aging in Place" and "Transitioning from Home" sections. Note that this chart is also contained in "What do I value and what are my needs" for your convenience.

You may not need many of the services listed on the following worksheet, and some services may be included in the cost of alternate housing. When this is the case, simply write "N/A" next to these items.

Evaluating My Personal Options

You may want to use the following worksheet to compare the costs of staying in your current home with the costs of moving to alternate housing that provides the services you need. To complete this worksheet accurately, you will first need to obtain the actual costs of the service and housing options you are considering.

Note that you may not need many of the services listed below, and that some of these services may be included in the cost of alternate housing. When this is the case, simply write "N/A" next to these items.

Staying at Home		Moving to Alternative Housing	
Possible Services Needed	Estimated Monthly Cost	Possible Services Needed	Estimated Monthly Cost
Home-delivered Meals		Meals	
Chore Service		Chore Service	
Homemaking Service		Homemaking Service	
Respite Care		Respite Care	
Home Nursing		Home Nursing	
Transportation		Transportation	
Other Service		Other Service	
Other Service		Other Service	
Household Expenses Rent/Mortgage Other Expenses (Food, clothing, insurance, etc.)		Household Expenses Rent/Mortgage (may include utilities) Other Expenses (Food, clothing, insurance, etc.)	
Total		Total	

**Who Should I Discuss Assessments and My Personal Options with?
Where Can I Find Professionals to Discuss My Assessments?**

You do not need to share the results of your assessments and evaluation with anyone. You may want to talk to a family member.

If not, you may want to consider working with a financial planner, elder law attorney, and/or a senior care professional to look into the housing and other service choices that will meet your lifestyle requirements.



The East King County Senior Reference Guide 2010-2012 provides a number of resource options. It is noted that this resource guide is periodically updated, but may not be a complete and exhaustive list of all senior services available in East King County. See pages listed below in Appendix B of this Handbook:

Health Care Information & Referral Services	Page 9
Private Case Management Services	Page 31
Lawyer Referral Services & Legal Assistance	Page 38

With permission, the Senior Housing Decision Making Section has been almost entirely duplicated from a portion of "A Key to Choice for Seniors Open the Door to Services"; a publication created by EastMetro Seniors Agenda for Independent Living (SAIL) and was originally printed with support from the Metropolitan Area Agency on Aging and the Minnesota Board on Aging.

Aging in Place

Overview

This section shares information and resources for seniors to age safely and happily in their own homes. You will find resources to retrofit your existing home and options available to seniors for contracting needed support services. Included in this section are several checklists for home safety, a home design guide, and falls avoidance. Lastly, you will find information about financing and even discount programs specific to seniors who choose to remain in their home.

Options in Your Existing Home

Modification of
Your Home



Sharing
Your Home



Accessory
Dwelling Units (ADUs)



Modifying Your Existing Home

How do I modify my home?

Does your home meet your needs for aging in place? The home evaluation safety checklist will help identify hazards in the home. Additionally, you may need further modifications in your home to assure for continued mobility and comfort. Be sure to review “Aging in Place with Universal Home Design”, a guide that will help you identify home design features to make your home more comfortable. You will ultimately want to determine if your investment in home improvements is a wise choice. Or, would you prefer to transition out of your home to other housing?

Home Evaluation – Safety and Accessibility

The home evaluation checklist below will assist you in evaluating your home to assure your living conditions meet your needs. The evaluation may be done on your own, with family and/or a professional who understands ways to improve your accessibility, safety and comfort. You will ultimately need to obtain cost estimates for those changes and improvements identified.

Use this checklist to identify hazards and accessibility issues of the homeowner and family members. Note those questions you may have, comments, repairs and improvements needed. You will then be better prepared to discuss your ability to stay in your home under current conditions, with added services, and/or with modifications to your home. While you may not need many of the features identified at this time, you will now be aware and can take into account the potential costs of adding features in the future.

Home Evaluation Safety and Accessibility Checklist	
Exterior - Entrances and Exits	Repairs and Improvements
Are walkways and driveway on a level surface?	
Are curbs flush?	
Are surfaces of walkways and driveway paved or gravel surface? Is the surface slippery at times?	
Are walkways wide enough? (36 inches for wheelchair)	
Could a ramp be installed, if needed? (Max. ramp slope 1:12 and landing areas)	
Are there sturdy handrails on two sides of walkway? One side of walkway?	

Are the porch, walkway and drive lighted?	
Are door thresholds flush or beveled?	
Do doors have lever handles?	
Are all door and window locks easy to work?	
Is the mailbox accessible to owner?	
Does door have a peephole or is there a camera to view front porch?	
Is there an accessible package shelf on front porch?	
Interior Doors, Stairs, Halls	Repairs and Improvements
Are door and room thresholds flush or beveled?	
Are door handles - lever handles?	
Are doorways wide enough for a walker or wheelchair? (Use swing-clear hinges to widen doorways for minimum 32 inches)	
Is hall width adequate for walker or wheelchair?	
Are floors level? Is carpeting stretched and secure? Are rugs or mats taped down to prevent tripping on?	
Are stair flights long, straight or curved?	
Do steps have a non-slip surface?	
Is there color contrast or texture change at top and bottom of stairs?	
Are there sturdy handrails on two sides of stairs? One side of stairs?	
Do stairs and hallways have good lighting?	
Are light switches at top and bottom of stairs and ends of hallway? (Motion sensor light switches will light halls when in use.)	
Is there clutter in halls or stairs?	
Bathroom	Repairs and Improvements
Do faucets and shower control have lever handles?	
Are water pressure balance valves installed?	
Are drain plugs manageable and working?	
Are hot water pipes covered?	

Is mirror height suitable when sitting or standing?	
Is storage above or below basin reachable?	
Are there sharp corners to countertops?	
Is the sink accessible by wheelchair?	
Is lighting non-glare and switches accessible?	
Are there grab bars to assist to step out of the tub or shower? (Add non-slip strips in bath/shower)	
Is there room for a bench or chair in the tub or shower? (Add a no-threshold shower, if abilities are severely limited.)	
Does the shower head have an adjustable-height?	
Is the toilet height accommodating? (Add portable seat to elevate toilet height.)	
Is there a grab bars to assist one to stand?	
Is the paper and flush handle easy to reach? (Add a flush sensor)	
Is there room for a caregiver to assist?	
Kitchen	Repairs and Improvements
Is overall light levels and task lighting at table, sink and stove optimal?	
Are switches and outlets at front of counters for easy access?	
Do sink and counter heights meet needs?	
Do wall and floor storage shelf heights meet needs? (adjustable shelving is available for access to upper cabinets and pull-out units can improve access to under counter storage)	
Are cupboard door handles “D-type”? When viewed from the side this style of pull looks like the letter “D”.	
Are under sink hot water pipes covered?	

Is under counter knee space needed? (Remove doors or shelves to create sitting/knee clearance under work counter)	
Is there a nearby surface for hot foods when removed from oven?	
Are stove controls located near the front, so not to require reaching over a hot pot?	
Is there a lever faucet at the sink that is pressure-balanced and temperature-regulated?	
Is there color contrast of switches, cabinet, counters surface edges and tactile features for those with low vision?	
Living, Dining, Bedroom	Repairs and Improvements
Do chair, sofa, bed heights allow sitting or standing? (1. Risers under furniture legs of chairs and beds may improve accessibility. 2. Vertical pole next to sofa may assist in standing.)	
Do rugs have non-slip pad or rug tape?	
Chair available with arm rests to assist in standing? (A bed side rail may also assist in standing.)	
Do room pathways provide clear and easy access? Are all cords away from traveled pathways?	
Are floors level and surfaced with low pile carpet, tile or wood?	
Are controls for lights, TV, phone next to the bed and chair?	
Are there sufficient outlets at needed heights and locations?	
Are windows, drapes and slide patio doors easy to open?	
Are closet rods, shelving adjustable for better access to storage? (Bi-fold or pocket doors may add to accessibility)	
Are closets lighted?	

Windows	Repairs and Improvements
Is the opening mechanism 42 inches above the floor?	
Lock accessible, easy to operate?	
Laundry	Repairs and Improvements
Is there accessible space to hand-wash, sort, fold and hang clothes to dry?	
Is the washer/dryer easily accessible?	
Telephone and Door	Repairs and Improvements
Is there a phone jack location near bed, sofa and chair?	
Is the doorbell, and phone audible by occupant? (1. Add light or sound amplifier to alert occupant of ringing. 2. Add peephole at convenient height. 3. Add camera to view porch.)	

Home Design Feature

Similar to the Home Evaluation Checklist is the Aging in Place with Universal Home Design guide which is another tool you can review before beginning a major improvement project in your home. This helpful guide provides tips and resources for modifying an existing home to include universal design features. Universal design is the idea of making things comfortable and convenient for as many different people at as many stages of life as possible.

**Aging in Place with
Universal Home Design
Convenience, Ease, and Livability**

**Remodeling
Building
Buying a Home**

See the Universal Home Design Guide
in Appendix A of this handbook.



There are many websites that show examples of home design and fixtures which will aid in the safety and comfort of your home. Below are just three examples for your reference. ARCH does not endorse these sites. You may want to research the internet to find other examples as well.

- [Northwest Universal Design Council](http://www.environmentsforall.org) is a volunteer citizens group seeking to promote universal design principals, products, and processes. Visit www.environmentsforall.org
- [Barrier Free Architecturals](http://www.barrierfree.org) is a distributor of innovative products aiding in accessibility. Visit www.barrierfree.org
- [ADA Bathroom](http://www.adabathroom.com) is a commercial site which sells a variety of fixtures for bathrooms. Visit www.adabathroom.com
- [ADA Wheelchair Ramps](http://www.a1-wheelchair-ramps.com) is a guide that explains requirements, specification and is provided at www.a1-wheelchair-ramps.com

Hiring Professionals

Does your home modification require hiring a professional?

Before hiring a professional please review these ARCH web pages for guidance in making decisions regarding hiring for architectural or contractor services.

Architect Services

Most people think of an architect only when they need a set of construction plans drawn up. In reality, an architect can help you with most of the steps in your home modification process. They can prepare plans based on your design needs or considerations, prepare materials specifications, help you find a contractor, develop contracts, get permits, supervise construction, handle paperwork, oversee the budget and make sure the job gets done correctly within the budget and on time. And, at the end of the job, make sure you get all your warranties and guarantees, as well as the appropriate releases from suppliers and contractors. For more information visit Arch website: <http://www.archhousing.org/current-residents/adu-architect-services.html>

Contractor Services

Your decision about a contractor can have the biggest impact on the success of your modification project. The first step in contractor consideration is making the decision about whether you need a contractor. ARCH website has information on how to hire a contractor.

<http://www.archhousing.org/current-residents/adu-contractor-services.html>

What is CAPS? Certified Aging- in- Place Specialists (CAPS) are architects, builders, contractors, and consultants that have been trained in the unique needs of the older adult population, aging in place home modifications, common remodeling projects, and solutions to common barriers. The National Association of Home Builders will help you find local CAPS providers. To get information on internet visit:

<http://www.nahb.org/directory.aspx?sectionD=686&directoryID=188>

Or to contact by phone call toll free at 1-800-368-5242

What is the Master Builders Association? The Master Builders Association of King and Snohomish Counties has local consumer resources for constructing, remodeling and locating members.

To access Master Builders Association consumer resources call:

(425) 451- 7920 or (800) 522-2209 or by email: mba@mbaks.com

This is a King & Snohomish County site that you can query for local contractors, but does not query for contractors with CAPS certifications.

Rampathon - This Master-Builders-Care-Foundation program assists in constructing ramps for individuals. For more information, contact the Master Builders Care Foundation at 425-451-7920 or by email: mbcare@mbaks.com or visit the website at: <http://www.masterbuildersinfo.com/index.cfm?/Community/Master-Builders-Care-Foundation/Rampathon>

Zoning and Building Codes

Each city has its individual codes. Be sure that you know minimum zoning setbacks from property lines for buildings and structures. Some cities provide reasonable accommodation to allow ramps and landings to be within setbacks and some cities may require a variance from zoning setback codes. Contact your city to discuss your project for both zoning and building code limitations and requirements.

City Building and Permit Centers Contact Information

Beaux Arts Village Building Department
bldgdept@beauxarts-wa.gov
425-269-6985

Kirkland Building Department
building_services@ci.kirkland.wa.us
425-587-3600

Bellevue Development Services Center
permittech@bellevuewa.gov
425-452-6800

Medina Development Services
dgoodman@medina-wa.gov
425-233 -6414

Bothell Permit Center
permitsvcs@ci.bothell.wa.us
425-486-8152

Mercer Island Permit Center
midsg@mercergov.org
206-275-7605

Clyde Hill Building Department
cityhall@clydehill.org
425-453-7800

Newcastle Building Division
kayh@ci.newcastle.wa.us
425-649-4444

Hunts Point Permit Center
jackm@huntspoint-wa.gov
425-455-1834

Redmond Development Services Center
permittech@redmond.gov
425-556-2473

Issaquah Building Department
sandyw@ci.issaquah.wa.us
425-837-3100

Sammamish Permit Center
ddonovan@ci.sammamish.wa.us
425-295-0500

Kenmore Permit Center
permittech@kenmorewa.gov
425-398-8900

Woodinville Permit Center
permitcenter@ci.woodinville.wa.us
425-489-2754

Yarrow Point Building Department
clerk-treasurer@ci.yarrow-point.wa.us
425-454-6994

King County Department of
Development and Environmental
Services (DDES)
jim.chan@kingcounty.gov
206-296-6600

What is [Mybuildingpermit.com](http://www.mybuildingpermit.com)?

The cities of Bellevue, Issaquah, Kirkland, Mercer Island, Sammamish, and Woodinville contract with Mybuildingpermit.com for building permit for some on-line services. Access this website at:

<http://www.mybuildingpermit.com/default.aspx> serves

Zoning Information for Accessory Dwelling Units (ADUs).

A cross reference of city zoning information is available in the ADU section of ARCH at:
<http://www.archhousing.org/current-residents/adu-zoning-information.html>

Sharing Your Home

Shared housing can take many forms: a senior living in a non-relative family home; a senior living with relatives; two or more seniors sharing a home or apartment; a younger person moving in with a senior to help with chores for a reduced rent. The advantages of this type of housing arrangement are many: companionship, safety, help with personal or household tasks, and reduced living expenses. Use caution should you choose this option or your experience may end up being stressful with conflict. You may want to seek family or legal advice. The website of the National Shared Housing Organization has materials on this subject for purchase. Visit their website at:

<http://www.nationalsharedhousing.org/states/washington.html>

Accessory Dwelling Units (ADUs)

An Accessory Dwelling Unit is an extra living unit on your property, complete with kitchen, bathroom and sleeping facilities. Subject to local regulations, ADUs may be located either inside, attached to, or detached from the primary home on your property. Another common term for ADU is 'Mother in Law' apartment.

ARCH provides information about adding another dwelling unit as an ADU on your property, whether you are a senior or not.

Please Visit our website:

<http://www.archhousing.org/current-residents/accessory-dwelling-unit.html>

to learn about the steps you need to follow to create an Accessory Dwelling Unit and get information on design considerations, getting approval from your city (zoning/permitting), and selecting an architect and contractor.



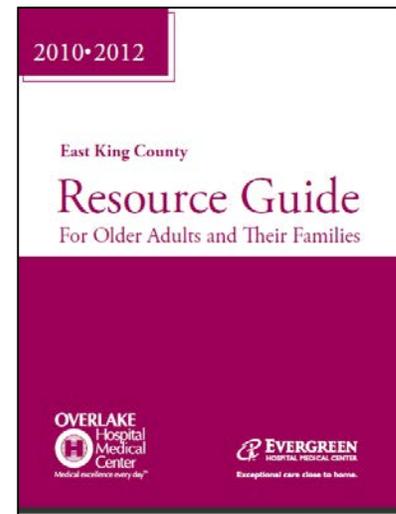
In-Home and Other Supporting Services

If you wish to stay in your own home, but need assistance with certain tasks, this section will help you identify the types of services available to seniors. Service prices vary, so be sure to check with several providers to compare prices. Ask providers if they offer a senior discount or a sliding fee scale.

Support services for "aging in place" in East King County can be located by referring to the East King County Senior Resource Guide. Selected pages can be found in Appendix B of this Handbook; a complete copy can be downloaded from our website.

<http://www.archhousing.org/current-residents/senior-housing-other-resources.html>.

There are also local social service agencies that can direct you to services that may best fit your needs, refer to [page 1–2](#) of the Senior Service page.



Homemaker Services

These services offer light housekeeping, laundry, meal preparation, and shopping. Fees vary depending on the services provided, usually charging a hourly rate.

Refer to [pages 29-30](#) of the Senior Resource Guide in Appendix B of this Handbook

Delivery Services

These services deliver a variety of items, including groceries, prescription drugs, and library books. Some local grocery stores also offer home delivery for a small fee. Services available will vary depending on your location. Refer to [page 5](#), and [pages 29-30](#) of the Senior Resource Guide in Appendix B of this Handbook.

Meals

Listed below are some resources for receiving assistance with meals:

- **Meals on Wheels** - Volunteers deliver a hot meal to home-bound people who are unable to prepare their own meals. Refer to [page 4](#) of the Senior Resource Guide.
- **Senior Dining Programs** - Senior dining programs (also called "congregate dining") offer nutritious, low-cost meals in a group setting. These meals are usually provided five days a week by a variety of organizations, such as senior centers,

religious organizations, and social service agencies. Refer to page 5 of the Senior Resource Guide.

Home / Yard Maintenance

Listed below are some resources for assistance with home and yard maintenance:

- **Chore Services** - These programs provide help with lawn mowing, cleaning gutters, minor home repairs, interior painting, and other routine chores. Refer to pages 33-34 of the Senior Resource Guide.
- **Commercial Lawn Care** - These businesses offer a range of services, including lawn mowing, planting, and pruning. Fees vary based on the type and frequency of service.
- **Volunteer or Neighborhood Help** - Some teen programs and volunteer groups offer free or low-cost yard maintenance to seniors. Also keep in mind that neighborhood teens may be available to help with lawn mowing for a reasonable fee. (it's important to agree on a price before the work begins to avoid later misunderstandings.)

Home Health Care

The following types of home health care services are available to seniors through home health care agencies. Fees vary with the type of service, frequency of visits, length of visit, and income level. Refer to pages 30-31 of the Senior Resource Guide.

- Home health aides provide assistance with bathing, dressing, using the toilet, and other personal care tasks. They are supervised by a registered nurse.
- Home nursing care can include administration of medication, wound care, health education, and monitoring of health situations.
- Personal care assistance includes help with eating, dressing, bathing, toileting, transfer and mobility, grooming, meal planning and preparation, managing finances, errands, getting around in the community, or assistance with medications. These services are available to people through licensed and non-licensed agencies, or from individuals who contract for this work. Fees vary with the type and length of service.
- Therapeutic care can include physical, speech, and occupational therapy, and is available from certified home health care agencies.

Caregiver Support Services

Assistance for family or informal caregivers of older persons is available from a variety of places within the local community including faith-based organizations, health and social services providers, counties, disease organizations, etc. Assistance may include information, assistance connecting to services and support, in and out-of-home respite, counseling, education and special equipment. These services are typically low-cost and affordable services. They help the caregiver provide good care while maintaining a balanced lifestyle. Refer to [page 31](#) of the Senior Resource Guide in Appendix B of this Handbook.

Adult Day Services (Day Care)

Facilities offering adult day services provide health, nutritional, and social services for persons with physical or cognitive needs. Some of these facilities provide specialized care (e.g., for memory loss), and some also provide health monitoring and medication administration. Refer to [page 32](#) of the Senior Resource Guide.

Transportation

There are many types of transportation services available for seniors from METRO/public transit to private volunteer ride services. Some service organizations provide escorts to accompany older adults and help with transportation, shopping, carrying packages, etc. A fee is generally charged for this service. Refer to [pages 47-48](#) of the Senior Resource Guide in Appendix B of this Handbook.

- Hospital / Clinic / Health Insurance Transportation Services - Some hospitals, clinics, and health insurance providers offer rides to and from their facilities for seniors who are not able to arrange other transportation. An advance appointment is usually required.
- Senior Center / Social Service Agency Transportation Services - Some senior or community centers offer van or bus transportation to the center and to various other locations, including shopping and field trips.
- Many social service agencies also provide rides to seniors for medical appointments, personal business, visits to senior centers, etc. These agencies sometimes use volunteers who drive their own cars, or staff who drive handicapped-accessible vans or buses.
- Private Transportation Services - A number of for-profit companies offer transportation services using cars, taxis, or vans. Some vehicles are equipped to handle wheelchairs.

Safety

Refer to [page 33](#) of the Senior Resource Guide in Appendix B of this Handbook for personal identification and emergency response services. Consult family and friends, or use an internet search engine to find home security systems.

