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Resources to Promote Senior Independence

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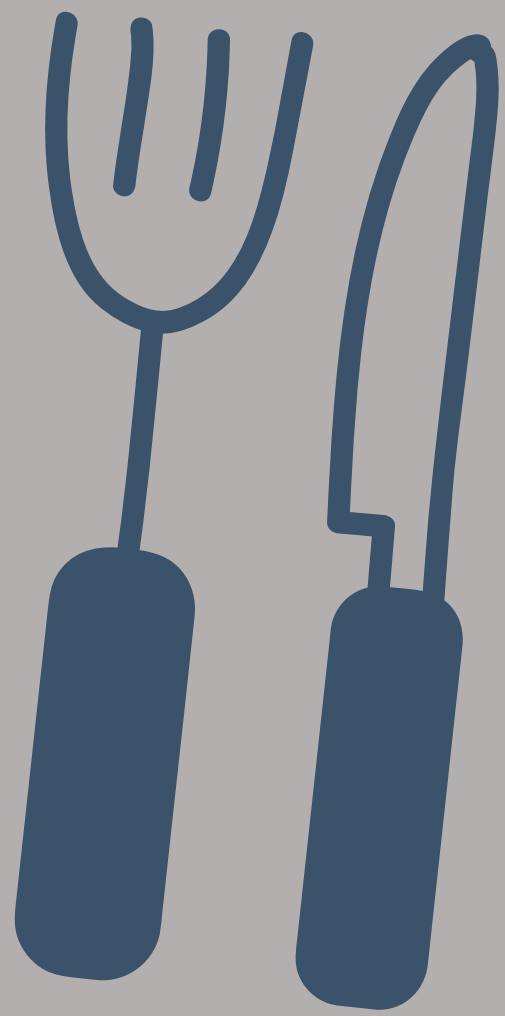
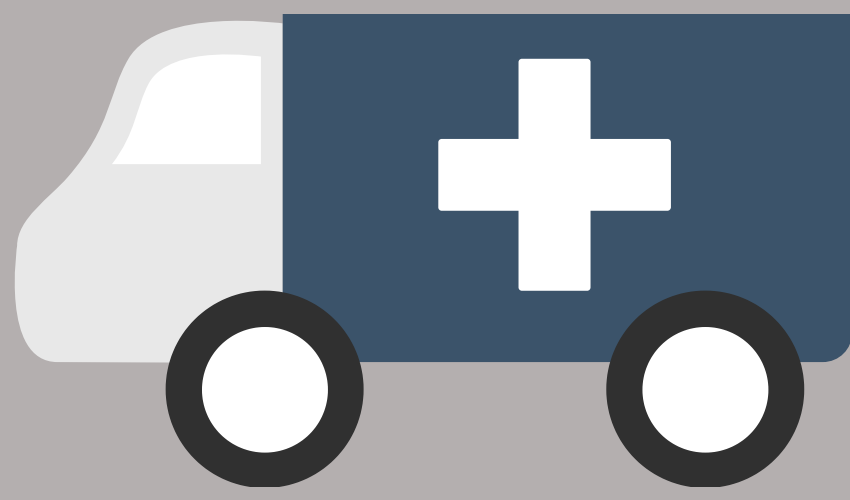


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RESOURCE BINDER

MEDICAL, FINANCIAL, AND SOCIAL
HELP FOR THOSE IN NEED

**SEATTLE PACIFIC UNIVERSITY
LYDIA GREEN NURSING PROGRAM**

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TRANSPORTATION

Sound Generations: Volunteer Transport Program

Riders must be:

- 60 and over
- Able to transfer into a vehicle with minimal assistance

Call **(206) 448-5740** for appointments and medical visits

*please contact at least a week in advanced

Hyde Shuttle

Call **206-727-6262**, then press 1 for reservations

8:00am and 4:00pm

Monday through Friday

ORCA

Visit: reducedfare.kingcounty.gov

- If you have SSI, you may qualify for the subsidized pass
- If you are a rider with a disability, 65+, or a medicare card holder, you qualify for reduced fare.

Click "APPLY" next to the card that applies to you

DART Hopelink

Call **866.261.DART** during the following hours to make reservations

Monday through Friday: 4:30 a.m. - 10:45 p.m.

Saturday: 5:45 a.m. - 9:30 p.m.

Sunday: 9:30 a.m. - 6:45 p.m

Or visit:

hopelink.org and click center circle titled "transportation"

FOOD ACCESS

Monthly benefits for **financial support** to buy food through DSHS. Call **877-501-2233** to apply and see if you qualify!

Food Bank

Call for home delivery **206-932-9023**.

West Seattle Food Bank - Home Delivery: Wednesdays and Fridays

On-site Food Bank: Every other Thursday 1-3:30pm

Meals on Wheels

For those over 60 years old it is donation based

Under 60 years old costs \$8.50 per meal

Application: soundgenerations.org

- go to this website
- Click "our programs"
- On the left side of the screen there is "food security" with "meals on wheels" listed below, click the "meals on wheels"
- After clicking, scroll down and click "submit an online application"
- This will take you to a new page where you will enter all your information! After that click submit at the bottom and you are done!

