

SENIOR SERVICES - IN-HOME CARE & RESOURCES

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EFLC, 631 S Richard Allen Ct, #215 Spokane WA 99202 - 509-535-4112

idahoseniors.net MatureandSeniorLivingChoices.com
spokane newsrcc.org spokanewa.innovaging.com
seniorcenterdirectory.comseniorpages.com

Washington (509)

COMMUNITY LIVING CONNECTIONS - AGING & LONG TERM CARE OF EASTERN WA -

ALTCEW Information & respite. **960-7281**

DSHS AGING & DISABILITY RESOURCE CNTR & FAMILY CAREGIVER

744 FIFTH, STE C, CLARKSTON 99403

SUPPORT PROG **758-2355**

DSHS AGING & DISABILITY RESOURCE CENTER & FAMILY CAREGIVER

524-4960

IN HOME CARE & RESOURCES

imrehab.com mealsonwheelsamerican.org

Benefits Check Up Rx

benefitscheckup.org

FOOD & DRUG ADMIN (FDA) FDA.GOV

800-463-6332

MEDICATION AARP Rx SVCS

800-456-2277

NEEDYMEDS NEEDYMEDS.ORG

800-503-6897

Info for those who cannot afford medications & health care.

The Internet Drug Index

rxlist.com

TOGETHER RX - MEDICARE TOGETHERRXACCESS.COM

800-444-4106

Washington (509)

WA CARE FOR WA CARES- DSHS

215 COLUMBIA, SEATTLE 98104

425-202-6111

Contact.us@wecareforwacares.org <https://wecareforwacares.org/>

upports People With Accessible and Affordable Long-Term Care.

covers costs for things like medical equipment, home care, and

support with daily living. Pays our family members to help with

cooking, cleaning, and grocery shopping

Adult Day Care

Circles of Caring **334-6483**

Edison Cntr, 588 SE Bishop, Ste D, 99613

circlesofcaring.org

Providence ElderPlace 6018 N ASTOR, PROVIDENCE.ORG

482-2475

Walla Walla Senior Citizens Center

WALLAWALLASENIORCENTER.ORG

720 SPRAGUE, WALLA WALLA 99362

527-3775

Aging & Adult Care of Central WA **766-2563/ 800-572-4459**

13365 Pioneer Way E, Moses Lake 98837

aacwv.org

Adams, Lincoln counties

Aging & Long Term Care of Eastern WA - ALTCEW altcew.org

1222 N Post, 99201

action@altcew.org

458-2509

Resource for independent-living and community-based services.

Community Living Connections Provides information, respite

and support for family caregivers.

960-7281

Home Care Referral Registry Connects people using Medicaid

funds for home care services with qualified caregivers.

Beneficial In-Home Care **888-585-2442/323-0390**

706 N Maple, 99201 bihc.biz Pullman **844-637-9911/339-7733**

In-home care for disabled or seniors. Short-term, long-term, overnight, respite 2 hours or 24 hours, daily or weekly.

COLVILLE **684-5504/844-268-7779** MOSES LAKE **844-764-**

0004/764-0004

Catholic Housing Communities

456-2279

Catholic Charities Eastern WA 12 E 5th, 99202 cceasternwa.org

Offers service enriched apartments to low-income seniors, disabled and chronically homeless in Eastern WA.

Cheney Care Center cheneycare.com

235-6196

2219 N 6th, Cheney 99004

Referrals **917-1323**

Caring for elderly in Cheney and surrounding area. Offers meal delivery, home care, independent living, assisted living, senior care, outpatient rehab, skilled care and rehabilitation.

Council on Aging & Human Services (COA)

397-4305

101 N Main, Colfax 99111

coacolfax.org

Private nonprofit organization enhances lives and supports communities with transportation and nutrition services, commodities boxes, farmers' market vouchers, home delivered meals and Whitman County food pantries.

DSHS Aging and Long-Term Support Administration

Adult Protective Services

800-459-0491

DSHS.WA.GOV

TTY 568-3086

Home & Community Services

568-3700/800-459-0421

1330 N WASHINGTON, STE 3000, 99201

Services for elderly, functionally disabled and vulnerable adults.