- **Personal Emergency Response Services** - These services allow seniors to call for help in a medical or other emergency using a signaling device that is worn around the neck or wrist.
- **Home Security Systems / Police or Fire Alert** - These systems are installed by private companies. For an additional monthly fee, the system will automatically alert the police or fire department in case of an attempted break-in or a fire.
- **Telephone Reassurance** - Some hospitals, faith communities, and nonprofit agencies offer a service in which volunteers call seniors at home daily to check on their well-being, or seniors call at a specified time each day to let a volunteer know that they are okay.

Other Types of Assistance

- **Case Management** - This service helps seniors and their families identify and obtain appropriate services to meet their needs. It is usually provided by social workers or public health nurses. Fees may vary. Refer to [page 31](#) of the Senior Resource Guide.
- **Bill-paying Services** - Many banks, social service agencies, money-management services, and accounting firms will contract to pay a senior's regular monthly bills for a fee. Automatic withdrawals are also an option, as is electronic bill-paying for those who have a home computer and access to the Internet.
- **Paperwork** - Some social service agencies will arrange to have someone manage a senior's insurance applications, Medicare claims, and income tax fillings. Other services may include setting up and maintaining a filing system, creating a budget, letter writing and troubleshooting with service providers. Refer to [pages 35 and 48](#) of the Senior Resource Guide.
- **Insurance Appeals** - Some social service and legal agencies assist seniors who have been denied coverage or who are having other difficulties with insurance carriers.
- **Legal Assistance** - Referrals to attorneys who specialize in senior legal issues and who charge regular rates for their services. Refer to [pages 36 - 38](#) of the Senior Resource Guide.

Discount Programs

The following discount programs can help reduce your costs when aging at home.

1. If you are a King County property taxpayer, you may be eligible for assistance with tax relief as a senior. Contact King County Assessor Office for more information at: Phone: (206) 296-3920, (206) 296-3920
Website: <http://www.kingcounty.gov/Assessor/TaxpayerAssistance/TaxRelief.aspx>
2. Home Heating - Low Income Household Assistance for Home Heating, LIHEAP in Washington State. Visit the website to find out how to apply. Or, contact the Department of Commerce in Olympia, WA at:
Phone: (360) 725-2857, (360) 725-2857
Email: liheap@commerce.wa.gov
Website: <http://www.liheapwa.org/>
3. King County Housing Repair Program - King County provides funding for housing repair services to low-income homeowners and renters in most parts of the county. For the contact information about this program as well as other housing repair resources in King County.
Phone: (206) 263-9095, (206) 263-9095
Website:
<http://www.kingcounty.gov/socialservices/Housing/ServicesAndPrograms/Services/HousingRepair.aspx>
4. City of Bellevue - Home Repair Program provides funding for housing repair services to low-income homeowners and renters.
Phone: (425) 452-6884, (425) 452-6884
Website: http://www.bellevuewa.gov/homerepair_assistance_eligibility.htm
5. City of Bellevue - Utilities Discount / Rebate Program offers discounts for residents living in the Bellevue utility service area.
Phone: (425) 452-5285, (425) 452-5285
Website: http://www.bellevuewa.gov/utilities_discounts.htm
6. City of Bothell - Utility Rate Discount Program offers reduced rates for low income seniors.
Phone: (425) 486-6250, (425) 486-6250 - ext.1

Website:

<http://www.ci.bothell.wa.us/CityServices/Administration/BudgetAndFinance/UtilityBilling.ashx?p=1300>

7. City of Kirkland - Utility Rate Discount Program offers reduced rates for low income seniors.

Phone: (425) 587-3150, (425) 587-3150

Website:

http://www.ci.kirkland.wa.us/depart/Finance_and_Administration/Utility_Billing/Payment_Instructions_and_Billing_Policies/Senior_and_Disabled_Rates.htm

Financing

After assessing what kind of assistance or living arrangement you need to remain in your home, you should consider options under a reverse mortgage. This type of program allows people over the age of 62 to convert a percentage of the equity in their paid-off home mortgages to cash.

- There are now multiple programs to address varying financial needs. In 2010 was the introduction of a new reverse mortgage, the Home Equity Conversion Mortgage Saver option, or HECM Saver. It has a cheaper upfront mortgage insurance premium, or MIP, compared with the traditional HECM reverse mortgage, now known as the standard option.
- A review of these programs is available from the Seattle Times in an article titled, "Reverse mortgages get more affordable, but be careful". To review this article, visit the [Seattle Times –nwresources](#).
- When in the market for a reverse mortgage, seek independent counseling before you even talk to a lender to learn about loan alternatives or tips on negotiating with a lender. Find a government-approved counselor near you at www.hud.gov.
- To find out how much you can potentially receive through a reverse mortgage, check online calculators at http://www.aarp.org/work/retirement-planning/retirement_calculator/.

Financial Counseling for Foreclosure - Check out the ARCH website - Foreclosure & Financial Counseling for resources if you are facing foreclosure.

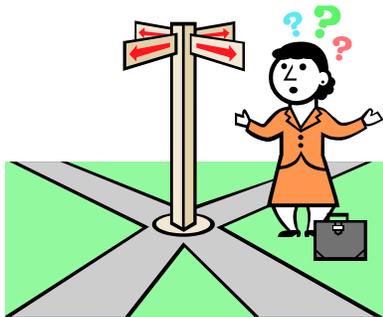
Construction Financing - If you are making major improvements to your home, read "How to Get a Construction Loan" at [wikihow.com](http://www.wikihow.com)

Transitioning From Home

Overview

To transition from home simply means to go from one home to another.

There are many reasons for transitioning from home and often it involves making changes to your lifestyle whether you are in good health or have health issues that require attention. Finances, living near family members or near services are just some of the considerations. If you haven't assessed your needs in the Senior Housing Decision Making Section, you may want to complete the assessment before considering housing options. Additionally, we encourage you to read the Aging in Place section as there very well may be support available to allow you remain in your own home.



How do I know I am ready to make a change?

See the information on the Decision Making section on [page 5](#) this Handbook

What is the best fit for your personality, financial capacity, health or other needs? Choose from Independent living options such as senior / age restricted communities, apartments for seniors, assisted living or housing which contains medical care. Many properties offer different options and services so they will appear below in more than one place.

Living Independently with No Services

If you are an active adult, enjoy being independent and would like to be within a community with other active adults, you may choose from one of the options in this category.

Senior / Age Restricted Housing Communities

Senior / Age Restricted communities allow you to choose from single family homes, townhomes, or duplexes in an active adult community designed for people over the age of 55; the comfort of living in a home without having to maintain your yard and garden and the option to get help when you need it. These communities have some amenities such as a pool, clubroom, housekeeping services and may offer social services.



Reunion at Redmond Ridge



Heron Landing Kenmore



Trilogy in Redmond

Properties shown above are examples of Senior / Age Restricted Housing Communities in East King County

Age Restricted Apartments

Age restricted apartment complexes follow HUD regulations which allows them to rent a high percentage of the apartment units to adults age 55+ or 62 and older who need affordable housing. These rental apartments give active adults the advantages of enjoying living independently and being part of a community of mature adults without having to maintain a house. Some complexes have amenities such as outdoor courtyards, community rooms and laundry facilities.

To download a list of affordable apartments in East King County, visit ARCH Housing website: <http://www.archhousing.org/renters/index.html>. For more information on subsidized housing available through King County Housing Authority, Check the following websites: www.kcha.org and www.housing4seniors.com

You will find a list of Senior / Age Restricted Housing Communities in the following page.

Independent Living - Age Restricted Communities

* Denotes Subsidized or affordable rental housing

Bellevue
Ashwood Court Apartments * http://aptfinder.org/property126.html 11018 NE 11th Street ♦ Bellevue, WA 98004 ♦ 425-455-9473
Bellevue Manor Apartments * http://aptfinder.org/property140.html 143 Bellevue Way SE ♦ Bellevue, WA 98004 ♦ 425-455-9844
Brandenwood Senior Apartments * http://aptfinder.org/property439.html 14520 NE 40th Street ♦ Bellevue, WA 98007 ♦ 425-885-6134
Cascadia Corporation www.livecascadia.com 11232 NE 15th Street ♦ Bellevue WA 98004 ♦ 425-646-3037
Silver Glen (Fee Simple Cooperative) www.silverglen.org 1750 152nd Avenue NE ♦ Bellevue, WA 98007 ♦ 425-957-1032
Vasa Creek Woods Apartments* http://aptfinder.org/property445.html 15406 SE Newport Way ♦ Bellevue, WA 98006 ♦ 425-641-6060
Bothell
Riverside Landing Senior Apartments http://aptfinder.org/property441.html 10130 W. Riverside Drive ♦ Bothell, WA 98011 ♦ 425-488-0574
Kenmore
Heron Landing* http://aptfinder.org/property9.html 7025 NE 182nd Street ♦ Kenmore, WA 98028 ♦ 425-398-1688
The Sequoias (SHAG) http://www.housing4seniors.com/kenmore.php 7111 NE 181 st ♦ Kenmore WA 98028 ♦ 425-483-5244

Kirkland

Kirkland Plaza*

<http://aptfinder.org/property229.html>

320 6th Avenue ♦ Kirkland, WA 98033 ♦ 425-822-6288

Woodlands at Forbes Creek (SHAG)

<http://www.housing4seniors.com/kirkland.php>

9224 Slater Ave NE ♦ Kirkland WA 98033 ♦ 425-827-6220

Mercer Island

Ellsworth House (HUD)

<http://aptfinder.org/property228.htm>

12720 76th Ave SE ♦ Mercer Island WA 98040 ♦ 206-232-7447

Redmond

Cascara at the Villages

http://www.activeadulthoodliving.com/WA/redmond_cascara.htm

Redmond WA 98053

Patricia Harris Manor Apartments*

<http://aptfinder.org/property150.html>

16304 NE 81st Street ♦ Redmond, WA 98052 ♦ 425-881-5619

Reunion at Redmond Ridge <http://www.equityapartments.com/washington/seattle-apartments/redmond/reunion-at-redmond-ridge.aspx> ♦

11315 Trilogy Parkway NE ♦ Redmond, WA 98053 ♦ 866-558-8413

Sundance at Redmond Ridge (55+)

http://www.activeadulthoodliving.com/WA/redmond_sundance.htm

Redmond WA 98053

Trilogy at Redmond Ridge

www.trilogylife.com

23215 NE Greens Crossing Road ♦ Redmond WA 98053 ♦ 800-685-6494

Woodinville

Greenbrier Heights Senior Apartments

<http://aptfinder.org/property205.html>

14390 189th Place ♦ Woodinville, WA 98072 ♦ 425-481-4497

Manufactured Housing Community

Manufactured housing is an excellent option for people living on fixed income, and for some senior citizens in search of a new place it is a perfect fit. These communities provide a home, with little maintenance at an affordable price. There are many websites that have information on communities and available homes.

Manufactured Housing Community Preservationists is a non-profit organization that provides opportunity for low income households to win their home.

More information is available on MHCP website: www.mhcp-wa.org or you can contact them at (206) 324-0663 or (206) 324-0663; or by e-mail: gregb@mhcp-wa.org

A list of Manufactured Housing Communities is available below. Please note that not all of these communities are age restricted, however those that are have been marked with an asterisk.

Manufactured and Mobile Home Community Table

* Denotes Age Restricted Manufactured Home Communities

Bellevue
Yuma East 6248 121st Ave, Bellevue WA 98006
Bothell
Holly Hills 19007 126th, Bothell WA 98011
Valley View Mobile Manor 12033 Woodinville Drive, Bothell WA 98011
Woodcrest Estates 11808 NE 172nd Street, Bothell WA 98011
Lazy Wheels Mobile Park 10515 Woodinville Drive, Bothell WA 98011
River Shores 11330 E Riverside Dr, Bothell WA 98011

Riverside Mobile Estates 11510 East Riverside Drive, Bothell WA 98011
Woodcrest Estates 11808 NE 172nd Street, Bothell WA 98011
Issaquah
Tiger Mountain Mobile Home Park 13927 240th Avenue SE, Issaquah WA 98027
Alpine Mobile Manor 31515 SE 97th Street, Issaquah WA 98027
Kenmore
Sarvis Mobile Estates 7614 NE Bothell Way, Kenmore WA 98028
Lakewood Mobile Home Park 6905 NE 182nd St, Kenmore WA 98028
Lake Terrace Court 7002 NE 181st, Kenmore WA 98028
Inglewood Estates 7301 NE 175th, Kenmore WA 98028
Lakewood Villa 7031 NE 175th, Kenmore WA 98028
Kirkland
Firwood Lane Mobile Home Park 12308 93rd Lane NE, Kirkland WA 98034
Redmond
Avon Villa Mobile Home Park & RV Park 11414 Avondale Road NE, Redmond WA 98052
Friendly Village Of Redmond 18425 NE 95th St, Redmond WA 98052
Woodinville

Canterbury Square
17300 135th Avenue NE, Woodinville WA 98072

Living in a Retirement Community with on-site Services

A Retirement Community includes housing for seniors and retirees that may have facilities such as a common hall, clubroom, a restaurant or program such as fitness and spa for seniors.

Retirement communities are divided into categories below:

Independent living community

Independent living communities for seniors and people over the age of 55 are homes or apartments in a complex that do not offer medical care, but provide other services, such as housekeeping, meals, or transportation.



East King County Independent Living Facilities

Bellevue
Aegis of Bellevue www.aegisliving.com 148 102nd Avenue SE ♦ Bellevue, WA 98004 ♦ 425 242 6327
Ashwood Court Apartments http://aptfinder.org/property126.html 11018 NE 11th St. ♦ Bellevue, WA 98004 ♦ 425 455 9473
The Bellettini www.thebellettini.com 1115 108th Avenue NE ♦ Bellevue, WA 98004 ♦ 425- 450- 0800
Bellevue Manor Apartments http://aptfinder.org/property140.html 143 Bellevue Way SE ♦ Bellevue, WA 98004 ♦ 425 455 9844

<p>Brandenwood Senior Apartments http://aptfinder.org/property439.html 14520 NE 40th Street ♦ Bellevue, WA 98007 ♦ 425 885 6134</p>
<p>Crossroads Retirement (Accepts Medicaid) www.leisurecare.com/crossroads 15750 NE 15th Street ♦ Bellevue, WA 98008 ♦ 425- 641-4900</p>
<p>Brookdale www.brookdaleseniorliving.com 15241 NE 20th Street ♦ Bellevue, WA 98007 ♦ 425 401 0300</p>
<p>Evergreen Court (Accepts Medicaid) www.myevergreencourt.com 900 124th Avenue NE ♦ Bellevue, WA 98005 ♦ 425 455 4333</p>
<p>The Garden Club http://holidaytouch.com/Our-Communities/the-garden-club.aspx 13350 SE 26th Street ♦ Bellevue, WA 98005 ♦ 425-643-7111</p>
<p>The Garden at Town Square www.eraliving.com/communities/bellevue 933 111th Avenue NE ♦ ,Bellevue, WA 98004 ♦ 425-502-6784</p>
<p>Mission Health Care www.missionhc.com 2424 156th Avenue NE ♦ Bellevue, WA 98004 ♦ 425 641 1166</p>
<p>Pacific Regent www.watermarkcommunities.com/bellevue 919 109th Avenue NE ♦ Bellevue, WA 98004 ♦ 425-233-8766</p>
<p>Patriot Glen LLC www.patriotsglen.com 1640 148th Avenue SE ♦ Bellevue, WA 98007 ♦ 425-373-1161</p>
<p>Silver Glen (Fee Simple Cooperative) www.silverglen.org 1750 152nd Avenue NE ♦ Bellevue, WA 98007 ♦ 425-957-1032</p>
<p>Sunrise Senior Living of Bellevue www.sunriseseniorliving.com 15928 NE 8th St. ♦ Bellevue, WA 98008 ♦ 425 401 5152</p>
<p>Vasa Creek Woods Apartments www.vasacreekwoods.com 15406 SE Newport Way ♦ Bellevue, WA 98006 ♦ 425 641 6060</p>
<p>Bothell</p>
<p>Aegis of Bothell www.aegisliving.com 10605 NE 185th St. ♦ Bothell, WA 98011 ♦ 425 354 3310</p>
<p>Chateau at Bothell Landing www.chateau-bothell-landing.com 17543 102nd Avenue NE ♦ Bothell, WA 98011 ♦ 425- 485-1155</p>

<p>Foundation House at Bothell www.fhbothell.com 17502 102nd Avenue NE ♦ Bothell, WA 98011 ♦ 425 402 9606</p>
<p>North Creek Health and Rehab Center http://retirementperfected.com/communities/northcreek/index.asp 1907 201st Place SE ♦ Bothell, WA 98012 ♦ 425- 483-8927</p>
<p>Riverside East www.villageconcepts.com/riverside-east 10315 East Riverside Drive ♦ Bothell, WA 98011 ♦ 425 481 1976</p>
<p>Riverside Landing Senior Apartments http://aptfinder.org/property441.html 10130 W. Riverside Drive ♦ Bothell, WA 98011</p>
<p>Vineyard Park at Bothell Landing (Accepts Medicaid) www.vineyardpark.net 10519 East Riverside Drive ♦ Bothell, WA 98011 ♦ 425 354 3914</p>
<p>Clyde Hill None</p>
<p>Hunts Point None</p>
<p>Issaquah</p>
<p>Aegis of Issaquah www.aegisliving.com/aegis-living-of-issaquah 780 NW Juniper Street ♦ Issaquah, WA 98027 ♦ 425 654 1842</p>
<p>Bellewood Retirement www.bellewood.com 3710 Providence Point Drive SE ♦ Issaquah, WA 98029 ♦ 425-391-2880</p>
<p>Issaquah Nursing and Rehab Center www.issaquahnursing.com 805 Front Street South ♦ Issaquah, WA 98027 ♦ 425 392 1271</p>
<p>Mountain Group Home www.assistedlivingfacilities.org/directory/wa/issaquah/mountain-group-home 230 SE Andrews ♦ Issaquah, WA 98027 ♦ 425 392 9554</p>
<p>Providence Marianwood www.providencepoint.com 3725 Providence Pt Dr SE ♦ Issaquah, WA 98029 ♦ 425 391 2800</p>
<p>Providence Point www.providencepoint.com 4135 Providence Pt Dr SE ♦ Issaquah, WA 98029 ♦ 425-392-2300</p>
<p>Spiritwood at Pine Lake (Accepts Medicaid) www.villageconcepts.com/spiritwood-at-pine-lake/ 3607 228th Avenue SE ♦ Issaquah, WA 98029 ♦ 425-313-9100</p>
<p>Timber Ridge at Talus www.timberridgelcs.com 100 Timber Ridge Way NW ♦ Issaquah, WA 98027 ♦ 425-654-2983</p>

<p>University House Issaquah www.eraliving.com/senior_living/Seattle_Issaquah_WA 22975 SE Black Nugget Road ♦ Issaquah, WA 98029 ♦ 425-242-7175</p>
<p>Kenmore</p>
<p>Heron Landing http://aptfinder.org/property9.html 7025 NE 182nd Street ♦ Kenmore, WA 98028</p>
<p>Inglewood Group Home 7911 NE 195th St ♦ Kenmore, WA 98028 ♦ 425 483 1141</p>
<p>The Sequoias (SHAG) http://www.housing4seniors.com/kenmore.php 7111 NE 181st ♦ Kenmore WA 98028 ♦ 425-483-5244</p>
<p>Brookdale www.brookdale.com/washington/kenmore 7221 NE 182nd Street ♦ Kenmore WA 98028 ♦ 425 481 4200</p>
<p>Kirkland</p>
<p>Aegis Lodge www.aegisliving.com/aegis-living-of-lodge 12629 116th Ave NE ♦ Kirkland, WA 98034 ♦ 425 242 6323</p>
<p>Aegis of Kirkland www.aegisliving.com/aegis-living-of-kirkland 13000 Totem Lake Boulevard ♦ Kirkland, WA 98034 ♦ 425 903 3092</p>
<p>Emeritus at Kirkland www.emeritus.com/washington/kirkland 6505 Lakeview Drive Northeast ♦ Kirkland, WA 98033 ♦ 425- 803- 6911</p>
<p>Gardens at Juanita Bay www.gardensatjuanitabay.com 11853 97th Avenue NE ♦ Kirkland, WA 98034 ♦ 425 823 0410</p>
<p>Kirkland Plaza http://aptfinder.org/property229.html 320 6th Avenue ♦ Kirkland, WA 98033 ♦ 425 822 6288</p>
<p>Gardens at Juanita Bay www.gardensatjuanitabay.com 11853 97th Avenue NE ♦ Kirkland, WA 98034 ♦ 425- 823- 0410</p>
<p>Life Care Center of Kirkland www.lcca.com 10101 Northeast 120th St. ♦ Kirkland, WA 98034 ♦ 425 823 2323</p>
<p>Madison House www.madisonhouseretirement.com 12215 NE 128th Street ♦ Kirkland, WA 98034 ♦ 425- 821- 8210</p>