To contact them via phone call: **(206) 448-5767** or **1-888-308-6325**

[Email at mealsonwheels@soundgenerations.org](mailto:mealsonwheels@soundgenerations.org)

TECHNOLOGY

Free Cell-Phone and Network

Application: assurancewireless.com

- At the top of page where it says "APPLY NOW," enter Zip Code. This will automatically notify you if your area is covered.
- If covered, it will take you to a new page. Click "Apply Now"
- Complete the 4-section application and submit

To contact via phone call: **1-888-321-5880**

Internet Access

Apply for Affordable Connectivity Program with Xfinity:

- Visit: xfinity.com/learn/internet-service/acp
- Click "How to apply" then "Apply now"
- This will take you to a "sign-in" page. **Existing Customer:** proceed to sign-in and complete application. **New Customer:** click "Create a new Xfinity ID" to create an account and complete application.

To contact via phone call: **1-800-XFINITY** or **1-800-934-6489**

Free Tech Support and Training with Cyber Seniors

Call toll-free if you need technology help: **1-844-217-3057**

TechConnect Washington FREE Community Helpdesk

Visit: techconnectwa.org or call **800-216-1132 (8AM-8PM)**

FINANCIAL ASSISTANCE WITH UTILITIES

Need assistance paying utilities?

Puget Sound Energy's Home Energy Lifeline Program

VISIT: pse.com

- In the lower right corner click " payment assistance"
- Click "learn more" on the first resource listed "PSE Home Energy Lifeline Program (HELP)"
- This will take you to a page you can check your eligibility, access needed documents, and apply.

Hopelink Utility

VISIT: hopelink.org

- Scroll down to see services under "our programs"
- Click bottom middle circle titled "energy assistance"
- There will be a link titled "click here to schedule your energy and water appointment" click this and it will take you to a new page
- Click top right orange button titled "new appointment" and enter your information in the form it will supply you.

Or call **(425) 658-2592**

VISION

Northwest Lions Foundation

Services- vision and hearing screenings and devices for low-income persons in Seattle

1200 6th Ave Ste 300 Seattle

Call (206) 838-4668

Optometric Center of Seattle

Tuesday - Friday, Sliding fee scale for exam and glasses, \$25 - \$60 minimum for eye exam. Varying prices for glasses.

Call (206) 325-1100

Eyes of Hope Program through VSP

Offers certificates for free eye exams and glasses through VSP providers to low-income persons.

Call 1 (800) 331-2020

<https://www.vsp.com/choice?frameBrand=M,LR>

HEARING

Northwest Lions Foundation

Services- vision and hearing screenings and devices for low-income persons in Seattle

1200 6th Ave Ste 300 Seattle

Call (206) 838-4668

UW Hearing Aid Assistance Program

Assists adults on a low income to obtain appropriate hearing healthcare

Call 206-543-5440

Or Visit:

<https://sphsc.washington.edu/hearing-aid-assistance-program-haap>

Seattle/King County Clinic

Annual free clinics offering vision, dental, and medical services

Call (206)-684-7200 for the dates that services are available.

MEDICATION ASSISTANCE

Medication Management- Omnicare of Seattle (CVS Pharmacy)

Call 1- 800-765-2587

Specialized packaging, 24/7 access, deliveries, medication reviews, and hassle-free switching

MENTAL HEALTH

UW Stay Connected- Social Isolation Project

Participants will receive support from staff at senior centers and/or housing communities to combat social isolation.

- Call at **206-616-2129** or email at creativ@uw.edu

Sound Generations- GRAT (Geriatric Regional Assessment treatment)

- **206.448.5730** or GRAT@soundgenerations.org

Eligibility Requirements

- Adults 55 and over
- Living in King County
- Experiencing cognitive, behavioral, mental health, or substance use issues
- Living in unhealthy environments
- Limited community/familial support
- At risk of losing housing
- At risk of hospitalizations

Community Counseling and Psychology Clinic

2601 4th Ave Ste 450 Seattle

(206)-268-4840- income sliding Scale

DENTAL

University of Washington Dental Student Clinic

Health Sciences Center

1959 NE Pacific St Seattle

Call (206)-616-6996

University of Washington Dental Education in the Care of Persons with Disabilities

1959 NE Pacific St Rm B-323 Seattle

Call (206)-543-4619

Columbia City Center for Health

4400 37th Ave S Seattle

Dental clinic open Monday- Friday 8 am to 5 pm

Call (206)-263-1505 to make an appointment

ADDITIONAL RESOURCES

Resources lines for additional help or help you did not see in this booklet

For Help With:

- In-Home Services & Support
- Housing Resources
- Legal Assistance
- Medicare & Medicaid
- Transportation Services (ADA compliant)
- Food Services & Nutrition
- Health & Wellness
- Employment Resources
- Counseling Services
- Home Maintenance & ADA Modifications

These resources listed on the following page have access to many of the resources in this booklet, in addition to more specific needs. If you visit any of these websites they list out needs, feel free to explore all the benefits they have by clicking the name of your needed resource.

ADDITIONAL RESOURCES

Pathways Information and Assistance

Monday – Friday, 9 AM – 5 PM

(206) 448 - 3110 or **(888) 435 - 3377**

Washington Connection

Visit: washingtonconnection.org

Hopelink

Visit: hopelink.org

After entering link, scroll down on page to see "our programs"

DSHS

Visit: dshs.wa.gov

Senior Center of West Seattle

4217 SW Oregon St Seattle

(206)-932-4044

White Center Public Health Center

9934 8th Ave SW Seattle

(206)-477-0002

SAFETY & EMERGENCY

Life Alert

One-time fee for equipment: \$198

Monthly monitoring fee: \$99

Call **1-800-814-1030** to order or receive a free brochure

Non Emergent Line

Call: **(206) 625-5011**

Crisis Line

Call: **(206) 461 3222**

National Suicide Prevention Line

Call: **988**