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# SENIOR RESOURCE DIRECTORY

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LEWIS-MASON-THURSTON  
COUNTIES

WASHINGTON STATE

**2012-2013**

Funding for this directory has been provided by the Lewis - Mason - Thurston Area Agency on Aging with funds from the Older Americans Act and the State of Washington.

Please visit our website for an up-to-date,  
searchable Senior Resource Directory:

[www.LMTAAA.org](http://www.LMTAAA.org)

Find us on Facebook & follow us on Twitter!



**Lewis-Mason-Thurston  
Area Agency on Aging**



**@LMTAAA**

### Frequently Used Numbers

Social Security Administration.....1-800-772-1213

402 Yauger Way SW, Olympia .....1-866-755-6199

Alzheimer's Association Helpline .....1-800-848-7097

American Association of  
Retired Persons (AARP) .....1-800-424-3410

WA Information Network .....2-1-1

WA Medicare.....1-866-634-4227

**For Information outside of the Lewis, Mason &  
Thurston County area you can call:**

**ELDERCARE LOCATOR**

Community Assistance for Seniors

1-800-677-1116 toll-free

[www.eldercare.gov](http://www.eldercare.gov)

*To report errors in this directory or to request to have your  
information listed here please call:*

*(360) 664-3162 x112*


*Or toll-free: 1-888-545-0910 x112*

## **TABLE OF CONTENTS**

INTRODUCTION.....	1
COMMUNITY SERVICE LISTINGS:	
Abuse of the Elderly .....	2
Adult Day Care.....	2
Alcohol/Drug Abuse Treatment .....	3-4
Case/Care Management .....	4-6
Conflict Resolution .....	6
Crisis Intervention Hotlines .....	7-8
Cultural Services .....	8
Dementia.....	9
Dental Care.....	9-11
Disability Services .....	12-15
Eye Care .....	15
Family Caregiver Support Program.....	16
Food Banks .....	17-19
GLBTQIA .....	19
Guardianship Services .....	20
Health Care Screenings .....	21
Home Care Referral Registry .....	21
Home Care Services .....	22-25
Home Health, Medical & Oxygen Equipment .....	26-28
Home Repair .....	28-29
Hospitals .....	29-30
Housing.....	30
Information & Assistance .....	31
Insurance Counseling .....	32
Kinship Care Services.....	33
Legal Services.....	33
Meal Programs.....	34-36
Medical & Health Services .....	37-38
Medication Assistance Resources .....	38
Memory Wellness.....	39
Mental Health Services .....	39-41

## **TABLE OF CONTENTS**

Nurse Consultation .....	41	
Ombudsman Program for Long-Term Care .....	42	
Personal Emergency Response System.....	42	
Senior Centers.....	43-44	
Senior Companions .....	44	
Social Security .....	44	
Support Groups .....	45	
Telephone Reassurance.....	46	
Transportation.....	46-49	
Tribal Services .....	49-50	
Utility Bill Assistance.....	51-52	
Veteran's Affairs .....	52-53	
Volunteer Opportunities .....	54	
 RESIDENTIAL CARE FACILITIES:		
Adult Family Homes.....	55	
Assisted Living Facilities & Boarding Homes .....	55-58	
Dementia Special Care Centers .....	58-60	
Retirement Residences.....	60-61	
Skilled Nursing & Rehabilitation Facilities .....	62-63	
 MEDICAID & C.O.P.E.S.:		
Questions & Answers on Medicaid .....	64-68	
Questions & Answers on C.O.P.E.S. ....	69-70	
 FINANCING LONG-TERM CARE.....		71
 LEGALITIES .....		72
Protecting Your Rights: Financial Decisions .....	73-75	
Protecting Your Rights: Healthcare Decisions .....	76-77	
Protecting Your Rights: Guardianship.....	77-78	
Protecting Your Rights: Representative Payee .....	79-80	
Acknowledgements.....	81	



IF YOU ARE UNABLE TO LOCATE THE  
INFORMATION OR PHONE NUMBER  
YOU ARE LOOKING FOR PLEASE CONTACT:

**Lewis-Mason-Thurston  
Area Agency on Aging**

**Senior Information &  
Assistance Specialist**

**Lewis County: Chehalis office**

1651 S. Market Blvd., Chehalis, WA 98532  
(360) 748-2288 x101, or toll-free 1-888-702-4464 x101

**Mason County: Shelton office**

628 W. Alder St/PO Box 2087, Shelton, WA 98584  
(360) 427-2225 x101, or toll-free 1-877-227-4696 x101

**Thurston County: Olympia office**

4419 Harrison Ave NW, Olympia, WA 98502  
(360) 664-3162 x133, or toll-free 1-888-545-0910 x133

**[www.LMTAAA.org](http://www.LMTAAA.org)**

## **INTRODUCTION**

Long-term care is a phrase used to describe a wide range of services that are available to help those who find it difficult to maintain their independence. Some of the reasons for this difficulty can be related to chronic illnesses or other health-related problems, surgeries, accidents, or the gradual loss of capabilities associated with the natural aging process. The emphasis today is on providing services to allow a person to remain in the least restrictive environment possible.

There are many services available in Lewis, Mason and Thurston Counties that help people remain in or return to their own home following a medical or emotional crisis. When a change in residence does become a necessity, there are alternative living accommodations that can be explored.

This directory provides information to assist those who may be in need of help with community programs and services, in-home services, a decision to move to another residence, or selecting a nursing home or convalescent center. Every attempt has been made to ensure this publication is all-inclusive, the focus being on public, non-profit services. If your organization is not listed, please contact the Lewis-Mason-Thurston Area Agency on Aging at :

360-664-2168 ext. 112 or  
1-888-545-0910 ext. 112

The information in this directory is provided as a starting point only and as an encouragement to the residents of Lewis, Mason and Thurston Counties to seek help, but not as an endorsement of the providers listed. Use of this directory should not be considered as a referral or recommendation. Information changes rapidly, so please do not hesitate to call any of the numbers listed for updated or more specific information.