<p>Merrill Gardens at Kirkland www.merrillgardens.com 201 Kirkland Ave ♦, Kirkland, WA 98033 ♦ 425-296-4588</p>
<p>Woodlands at Forbes Creek (SHAG) http://www.housing4seniors.com/kirkland.php 9224 Slater Ave NE ♦ Kirkland WA 98033 ♦ 425-827-6220</p>
<p>Medina None</p>
<p>Mercer Island</p>
<p>Aljoya Mercer Island www.aljoyamercerisland.com 2430 76th Avenue SE ♦ Mercer Island, WA 98040 ♦ 206-466-4884</p>
<p>Covenant Shores www.covenantshores.org 9150 Fortuna Drive ♦ Mercer Island, WA 98040 ♦ 206-268-3000</p>
<p>Ellsworth House http://aptfinder.org/property228.html 2720 76th Ave SE ♦ Mercer Island WA 98040</p>
<p>Island House, Merrill Gardens www.merrillgardens.com 7810 SE 30th Street ♦ Mercer Island, WA 98040 ♦ 206-232-0502</p>
<p>Mercer Island Care and Rehabilitation http://local-nursinghomes.com/nursinghome.cfm?detail=general&home=mercercare-rehab-ctr&proNum=505052 7445 SE 24th St. ♦ Mercer Island, WA 98040 ♦ 206 232 6600</p>
<p>Sunrise of Mercer Island www.sunriseseniorliving.com 2959 76th Avenue SE ♦ Mercer Island, WA 98040 ♦ 206-232-6565</p>
<p>Newcastle</p>
<p>Regency Newcastle www.regencynewcastle.com 7454 Newcastle Golf Club Rd ♦ Newcastle, WA 98059 ♦ 425 296 6329</p>
<p>Redmond</p>
<p>Aegis of Redmond www.aegisliving.com/aegis-living-of-redmond 7480 W Lake Sammamish Pkwy NE ♦ Redmond, WA 98052 ♦ 425 242 6325</p>
<p>Cascade Plaza www.cascadevista.com/cascade-plaza 7950 Willows Road NE ♦ Redmond, WA 98052 ♦ 425 242 6325</p>

<p>Cascade Vista www.cascadevista.com/cascade-vista 7900 Willows Road NE ♦ Redmond, WA 98052 ♦ 425 885 0808</p>
<p>Cascara at the Villages http://www.activeadultliving.com/WA/redmond_cascara.htm Redmond WA 98053 ♦ 425-898-0627</p>
<p>Emerald Heights www.emeraldheights.com 10901 176th Circle NE ♦ Redmond, WA 98052 ♦ 425- 556- 8100</p>
<p>Fairwinds-Redmond www.fairwindsredmond.com 9988 Avondale Road NE ♦ Redmond, WA 98052 ♦ 425-558-4700</p>
<p>The Marymoor www.themarymoor.com 4585 W Lake Sammamish Pkwy NE ♦ Redmond, WA 98052 ♦ 425-296-1605</p>
<p>Overlake Terrace www.overlaketerraceseniorliving.com 2956 152nd Avenue NE ♦ Redmond, WA 98052 ♦ 425- 883- 0495</p>
<p>Patricia Harris Manor Apartments http://aptfinder.org/property150.html 16304 NE 81st Street ♦ Redmond, WA 98052 ♦ 425 881 5619</p>
<p>Regency at Peters Creek www.regencypeterscreek.com 14431 Redmond Way ♦ Redmond, WA 98052 ♦ 425-296-2867</p>
<p>Reunion at Redmond Ridge http://www.equityapartments.com/washington/seattle-apartments/redmond/reunion-at-redmond-ridge.aspx 11315 Trilogy Parkway NE Redmond, WA 98053 ♦ 866 558 8413</p>
<p>Sundance at Redmond Ridge http://www.activeadultliving.com/WA/redmond_sundance.htm Redmond WA 98053</p>
<p>Trilogy at Redmond Ridge www.trilogylife.com 23215 NE Greens Crossing Road ♦ Redmond WA 98053 ♦ 800-685-6494</p>
<p>Sammamish</p>
<p>Sterling Square at Trossachs www.activeadultliving.com/WA/sammamish_sterlingsquare.htm Sammamish WA</p>
<p>Woodinville</p>

<p>Bedford Group Home www.assistedlivingfacilities.org/directory/wa/woodinville/bedford-group-home 12461 NE 173rd Pl ♦ Woodinville, WA 98072 ♦ 425 488 7764</p>
<p>The Creekside- Merrill Gardens www.merrillgardens.com 18200 Woodinville-Snohomish Rd NE ♦, Woodinville, WA 98072 ♦ 425- 354-3784</p>
<p>Fairwinds-Brittany Park www.leisurecare.com 17143 - 133rd Avenue NE ♦ Woodinville, WA 98072 ♦ 425- 402- 7100</p>
<p>Greenbrier Heights Senior Apartments http://aptfinder.org/property205.html 14390 189th Place ♦ Woodinville, WA 98072</p>
<p>Yarrow Point None</p>

Assisted Living

Assisted living facilities offer some independence with the peace of mind that medical care and support services are available if needed. Here are some attractive features of Assisted Living:

- Rental apartments or condominiums with options for low income senior housing
- Allows you to preserve your independence without being alone.
- Provides assistance in preparing meals.
- Offer senior citizen group programs and activities
- May provide transportation or housekeeping
- Amenities may include personalized care services.



You will find a list of Assisted Living Facilities in East king County in the following pages.

East King County Assisted Living Facilities

Bellevue
<p>Aegis of Bellevue www.aegisliving.com 148 102nd Avenue SE ♦ Bellevue, WA 98004 ♦ 425 296 1293</p>
<p>The Bellettini www.thebellettini.com 1115 108th Avenue NE ♦ Bellevue, WA 98004 ♦ 425 450 0800</p>
<p>Crossroads Retirement www.crossroadsretirementcenter.com 15750 NE 15th Street ♦ Bellevue, WA 98008 ♦ 425 641 4900</p>
<p>Emeritus at Bellevue www.emeritus.com 15241 NE 20th Street ♦ Bellevue, WA 98007 ♦ 425 401 0300</p>
<p>Evergreen Court www.myevergreencourt.com 900 124th Avenue NE ♦ Bellevue, WA 98005 ♦ 425 455 4333</p>
<p>The Garden at Town Square www.eraliving.com/senior_living/Seattle_Bellevue_WA/zip_98004/era_living/2748 933 111th Avenue NE ♦ Bellevue, WA 98004 ♦ 425 502 6787</p>
<p>Patriot Glen LLC formerly Wynwood of Bellevue www.brookdaleseniorliving.com 1640 148th Avenue SE ♦ Bellevue, WA 98007 ♦ 425 373 1161</p>
<p>Sunrise Assisted Living of Bellevue www.sunriseseniorliving.com 15928 NE 8th Street ♦ Bellevue, WA 98008 ♦ 425 401 5152</p>
Bothell
<p>Aegis of Bothell www.aegisliving.com 10605 NE 185th Street ♦ Bothell, WA 98011 ♦ 425 527 9280</p>
<p>Chateau at Bothell Landing www.chateau-bothell-landing.com 17543 102nd Avenue NE ♦ Bothell, WA 98011 ♦ 425 485 1155</p>

<p>North Creek Retirement www.bonaventuresenior.com 1907 201st Place SE ♦ Bothell, WA 98012 ♦ 425 483 8927</p>
<p>Riverside East www.villageconcepts.com/riverside-east 10315 East Riverside Drive ♦ Bothell, WA 98011 ♦ 425 481 1976</p>
<p>Vineyard Park at Bothell Landing www.vineyardpark.net 10519 East Riverside Drive ♦ Bothell, WA 98011 ♦ 425 354 3914</p>
<p>Issaquah</p>
<p>Aegis of Issaquah www.aegisliving.com 780 NW Juniper Street ♦ Issaquah, WA 98027 ♦ 425 526 6037</p>
<p>Issaquah Nursing and Rehabilitation Center www.issaquahnursing.com 805 Front Street South ♦ Issaquah, WA 98027 ♦ 425-392-1271</p>
<p>Mountain Group Home www.assistedlivingfacilities.org/directory/wa/issaquah/mountain-group-home 230 SE Andrews ♦ Issaquah, WA 98027 ♦ 425 392 9554</p>
<p>Providence Marianwood www.providence.org 3725 Providence Point Drive SE ♦ Issaquah, WA 98029 ♦ 425 391 2800</p>
<p>Spiritwood at Pine Lake www.villageconcepts.com/spiritwood-at-pine-lake/ 3607 228th Avenue SE ♦ Issaquah, WA 98029 ♦ 425 313 9100</p>
<p>University House Issaquah www.eraliving.com/senior_living/Seattle_Issaquah_WA 22975 SE Black Nugget Road ♦ Issaquah, WA 98029 ♦ 425 654 1485</p>
<p>Kenmore</p>
<p>Inglewood Group Home 7911 NE 195TH Street ♦ Kenmore, WA 98028 ♦ 425 483 1141</p>
<p>Spring Estates www.springestatesslc.com 7221 NE 182nd Street ♦ Kenmore, WA 98028 ♦ 425 481 4200</p>

Kirkland
<p>Aegis Lodge www.aegisliving.com 12629 116th Avenue NE ♦ Kirkland, WA 98034 ♦ 425 968 9239</p>
<p>Aegis of Kirkland www.aegisliving.com 13000 Totem Lake Boulevard ♦ Kirkland, WA 98034 ♦ 425 968 9238</p>
<p>Emeritus at Kirkland www.emeritus.com 6505 Lakeview Drive Northeast ♦ Kirkland, WA 98033 ♦ 425 803 6911</p>
<p>Gardens at Juanita Bay www.gardensatjuanitabay.com 11853 97th Avenue NE ♦ Kirkland, WA 98034 ♦ 425 823 0410</p>
<p>Madison House www.madisonhouseretirement.com 12215 NE 128th Street ♦ Kirkland, WA 98034 ♦ 425 821 8210</p>
<p>Merrill Gardens at Kirkland www.merrillgardens.com 201 Kirkland Avenue ♦ Kirkland, WA 98033 ♦ 425 296 4588</p>
Mercer Island
<p>Aljoya Mercer Island www.aljoyamercerisland.com 2430 76th Avenue SE ♦ Mercer Island, WA 98040 ♦ 206 452 3195</p>
<p>Covenant Shores www.covenantshores.org 9150 Fortuna Drive ♦ Mercer Island, WA 98040 ♦ 206 268 3000</p>
<p>Island House, Merrill Gardens www.merrillgardens.com 7810 SE 30th Street ♦ Mercer Island, WA 98040 ♦ 206-232-0502</p>
<p>Sunrise of Mercer Island www.sunriseseniorliving.com 2959 76th Avenue SE ♦ Mercer Island, WA 98040 ♦ 206 232 6565</p>
Newcastle
<p>Regency Newcastle</p>

<p>www.regencynewcastle.com 7454 Newcastle Golf Club Road ♦ Newcastle, WA 98059 ♦ 425 453 1508</p>
<p>Redmond</p>
<p>Aegis of Redmond www.aegisliving.com 7480 W Lake Sammamish Pkwy NE ♦ Redmond, WA 98052 ♦ 425 968 9244</p>
<p>Cascade Plaz www.cascadevista.com 7950 Willows Road NE ♦ Redmond, WA 98052 ♦ 425 885 4157</p>
<p>Emerald Heights www.emeraldheights.com 10901 176th Circle NE ♦ Redmond, WA 98052 ♦ 425 556 8100</p>
<p>Fairwinds-Redmond www.fairwindsredmond.com 9988 Avondale Road NE ♦ Redmond, WA 98052 ♦ 425 558 4700</p>
<p>The Marymoor www.themarymoor.com 4585 W Lake Sammamish Pkwy NE ♦ Redmond, WA 98052 ♦ 425 556 9398</p>
<p>Overlake Terrace www.overlaketerraceseniorliving.com 2956 152nd Avenue NE ♦ Redmond, WA 98052 ♦ 425 883 0495</p>
<p>Regency at Peters Creek www.regencypeterscreek.com 14431 Redmond Way ♦ Redmond, WA 98052 ♦ 425 869 2273</p>
<p>Woodinville</p>
<p>Bedford Group Home www.assistedlivingfacilities.org/directory/wa/woodinville/bedford-group-home 12461 NE 173rd Place ♦ Woodinville, WA 98072 ♦ 425 488 7764</p>
<p>Fairwinds-Brittany Park www.leisurecare.com 17143 133rd Avenue NE ♦ Woodinville, WA 98072 ♦ 425 402 7100</p>
<p>Golden Heart Resident www.goldenhearthisresident.com 15934 NE 139th Place ♦ Woodinville, WA 98072 ♦ 425 483 2273</p>

Adult Family Home

Adult Family Homes are residential neighborhood homes that are licensed by the State of Washington to provide housing and care services in residential neighborhoods. Some of the features of Adult Family Homes include:

- A private residence which will provide room and board for usually up to six people
- Allows you to stay in a home setting
- You are never alone and have the company of other adults
- Provides personal and social care depending on need and type of home
- May allow you to stay close to a familiar neighborhood

There are scores of Adult family Homes all over East King County. The best way to find a home that fits your needs contact:

Department of Social and Health Services (DSHS)

1-800 737-0616

Or visit their website at: <http://www.adsa.dshs.wa.gov/>

This link allows you to look for licensed adult family homes by city and provides you with contact information for each home. Homes that accept Medicaid are listed on the same directory.

DSHS also provides a helpful booklet when “Choosing Care in an Adult Family Homes” – <http://www.dshs.wa.gov/pdf/Publications/22-707.pdf>



In an Adult Family Home you are never alone and personal care is provided.

Memory Care

Memory Care facilities are licensed to provide care for seniors whose lives are affected by Alzheimer or Dementia or other forms of memory loss. Services provided by these facilities include:

- Secure and closely supervised environment to residents with mid- to late-stage Alzheimer's or similar condition
- Provide medical and incontinent care
- Varying levels of services and medical care in the same community



East King County Memory Care Facilities

Bellevue
Aegis of Bellevue www.aegisliving.com 148 102nd Avenue SE ♦ Bellevue, WA 98004 ♦ 425 242 6327
Brookdale www.brookdale.com/washington/bellevue 15241 NE 20th Street ♦ Bellevue, WA 98007 ♦ 425 401 0300
The Garden at Town Square www.eraliving.com/communities/bellevue 933 111th Avenue NE ♦ Bellevue, WA 98004 ♦ 425 688 1900
Patriot Glen LLC www.patriotsglen.net 1640 148th Avenue SE ♦ Bellevue, WA 98007 ♦ 425 373 1161
Sunrise Senior Living of Bellevue www.sunriseseniorliving.com 15928 NE 8th St ♦ Bellevue, WA 98008 ♦ 425 401 5152
Bothell

<p>Aegis of Bothell www.aegisliving.com 10605 NE 185th Street ♦ Bothell, WA 98011 ♦ 425 254-3310</p>
<p>Chateau at Bothell Landing www.chateau-bothell-landing.com 17543 102nd Avenue NE ♦ Bothell, WA 98011 ♦ 425 485 1155</p>
<p>North Creek Retirement http://retirementperfected.com/communities/northcreek/index.asp 1907 201st Place SE ♦ Bothell, WA 98012 ♦ 425 483 8927</p>
<p>Issaquah</p>
<p>Aegis of Issaquah www.aegisliving.com/aegis-living-of-issaquah 780 NW Juniper Street ♦ Issaquah, WA 98027 ♦ 425 654-1842</p>
<p>Issaquah Nursing and Rehabilitation Center www.issaquahnursing.com 805 Front Street South ♦ Issaquah, WA 98027 ♦ 425-392-1271</p>
<p>Providence Marianwood www.providence.org 3725 Providence Point Drive SE ♦ Issaquah, WA 98029 ♦ 425 391 2800</p>
<p>University House Issaquah www.eraliving.com/Issaquah 22975 SE Black Nugget Road ♦ Issaquah, WA 98029 ♦ 425 242 7175</p>
<p>Kenmore</p>
<p>Brookdale http://brookdale.com/washington/kenmore 7221 NE 182nd Street ♦ Kenmore, WA 98028 ♦ 425 481 4200</p>
<p>Kirkland</p>
<p>Aegis Lodge www.aegisliving.com/aegis-living-of-lodge 12629 116th Avenue NE ♦ Kirkland, WA 98034 ♦ 425 242 6323</p>
<p>Aegis of Kirkland www.aegisliving.com/aegis-living-of-kirkland 13000 Totem Lake Boulevard ♦ Kirkland, WA 98034 ♦ 425 903 3092</p>
<p>Mercer Island</p>
<p>Covenant Shores www.covenantshores.org 9150 Fortuna Drive ♦ Mercer Island, WA 98040 ♦ 206 268 3000</p>
<p>Sunrise of Mercer Island www.sunriseseniorliving.com 2959 76th Avenue SE ♦ Mercer Island, WA 98040 ♦ 206 232 6565</p>

Redmond

Aegis of Redmond

www.aegisliving.com/aegis-living-of-redmond

7480 W Lake Sammamish Pkwy NE ♦ Redmond, WA 98052 ♦ 425 242 6325

Cascade Plaza

www.cascadevista.com/cascade-plaza

7950 Willows Road NE ♦ Redmond, WA 98052 ♦ 425 885 4157

Emerald Heights

www.emeraldheights.com

10901 176th Circle NE ♦ Redmond, WA 98052 ♦ 425 556 8100

Overlake Terrace

www.overlaketerraceseniorliving.com

2956 152nd Avenue NE ♦ Redmond, WA 98052 ♦ 425 883 0495

Nursing Home / Skilled Care

Skilled care is not only for the elderly, but for anyone who requires skilled nursing care for complex medical needs that do not require hospitalization. This option provides high level health care services, as well as physical, speech and occupational rehabilitation services. Nursing homes have nursing aides and skilled nurses on hand 24-hours a day. Some nursing homes also offer incontinent care.



East King County Nursing Home Facilities

Bellevue
Mission Health Care www.missionhealthcare.com 2424 156th Avenue NE ♦ Bellevue, WA 98007 ♦ 425 897 8800
Pacific Regent www.watermarkcommunities.com/bellevue 919 109th Avenue NE ♦ Bellevue, WA 98004 ♦ 425 646 9808
Bothell
North Creek Health and Rehabilitation Center www.eaglehealthcare.net 10909 NE 185 th Street ♦ Bothell, WA 98012 ♦ 425 486 7174
Issaquah
Issaquah Nursing and Rehabilitation Center www.issaquahnursing.com 805 Front Street South ♦ Issaquah, WA 98027 ♦ 425-392-1271
Providence Marianwood www.providence.org 3725 Providence Point Drive SE ♦ Issaquah, WA 98029 ♦ 425 391 2800
Timber Ridge at Talus www.timberridgelcs.com 100 Timber Ridge Way NW ♦ Issaquah, WA 98027 ♦ 425 654 2983
Kenmore

<p>Brookdale Kenmore www.brookdalekenmore.com/communities 7221 NE 182nd Street ♦ Kenmore, WA 98028 ♦ 425 481 4200</p>
<p>Kirkland</p>
<p>Aegis of Kirkland www.aegisliving.com/aegis-living-of-kirkland 13000 Totem Lake Boulevard ♦ Kirkland, WA 98034 ♦ 425 903 3092</p>
<p>Life Care Center of Kirkland www.lcca.com 10101 Northeast 120th Street, ♦ Kirkland, WA 98034 ♦ 425 823 7272</p>
<p>Mercer Island</p>
<p>Aljoya Mercer Island www.eraliving.com/communities/mercerc-island 2430 76th Avenue SE ♦ Mercer Island, WA 98040 ♦ 206 230 0150</p>
<p>Covenant Shores www.covenantshores.org 9150 Fortuna Drive ♦ Mercer Island, WA 98040 ♦ 206 268 3000</p>
<p>Mercer Island Care and rehabilitation http://local-nursinghomes.com/nursinghome.cfm?detail=general&home=mercerc-island-care-rehab-ctr&provNum=505052 7445 SE 24th Street Mercer Island, WA 98040 ♦ 206 232 6600</p>
<p>Sunrise of Mercer Island www.sunriseseniorliving.com 2959 76th Avenue SE ♦ Mercer Island, WA 98040 ♦ 206 232 6565</p>
<p>Redmond</p>
<p>Redmond Care & Rehabilitation redmondcareandrehab.com 7900 Willows Road NE ♦ Redmond, WA 98052 ♦ 425 885 0808</p>
<p>Emerald Heights www.emeraldheights.com 10901 176th Circle NE ♦ Redmond, WA 98052 ♦ 425 556 8100</p>

In-House Rehabilitation

In House Rehabilitation is a service provided within a senior facility, a temporary stay between hospital and the independent living. Overlake Hospital Eastside Retirement and Assisted Living Providers can be found in Appendix C of this Handbook.