Clarkston HCS 525 FIFTH, ASOTIN 99403 **800-310-4881/751-4676**

Colfax HCS 418 S Main, Ste 3

397-5091

COLVILLE HCS 1100 S MAIN, 99114

888-437-0516/685-5644

GARFIELD 695 MAIN, POMEROY 99347

800-310-4881/843-3563



Help is only a phone call away.

Available 24 hours a day, 7 days a week

(509) 323-0390

www.bihc.biz

Short or long-term • Overnight • Respite Care

Locally Owned

Serving Spokane and the Inland Northwest since 1989,



WE ARE
STRONGER
TOGETHER

PROVIDING SUPPORT & PROMOTING DIGNITY

Most people want to live independently but
may need to access local support services
when living with disabilities.

We can help you discover the
resources to plan, prepare for &
support living independently at home.

Help starts here!

Call our free helpline to learn more



**Aging &
LONG
TERM
Care**
OF EASTERN WASHINGTON

509 . 960 . 7281

ALTCEW . ORG



Looking for energy bill assistance?

We have options.

Avista partners with community agencies to
provide financial assistance, plus we offer other
services to help you manage and pay your bill.

- **Energy Assistance Grants** are available for income-qualified residential customers. Contact your local community action agency to see if you qualify for bill assistance.
- **Comfort Level Billing** divides yearly energy costs into 12 equal and predictable monthly payments.
- **Preferred Due Date** helps align your bill's due date with your payday.
- **Payment Arrangements** can be made on an individual basis for those in need.
- **Friendly Customer Service** to assist with energy needs when medical or emergency situations occur.
- **Online Tools** to help manage your home energy use.

To learn more, please call **(800) 227-9187**
or visit myavista.com/senior

AVISTA

Moses Lake HCS 1620 S Pioneer, 98837 **800-671-8902/764-5657**
TTY 800-833-6388

NEWPORT HCS 1600 W First, 99156 **888-437-0516/447-6223**

REPUBLIC HCS 42 Klondike, 99166 **888-432-0516/755-2227**
TTY 776-2661

Walla Walla HCS 206 W Poplar **800-310-5678/524-4960**
Columbia Office 410 E Main, Dayton 99328 **382-4787**

Elder Hands Services **216-3570**

eric@elderhandservices.com *elderhandservices.com*

Handyman, general contracting, assembly and exterior cleaning for Spokane area and surrounding senior residents, assistance in daily tasks or in recovery from surgery.

Elder Services 5125 N Market, 99217 **TTY 835-1282**

Behavioral health care and case management for adults 55+.