Continuing Care Communities

A Continuing care Community is a residential community for seniors, usually over the age of 55 that offers a range of housing options. Your choice will be based on your health, level of activity and your desire for independence or need for support and/or services. Living in a continuing care community is a great option for currently healthy people who want to secure their health care throughout the aging process. The list below shows the types of housing available in such communities in East King County.

- Apartments / condominiums Living
- Assisted Living
- Skilled Nursing and Rehabilitation

East King County Continuing Care Communities

Issaquah
Timber Ridge at Talus www.timberridgelcs.com 100 Timber Ridge Way NW ♦ Issaquah, WA 98027 ♦ 425-427-2929
Mercer Island
Aljoya Mercer Island www.aljoyamercerisland.com 2430 76th Avenue SE ♦ Mercer Island, WA 98040 ♦ 206 -4523195
Redmond
Emerald Heights www.emeraldheights.com 10901 176th Circle NE ♦ Redmond, WA 98052 ♦ 425- 556 -8100

Fairwinds-Redmond
 www.fairwindsredmond.com
 9988 Avondale Road NE ♦ Redmond, WA 98052 ♦ 425-558-4700

East King County Housing and Care Matrix

East King County has a variety of housing types for people ages 55 and above, each offering varied levels of services. The matrix below lists facilities and the services they provide by type and city.

East King County Transitioning From Home

Living Options Matrix

Facilities listed by the city	Independent Living	Assisted Living	Memory care	Nursing Home	Medicaid
	I.L.	A.L.	M.C.	N.H.	Med.
Beaux Arts Village-None					
Bellevue					
Aegis of Bellevue www.aegisliving.com 148 102nd Avenue SE Bellevue, WA 98004 ♦ 425 242 632		X	X	X	
Ashwood Court Apartments http://aptfinder.org/property126.html 11018 NE 11th St. Bellevue, WA 98004	X*62				
The Bellettini www.thebellettini.com 1115 108th Avenue NE Bellevue, WA 98004 ♦ 425 450 0800	X	X			
Bellevue Manor Apartments http://aptfinder.org/property140.html 143 Bellevue Way SE Bellevue, WA 98004	X*55				

Bellevue Facilities Continued	I.L.	A.L.	M.C.	N.H.	Med.
Brandenwood Senior Apartments http://aptfinder.org/property439.html 14520 NE 40th Street Bellevue, WA 98007	X*62				
Cascadia Corporation www.livecascadia.com 11232 NE 15th Street Bellevue WA 98004	x				
Crossroads Retirement www.leisurecare.com/crossroads 15750 NE 15th Street Bellevue, WA 98008 ♦ 425 641 4900	x	x		x	x
Brookdale www.brookdaleseniorliving.com 15241 NE 20th Street Bellevue, WA 98007 ♦ 425 401 0300	x	x	x	x	
Evergreen Court www.myevergreencourt.com 900 124th Avenue NE Bellevue, WA 98005 ♦ 425 455 4333	x	x			x
The Garden Club www.seniorhomes.com/f/wa/the-garden-club-bellevue 13350 SE 26th Street Bellevue, WA 98005 ♦ 425 643 7111	x*55				
The Garden at Town Square www.eraliving.com/senior_living/Seattle_Bellevue_WA/zip_98004/era_living/2748 933 111th Avenue NE Bellevue, WA 98004 ♦ 425 502 6787	x	x	x	x	

Bellevue Facilities Continued	I.L.	A.L.	M.C.	N.H.	Med.
Mission Health Care www.missionhc.com 2424 156th Avenue NE Bellevue, WA 9800 ♦ 425 641 1166				X	X
Pacific Regent (The Fountains) www.watermarkcommunities.com/bellevue 919 109th Avenue NE Bellevue, WA 98004 ♦ 425 233 8766	X			X	
Patriot Glen LLC formerly Wynwood of Bellevue www.patriotsglen.com 1640 148th Avenue SE Bellevue, WA 98007 ♦ 425 373 1161	X	X	X	X	
Silver Glen (Fee Simple Cooperative) www.silverglen.org 1750 152nd Avenue NE Bellevue, WA 98007 ♦ 425 957 1032	X*55				
Sunrise Senior Living of Bellevue www.sunriseseniorliving.com 15928 NE 8th St Bellevue, WA 98008 ♦ 425 401 5152	X	X	X	X	
Vasa Creek Woods Apartments www.vasacreekwoods.com 15406 SE Newport Way Bellevue, WA 98006 ♦ 425 641 6060	X62				
Bothell					
Aegis of Bothell www.aegisliving.com 10605 NE 185th St Bothell, WA 98011 ♦ 425 527 9280		X	X	X	

Bothell Facilities Continued	I.L.	A.L.	M.C.	N.H.	Med.
Chateau at Bothell Landing www.chateau-bothell-landing.com 17543 102nd Avenue NE Bothell, WA 98011 ♦ 425 485 1155	X	X	X		
Foundation House at Bothell www.fhbothell.com 17502 102nd Avenue NE Bothell, WA 98011 ♦ 425 402 9606	X				
North Creek Health and Rehabilitation Center www.eaglehealthcare.net 10909 NE 185th Street Bothell, WA 98011 ♦ 425 486 7174				X	
North Creek Retirement www.bonaventuresenior.com 1907 201st Place SE Bothell, WA 98012 ♦ 425 483 8927	X	X	X		
Riverside East www.villageconcepts.com/riverside-east 10315 East Riverside Drive Bothell, WA 98011 ♦ 425 481 1976	X	X			X
Riverside Landing Senior Apartments http://aptfinder.org/property441.html 10130 W. Riverside Drive Bothell, WA 98011	X*62				
Vineyard Park at Bothell Landing www.vineyardpark.net 10519 East Riverside Drive Bothell, WA 98011 ♦ 425 354 3914	X	X			X
Clyde Hill - None					
Hunts Point - None					

Issaquah	I.L.	A.L.	M.C.	N.H.	Med.
Aegis of Issaquah www.aegisliving.com 780 NW Juniper Street Issaquah, WA 98027 ♦ 425 654 1842		X	X	X	
Bellewood Retirement www.bellewood.com 3710 Providence Point Drive SE Issaquah, WA 98029 ♦ 425 391 2880	X				
Issaquah Nursing and Rehabilitation Center www.issaquahnursing.com 805 Front Street South Issaquah, WA 98027 ♦ 425 392 1271		X	X	X	X
Mountain Group Home www.assistedlivingfacilities.org/directory/wa/issaquah/ mountain-group-home 230 SE Andrews Issaquah, WA 98027 ♦ 425 392 9554		X			
Providence Marianwood www.providence.org 3725 Providence Point Drive SE Issaquah, WA 98029 ♦ 425 391 2800		X	X	X	X
Providence Point www.providencepoint.com 4135 Providence Pt Dr SE Issaquah, WA 98029 ♦ 425 392 2300	X				
Spiritwood at Pine Lake www.villageconcepts.com/spiritwood-at-pine-lake/ 3607 228th Avenue SE Issaquah, WA 98029 ♦ 425 313 9100	X	X			X
Timber Ridge at Talus www.timberridgelcs.com 100 Timber Ridge Way NW Issaquah, WA 98027 ♦ 425 427 2929	X			X	

Issaquah Facilities Continued	I.L.	A.L.	M.C.	N.H.	Med.
University House Issaquah www.eraliving.com/senior_living/Seattle_Issaquah_WA 22975 SE Black Nugget Road Issaquah, WA 98029 ♦ 425 654 1485	X	X	X		
Kenmore					
Heron Landing http://aptfinder.org/property9.html 7025 NE 182nd Street Kenmore, WA 98028	X*62				
Inglewood Group Home 7911 NE 195TH ST Kenmore, WA 98028 ♦ 425 483 1141		X			
The Sequoias (SHAG) http://www.housing4seniors.com/kenmore.php 7111 NE 181st Kenmore, WA 98028 ♦ 425 483 5244	X*61				
Brookdale www.brookdale.com/washington/kenmore 7221 NE 182 nd Street Kenmore, WA 98028 ♦ 425 481 4200	X	X	X	X	X
Kirkland					
Aegis Lodge www.aegisliving.com 12629 116th Ave NE Kirkland, WA 98034 ♦ 425 242 6323	X	X	X	X	
Aegis of Kirkland www.aegisliving.com 13000 Totem Lake Boulevard Kirkland, WA 98034 ♦ 425 968 9238		X	X	X	
Emeritus at Kirkland www.emeritus.com 6505 Lakeview Drive Northeast Kirkland, WA 98033 ♦ 425 803 6911	X	X			X

Kirkland Facilities Continued	I.L.	A.L.	M.C.	N.H.	Med.
Gardens at Juanita Bay www.gardensatjuanitabay.com 11853 97th Avenue NE Kirkland, WA 98034 ♦ 425 823 0410	X	X			X
Kirkland Plaza http://aptfinder.org/property229.html 320 6th Avenue Kirkland, WA 98033 ♦ 425 822 6288	X*62				
Life Care Center of Kirkland www.lcca.com 10101 Northeast 120th Street Kirkland, WA 98034 ♦ 425 823-2323				X	X
Madison House www.madisonhouseretirement.com 12215 NE 128th Street Kirkland, WA 98034 ♦ 425 821 8210	X	X			
Merrill Gardens at Kirkland www.merrillgardens.com 201 Kirkland Ave Kirkland, WA 98033 ♦ 425 296 4588	X	X			
Woodlands at Forbes Creek (SHAG) http://www.housing4seniors.com/kirkland.php 9224 Slater Ave NE Kirkland WA 98033 ♦ 425 827 6220	X*61				
Medina - None					
Mercer Island					
Aljoya Mercer Island www.aljoyamerцерisland.com 2430 76th Avenue SE Mercer Island, WA 98040 ♦ 206 452 3195	X	X		X	
Covenant Shores www.covenantshores.org 9150 Fortuna Drive Mercer Island, WA 98040 ♦ 206 268 3000	X	X	X	X	

Mercer Island Facilities Continued	I.L.	A.L.	M.C.	N.H.	Med.
Ellsworth House http://aptfinder.org/property228.html 2720 76th Ave SE Mercer Island WA 98040 ♦ 206 232 7447	X				
Island House, Merrill Gardens www.merrillgardens.com 7810 SE 30th Street Mercer Island, WA 98040 ♦ 206 232 0502	X	X			
Mercer Island Care and rehabilitation 7445 SE 24th Street Mercer Island, 98040 ♦ 206 232 6600				X	X
Sunrise of Mercer Island www.sunriseseniorliving.com 2959 76th Avenue SE Mercer Island, WA 98040 ♦ 206 232 6565		X	X		
Newcastle					
Regency Newcastle www.regencynewcastle.com 7454 Newcastle Golf Club Rd Newcastle, WA 98059 ♦ 425 453 1508	X	X			X
Redmond					
Aegis of Redmond www.aegisliving.com 7480 W Lake Sammamish Pkwy NE Redmond, WA 98052 ♦ 425 242 6325		X	X	X	
Cascade Plaza www.cascadevista.com 7950 Willows Road NE Redmond, WA 98052 ♦ 425 885 4157	X	X	X		
Cascade Vista www.cascadevista.com 7900 Willows Road NE Redmond, WA 98052 ♦ 425 885 0808				X	X

Redmond Facilities Continued	I.L.	A.L.	M.C.	N.H.	Med.
Cascara at the Villages http://www.activeadultliving.com/WA/redmond_cascara.htm Redmond WA 98053 ♦ 425 898 0627	x*55				
Emerald Heights www.emeraldheights.com 10901 176th Circle NE Redmond, WA 98052 ♦ 425 556 8100	x	x	x	x	
Fairwinds-Redmond www.fairwindsredmond.com 9988 Avondale Road NE Redmond, WA 98052 ♦ 425 558 4700	x	x			
The Marymoor www.themarymoor.com 4585 W Lake Sammamish Pkwy NE Redmond, WA 98052 ♦ 425 556 9398	x	x			x
Overlake Terrace www.overlaketerraceseniorliving.com 2956 152nd Avenue NE Redmond, WA 98052 ♦ 425 883 0495	x	x	x	x	
Patricia Harris Manor Apartments http://aptfinder.org/property150.html 16304 NE 81st Street Redmond, WA 98052 ♦ 425 881 5619	X*62				
Regency at Peters Creek www.regencypeterscreek.com 14431 Redmond Way Redmond, WA 98052 ♦ 425 869 2273	x	x			x
Reunion at Redmond Ridge http://www.equityapartments.com/washington/seattle-apartments/redmond/reunion-at-redmond-ridge.aspx 11315 Trilogy Parkway NE Redmond, WA 98053 ♦ 866 558 8413	x*55				

Redmond Facilities Continued	I.L.	A.L.	M.C.	N.H.	Med.
Sundance at Redmond Ridge http://www.activeadultliving.com/WA/redmond_sundance.htm Redmond WA 98053	x*55				
Trilogy at Redmond Ridge www.trilogylife.com 23215 NE Greens Crossing Road Redmond WA 98053 ♦ 800 685 6494	x*55				
Sammamish					
Sterling Square at Trossachs www.activeadultliving.com/WA/sammamish_sterlingsquare.htm Sammamish, WA 98075	x				
Woodinville					
Bedford Group Home www.assistedlivingfacilities.org/directory/wa/woodinville/bedford-group-home 12461 NE 173rd PI Woodinville, WA 98072 ♦ 425 488 7764		x			
The Creekside- Merrill Gardens www.merrillgardens.com 18200 Woodinville-Snohomish Rd NE Woodinville, WA 98072 ♦ 425 354 3784	x				
Fairwinds-Brittany Park www.leisurecare.com 17143 - 133rd Avenue NE Woodinville, WA 98072 ♦ 425 402 7100	x	x			
Golden Heart Resident www.goldenhearthresident.com 15934 NE 139th PI Woodinville, WA 98072 ♦ 425 483 2273		x		x	

Greenbrier Heights Senior Apartments http://aptfinder.org/property205.html 14390 189th Place Woodinville, WA 98072	X*62				
Yarrow Point None					

Other Senior Resources

Senior Centers

Below is the list of East King County senior centers:

<p><u>Issaquah Valley Senior Center</u> 75 NE Creek Way - Issaquah, WA 98027 Phone: 425-392-2381 Email: issaquahsc@qwestoffice.net www.issaquahseniorcenter.org/</p>	<p><u>Peter Kirk Community Center</u> 352 Kirkland Avenue - Kirkland, WA 98033 Phone: 425-587-3360 www.ci.kirkland.wa.us</p>
<p><u>Mount Si Senior Center</u> 411 S. Main Ave. - North Bend, WA 98045 Phone: 425-888-3434 www.mountsiseniorcenter.org</p>	<p><u>Redmond Senior Center</u> 8703 160 Ave NE - Redmond, WA 98052 Phone: 425-556-2314 Email: rsc@redmond.gov www.redmond.gov</p>
<p><u>North Bellevue Community Center</u> 4063 148th Ave. NE - Bellevue, WA 98009 Phone: 425-452-7681 - Fax: 425-882-1968 E-mail: nbcc@bellevuewa.gov www.cityofbellevue.org</p>	<p><u>Snoqualmie Valley Senior Center</u> 4610 Stephens Avenue Carnation, WA 98014 Phone: 425-333-4152 - Fax: 425-333-4465 E-mail: amarao@seniorservices.org</p>
<p><u>Northshore Senior Center - Bothell</u> 10201 East Riverside Drive Bothell, WA 98011-3708 Phone: 425-487-2441 - Fax: 425-485-4954 TTY: 425-486-4564 E-mail: senior@seniorservices.org www.northshoreseniorcenter.org</p>	<p><u>South Bellevue Community Center</u> 14509 SE Newport Way - PO Box 90012 Bellevue, WA 98009 Phone: 425-452-4240 - Fax: 425-452-7912 E-mail: sbcc@bellevuewa.gov www.ci.bellevue.wa.us</p>
<p><u>Northshore Senior Center - Mill Creek</u> 15720 Main St - Mill Creek, WA 98012 Phone: 425-948-7170 E-mail: millcreek@seniorservices.org www.northshoreseniorcenter.org</p>	<p><u>Stroum Jewish Community Center Mercer Island</u> 3801 E Mercer Way-Mercer Island, WA 98040 Phone: 206-232-7115 www.sjcc.org http://www.snovalleysenior.org/</p>
<p><u>Northshore Senior Center - Woodinville</u> 17401 133rd Ave NE - Woodinville, WA 98072 Phone: 425-489-0707 E-mail: garrethj@seniorservices.org www.northshoreseniorcenter.org</p>	

Online Resource Links

There are many websites where you may find information regarding aging in place and transitioning from home. Below are just a few additional resources you may wish to use.

Age In Place - The National Aging in Place Council (NAIPC) Seattle Chapter – Find local professional resources.

E-mail - rod.halvorson@axiafinancial.com

http://www.ageinplace.org/local_chapters/greater_seattle_chapter.aspx

Family Caregiving Alliance – Find resources for caregivers in Washington State.

http://caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2149

Full Life Care – This local non-profit helps adults with chronic illness, physical or development disabilities to avoid living in nursing homes.

Phone - 206-528-5315

E-mail: dough@fulllifecare.org

<http://www.fulllifecare.org/>

Help Starts Here - National Association of Social Workers – Find a local social worker.

<http://www.helpstartshere.org/seniors-and-aging/residential-and-long-term-care>

National Association of Professional Geriatric Care Managers – Find local geriatric care.

<http://www.caremanager.org/>

My Senior Care – This commercial website provides information on senior housing, home care and health.

<http://www.myseniorcare.com/>

SNAP for Seniors - Looking beyond East King County for Housing? This commercial website provides information on senior housing, home care and health.

<http://www.snapforseniors.com/>

Glossary of Terms

Americans with Disabilities Act (ADA) - The ADA recognizes and protects the civil rights of people with disabilities and prohibits discrimination on the basis of race and gender. The ADA covers a wide range of disability, from physical conditions affecting mobility, stamina, sight, hearing, and speech to conditions such as mental health and learning disorders.

Accessory Dwelling Unit - (ADU) - An Accessory Dwelling Unit can be a separate living unit added to, created within, or detached from a single-family dwelling that provides basic requirements for living, sleeping, eating, cooking, and sanitation. ADU's are regulated by local zoning and building codes.

Adult Day Services – Public or private planned program of activities designed to promote well-being through social and health related services. Adult day care centers operate during daytime hours, Monday through Friday, in a safe and supportive environment.

Adult Family Home - A home licensed by the State of Washington to provide housing and care services for up to six residents.

Aging in Place (AIP) - "Aging in Place" is the ability of an older adult to continue to live in their existing home safely and independently.

Architect Services – Certified professionals trained in the planning, design and oversight of the construction of buildings, and licensed to practice architecture. To *practice architecture* means to offer or render services in connection with the design and construction of a building, or group of buildings and the space within the site surrounding the buildings, that have as their principal purpose human occupancy or use.

Assisted Living - Living facilities that offer independence with medical care and support services available.

Barrier Free - Innovative accessible products, such as walk in bathtubs, handicap showers for ADA bathrooms, and accessories for accessible bathrooms.

Building Code – Local or municipal regulations which regulate the construction of new, or renovation of existing buildings. Municipalities each have their own individual code requirements.

Building Department - City office where one obtains permits for new construction and remodeling to assure compliance with building and other construction codes. Not all work requires permits.

Certified Aging in Place Specialist (CAPS) – Architects, builders, contractors, and consultants that have been trained in the unique needs of the older adult population, aging in place home modifications, common remodeling projects, and solutions to common barriers.

Caregiver - A family member or paid helper who regularly takes care of a child or a sick, elderly, or disabled person. A caregiver may be certified to assist seniors.

Continuing Care Community – Residential community for seniors, that offer housing option ranges based on health, level of activity and independence level desired.

Continuing Care Retirement Communities (CCRCs) – A fee-for-service continuing care retirement communities are residential alternatives for adults that offer, under one contract, an independent living unit (an apartment or cottage), residential amenities and access to a continuum of long term care services, as residents' health and social needs change over time.

Contractor Services (General) - Professional services for the day-to-day oversight of the construction site, and management of vendors and trades. In addition, keep communication between the general contractor and the involved parties open and clear throughout the course of project construction.

Elder Care - Providing for the special needs and requirements of elders.

Family – Seniors may choose to rely upon family members to help in making housing decisions.

Financing – Financial services to assist with loans through lenders.

Geriatrics - A sub-specialty of internal medicine that focuses on health care of elderly people.

Health Care - The diagnosis, treatment and prevention of disease, illness, injury and other physical and mental impairments.

Home Evaluation - A checklist used to assist in determining if a home can be made more useable for persons with disabilities and seniors.

Homemaking Services - Services such as light housekeeping, laundry, meal preparation, and shopping to assist a senior at home. Fees vary depending on the services provided, usually charging an hourly rate.

Housing Options – Housing options for seniors range from living at home (aging in place) to dependant living with on-site services after transitioning from home.

Independent Living Communities – Independent living communities are homes or apartments for seniors aged 55 or older in a complex that do not offer amenities or any medical care.

In-House Rehabilitation – A rehabilitation service provided within a senior care community for temporary stay between the hospital and independent living.

Long Term Mobility – Therapy designed to improve mobility in elderly patients around diagnosing and treating specific impairments, like reduced strength, and poor balance.

Master Builders Association of King and Snohomish Counties (MBA) – is a local homebuilders association serving the Greater Seattle area, King County and Snohomish County with local consumer resources for constructing, remodeling and locating members.

Medicaid - The United States health insurance program for people and families with low incomes and resources.

Medicare – The United States health insurance program for people age 65 or older and some disabled people under age 65.

Memory Care – Facilities that are licensed to provide care for seniors who have memory loss.

National Aging in Place Council (NAIPC) – The National Aging in Place Council is a senior support network. NAIPC was founded on the belief that an overwhelming majority of older Americans want to remain in their homes for as long as possible, but lack awareness of home and community-based services that make independent living possible.

Nursing Home/Skilled Care – Not only for the elderly, but for anyone who requires skilled nursing care for medical needs that do not require hospitalization.

Personal Care - Assistance in providing routine health and personal care; support and assistance with activities of daily living.

Professional Geriatric Care Managers - A professional licensed to plan and coordinate the care of the elderly and/or disabled to improve their quality of life and to maintain their independence for as long as possible.

Retirement Community/Active Adult Community - A community that may include a variety of housing types or services for retirees and seniors and is restricted to those over a certain age.

Retirement Living - A retirement community includes varieties of housing for seniors and retirees, and may have facilities such as a common hall or clubroom or other programs for seniors.

Reverse Mortgages - A reverse mortgage enables older homeowners (62+) to convert part of the equity in their homes into tax-free cash without having to sell the home, give up title, or take on a new monthly mortgage payment.

Senior - A person aged 55 or older.

Senior Housing – Housing for persons aged 55 or older.

Transitioning from Home (TFH) - To transition from home simply means to move from one home to another.

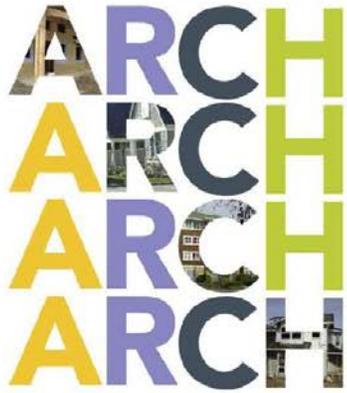
Transportation – Cabulance, Disabled Parking, Metro Transit and Sound Transit.

Universal Home Design – Design for the home to make living comfortable and convenient for as many different people at as many stages of life as possible.

Zoning Codes – Laws issued by local governments to regulate the size, type, structure, and use of land or building in designated areas. These laws divide the cities into district areas according to use. Municipalities each have their own individual code requirements.

Appendix A

Universal Home Design Guide



A Regional Coalition for Housing

SENIOR HOUSING OPTIONS

Aging in Place with ...

Universal Home Design

www.archhousing.org

**Convenience, Ease,
and Livability**

**Remodeling
Building
Buying a Home**



Table of Contents

East King County Resources	3
Other Resources	4
Universal Design	6
How To Use This Guide	6
Site Planning and General Floor	7
Step-Free Entry	8
Entrance	9
Kitchen	10
Bathroom	12
Laundry	14
Bedrooms	14
Living and Dining	15
Storage and Garage	15
Doorway, Hallways and Floors	16
Windows and Stairs	17
Electrical Outlets and Controls	18

Many thanks to SAIL from ARCH-

With permission, this guide to “Aging in Place with Universal Home Design” originated from “A Practical Guide to Universal Home Design”, created and produced by East Metro SAIL. SouthEast Metro SAIL, a project funded by the Minnesota Department of Human Services, has granted ARCH permission to use and modify their document.

ARCH - A Regional Coalition for Housing – Working Together for Housing in East King County
Beaux Arts Village ♦ Bellevue ♦ Bothell ♦ Clyde Hill ♦ Hunts Point ♦ Issaquah ♦
Kenmore ♦ King County ♦ Kirkland ♦ Medina ♦ Mercer Island ♦ Newcastle ♦ Redmond
♦ Sammamish ♦ Woodinville ♦ Yarrow Point

East King County Resources

King County Housing Repair Program

King County provides funding for housing repair services to low-income homeowners and renters in most parts of the county. For the contact information about this program as well as other housing repair resources in King County.

<http://www.kingcounty.gov/socialservices/Housing/ServicesAndPrograms/Services/HousingRepair.aspx>

206-263-9095

Master Builders Association

The Master Builders Association of King and Snohomish Counties has local consumer resources for constructing, remodeling and locating members. This is a King & Sno County site that you can query for local contractors, but does not query for contractors with CAPS certifications.

<http://www.masterbuildersinfo.com/index.cfm?Consumers>

ARCH - A Regional Coalition for Housing

The ARCH Senior Housing Options web pages provide tools and resources regarding construction of accessory dwelling units, hiring contractors, financing.

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

425-861-3676 Fax: 425-861-4553
info@archhousing.org

City of Bellevue - Home Repair Program

Bellevue provides funding for housing repair services to low-income homeowners and renters.

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

425-452-6884

National Association of Home Builders

NAHB Remodelers Council, with the CAPS (Certified Aging-in-Place Specialists) Board of Governors has a web-based directory of Certified Aging-in-Place Specialists. This resource enables consumers to find remodelers or contractors who specialize in the aging in place in their local area.

A Certified Aging-in-Place Specialist (CAPS) has been trained in the unique needs of the older adult population, aging in place home modifications, common remodeling projects, and solutions to common barriers.

<http://www.nahb.org/directory.aspx?sectionD=686&directoryID=188>

Rampathon

This Master Builders Care Foundation program assists in constructing ramps for individuals.

<http://www.masterbuildersinfo.com/index.cfm?/Community/Master-Builders-Care-Foundation/Rampathon>

425-451-7920
mbcare@mbaks.com



Other Resources

Center for Universal Design

This national resource center offers publications and resources on accessible, adaptable, and universal design

<http://www.ncsu.edu/ncsu/design/cud/>

North Carolina State University

School of Design

Box 8613

Raleigh, NC 27695-8613

1-800-647-6777

Home Modification Action Project

This national resource center offers publications and resources on remodeling for home accessibility.

<http://www.homemods.org/>

National Resource Center on Supportive Housing and Home Modification

Andrus Gerontology Center

University of Southern California

3715 McClintock Avenue

Los Angeles, CA 90089-0191

213-740-1364

homemods@usc.edu

American Association of Retired Persons (AARP)

The national seniors' advocacy organization offers printed materials and web resources on home accessibility and universal design

[http://www.aarp.org/home-garden/home-improvement/info-09-](http://www.aarp.org/home-garden/home-improvement/info-09-2009/what_is_universal_design.html)

[2009/what_is_universal_design.html](http://www.aarp.org/home-garden/home-improvement/info-09-2009/what_is_universal_design.html)

www.aarp.org

601 E St. NW

Washington, DC 20049

1-800-424-3410

Northwest Universal Design Council

The Northwest Universal Design Council is a volunteer citizens group seeking to promote the incorporation of universal design principals, products, and processes that enable everyone, regardless of age or ability to "live actively by design."

<http://www.environmentsforall.org/default.asp>

NWUDC

c/o Aging & Disability Services

P.O. Box 34215

Seattle, WA 98124-4215

Aging in Place with ... Universal Home Design

Universal Design is the idea of making things comfortable and convenient for as many different people at as many stages of life as possible.

These common-sense features can make your home a more pleasant place to live right now, and avoid unnecessary hassles and expensive changes in the future. Room by room, this checklist can help you consider your options and increase the ease and flexibility of your home.

Many of the guidelines may seem like obvious, common-sense ideas. In fact, they are likely to become standard in the future, just as we now take for granted the basic safety and energy efficiency features that were forward-thinking in their time.

Who is your home built for?

Traditionally, many homes were tailored for an imaginary “average” person – a healthy, fit, young man of average height. Universal design uses simple, proven ideas to make any home more comfortable for a wide range of people:

- Families with young children?
- People who want to stay in their homes as they grow older?
- People who want to simplify their housekeeping?
- People who are taller or shorter than average?
- People who use wheelchairs or walkers?

Universal Design adds...

FLEXIBILITY

Easier to adapt the home as your own lifestyle changes, or as others live in the home.

SIMPLICITY

Makes everyday life simpler in many ways
- housekeeping,
storage, entertaining,
seasonal
maintenance.

STYLE AND INDIVIDUALITY

Universal design can be both beautiful and comfortable.

SAFETY

Eliminates common causes of home accidents.

How to Use This Guide

Remodeling?

Work with a contractor who understands the importance of the features in this checklist and is experienced in applying them to different homes. Many of the features marked as “Essentials” are much cheaper to do “while you’re at it” than as a separate project later when the need is pressing. They also address some of the biggest inconveniences or barriers in many homes.

Look for the ★ throughout the following checklist and consider these features when you have an immediate need to adapt your home with limited resources. Most of these features are relatively modest in cost and require no major structural changes.

Building a home?

Make sure your home plan includes at least the “Essentials” listed for each area of the home. Be firm about things that will be important in the long run, even if they require some adjustments and creative thinking during the planning stage.

Buying or renting a home?

Use this checklist to walk through any home you are considering. If you are buying, seek knowledgeable advice about what it would cost to provide at least the “Essentials” listed for each area of the home. Let your real estate agent and home inspector know that these features are important to you. In new construction, many universal design features require little or no added cost.

Cost vs. Payback

In a remodeling project, much depends on the structure and layout of your current home. You should seek knowledgeable advice about the cost of each feature, and set your priorities according to the immediate and future benefits particularly if you hope to continue living in your home in your later years.

Most people who incorporate universal design into their homes say that the real payback is being able to live the lifestyle they want. An increase in resale value is not an immediate certainty. However, population trends indicate that the market for these features will grow in the future.

home checklist

Site Planning and Landscaping Essentials:

- Main floor at ground level, ideally with no steps or ramps needed to enter.
At a minimum, one entrance should be at ground level.
- Maintenance-free exterior and trim.
- Level walkways with little or no slope. Any slope should be very gradual – no more than 1 inch of rise per 20 inches of walkway.
- Trees, shrubs, and plants that require little maintenance (raking, pruning, watering, mowing).
- All walkways at least 36 inches wide.

Worth Considering:

- Passive or active solar heating.
Example: Plenty of south-facing windows to capture sunlight in winter.
 - Garden planters at convenient heights, and raised beds for flowers and vegetables.
 - South-facing walkways (and ramps, if any) to reduce growth of moss and icy conditions in winter.
-

General Floor Plan Essentials:

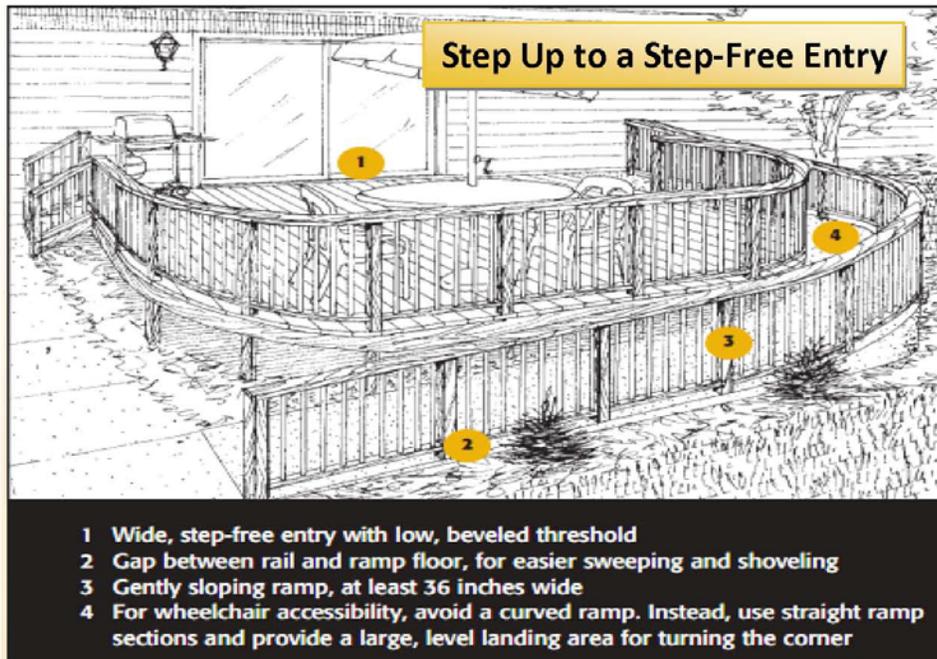
- Kitchen, bath, laundry, and at least one sleeping room (no smaller than 12 feet by 12 feet) on the main floor. The sleeping room can be used for different purposes at different times: den, office, playroom, etc.
- Open floor plan (avoid long, narrow hallways; consider larger open areas without sharp boundaries between rooms, such as a kitchen/dining/ family room area).

Worth Considering:

- Weight of the building resting on external walls of the home, avoiding “load-bearing” inside walls. This allows walls between rooms to be moved much more easily and inexpensively to change the layout.
- Closets “stacked” over each other in a multi-story home, to allow for future installation of an elevator or lift (allow at least 60 inches by 60 inches for installation).

Steps and Entryways

Outdoor steps can be not just a fall waiting to happen, but also a daily hassle for yourself and your visitors, especially in wintry weather. Full basements are common in our part of the country, however, and that typically means the first floor is 18 to 36 inches above the ground. Stairs at the front door and back door have been the usual way to handle that.

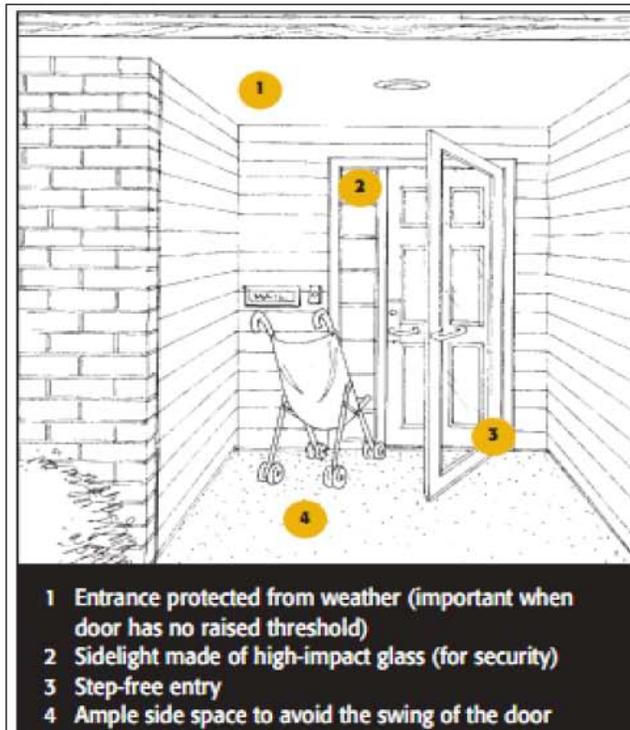


If you're building a new home, you can avoid the problem through one or more design techniques: Take advantage of any natural slope in the land to make at least one of the doors at ground level. Weigh the costs and benefits of digging a deeper basement so the first floor is at or near ground level. Consider the landscaping solution of grading the yard to create a slope or "berm" of earth leading up to the door, on which you can place a straight or gently curved walkway. (Be sure the slope is very gradual – ideally no more than 1 inch of rise for each 20 inches of walkway.)

If you're remodeling or buying a home, a wooden or concrete ramp is the most common and sometimes most cost-effective solution. You can also integrate a ramp into a deck or a careful landscaping plan. Depending on circumstances, building up a slope or "berm" of earth to create a new walkway to an existing home may be a good alternative.

Mechanical lifting equipment is another option, but it can take a beating in our climate and will not help during a power outage.

home checklist

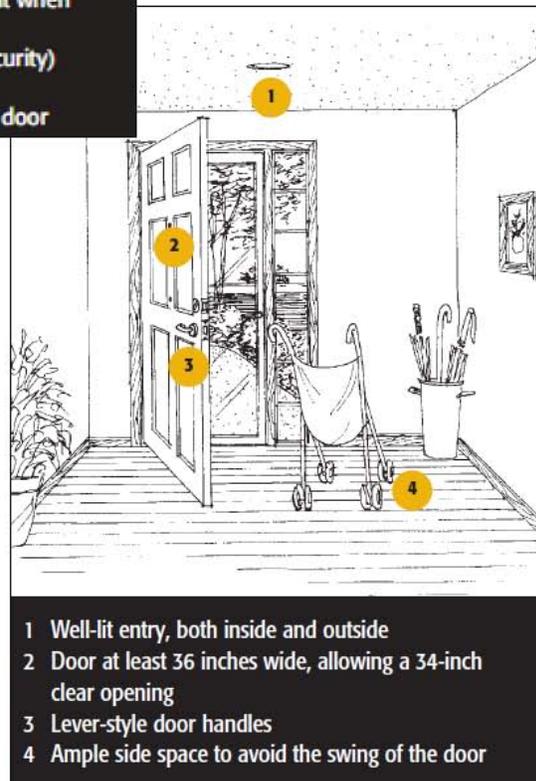


- ★ Door locks that are easy to operate, such as keyless locks with a remote control or keypad.
- ★ Lever-style door handles (not round doorknobs).
- ★ Peepholes at heights for adults, children, and people using a wheelchair; or sidelights (tall, narrow window along one or both sides of the door).
- ★ Good lighting both inside and outside the entrance.
- ★ No raised threshold – much easier for strollers, wheelchairs, rolling luggage, etc., and reduces the risk of tripping.

Entrance

Essentials:

- Door at least 36 inches wide, to allow for a 34-inch clear opening when the door is open at a right angle.
- No split-level entry.
- Porch floor, stoop, or landing at the same level as the floor inside the home (no step up or step down to enter home).



home checklist – Entry cont.

- ★ A roof, canopy, or awning to protect the entrance from rain and snow (essential when you have no raised threshold under the door).
- ☐ Ample landing space both outside and inside the entry door (5 feet by 5 feet for the outside landing). The outside landing should be set off to the side (on the handle edge of the door) to be out of the way of the door swing.

Worth Considering:

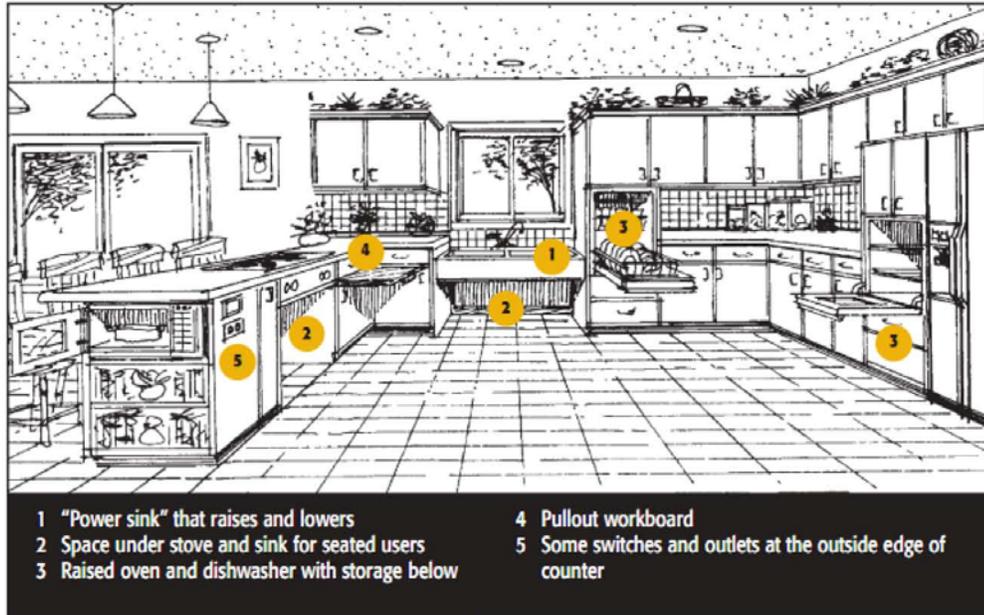
- ☐ Lighted doorbell.
- ☐ Intercom system (can be connected to your regular telephone or to a special speaker).
- ☐ Handy shelf outside the door (such as on the porch railing) to set down items while you open the door.
- ☐ House number in large, simple, color-contrast lettering easily visible from the sidewalk and street.
- ☐ Push-button power door (works great when your hands are full).