Kinship Navigator, COPES **458-7450**

Family Caregiver *caregiversupport@fbhwa.org* **458-7450x2**

In-Home Providers

Home Care Referral Registry of WA State *hcrr.gov* **800-970-5456**

AAGING BETTER IN-HOME CARE *AAGINGBETTER.COM* **844-814-8080**

SPOKANE VALLEY **464-2344**

ADDUS HEALTH CARE *ADDUS.COM* **COLVILLE 684-3721**

SPOKANE 326-1090 **WALLA WALLA 526-5606**

LEWISTON/CLARKSTON 208-746-8881 **WALLA WALLA 526-5606**

ALL WAYS CARING *ALLWAYS CARING.COM* **866-670-4269**

SPOKANE 524-8380 **CLARKSTON/LEWISTON 758-2055**

COLVILLE 237-6621 **WALLA WALLA 591-0445**

CARE TO STAY HOME *CARETOSTAYHOMESPOKANE.COM* **340-1359**

CENTERWELL *centerwellhomehealth.com* **833-453-1107**

CHESTERFIELD SERVICES *CHESTERFIELDHEALTH.COM*

SPOKANE 326-4655/866-326-4655 **TRICOUNTY 935-8843/866-428-1273**

Walla Walla 876-2905/866-571-8038

COMFORT KEEPERS *comfortkeepers.com* **956-7340**

FAMILY RESOURCE *FAMILYRESOURCEHOMECARE.COM* **800-775-6380**

SPOKANE NORTH 473-4949 **PALOUSE 496-1945**

Walla Walla 254-8488

FRONTIER BEHAVIORAL HEALTH - RASCHKO BLDG **458-7450**

HAVENWOOD HOME CARE *havenwoodhomecare.com* **535-1546**

HOME INSTEAD SENIOR CARE *homeinstead.com* **888-343-9941/835-5898**

THE KEY *THEKEY.COM* **213-1294**

LOVE AT HOME SENIOR CARE *LOVEATHOMESENIORCARE.NET* **474-0663**

MAXIM HEALTHCARE SERVICES *MAXIMHEALTHCARE.COM* **324-6421**

PROVIDENCE *providence.org*

PROVIDENCE DOMINI CARE 110 S Third E, Chewelah 99109 **935-4925**

Non-profit in-Home Care for NEWA

Providence Home Health

Providence Holy Family 5633 N Lidgerwood, 99208 **455-3854**

St Mary's Medical Center 209 W Poplar, Walla Walla 99362 **897-8600**

PROVIDENCE VNA HOME HEALTH **534-4300**

1000 N Argonne, Spokane Vly 99212

SENIOR HELPERS *SENIORHELPERS.COM* **283-1193**

SUNSHINE HOME HEALTH *SHFI.COM* **321-9050**

10410 E 9th, Bldg B, Spokane Valley 99206

Offers nursing, physical, occupational and speech therapies as part of

in-home care; social service/community resource planning; registered dietitians, and home-health aide services for Spokane County residents and tailors services to their needs. Accepts medical insurance.

Village Plan *VILLAGEPLAN.COM* **326-5525**

Walla Walla Valley In Home Care *WWWIHC.COM* **876-1152**

Greater Spokane County Meals On Wheels **924-6976**

12101 E Sprague, 99206 *gscmealsonwheels.org*

Delivers hot lunch meals M-F, frozen meals weekends. \$4/meal suggested donation. Seniors 60 and over.

Medical Supplies & Mobility

DURABLE MEDICAL EQUIPMENT (DME) *DME@HCA.WA.GOV HCA.WA.GOV*

Goldenwest Mobility 1815 E Francis **800-734-3842/ 484-3842**
goldenwestmobility.com Offers handicap mobility products.

Inland Medical & Rehab 200 E 2ND, STE B *IMREHAB.COM* **455-9385**

MedicAlert & Safe Return *medicalert.com* **473-3390**

Medicare Durable Medical Equipment **800-633-4227**

MSHH Donor Closet 3202 N MARKET **487-4119**

Offers affordable, durable medical and mobility equipment.

Profits on equipment help those with MS in WA, North ID, MT

and AK. *mshh-donorcloset.com*

North County Food Pantry 40015A N Collins **262-2530**

Northwest Home Medical 10502 E Montgomery, 99204 **926-5640**

Medication Management/Rebate

CRISIS LINE OF WHITMAN & LATAH COUNTIES **332-1505**

DRUG INFO CENTER - WSU **358-7662**



**Be a
part of
something
Greater.**

For over forty years, **Greater Spokane County Meals on Wheels** has helped provide fresh made meals from our local kitchen, companionship and eyes-on wellness checks and a connection to other senior services.

Our mission is to help seniors stay independent and in the home they love.



Meals on Wheels
Greater Spokane County

GSCMealsonWheels.org • 509-924-6976

Mid-City Concerns/MOW Spokane Senior Center **747-3257**
 1222 W 2nd, 99201 mowspokane.org MOW **456-6597**
 Delivers hot meals to home-bound seniors in Spokane. Provides activities, breakfast/lunch.

New Hope Resource Center **467-2900**
 4211 E Colbert, Colbert 99005 info@newhoperesource.org
 Chore services in North Spokane Cnty. newhoperesource.org

Okanogan County Transportation and Nutrition
 303 S Second, Okanogan 98840 **800-635-4391/826-7979**
octn.org **Bus dispatch 826-4391**
 Provides meals, transportation seniors, general public and disabled.