Kitchen Essentials:

- ★ Enough clear counter space to set down dishes next to all appliances and cupboards.
- ☐ Plenty of open floor space to maneuver around the kitchen.
- ★ Anti-scald faucet with a single lever (not two knobs or two handles to turn on and off).
- ★ Appliance controls that are easy to read, easy to reach, and can be operated by touch as well as sight.
- ★ Easy access to kitchen storage (pull-out shelves, lazy susans in corner cupboards, adjustable-height cupboards).
- ★ Good task lighting over sink, stove, and other work areas.
- ☐ Rounded corners, not sharp edges, on counters.
- ☐ Counters and other work surfaces at two or more different heights. One counter section at least 30 inches wide should accommodate a seated person (the surface about 28 inches to 32 inches above the floor), with open knee space below.
- ★ A kitchen drawer could be converted to a work surface by fitting a cutting board on it.
- ☐ Open space under the sink to allow for a seated user (be sure to insulate pipes to avoid burns), with flooring material laid all the way to the wall under the sink.
- ☐ Raised platform under dishwasher to reduce bending and kneeling. Storage can be incorporated in the platform. Dishwasher height should be determined by the comfort levels of those who use it most and kitchen work flow.

★ = An immediate need, limited resources, and limited time (requires no structural changes)

home checklist – Kitchen cont.



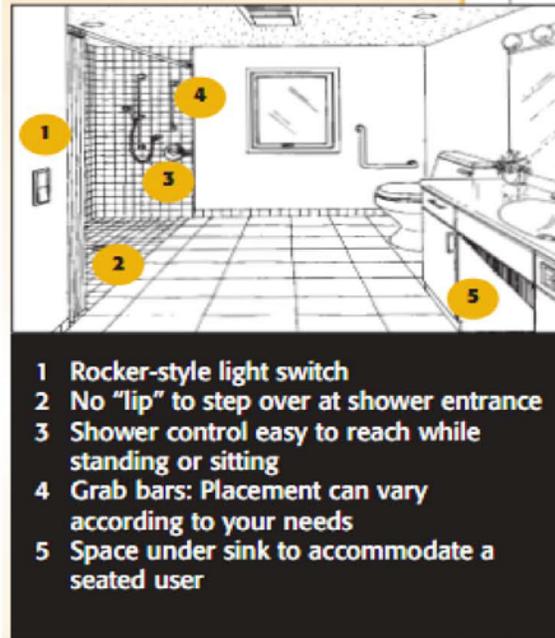
Worth Considering:

- Pullout work boards in strategic locations, such as near the oven, refrigerator, and microwave.
- Pantry-type closet with rollout shelving.
- Sink with the drain placed toward the back, rather than in the middle, so that the pipes below the sink are less in the way for storage or for a seated user.
- Some electrical switches and outlets placed at front edge of lower cabinets (just under counter) for easier access. (Be sure to use childproof outlets.)
- Stove or cooktop with controls in the front.
- Extra outlets for small appliances, electronics, etc.
- "Power sink" that raises or lowers at the push of a button. (Be sure the wallcovering and floor covering extend to accommodate the full range of the sink's upper and lower settings.)
- Color-contrast edging on the front edge of counters, to avoid spills and bumps for people with lower vision.
- Built-in storage space for recyclable materials, easy to access and remove.
- Spring-loaded switch for the garbage disposal, so that it must be held in the "on" position to operate (safety feature).
- Side-by-side refrigerator-freezer.

home checklist

Bathroom Essentials:

- Door 36 inches wide, to allow for a 34-inch clear opening when the door is open at a right angle.
- Ample floor space for maneuvering between bathroom fixtures. Allow at least 30 inches by 48 inches of clear floor space among the fixtures; 60 inches by 60 inches is ideal. (If your shower entrance has no raised threshold, the shower floor can provide part of the clear maneuvering space.)
- Walk-in shower with little or no threshold or lip to step over – ideally no more than 1/2 inch, and beveled to provide a tiny “ramp” rather than a tripping obstacle. Slope the shower floor a maximum of 1/8 inch per foot. (Alternatively, design a bathroom closet that can be converted to a walk-in shower, or place the tub in such a way that it can later be replaced with a walk-in shower.)
- Shower size: Minimum 36 by 36 inches; for a roll-in shower, allow 36 inches by 60 inches.
- ★ Adjustable-height, handheld showerhead, with controls that are conveniently placed and easy to operate.
- Properly reinforced grab bars in the bath and shower, and at least reinforced walls to allow for grab bars near the toilet. (See “Grab Bars,” page 13.)
- ★ Anti-scald faucet with a single-lever handle, for both the sink and the tub or shower.
- Clearance under the sink to allow for a seated user, with flooring material extended into the open area under the sink. (Be sure to insulate pipes to prevent burns.)
- Rounded corners, not sharp edges, on bathroom counters.
- ★ Toilet seat height appropriate for the household – 17 to 19 inches high for middle-age and older people, lower for children.
- ★ Mirror(s) placed for both standing and sitting, such as a full-length or tilting mirror.
- ★ Good-quality, non-glare lighting.



★ = An immediate need, limited resources, and limited time (requires no structural changes)

home checklist – Bathroom cont.

Worth Considering:

- Shower seat or platform, either built in or freestanding (handy for washing feet and shaving legs, as well as for people with limited strength or mobility).
- Pocket (sliding) door to save the “swing space” needed for a hinged door.
- Telephone jack in the bathroom, to call for help in case of a fall.
- Rollout or pullout storage shelves in cabinets, to minimize kneeling and bending.
- Bathroom counters at two different heights, or an adjustable-height surface.
- Bathroom sink with a side-mounted faucet, easier for children and many others to reach.
- Adjustable-height “power sink” or two sinks at different heights.
- Sink with the drain placed toward the back, rather than in the middle, so that the pipes below the sink are less in the way for storage or for a seated user.
- Heat lamp (for comfort), usually installed in the ceiling.

Grab Bars - Grab bars are an essential safety feature as well as a handy ergonomic feature. Now they’re practically a designer accessory too, judging from the fast-growing selection of colors and styles. They make good towel bars and they’re there when you need them for balance.

The following method allows for sturdy attachment and also for easy repositioning, as changing needs may call for grab bars of different heights or lengths:

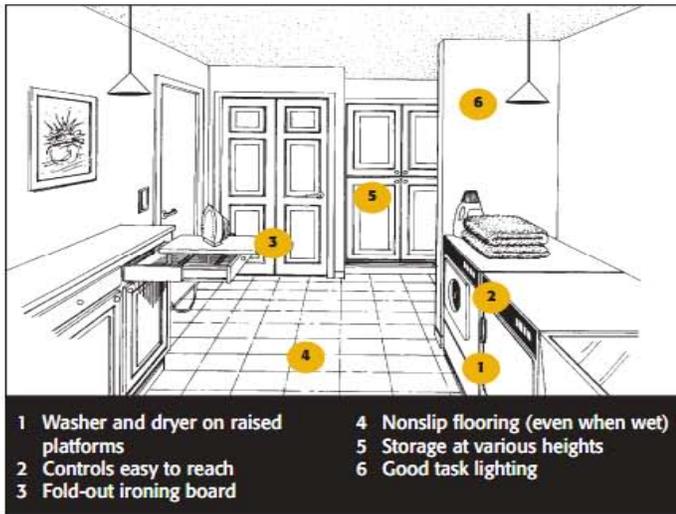
Reinforce the walls near the toilet and shower or bath by installing 3/4 inch plywood panels. Notch the plywood into the wall studs to provide a flat wall surface, then install wall covering (drywall, tile, etc.) over the plywood.

Three factors ensure that your grab bars will “be there for you” when you reach for them:

- How big around is it? The typical diameter is 1 1/2 inches; 1 1/4 inches may work better for people with smaller hands and for people who don’t have a strong grip.
- How far does it stick out from the wall? The grab bar should be designed to leave at most 1 1/2 inches of clear space between the wall and the inside edge of the grab bar.
- What is it attached to? A grab bar that’s not properly installed can pull away from the wall and let you down just when you need it most.

Laundry Essentials:

- Laundry area on main floor, near the bathroom and bedrooms. (If laundry is in the basement initially, make provisions that would allow relocating it to the main floor – an easily adaptable space with electrical and plumbing connections.)
- ★ Good task lighting in the laundry work area.
- ★ Appliance controls that are easy to reach and operate, ideally at the front of the appliance.



Worth Considering:

- Front-loading washer and dryer, placed on raised platforms to reduce bending and kneeling.
- Stacked washer-dryer.
- Portable washer on main floor (can attach to kitchen sink).
- Folding table, attached to the wall, that lies flat when not in use.

Bedrooms Essentials:

- Doors 36 inches wide, to allow for a 34-inch clear opening.
- Ample maneuvering space after all furniture is in the room – at least 36 inches on both sides of the bed, and ideally 60 inches on one side of the bed.
- ★ Telephone jack near the bed.
- ★ Light switches reachable from the bedside and the door, and located about 36 inches to 40 inches above the floor.
- ★ Extra electrical outlets near the bed (for medical equipment or rechargeable items, for example), placed 18 inches to 24 inches above the floor.
- ★ Closet rods reachable from a seated or standing position, or adjustable height rods.

★ = An immediate need, limited resources, and limited time (requires no structural changes)

home checklist

Living and Dining Areas Essentials:

- Large enough to accommodate normal furnishings and allow easy maneuvering around them.
- Easy passage from kitchen to dining area.
- Avoid changes in floor levels or floor material (such as vinyl to carpet) to prevent tripping while carrying food and drink.

Worth Considering:

- Extra electrical outlets to accommodate possible future needs, such as new home technology.
-

Closets and Storage Essentials:

- ★ Heights and layout easily accessible for all household members.
 - ★ Well-lit, with a switch located outside the storage area.
 - ★ Adjustable-height shelving and closet rods.
 - ★ Doors and handles that are easy to operate. (Avoid bi-fold or accordion type doors.)
-

Garage Essentials:

- Ample room for maneuvering strollers, lawn mowers, bicycles, wheelchairs, etc. around the vehicle(s). Provide at least a 3-foot clearpath around and between all vehicles.
- Paved driveway.
- Easy pathway from garage to home entrance (no steps to climb, all walkways at least 36 inches wide).

Worth Considering:

- Garage attached to home with a direct (no-step) entrance to home.
- Garage door tall enough to accommodate higher vehicles (such as a van with a chairlift) – an extra 18 to 24 inches compared to most standard doors.
- Sheltered walkway to the house, protected from rain and snow.

home checklist

Doorways and Hallways Essentials:

- Wide, spacious hallways and doorways for moving furniture as well as for maneuvering a wheelchair or walker.
- Hallways at least 36 inches wide; 42 inches is recommended.
- All doors 36 inches wide to allow for a 34-inch clear opening when the door is open 90 degrees.
- ★ Lever-type door handles (not round doorknobs).

Worth Considering:

- Pocket (sliding) doors instead of swing doors, wherever possible.
 - “Swing-clear” hinges that add a little more maneuvering room by moving the door completely out of the doorway.
-

Floors Essentials:

- Single level – no sunken floors or split levels.
- No change of levels between rooms. If there must be a threshold between two different flooring surfaces, make it very low and beveled.
- ★ If there must be a step up or down, mark it well with a highly visible, color-contrast material at the edge.
- Nonslip flooring throughout the house, especially in the bathroom, kitchen, and laundry.
- Carpeting that is sturdy, low-pile, and tightly woven (such as berber style).
- ★ Eliminate throw rugs, to minimize the risk of tripping.

Worth Considering:

- For wheelchairs, carpeting should be continuously glued to the floor, ideally with no padding.
- For wheelchairs, highly durable flooring (stone or ceramic tile) holds up best.

★ = An immediate need, limited resources, and limited time (requires no structural changes)

home checklist

Windows



Essentials:

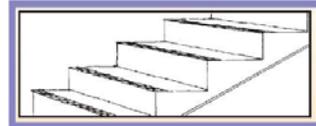
- Energy-efficient windows that are easy to open, close, lock, and require little strength to use. (Crank handles are preferred.)
- Placement at a height that allows people to see outdoors while seated or standing – with the windowsills about 24 inches to 30 inches above the floor.

Worth Considering:

- Tilt-in windows that allow easy cleaning of both sides.
- Screens that are lightweight and simple to remove and replace, ideally from the inside.



Avoid stair treads that stick out beyond the riser, causing a trip hazard.



Stairs Essentials:

- ★ Sturdy handrails on both sides of all stairways, whether inside or outside of the home. For round rails, the usual size is 1 1/4 to 1 1/2 inches in diameter.
- Stair treads deep enough for the entire foot – at least 8 inches, but 10 to 11 inches is better.
- Stair rise no higher than 7 inches from one step to the next; a smaller rise is even better.
- ★ No carpeting on stairs, to reduce the risk of slipping. If carpeting is installed, use a tight weave and no padding.
- ★ No open risers (open spaces between each step)
- Steps with no “nosing” (in other words, the tread should not extend out beyond the riser) to minimize the risk of tripping.
- ★ All stairways well lit, with a light switch at the top and bottom. (Light switches about 36 inches to 40 inches above the floor.)
- ★ Anti-slip strips on front edge of steps, in color-contrast material.

Worth Considering:

- Straight, continuous stairway, with no turns or curves, for cheaper and easier installation of a chairlift if needed later.
- Stairway at least 4 feet wide to allow for a future chairlift.

home checklist

Electrical Outlets and Controls

Essentials:

- ★ Light switches placed about 36 inches to 40 inches above the floor.
- ★ Large rocker-style switches that are easy to turn on and off.
- ★ Electrical outlets placed about 18 inches to 24 inches above the floor, to minimize the need for bending down.
- ★ Thermostat and other controls placed about 48 inches above the floor.
- ★ Thermostat and control panels that are easy to read and simple to operate (check accessible equipment stores or web sites).
- ★ Telephone, cable, and modem jacks placed about 18 inches above the floor.
- Circuit breaker panel on the main floor and easy to access, perhaps in the laundry area.

Worth Considering:

- Lighted switches that are visible in the dark.
- Slide plates on outlets, to childproof the outlet when not in use.
- Motion-activated lighting that automatically turns on when someone enters the room.
- Switched outlets so that floor lamps and table lamps can be turned on and off with a wall switch.
- Plenty of electrical outlets for current or future equipment (placed 18 inches to 24 inches above the floor).
- Programmable thermostat to save energy at night or when you are not at home.
- "Zoned" heating and cooling, with separate thermostats for different parts of the house, to conserve energy while keeping the temperature comfortable where you are.
- Visible and audible alarms on smoke detectors and carbon monoxide detectors.



Appendix B

East King County Senior Reference Guide

2010•2012

East King County

Resource Guide

For Older Adults and Their Families



FOOD AND MEAL PROGRAMS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) (FORMERLY FOOD STAMPS)

http://foodhelp.wa.gov/basic_food.htm

Department of Social and Health Services
805 156th Ave NE
Bellevue 98007

206-341-7404

Processes applications and other information relating to the SNAP program in the State of Washington which enables low-income people to purchase food with an electronic benefit card (used in the same manner as a debit card). Individuals must meet certain financial requirements and can apply by phone, online or in person.

COMMUNITY DINING

KITH COMMUNITY SUPPER

Kirkland Interfaith Transitions in Housing
Holy Spirit Lutheran Church
10021 NE 124th
Kirkland 98034

425-576-9531

Tuesdays, 6:00 pm

SALVATION ARMY

911 164th Ave NE
Bellevue 98008

425-452-7300

Monday-Friday (except holidays)
6:30 pm (doors open 15 minutes before serving).

Serving time may change, call for verification.

SENIOR HOT LUNCH PROGRAMS

All of the Senior Centers in East King County offer hot, noontime meals

(see Senior Center listings in this guide page 41).

For more information call Senior Information and Assistance Senior Dining Program

206-448-5768

FOOD BANKS

Call first for eligibility criteria and registration information. Days and times of service are subject to change.

EMERGENCY FEEDING PROGRAM

www.emergencyfeeding.org
206-329-0300

Two-day supply of food for people in a crisis situation. Food for special diets available. Referrals to the following 6 Eastside distribution locations:

BELLEVUE

First Congregational Church of Bellevue
752 108th Ave NE
Bellevue 98005

425-454-5001

Monday - Friday
9:00 am – 12:00 pm

Newport Covenant Church

12800 SE Coal Creek Pkwy
Bellevue 98006

425-747-0515

Monday, Wednesday
8:30 am – 12:00 pm

St. Andrew's Lutheran Church
2650 148th Ave SE
Bellevue 98007

425-653-1652

Monday - Friday
12:30 pm - 2:30 pm

St. Margaret's Episcopal Church
4228 128th Ave SE
Bellevue 98006

425-653-1652

Tuesday, Thursday
10:00 am – 2:00 pm

BOTHELL

Inglewood Presbyterian Church

7718 NE 141st
Bothell 98011

425-823-9334

Monday - Thursday
9:30 am - 12:00 pm

KIRKLAND

Kirkland Congregational Church

106 5th Ave
Kirkland 98033

425-822-3811

Monday - Friday
9:00 am - 12:00 pm

FOOD AND MEAL PROGRAMS

HOPELINK

www.hope-link.org
Administrative office
for information
425-869-6000

**Food bank locations-
call for hours:**

Bellevue HopeLink

14812 Main St
Bellevue 98007
425-943-7555

Kirkland/Northshore

HopeLink
11011 120th Ave NE
Kirkland 98033
425-889-7880

Redmond HopeLink

16225 NE 87th St, Suite A-1
Redmond 98052
425-882-0241

Sno-Valley HopeLink

31957 Commercial St
Carnation 98014
425-333-4163

ISSAQUAH FOOD BANK

www.issaquahfoodbank.org
179 1st Ave SE
Issaquah 98027
425-392-4123

Tuesday, Wednesday, Thursday
10:00 am – 1:00 pm
1st and 3rd Tuesday
5:00 pm – 7:00 pm

MERCER ISLAND YOUTH & FAMILY SERVICES FOOD PANTRY

www.mercergov.org/yfs
2040 84th Ave SE
Mercer Island 98040
206-236-3532
Monday - Friday
9:00 am – 5:00 pm

NORTHWEST HARVEST

www.northwestharvest.org
711 Cherry St
Seattle 98104
206-625-0755

Referrals to food banks located
in East King County.

RENEWAL FOOD BANK

www.worldimpactnetwork.org
2015 Richards Road
Bellevue 98005
425-643-8246
Monday, Wednesday
9:00 am – 12:00 pm
Monday
4:30 pm – 6:30 pm

HOME DELIVERED MEALS

MEALS-ON-WHEELS

Senior Services of Seattle/
King County
2208 Second Ave, Suite 100
Seattle 98121
206-448-5767
Frozen meals delivered
throughout King County.
No low sodium or diabetic
diets. \$3 per meal suggested
donation.

SAVORY MOMENT

www.monthofmeals.com
425-867-1516
Freshly prepared, packaged
and frozen meals for pickup or
delivery. \$50 for 12-15 single
serving meals (average cost).
\$25 delivery charge.

SCHWAN FOODS

www.schwans.com
Home Delivery
1-888-724-9267 for order
and delivery information.

HOME DELIVERED GROCERIES

www.Albertsons.com

www.Amazonfresh.com

www.Safeway.com

**HEALTH CARE
INFORMATION &
REFERRAL SERVICES**

**EVERGREEN HEALTHLINE
425-899-3000**

Quick, accurate answers to health care questions from registered nurses, referrals to Evergreen family doctors and specialists, information on Evergreen services, and registration for classes at Evergreen Hospital.

**OVERLAKE HOSPITAL
CANCER RESOURCE CENTER
OVERLAKE MEDICAL TOWER**

1135 116th Ave NE
Bellevue 98004

Walk-in center provides take-home information on topics related to cancer.

**OVERLAKE HOSPITAL
PHYSICIAN REFERRAL LINE
425-688-5211**

A free 24-hour referral line to identify physicians who are affiliated with Overlake Hospital and who have open practices.

COMMUNITY CLINICS

(for seniors who are not eligible for Medicare)

**BOTHELL PUBLIC
HEALTH CENTER**

10808 NE 145th St
Bothell 98011

Phone: 206-296-9787

**EASTGATE PUBLIC
HEALTH CENTER**

14350 SE Eastgate Way
Bellevue 98007

**206-296-4920 or
1-800-244-4512**

HEALTHPOINT REDMOND

16315 NE 87th St, #B-6
Redmond 98052

425-882-1697

**HEALTHPOINT BOTHELL-
KENMORE**

6016 NE Bothell Way
Bothell 98028

425-486-0658

**SEA MAR COMMUNITY
HEALTH CENTER**

www.seamar.org
1811 156th Ave NE
Bellevue 98007

425-460-7140

(Se habla Español)

**HEALTH CARE
SERVICES**

DENTAL CARE

The following services provide low cost dental care:

**DENTAL CARE ACCESS
PROGRAM**

206-448-3110

Program coordinated through Senior Information and Assistance. This program offers a reduced fee for dental care for persons 60+ with family incomes under \$33,000/year (single person income under \$24,500/year) without dental insurance or without Medicaid coupons for dental coverage. Call for application and referral to a participating dentist.

**LAKE WASHINGTON
TECHNICAL COLLEGE
DENTAL CLINIC**

11605 132nd Ave NE, E107
Kirkland 98034

425-739-8130

Services provided by student hygienists and licensed dentists. By appointment. 20-30% lower cost than regular dental care. Emergencies addressed when openings are available.

HEALTHPOINT REDMOND

16315 NE 87th St, Suite C-2
Redmond 98052

425-883-8000

HOME CARE AGENCIES

Private home care agencies offer a variety of paid services which include companionship and chore services (e.g. light housekeeping, meal preparation, shopping, laundry, and transportation) as well as personal care services (e.g. dressing, bathing, and toileting). **Medicare and supplemental insurance do not cover these services.** Long-term care insurance may partially cover the cost of services.

**A CARING HAND
IN-HOME CARE**
www.acaringhandofwa.com
425-254-2577
425-802-3042

A HELPING HAND
www.ahelpinghandnw.com
1-877-281-7111
206-686-7440

ACCENTCARE
www.accentcare.com
206-248-1292

AMICABLE HEALTH CARE
www.amicablehealth.net
206-246-0550

ANDELCARE
www.andelcare.com
425-283-0408

BEST SITTERS
www.bestsittersinc.com
425-837-8200

CAPABILITY HOMECARE
www.capabilityhomecare.com
425-679-5770

CAREFORCE
www.careforce.com
425-712-1999
1-877-426-8800

**CATHOLIC COMMUNITY
SERVICES (LONG TERM
CARE DIVISION)**
www.ccsww.org
253-850-2528

**CLUB 24 SENIOR
LIVING AT HOME**
www.club24seniorcare.com
206-547-2424

COMPANION CARE
www.companioncareofwa.com
425-488-7575

EASTSIDE VISITING ANGELS
www.visitingangels.com/
kirkland
425-828-4500

**FAMILY RESOURCE
HOME CARE**
www.
familyresourcehomecare.com
425-455-2004

FEDELTA HOME CARE
www.fedeltahomecare.com
425-454-4548
1-866-411-6543

HEALTH PEOPLE
www.healthpeople.com
425-454-1947
1-888-859-8256

HELP UNLIMITED
www.helpunlimited.com
425-455-9393

HOME AND ABOUT
www.homeandabout.com
1-888-8SENIOR
(1-888-873-6467)
425-775-2676

IN-HOME SERVICES

HOME CARE ASSOCIATES
www.ifsseattle.org/homecare.
html
206-861-3193

HOMEWATCH CAREGIVERS
www.homewatchcaregivers.com
425-889-2627

HOMEWELL SENIOR CARE
www.homewellcares.com
206-440-5500
1-866-279-1766

**HOME INSTEAD
SENIOR CARE**
www.homeinstead.com
425-454-9744

HOPELINKS SERVICES
www.hopelinks.org
206-779-6424

JODEM HOME HEALTH
425-643-8101

KIN ON
www.kinon.org
206-652-2330
Serving Asian elderly and
disabled adults.

MASTERCARE
www.
mastercareinhomeservices.
com
206-937-3251
1-888-529-2122

**MAXIM HEALTHCARE
SERVICES**
www.maximhealthcare.com
425-643-0200

IN-HOME SERVICES

HOME CARE AGENCIES (continued)

MY NEW FRIEND

www.mynewfriend.com
425-822-1072

RESCARE HOME CARE

www.rescare.com
206-621-1964

RIGHT AT HOME

www.rightathome.net
425-818-7744

SENIOR HELPERS OF BELLEVUE

www.seniorhelpers.com
425-454-2094

SERVICE ALTERNATIVES FOR WASHINGTON

www.my-homecare.com
1-800-717-8239
425-870-4014

SOUND OPTIONS

www.soundoptions.com
1-888-791-4111

SYNERGY HOMECARE

www.synergyhomecare.com
425-462-5300

WITH A LITTLE HELP

www.withalittlehelp.com
206-352-7399

COMPANION CARE (VOLUNTEER)

ELDERFRIENDS

www.elderfriends.org
206-224-3790
Assistance and companionship for seniors living at home, providing one-on-one social visits.

FAITH IN ACTION

425-369-9120
Volunteers support seniors living in Issaquah and Sammamish by providing chore services, transportation and socialization.

FRIEND TO FRIEND

1-888-383-7818
Volunteers make one-on-one visits to residents of Assisted Living and Skilled Nursing facilities.

JEWISH FAMILY SERVICE

206-461-3240
Volunteers offer telephone and in-person visits to older adult clients.

VOLUNTEER CHORE SERVICES

(Catholic Community Services)
425-284-2240
Volunteers supply a variety of household services and transportation to low-income seniors and adults with disabilities who live in their own homes.

VOLUNTEERS OF AMERICA

www.voaww.org
206-329-0515
Volunteers are seniors themselves and provide assistance with everyday tasks, companionship and emotional support. Respite care also available.

HOME HEALTH CARE

Home Health Care is specialized "skilled care" ordered by a physician for a home-bound individual with a short-term medical need. The care may be provided by a Registered Nurse, Physical Therapist, Occupational Therapist, Speech Therapist, or a Social Worker. This care is covered by Medicare and is provided by a Medicare-certified Agency.

Home Health Care agencies do not provide chore services, personal care or hourly caregiving.

MEDICARE/MEDICAID CERTIFIED AGENCIES:

CAREAGE HOME HEALTH
425-519-1265

EVERGREEN HOME
HEALTH CARE
425-899-3300

GENTIVA HOME HEALTH
425-827-2415

PROVIDENCE HOME
SERVICES, KING COUNTY
425-525-6800

SIGNATURE HOME HEALTH
425-861-3850

SWEDISH VISITING
NURSE SERVICES
206-386-6602

WESLEY HOMES COMMUNITY
HEALTH SERVICES
206-729-3900

IN-HOME SERVICES

PRIVATE CASE MANAGEMENT SERVICES

Private Case Managers are trained social workers and nurses who work on a fee-for-service basis. Services include assessment, consultation, counseling, and ongoing monitoring. This is a partial listing. For more information, contact Senior Information and Assistance at: 206-448-3110

AGING WISDOM CARE MANAGEMENT AND CONSULTING

Lisa Mayfield, LMHC, GMHS
www.agingwisdom.com
206-660-3276

BJB GERIATRIC SERVICES

Barbara J. Bridges, RN, MSN
1-800-799-3414

CARE FORCE

www.careforce.com
425-712-1999

GRAY SAGE CARE MANAGEMENT & CONSULTING

Jullie Gray, MSW, LICSW, CMC, CPG
www.mygraysage.com
425-894-9100

PARTNERS IN CARE

www.partners-in-care.org
206-525-2729

SECOND FAMILY

www.secondfamily.com
206-285-4589

SOUND OPTIONS

www.soundoptions.com

Tacoma 98406
1-800-628-7649

Lynnwood 98036
1-888-791-4111

RESPITE CARE

SEATTLE/KING COUNTY RESPITE CARE PROGRAM

This program was created to offer relief to full-time, unpaid caregivers of elderly or disabled people. Respite care may be provided at home or in an adult day center. Care is paid for on a sliding fee scale based on income. Respite may be used occasionally or at regular intervals.

EVERGREEN CARE NETWORK 425-899-3200

Serving the Eastside north of I-90.

SENIOR INFORMATION AND ASSISTANCE 206-448-3110

Serving the Eastside south of I-90.

CRISIS CLINIC EMERGENCY RESPITE PROGRAM

www.crisisclinic.org
206-461-3200

IN-HOME SERVICES

ADULT DAY CARE

Adult day centers provide an opportunity for seniors with physical and cognitive disabilities to socialize outside the home. Services may include social activities, hot lunches, physical therapy, and group activities. Each program has its own fees and hours of operation, as well as participant qualifications. For more information, call the Washington Adult Day Services Association at 206-461-3899, or check online at: www.adultday.org.

CIRCLE OF FRIENDS

121 107th Ave NE
Bellevue 98004
425-454-8585
(For Russian speaking and other Slavic language participants.)

ELDER AND ADULT DAY SERVICES

www.eads-cares.org
12831 NE 21st Pl
Bellevue 98005
425-867-1799

ELDERWISE

www.elderwise.org
1820 East Pine St, Suite 201
Seattle 98122
206-325-0471

ELDERHEALTH NORTHWEST

www.elderhealth.org
206-528-5315
Multiple sites throughout King County and Snohomish County:

Downtown Seattle

(On First Hill)
800 Jefferson St, Seattle

North Seattle

6555 Ravenna Ave NE, Seattle
(Entrance on NE 68th St)

South Seattle

(Columbia City)
4712 35th Ave S, Seattle

South King County

7829 South 180th St, Kent

LAKE WASHINGTON ADULT DAY HEALTH CENTER

106 5th Ave
Kirkland 98033
425-827-3001

LEGACY HOUSE ADULT DAY HEALTH

803 South Lane St
Seattle 98104
206-292-5184
Focuses on Asian seniors.

NORTHSHORE ADULT DAY CENTER

10212 E Riverside Dr
Bothell 98011
425-488-4821

OVERLAKE TERRACE

www.overlaketerrace.com
2956 152nd Ave NE
Redmond 98052
425-883-0495
Focuses on clients with dementia.

POLACK ADULT DAY CENTER/CAROLINE KLINE GALLAND HOME

www.klinegalland.org
7500 Seward Park Ave S
Seattle 98118
206-725-8800
Transportation available on Wednesdays for Jewish seniors from the Eastside.

PROVIDENCE MT. ST. VINCENT ADULT DAY SERVICES

www.providence.org
4831 35th Ave SW
Seattle 98126
206-937-3700

SENIOR SOCIAL PROGRAM

8236 SE 24th St
Mercer Island 98040
206-275-7843

SNOQUALMIE VALLEY ADULT DAY HEALTH

www.seniorservices.org
4610 Stevens Ave
Carnation 98014
425-333-4152

**EMERGENCY
IDENTIFICATION
INFORMATION**

ER CARD

www.ercardmember.com
1-888-873-2673
Personalized health information is stored in a national data base for use in a medical emergency.

MEDIC-ALERT

www.medicalert.org
1-800-432-5378
An identification system featuring a necklace or bracelet which lists personal information, emergency contacts, and key medical information for quick assistance in an emergency.

**SAFE RETURN PROGRAM
ALZHEIMER'S ASSOCIATION
1-888-572-8566**

Identification bracelet with national registration to ensure the safe return of a potential wanderer.

**EMERGENCY
RESPONSE SYSTEMS**

These Emergency Response Systems serve older adults in East King County.

**ON-CALL ALERT
425-369-0200**

**NORTHWEST LIFELINE
866-674-9900, ext. 4430**

**RESPONSELINK
360-636-0700**

**REPAIR & HOME
MODIFICATION
COMMUNITY PROGRAMS**

**HOUSING REHABILITATION
PROGRAM**

City of Bellevue Parks and Community Services Department
Human Services Division
PO Box 90012
Bellevue 98009
425-452-6884

Loans to assist low- and moderate-income homeowners in Bellevue to make health/safety home improvements.

**HOUSING REPAIR HOTLINE
KING COUNTY HOUSING
REHABILITATION**

821 2nd Ave, Suite 500
Seattle 98104
206-296-7640
Loans for low-income homeowners outside the cities of Auburn, Bellevue and Seattle for health/safety repairs.

**KING COUNTY
WEATHERIZATION PROGRAM**

King County Housing Authority
206-214-1240
Free weatherization for low- and moderate-income individuals who live in King County outside of Seattle.

**REBUILDING TOGETHER
EASTSIDE**

425-455-0179
Volunteers perform needed home repairs for qualifying homeowners.

**IN-HOME
SERVICES**

**SENIOR SERVICES OF
KING COUNTY
MINOR HOME REPAIR**

www.seniorservices.org
206-448-5751
Serving home owners in Bellevue, Seattle and Shoreline with limited to moderate incomes.

IN-HOME SERVICES

REPAIR & HOME MODIFICATION PRIVATE PAY

ACCESS ELEVATOR 206-623-0731

Installation of elevators, stair lifts, and wheelchair lifts for homes and businesses.

ADAPTATIONS 206-417-2227

Design work to make homes accessible, while remaining aesthetically pleasing, for people with disabilities.

ADAPTIVE INSTALLATIONS 206-762-1969

Innovative products for people with disabilities. General contractors specializing in home modification and specialty equipment for people with physical challenges.

NORTHSHORE SENIOR CENTER 425-486-4564

Handymen available for home repairs and minor home improvements, usually at reduced rates for seniors. Serving northeast King County, including Kirkland, Redmond, Bothell, and Woodinville.

PUGET SOUND LABOR AGENCY

2800 1st Ave, Suite 126
Seattle 98121

206-448-9278

Wheelchair ramps. Client pays for material; labor is free.

RAMPARTS 206-440-9999

Installation of a wide variety of rental and portable ramps. COPES authorized provider.

**INSURANCE
INFORMATION**

**WASHINGTON STATE OFFICE
OF THE INSURANCE
COMMISSIONER**

www.insurance.wa.gov

1-800-562-6900

Assistance with questions and problems relating to insurance companies.

**STATEWIDE HEALTH
INSURANCE BENEFITS
ADVISORS (SHIBA)**

206-727-6221

Trained volunteers advise seniors regarding Medicare (including the Part D benefit) and health insurance options. Free. Appointments available at the following locations:

**EVERGREEN CARE NETWORK
425-899-3200**

**ISSAQUAH SENIOR CENTER
425-392-2381**

**KIRKLAND SENIOR CENTER
425-587-3360**

**MT. SI SENIOR CENTER
425-888-3434**

**NORTH BELLEVUE
SENIOR CENTER
425-452-7681**

**NORTHSHORE
SENIOR CENTER
425-487-2441**

**OVERLAKE HOSPITAL
SENIOR CARE
425-688-5800**

**REDMOND SENIOR CENTER
425-556-2314**

LEGAL SERVICES

CRIME PREVENTION AND VICTIM ASSISTANCE (continued)

DSHS COMPLAINT RESOLUTION UNIT 1-800-562-6078

Receives and investigates reports of abuse and neglect of vulnerable adults in residential care settings.

EASTSIDE DOMESTIC VIOLENCE PROGRAM

<http://edvp.org>
425-746-1940

1-800-827-8840

24-hour crisis line. Information and referral for domestic violence programs.

HARBORVIEW CENTER FOR SEXUAL ASSAULT AND TRAUMATIC STRESS 206-744-1600

Information, counseling, and referrals for victims of sexual abuse and traumatic events.

OFFICE OF CRIME VICTIMS ADVOCACY 1-800-822-1067

Information, referral, and assistance in accessing benefits or services, and advocacy for crime victims.

WASHINGTON STATE DOMESTIC VIOLENCE HOTLINE

www.findsafety.org
1-800-562-6025

Information and referral service for domestic abuse problems.

LAWYER REFERRAL SERVICES & LEGAL ASSISTANCE

COORDINATED LEGAL EDUCATION, ADVICE, AND REFERRAL SYSTEM FOR SENIORS (CLEAR*SR)

www.nwjustice.org/about_njp/clear.html
402 2nd Ave S, Suite 407
Seattle 98104

1-888-387-7111

TTY: 1-888-201-9737

Intake system for persons 60 years and older to obtain free legal assistance with civil legal problems. No criminal cases. Income requirements depend on programs to which client is referred.

EASTSIDE LEGAL ASSISTANCE PROGRAM (ELAP)

www.elap.org
425-747-7274

Legal clinics and senior lecture series at senior centers. Free half-hour consultation; appointment required.

EASTSIDE LEGAL CLINIC

Hopelink
14812 Main St
Bellevue 98007
206-267-7070

Wednesday evenings; appointment required.

LAWYER REFERRAL AND INFORMATION SERVICE

King County Bar Association
www.kcba.org
206-267-7010

Referral for legal assistance. Half-hour consultations with a lawyer and referral for on-going legal assistance. \$35 fee.

LEGAL ACTION CENTER

Catholic Community Services
875 140th Ave NE, Suite 205
Bellevue 98005
425-213-1963

Free legal assistance for low-income people with concerns about landlord-tenant, eviction, debtor-creditor, and consumer protection issues.

NEIGHBORHOOD LEGAL REFERRAL CLINICS 206-267-7070

Monday - Thursday
9:00 am - 12:00 pm
Provides half-hour consultation, information, and referral to an attorney. Various locations throughout Seattle and King County. Free.

SENIOR RIGHTS ASSISTANCE ELDER LAW CLINIC 206-448-5720

Trained volunteers provide information on Social Security, landlord-tenant issues, wills, small claims court, and funeral/burial.

In addition to the many resources listed below, all Eastside Parks Departments and King County Parks offer varied recreational opportunities for seniors.

EDUCATIONAL PROGRAMS

TELOS EDUCATIONAL PROGRAM

Bellevue College
www.conted.bcc.ctc.edu/telos
3000 Landerholm Circle SE
Bellevue 98007

425-564-4400

Educational programs for older adults sponsored by Bellevue College and Bellevue Parks and Recreation. Telos provides a wide variety of stimulating classes during fall, winter, and spring quarters.

AQUATIC PROGRAMS

These East King County pools offer programs for seniors including: water aerobics, water fitness classes, and swim lessons.

BELLEVUE AQUATICS CENTER

601 143rd Ave NE
Bellevue 98007

425-452-4444

To register: **425-883-0475**

BELLEVUE FAMILY YMCA

14230 Bel-Red Road
Bellevue 98007

425-746-9900

JULIUS BOEHM POOL

50 SE Clark St
Issaquah 98027

425-557-3298

MARY WAYTE POOL MERCER ISLAND

www.nwcenterpools.com

8815 SE 40th St
Mercer Island 98040

206-296-4370

NORTHSHORE RUIZ-COSTIE POOL

www.nwcenterpools.com

9815 NE 188th St
Bothell 98011

206-296-4333

NORTHSHORE YMCA

11811 NE 195th St
Bothell 98011

425-485-9797

PETER KIRK POOL

340 Kirkland Ave
Kirkland 98033

425-587-3335

(Recorded information only)

This is an outdoor pool, open in the summer only.

REDMOND-HARTMAN POOL

www.nwcenterpools.com

17535 NE 104th
Redmond 98052

425-233-3031

SAMMAMISH YMCA

4221 228th SE
Issaquah 98029

425-391-4840

SI VIEW POOL COMMUNITY CENTER

400 SE Orchard Drive
North Bend 98045

425-888-1447

STROUM JEWISH COMMUNITY CENTER

www.sjcc.org
3801 East Mercer Way

Mercer Island 98040

206-232-7115, Ext. 249

RECREATION & ACTIVITIES

EXERCISE AND SPORTS

Websites providing online search by activity type and locations in King County:
www.ActiveOptions.org
www.shapeupkingcounty.org

OVERLAKE HOSPITAL SENIOR CARE

425-688-5800

Free physical activity guide
"Exercise Options for
Eastside Seniors,"

also available online at:

[www.overlakehospital.org/
resources](http://www.overlakehospital.org/resources).

YMCA

www.seattleyymca.org

BELLEVUE FAMILY YMCA

14230 Bel-Red Road
Bellevue 98007

425-746-9900

Senior-specific programs available.

LAKE HEIGHTS FAMILY YMCA

4228 Factoria Blvd SE
Bellevue 98006

425-644-8417

Senior-specific programs available.

NORTHSHORE YMCA

11811 NE 195th
Bothell 98011

425-485-9797

Senior-specific programs available.

SAMMAMISH YMCA

4221 228th SE
Issaquah 98029

425-391-4840

Senior-specific programs available.

SENIOR CENTERS

Most senior centers provide exercise programs, hot lunches, social activities, and social services.

NORTH BELLEVUE COMMUNITY CENTER
4063 148th NE
Bellevue 98009
425-452-7681

SOUTH BELLEVUE COMMUNITY CENTER
14509 SE Newport Way
Bellevue 98009
425-452-4240

ISSAQUAH VALLEY SENIOR CENTER
www.issaquahseniorcenter.org
75 NE Creek Way
Issaquah 98027
425-392-2381

KENMORE SENIOR CENTER
6910 NE 170th
Kenmore 98028
425-489-0707

PETER KIRK COMMUNITY CENTER
352 Kirkland Ave
Kirkland 98033
425-587-3360

MERCER ISLAND COMMUNITY CENTER
www.miparks.net
8236 SE 24th St
Mercer Island 98040
206-275-7609, Select option 0

MT. SI SENIOR CENTER
411 Main Ave S
PO Box 806
North Bend 98045
425-888-3434

NORTHSHORE SENIOR CENTER
www.northshoreseniorcenter.org
10201 E Riverside Drive
Bothell 98011
425-487-2441

REDMOND SENIOR CENTER
www.redmond.gov
8703 160th Ave NE
Redmond 98052
425-556-2314

RENTON SENIOR ACTIVITY CENTER
211 Burnett Ave
North Renton 98055
425-430-6633

SNO-VALLEY SENIOR CENTER
www.snovalleysenior.org
4610 Stephens Ave
PO Box 96
Carnation 98014
425-333-4152

STROUM JEWISH COMMUNITY CENTER
www.sjcc.org
3801 E Mercer Way
Mercer Island 98040
206-232-7115

SENIOR MEMBERSHIP PROGRAMS

The following programs publish newsletters that list education and recreational opportunities, health care screenings, and information on community services:

SOCIAL PROGRAMS

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)

www.aarp.org
9750 3rd Ave NE, #450
Seattle 98115
1-866-227-7457
AARP publishes a magazine and newsletter. Offers insurance, travel services, employment services, and 55 Alive driving skills.