Pullman Community Council on Aging PullmanCCoA.org
 POB 1123, Pullman 99163 PullmanComCoA@gmail.com **339-4000**
 Network of caring citizens and senior service agencies working to improve the quality of life for local seniors. Programs include Meals on Wheels, Senior Chore Service and free resource guide.

Rural Resources **800-873-5889**
 COMMUNITY LIVING CONNECTIONS INFO@RURALRESOURCES.ORG
 956 S Main, Colville 99114 ruralresources.org
 Provides support services to help individuals live independently in their community as long as possible. Services are available to older individuals (60+), young adults with disabilities as well as family respite.
Pullman Office 1300 NE Henley, Ste 1, 99163 **332-0365**

Senior Action Network of EWA info@sanewa.org sanewa.org
 Network of business leaders and individuals to offer charitable giving and annual events. Helps raise awareness and funds for seniors and organizations that help seniors to live healthy independent, secure lives.

Senior Citizen's/Disabled Persons Tax Exemption Program
 SPOKANE COUNTY 1116 W Broadway, 99260 **477-5754**
 ADAMS COUNTY 210 W Broadway, Ritzville 99169 **659-3200**
 ASOTIN COUNTY 135 2nd, Asotin 99402 **243-2016**
 COLUMBIA COUNTY 341 E Main, 99328 **382-2131**
 FERRY COUNTY 350 E Delaware, Ste 1, Republic 99166 **775-5205**
 GARFIELD COUNTY 89 Main St, Pomeroy 99347 **843-3631**
 LINCOLN COUNTY 450 Logan/POB 400, 99122 **596-1454/725-7011**
 PEND OREILLE COUNTY POB 5010, Newport 99156 **447-4312**
 STEVENS COUNTY 215 S Oak, Colville 99114 **684-6161**
 WALLA WALLA COUNTY 315 W Main, Walla Walla 99362 **524-2560**
 WHITMAN COUNTY 400 N Main, Colfax 99111 **397-6220**

SEWA Aging & Long-Term Care Council of Governments
 PO Box 8349, Yakima 98908 **877-965-2582**
newnc@dshs.wa.govaltc.washington.com
 Funds services to help seniors and disabled adults stay at home. Offers community planning and advocacy.

Senior Citizens Lobby waseniorlobby.org **360-754-0207**
 1501 Capitol Way S, Ste 103, Olympia 98501

Senior Dial-A-Ride
COAST - Spokane **397-2935**
 Provides medical transportation from southern Spokane County to STA services on the South Hill. Schedule 48 hours ahead. Transports elderly and disabled with paid drivers and volunteers for medical appointments, shopping and more. Includes SE WA and North Idaho. **800-873-9996**

COMMUNITY LIVING CONNECTIONS:
Aging & Long Term-Care of Eastern WA Helpline **960-7281**
 Transportation services for older persons without means or unable to use existing transportation. Includes medical/health appointments and services, social services and meals. Occasionally to go to senior centers, shopping and recreation. Personal assistance for clients with limited mobility, transportation may vary based on volunteer and accessibility. altcew.org

Deer Park Dial-a-Ride WHEELCHAIR ACCESSIBLE. SCHEDULE 1 DAY IN ADVANCE. ONLY IN DEER PARK. **534-7171 / 877-264-7433**

Pullman Transit **332-5471/TDD 800-833-6388**
Rural Resources Community Action **684-2961/800-776-9026**

For NE WA persons of special needs or veterans for trips to Colville, Kettle Falls and Chewelah and seniors for medical, food and other needs.

Valley Transit WALLA WALLA **527-3779**
Volunteer Chore Services - Catholic Charities Senior Svcs **459-6175**
 12 E 5TH, 99202 CCEASTERNWA.ORG INTAKE **459-6171** **459-6172**

Schedule 48 hours ahead to travel in Spokane, Walla Walla, Wilbur or Colville. Offers door-to-door transportation once a month to seniors 62+ and adults with disabilities for medical appointments and groceries. For non-Medicaid. Service relies on volunteers.