EVERGREEN 55 AND BETTER

Evergreen Hospital
Medical Center
12040 NE 128th St, Suite B1-140
Kirkland 98034
425-899-2654

A program for persons age 55 and older which offers a wide variety of services: a newsletter, educational programs, health screenings, and information on community resources.

OVERLAKE SENIOR CARE CONNECTIONS

Overlake Hospital
Senior Care
1120 112th Ave NE, #100
Bellevue 98004
425-688-5800

A membership program for individuals 55 and older with a physician who is an active staff member at Overlake Hospital. Offers a newsletter, community information, health information, and educational programs. Health insurance and advance directives counseling available by appointment. No fee for membership; small fee for classes.

SOCIAL PROGRAMS

TRAVEL

EXPLORITAS (FORMERLY ELDERHOSTEL)

www.exploritas.org
1-800-454-5768

A not-for-profit educational travel organization for persons age 55 and older. This program offers innovative educational travel experiences at remarkable values. Inter-generational programs are also available. Call or visit website for travel catalog.

VOLUNTEER OPPORTUNITIES

Seniors are a valuable asset with skills, wisdom, and life experience who can make an important contribution to the community. The following agencies can match seniors with volunteer projects, or are seeking seniors to represent senior concerns:

AREA AGENCY ON AGING FOR SEATTLE & KING COUNTY

[www.agingkingcounty.org/
advisory-council](http://www.agingkingcounty.org/advisory-council)

The Seattle-King County Advisory Council for Aging & Disability Services is a dedicated volunteer citizens group which represents older adults and individuals with disabilities within the community.

BELLEVUE NETWORK ON AGING

[www.ci.bellevue.wa.us/
network_on_aging.htm](http://www.ci.bellevue.wa.us/network_on_aging.htm)
425-452-7681

Senior volunteers research and develop policy and programs for seniors living in Bellevue.

EXECUTIVE SERVICE CORPS WASHINGTON

www.escwa.org
510 Second Ave W
Seattle 98119
206-682-6704

FRIEND TO FRIEND 206-246-5150

Agency matches volunteers who visit residents living in skilled nursing facilities, retirement homes, and assisted living communities. Accepts volunteers of all ages.

KIRKLAND SENIOR COUNCIL

[www.ci.kirkland.wa.us/
depart/parks/Senior_
Services/Senior_Council.htm](http://www.ci.kirkland.wa.us/depart/parks/Senior_Services/Senior_Council.htm)
425-587-3361

Senior and community volunteers serve on this advisory board to address issues affecting seniors in the Kirkland community.

R.S.V.P. (RETIRED SENIOR VOLUNTEER PROGRAM)

[www.solid-ground.org/
getinvolved/volunteer/rsvp](http://www.solid-ground.org/getinvolved/volunteer/rsvp)
206-957-4779 ext. 116 / 122

Matches volunteers age 55 and older to a variety of projects. Some examples include delivering Meals-on-Wheels, tutoring, and knitting clothing for the homeless.

SENIOR COMMISSION

www.mercergov.org
206-275-7793

Mercer Island Senior Advisory board to the city council.

UNITED WAY VOLUNTEER CENTER 206-461-6906

Offers a variety of volunteer opportunities, mostly in the non-profit sector.

VOLUNTEER MATCH

www.volunteermatch.org
Online program that will match individuals with a volunteer opportunity in a specific area of interest.

VOLUNTEER WASHINGTON

www.volunteerwashington.org
Online volunteer match service.

Support groups provide a safe place to meet with other people who share a particular, usually burdensome, life situation. This may be a disease, a personal loss, or stress experienced by a family caregiver. Groups may be managed by its members or may have a professional facilitator. For additional groups, contact Senior Information and Assistance (206-448-3110), or check in the "Disease Specific Resource" section of this guide.

AIDS

AIDS SUPPORT GROUP

www.dunsheehouse.org

206-322-2437

Support groups for persons affected by AIDS or HIV.

ALCOHOL AND CHEMICAL DEPENDENCY

ALCOHOLICS ANONYMOUS

www.eastsideintergroup.org

425-454-9192

AL-ANON

www.seattle-al-anon.org

206-625-0000

Support for family members and friends dealing with alcohol-related issues.

NARANON

<http://nar-anon.org/washington.htm>

206-626-7171

Support for family members and friends of chemically dependent individuals.

ALZHEIMER'S FAMILY CAREGIVERS

ALZHEIMER'S ASSOCIATION

www.alz.org/alzwa

206-363-5500

Provides a list of Alzheimer's support groups.

BELLEVUE

Overlake Senior Health Center
1750 112th Ave NE, Suite A101
Bellevue 98004

425-688-5807

BOTHELL

Northshore Senior Center
10201 E Riverside Drive
Bothell 98011

425-486-4564

ISSAQUAH

Faith United Methodist Church
3924 Issaquah Pine Lake Rd SE
Issaquah 98029

425-313-7364

KIRKLAND

Peter Kirk Community Center
406 Kirkland Ave
Kirkland 98033

425-587-3360

MERCER ISLAND

Community Center at
Mercer View
8236 SE 24th St
Mercer Island 98040

206-230-0166

REDMOND

Emerald Heights
10901 176th Circle NE
Redmond 98052

425-556-8140

SUPPORT GROUPS

SNOQUALMIE

Holy Innocence Catholic Church
26526 Cherry Valley Rd
Duvall 98019

425-868-4889

ARTHRITIS

ARTHRITIS FOUNDATION NORTHWEST CHAPTER

www.arthritis.org/chapters/pacific-northwest

206-547-2707

Educational materials, aquatics program, self-help programs and support groups.

BEREAVEMENT

KIRKLAND

Evergreen Grief &
Bereavement Services

425-899-1077

BELLEVUE

Overlake Hospital
Medical Center

425-688-5586

Specifically for people who have lost a loved one due to cancer.

WIDOWED INFORMATION & CONSULTATION SERVICES (WICS)

www.kcwics.org

206-241-5650

FROM HEARTACHE TO OPEN HEART

Northshore Senior Center

425-486-4564

TAX INFORMATION & ASSISTANCE

NORTHSHORE SENIOR CENTER

10201 E Riverside Drive
Bothell 98011

425-487-2441

Free financial counseling,
money management, estate,
and retirement planning. By
appointment.

SENIOR PROPERTY TAX EXEMPTION

King County Administration
Building

500 4th Ave, Room 740
Seattle 98104

206-296-3920

Property tax reductions
for individuals 61 and older.
Discounts are based on the
property owner's income.
Participants' yearly income
must be less than \$35,000.

TAX-AIDE

www.aarp.org/taxaide

Co-sponsored by AARP
and the IRS.

1-888-687-2277 – AARP

Monday - Friday

7:00 am – 11:00 pm ET

1-800-829-1040 – IRS

Monday - Friday

7:00 am – 10:00 pm PT

Trained volunteers assist older
adults with basic income tax
returns and free electronic filing
from February 1 to April 15.

For Eastside locations, call
the numbers listed above.

Volunteers also do home visits
for homebound individuals.

CABULANCE

Non-emergency transportation requiring wheelchair. Private pay.

EASY ACCESS
425-378-0600

AAA CABULANCE
425-603-1070

ADVOCATE TRANSPORTATION
1-800-464-9190

**AMERICAN CABULANCE
BOTHELL**
425-741-3444
1-800-750-5700

BLUEBIRD CABULANCE
206-365-2700

CASCADE CABULANCE
206-767-1717
1-800-767-1717

J MAC CABULANCE
www.jmaccabulance.com
425-753-2375
1-888-301-4848

PRO-TRANSPORT
www.protransport-l.com
425-881-8240
1-800-840-4255

DISABLED PARKING

DEPARTMENT OF LICENSING DISABLED PERSONS SECTION

Contact local Department of Driver Licensing for Disabled Parking Permit.
www.dol.wa.gov
Bellevue/Bel-Red Driver Licensing Office
425-649-4282
To download form:
www.dol.wa.gov/forms/420073.pdf

FREE OR LOW COST TRANSPORTATION

AMERICAN CANCER SOCIETY 1-800-227-2345

Provides transportation for cancer patients to treatment 24/7. At least 3 business days advance notice required. No fee. Monday – Friday
8:30 am – 5:00 pm

FAITH IN ACTION 425-369-9120

Volunteer transport to medical appointments for seniors age 60 & over who live in Issaquah or Sammamish (must be ambulatory and able to transfer).

MEDICAID MEDICAL TRANSPORTATION 1-800-923-7433

Transportation to and from medical appointments for individuals on Medicaid. Taxi and cabulance rides available. Call 7-14 days in advance. Monday – Friday
8:00 am – 4:00 pm

DIAL-A-RIDE TRANSPORTATION (DART) Information: 1-800-562-1381

Reservations:
1-866-261-3278
Offers lift-equipped transport on a fixed schedule within a defined service area at the same cost as bus fare. Call for route information.

BUS BUDDY PROGRAM 425-943-6769

Training and support program for learning and using public transportation options.

TRANSPORTATION

SENIOR SERVICE RIDE GUIDE

www.seniorservices.org
(Click on Getting Assistance, then Transportation, then Ride Guide)
Online customized search for transportation options by selecting trip time, purpose, and special needs.

VOLUNTEER CHORE SERVICES - CATHOLIC COMMUNITY SERVICES VOLUNTEER DRIVERS

www.ccsww.org
425-284-2240
1-888-649-6850

Throughout King County for medical or other necessary appointments and shopping. Transportation dependent on volunteer availability.

VOLUNTEER TRANSPORTATION FOR SENIORS 206-448-5740

Available for lower income people over age 60 in King County. Volunteer escort accompanies to and from appointments. Must be ambulatory. Call by Wednesday for the following week. No fee.

TRANSPORTATION

METRO TRANSIT

METRO TRANSIT

King Street Center
201 S Jackson
Seattle 98104

METRO ROUTE AND SCHEDULE INFORMATION

www.transit.metrokc.gov
206-553-3000

METRO REGIONAL REDUCED FARE PERMIT (RRFP)

206-553-3060

Age 65 or older. Permit \$5.
Each transit agency sets its own
reduced fare structure.

METRO ACCESSIBLE BUS SERVICE

206-263-3113

Discounted fares for seniors
who have a Regional Reduced
Fare Permit.

METRO ADA PARATRANSIT (ACCESS)

206-205-5000

For disabled individuals age
6 and up. Application process
required.

METRO TAXI SCRIP PROGRAM

Apply by mail or in person at
King Street Center
201 S Jackson
Seattle 98104
Half-price taxi ride/Taxi Scrip
for low-income residents age
18-64 with disability, or seniors
65 or older. Arrange ride
through cab company accepting
scrip. Must have Regional
Reduced Fare Permit.

METRO TRANSIT INSTRUCTION PROGRAM

206-749-4242

Individual training offered
to seniors and persons with
disabilities designed to meet
specific needs, including use of
lifts and ramps.

SOUND TRANSIT

SOUND TRANSIT

www.findaride.org
800-201-4900

Appendix C

Overlake Hospital Eastside Retirement and Assisted Living Providers

Eastside Retirement and Assisted Living Providers

NOTE: This information is a community service provided by Senior Care at Overlake Hospital. Please confirm price and services with individual providers. Senior Care does not recommend, endorse, or rank any particular provider. For additional copies call 425-688-5800. Revised March 2011.

	Independent Living	Assisted Living	Memory Care	24-Hour Staffing	RN / LPN	Injections/insulin sliding scale	Incontinence Care	Colostomy Care	Oxygen	Two-Person Transfers	Respite Care	Adult Day Care	Physical therapy/occupational therapy	Special Diets	Assistance with Eating	Exercise Programs	Pets	Non-smoking campus	Medicaid COPES	Starting Price studio apartment with NO assistance
Aegis of Bellevue 148 - 102nd Avenue SE Bellevue, WA 98004	425-453-8100	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	\$3,000
Aegis of Bothell 10605 NE 185th Street Bothell, WA 98011	425-487-3245		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	\$2,700
Aegis of Issaquah 780 NW Juniper Street Issaquah, WA 98027	425-392-8100		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	\$3,000
Aegis of Kirkland 13000 Totem Lake Blvd Kirkland, WA 98033	425-823-7272		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	\$3,000
Aegis Lodge (in Kirkland) 12629 116th Avenue NE Kirkland, WA 98034	425-814-2841	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	\$2,400
Aegis of Redmond 7480 W Lake Sammamish Pkwy NE Redmond, WA 98052	425-883-4000		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	\$2,400
Aljova - Mercer Island * 2430 76th Avenue SE Mercer Island, WA 98040	206-230-0150	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	\$268,000
Belletini, The 1115 108th Avenue NE Bellevue, WA 98004	425-450-0800	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	\$3,500
Bellewood Retirement Living 3710 Providence Point Drive SE Issaquah, WA 98029	425-391-2880	X		X				X		X				X	X	X	X	X	X	\$2,000
Cascade Plaza 7950 Willows Road NE Redmond, WA 98052	425-885-4157	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	\$2,600

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Chateau at Bothell Landing 17543 102nd Avenue NE Bothell, WA 98011 425-485-1155	X	X	X	X	X	X	X	X	X	X					X	X	X			\$2,100
Chateau St. Laurent * 17543 102nd Avenue NE Bothell, WA 98011 1-800-960-1944	X	X	X	X	X	X	X	X	X	X					X	X	X			\$97,000
Covenant Shores * 9150 Fortuna Drive Mercer Island, WA 98040	X	X	X	X	X	X	X	X	X			X	X	X	X		X			\$86,500
Crossroads Retirement Center 15750 NE 15th Street Bellevue, WA 98008 425-641-4900	X	X	X	X	X	X	X	X	X	X					X	X		X		\$1,370
Emerald Heights * 10901 176th Circle NE Redmond, WA 98052 425-556-8100	X	X	X	X	X	X	X	X	X			X	X	X	X	X				\$47,000
Emeritus at Bellevue [Belington Gardens] 15241 NE 20th Street Bellevue, WA 98007 425-401-0300	X	X	X	X	X	X	X	X	X	X		X	X	X	X	X				\$2,295
Emeritus at Kirkland [Kirkland Lodge] 6505 Lakeview Drive NE Kirkland, WA 98033 425-803-6911	X	X	X	X	X	X	X	X	X	X		X	X	X	X	X		X		\$2,750
Emeritus at Renton [Renton Villa] 71 SW Victoria Street Renton, WA 98055 425-226-8977	X	X	X	X	X	X	X	X	X	X					X	X		X		\$1,750
Evergreen Court 900 124th Avenue NE Bellevue, WA 98005 425-455-4333	X	X	X	X	X	X	X	X	X	X		X			X	X		X		\$1,712
Evergreen Place Retirement 1414 Monroe Avenue NE Renton, WA 98056 425-226-3312	X		X					X							X	X				\$1,475

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Fairwinds - Brittany Park 17143 133rd Avenue NE Woodinville, WA 98072 425-402-7100	X	X	X	X				X		X					X	X				\$2,500
Fairwinds - Redmond 9988 Avondale Road NE Redmond, WA 98052 425-558-4700	X	X	X	X				X		X					X	X				\$2,525
Foundation House at Bothell 17502 102nd Avenue NE Bothell, WA 98011 425-402-9606	X		X		X										X	X	X			\$2,695
Garden Club, The 13350 SE 26th Street Bellevue, WA 98005 425-643-7111	X			X				X							X	X				\$1,565
Gardens at Juanita Bay, The 11853 97th Avenue NE Kirkland, WA 98034 425-823-0410	X	X		X	X			X							X	X	X			\$2,050
Gardens at Town Square, The 933 111th Avenue NE Bellevue, WA 98004 425-688-1900	X	X	X	X	X			X		X		X	X	X	X	X				\$2,260
Gencare Renton at The Lodge 1600 Eagle Ridge Drive South Renton, WA 98055 425-793-8080	X	X		X	X			X		X			X		X	X				\$2,200
Madison House 12215 NE 128th Street Kirkland, WA 98034 425-821-8210	X	X		X	X			X		X			X		X	X				\$2,495
Marymoor, The 4585 W Lake Sammamish Pkwy NE Redmond, WA 98052 425-556-9398	X	X		X	X			X		X					X	X	X			\$2,400
Merrill Gardens at Island House 7810 SE 30th Street Mercer Island, WA 98040	X	X		X				X		X					X	X				\$2,295

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Merrill Gardens at Kirkland 201 Kirkland Ave Kirkland, WA 98033 425-828-2570	X	X	X	X		X		X		X					X	X				\$2,495
Merrill Gardens at Renton Centre 104 Burnett Avenue South Renton, WA 98057 425-235-6400	X	X	X	X		X		X		X					X	X				\$2,295
Merrill Gardens at The Creekside 18200 Woodinville-Snohomish Rd NE Woodinville, WA 98072 425-483-7953	X		X			X		X		X					X	X				\$2,195
Overlake Terrace 2956 152nd Avenue NE Redmond, WA 98052 425-883-0495	X	X	X	X		X		X		X					X	X		X		\$2,800
Pacific Regent Bellevue * 919 109th Avenue NE Bellevue, WA 98004 425-646-9808	X		X			X		X		X		X			X	X				\$139,000
Patriots Glen, LLC <small>(Wynwood of Bellevue)</small> 1640 148th Avenue SE Bellevue, WA 98007 425-373-1161	X	X	X	X		X		X		X		X			X	X				\$3,040
Peters Creek 14431 Redmond Way Redmond, WA 98052 425-869-2273	X	X		X		X		X		X		X			X	X		X		\$2,200
Red Oak Residence of North Bend 650 East North Bend Way North Bend, WA 98045 425-888-7108	X	X	X	X		X		X		X		X			X	X				\$1,990
Regency Newcastle 7454 Newcastle Golf Club Rd Newcastle, WA 98059 425-453-1508	X	X	X	X		X		X		X		X			X	X		X		\$2,525
Riverside East 10315 East Riverside Drive Bothell, WA 98011 425-481-1976	X	X	X	X		X		X				X			X	X				\$1,950

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Eastside Retirement and Assisted Living Providers

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	Independent Living	Assisted Living	Memory Care	24-Hour Staffing	RN / LPN	Injections/insulin sliding scale	Incontinence Care	Colostomy Care	Oxygen	Two-Person Transfers	Respite Care	Adult Day Care	Physical therapy/occupational therapy	Special Diets	Assistance with Eating	Exercise Programs	Pets	Non-smoking campus	Medicaid COPES	Starting Price studio apartment with NO assistance
Spiritwood at Pine Lake 3607 228th Avenue SE Issaquah, WA 98029	X	X	X	X		X	X	X		X			X		X	X			X	\$2,995
Spring Estates (Emeritus) 7221 NE 182nd Street Kenmore, WA 98028	X	X	X	X		X		X		X			X	X	X	X			X	\$2,525
Sunrise of Bellevue 15928 NE 8th Street Bellevue, WA 98008		X	X	X		X	X	X	X	X			X	X	X	X				\$2,190
Sunrise of Mercer Island 2369 76th Avenue SE Mercer Island, WA 98040		X	X	X		X	X	X	X	X			X	X	X	X				\$3,750
Timber Ridge at Talus * 100 Timber Ridge Way NW Issaquah, WA 98027	X			X		X	X	X	X	X			X	X	X	X	X			\$322,000
University House - Issaquah 22975 SE Black Nugget Road Issaquah, WA 98029	X	X	X	X		X	X	X	X	X			X	X	X	X				\$2,422
Wineyard Park at Bothell Landing 10519 East Riverside Drive Bothell, WA 98011	X	X	X	X		X	X	X	X	X			X		X	X			X	\$2,000

Retirement and assisted living facilities vary widely in determining their price. Some questions to ask include:
 Is the facility on a point system or on a level-of-care system for assisted living?
 Are there extra charges for "add-on" services like tray service or personal laundry?
 When does the facility expect its next price increase?
 If the facility is a rental, is there a lease or is it a month-to-month agreement?
 Is there a deposit/entry fee? Is it refundable? How is it applied? (first/last month's rent, as security deposit, etc.)
 Will long-term care insurance cover costs?
Please call the providers directly to ask specific questions, request written information, and/or schedule a tour.

* Life care community (buy-in)