Senior Transportation Programs
AARP Smart Driver aarpdriversafety.org/why-take-our-course.html
 Allows seniors to earn a discount on auto insurance.

Interlink 549 5TH, STE E, CLARKSTON 99403 INTERLINKVOLUNTEERS.ORG
 Provides volunteers to transport elders and disabled in LC Valley to live independently. No cost. **751-9143**

New Hope Resource Center **467-2900**
 Must reside north of Hawthorne Rd in Riverside, Elk, Chattaroy, Colbert and Mead—not Deer Park. Reserve one week before,



To our community,
Thank you!

91% of every dollar donated supports Spokane's homebound seniors.
 100% local & privately funded.

Together,
 we are feeding bodies,
 nurturing souls,
 and saving lives.

(509) 456-6597
www.MOWspokane.org



9:30 am to 1:30 pm, T & Th; 6-8 pm, W by appt.

People for People **800-851-4204/ 765-9249**

843 Kittleson, Moses Lake 98837 pfp.org/pfp/pfp/home.aspx

Non-emergency transportation for residents 60+ who receive TANF. For Medicaid clients in Adams, Lincoln counties. **800-233-1624**

Rides for Seniors **328-1552**

SPOKANETRANSIT.COM

PASSENGERS 60+ WITH \$2/DAY PASS MAY BOOK 1 DAY OR WITHIN 2

HOURS. MAY HAVE ONE COMPANION

SNAP Ride to Health / Neighbors on the Go **319-3050**

Serves Spokane County residents 65+ or persons with disabilities not qualified for public transit. Rides for medical transportation, such as appointments and pharmacy. Offers non-volunteer wheelchair options.

Volunteer.srth@snapwa.org

Special Mobility Services **957-4413/800-892-4817**

SMS1.ORG

Schedule 2-3 business days in advance, transportation to Medicaid eligible medical appointments. Provides cost-effective mode of transportation such as ambulatory, non-ambulatory, gas vouchers or bus passes. Also serves Adams, Asotin, Ferry, Garfield, Grant, Lincoln, Pend Oreille, Stevens and Whitman counties.

SMS Community Shuttle **534-7171/877-246-7433**

Schedule 1 day in advance for shopping, hospital, airport, STA connections. Serves Hwy 2 and 395, Newport, Davenport and Ritzville. Runs twice daily. \$2 one way, \$3 round trip, \$5 Newport. Door-to-door service within a mile of routes.

SMS Volunteer Shopper Service **957-4413**

Opportunities for neighbors to volunteer and seniors to request a ride. Volunteers offered mileage reimbursement taking seniors clients to grocery store, farmers market or pharmacy.

Spokane STA **319-3050**

SPOKANETRANSIT.COM

Wheelchair-accessible shared ride service for individuals with disabilities in paratransit service area.

Senior Specific Transportation

Go-Go Grandparent **855-464-6877**

Same day affordable transportation provider for medical appointments, groceries and independent living.

Just for You Senior Services **939-9971**

Transportation and personal assistant services for seniors in Spokane metro area. \$30 round trip, \$20 one way and medical appointments \$35 round trip.

justforyouseniorservices.com

MedStar **800-236-2011**

Door-to-door transportation with attendants, wheel chair accessible. Approved for after-hour Medicaid clients for medical appointments, errands and relocation.

gomedstar.com

MedTran **800-550-3782**

gomedtran.com

Schedule 24 hrs in advance, door-to-door transportation. Also serves weekends, nights and holidays.

Precious Cargo **951-9380**

Door-to-door, wheelchair, stretcher and other specific accommodation. Schedule 24 hours before trip.

Idaho (208)

Adult Day Care

The Bennett House **651-9060**

BENNETTHOUSE.ORG

SUNSET VILLAGE, 296 W SUNSET, COEUR D'ALENE 83815

Kootenai Senior Care Program

KOOTENAIHEALTH.ORG

2415 Kootenai Health Wy, Coeur d'Alene 83814

625-5354

Daybreak Center

SANDPOINTAREASENIORS.ORG

Sandpoint Senior Center, 820 Main, Sandpoint 83864 **265-8127**

Chore Services Sandpoint CREC **920-1840**

Idaho State Tax Commission **334-7736/800-334-7756**

Senior and disabled property tax exemption information.

Home & Community Based Services (HCBS) - IDHW

healthandwelfare.idaho.gov

866-818-6463

Offers personal care services, home and community based services and nursing home assistance.

In-Home Providers:

AAging Better **866-464-2344**

AAGINGBETTER.COM

POST FALLS **777-0308** SANDPOINT **263-7889**

Access Care at Home **855-783-0102**

accesscareathome.com

COEUR D'ALENE **665-9473** KELLOGG **783-0100**

PRIEST RIVER/SANDPOINT **448-4085**

Addus Health Care **addus.com**

COEUR D'ALENE **667-2309** LEWISTON/CLARKSTON **746-8881**

All Ways Caring **866-670-4269**

ALLWAYS CARING.COM

COEUR D'ALENE **490-8255** Lewiston/Clarkston **758-2055**

Care to Stay Home **758-0357**

CARETOSTAYHOMESPOKANE.COM

CenterWell **833-453-1107**

CENTERWELLHOMEHEALTH.COM

Comfort Keepers **497-5770**

COMFORTKEEPERS.COM

SPOKANE/NORTH **770-3998** PALOUSE **874-2329**

**"DAY-CATIONS
ARE THE HOTTEST
TRAVEL TREND"**



LET US BE
YOUR BUS
TOUR GUIDE

**A GROUP OUTING ON THE BUS TO A
SPECIAL DESTINATION CAN BE SO
MUCH FUN!**



**SIGN UP @
SMS1.org**

Eden Health EDEN-HOMEHEALTH.COM**264-8198****Home Instead Senior Care** HOMEINSTEAD.COM**415-0366****Panhandle Health District Skilled Home Care****415-5160**

8500 N Atlas Rd, Hayden 83835

panhandlehealthdistrict.org**Seubert's Quality** SEUBERTSQUALITYHOMECARE.COM**800-597-6620**

GRANGEVILLE/COTTONWOOD/KAMIAH

800-597-6620LEWISTON/CLARKSTON **743-1818**MOSCOW/PULLMAN **883-1114****Medication Management/Rebate**

IDAHO RX CARDS IDAHORXCARD.COM MY MEDS

MY-MEDS.COM

Medication management with digital/human and drug education.

Senior Dial-A-Ride

COAST - SPOKANE

397-2935

Provides medical transportation from southern Spokane County to STA services on the South Hill. Schedule 48 hours ahead.

Transportation with paid drivers and volunteers for elderly and disabled to go to medical appointments, shopping and more, includes SE WA and North Idaho.

800-873-9996

INTERLINK 549 5TH ST, STE E, CLARKSTON 99403

751-9143

Provides volunteers to transport elders and disabled to live independently. No cost. LC Valley

interlinkvolunteers.org**SMART (Moscow)****883-7747/TTY 800-377-1363****Senior Transportation Programs****BAT 245-4576**RING-A-RIDE CITY LINK CdA **446-1616****COAST - DACNW****800-967-2899**

An accessible COAST van is at the Moscow DAC office for trips outside the limited public transportation offered in the Moscow area by SMART Transportation.

KOOTENAI HEALTH TRANSPORTATION SERVICES KH.ORG

625-5030

Needs notice at least 24 hours prior to scheduled ride time. M-F in greater Coeur d'Alene area, and T, Th in Rathdrum area.

Medicaid Transportation/American Medical Response (ID)**800-296-0509**

IDAHONEMT.NET

877-503-1261

PANHANDLE HEALTH SENIOR COMPANIONS

800-878-2364

8500 N Atlas, Hayden 83835

415-5177panhandlehealthdistrict.org/home-health/senior-companion-program

Offers services to seniors. Transportation to appointments.

WHITE TAIL TRANSPORTATION

877-503-1261 / 448-0848

PO Box 2124, Priest River 83856

whitetailtransportation.com

Non-emergency medical transportation for CdA, Post Falls & Sandpoint.