## COMMUNITY SERVICES LISTINGS

### ABUSE OF THE ELDERLY

Most elder abuse is the result of many complex and interrelated factors. It can happen at home with family members or other caregivers, or in residential care settings. Elder abuse can be physical, verbal, emotional and/or financial. If abuse occurs at home or in a residential setting, there is help available from the Department of Social and Health Services. Call 911 for life threatening emergencies. If you suspect an older person is being abused, neglected, or exploited, please contact one of the following offices:

**DSHS Complaint Hotline for  
residential care facilities:**

1-800-562-6078 toll-free

1-800-737-7931 (TTY) toll free

**DSHS Adult Protective Services for  
suspected in-home abuse:**

1-877-734-6277 toll-free

### ADULT DAY CARE

Adult day care programs provide a variety of health, social, and related support services in a protective setting. The older person is engaged in a social setting while providing families a break from caregiving responsibilities.

Thurston County:

**Senior Services for South Sound STARS Program**

OLYMPIA: 222 Columbia Street NW, Olympia, WA 98501  
360-586-6181

LACEY: 6757 Pacific Avenue SE, Lacey, WA 98503  
360-407-3967

SHELTON: 1212 Connection Street, Shelton, WA 98584  
360-586-6181

[www.southsoundseniors.org](http://www.southsoundseniors.org)



## **ALCOHOL & DRUG ABUSE TREATMENT**

Alcohol and substance abuse treatment is based upon a person's needs. Some individuals prefer treatment programs tailored specifically to older adults.

### **INPATIENT TREATMENT:**

#### Thurston County:

**Providence St. Peter Hospital**  
Chemical Dependency Center  
4800 College Street SE, Lacey, WA 98503  
360-456-7575 or toll-free 1-800-332-0465

### **OUTPATIENT TREATMENT:**

#### Lewis County:

**Providence Addictions Recovery Centers**  
Centralia &  
Chehalis: 360-748-4357 or toll-free 1-800-622-4009  
Morton: 360-496-6216

**New Directions Counseling**  
360-740-4380 (Lewis County)

#### Mason County:

**Alcoholics Anonymous**  
360-352-7344

**Alcohol and Drug 24 hour Helpline**  
1-800-562-1240 (voice/TDD) toll-free

**Providence Addictions Recovery Centers**  
Shelton: 360-432-8692, Belfair: 360-277-0523

**Behavioral Health Resources Recovery Services**  
360-426-1696

**New Directions Counseling**  
360-427-5232 (Mason County)

**Northwest Resources**  
360-426-0890

**Northwest Indian Treatment Center**  
90 SE Klah-Che-Min Drive, Shelton, WA 98584  
360-427-9006

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Alcohol & Drug Abuse Treatment

## **ALCOHOL & DRUG ABUSE TREATMENT**

### **OUTPATIENT TREATMENT (cont'd)**

#### Thurston County:

**Alcoholics Anonymous**

360-352-7344

**Alcohol and Drug 24 hour Helpline**

1-800-562-1240 (voice/TDD) toll-free

**BHR Recovery Services & Northwest Resources**

360-704-7170

## **CARE/CASE MANAGEMENT**

Case managers/social workers create a plan of care designed to identify individual needs and arrange for, monitor, and coordinate services.

**PUBLIC AGENCIES:** Services provided without cost

#### Lewis County:

**DSHS Home & Community Services**

163 NE Hampe Way, Chehalis, WA 98532

360-767-6460 or toll-free 1-800-487-0360

**Lewis-Mason-Thurston Area Agency on Aging**

1651 S. Market Boulevard, Chehalis, WA 98532

360-748-2524 ext.101 or toll-free 1-888-702-4464

#### Mason County:

**DSHS Home & Community Services**

4500 10th Ave SE, Lacey, WA 98503

PO Box 45610, Olympia, WA 98504-5610

360-664-9050 or toll-free 1-800-462-4957

**Lewis-Mason-Thurston Area Agency on Aging**

4419 Harrison Ave NW, Olympia, WA 98502

360-664-3162 ext. 133 or toll-free 1-888-545-0910

## **CARE/CASE MANAGEMENT**

**PUBLIC AGENCIES (cont'd):** Services provided without cost

Thurston County:

**DSHS Home and Community Services**

4500 10th Ave SE, Lacey, WA 98503  
PO Box 45610, Olympia, WA 98504-5610  
360-664-9050 or toll-free 1-800-462-4957

**Lewis-Mason-Thurston Area Agency on Aging**

4419 Harrison Ave NW, Olympia, WA 98502  
360-664-3162, ext.133 or toll-free 1-888-545-0910

**PRIVATE AGENCIES:** May charge for services

Lewis County:

**All In One Health Care Services**

360-888-0407

**Eldercare Resources**

David Robinson  
360-789-8364

**Smerken Consulting**

Dan Smerken  
360-570-3357 or toll-free 1-877-622-8504

Mason County:

**All In One Health Care Services**

360-888-0407

**Eldercare Resources**

David Robinson  
360-789-8364

**South Sound Care Connection**

222 Columbia Street NW, Olympia, WA 98501  
360-586-4491

**Senior Services for South Sound- Mason County**

Box 1880 / 790 E. John's Prairie Road  
Shelton, WA 98584  
360-427-2060 or toll-free 1-888-270-0619

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Care/Case Management

## **CARE/CASE MANAGEMENT**

### Mason County, cont'd:

#### **Smerken Consulting**

Dan Smerken

360-570-3357 or toll-free 1-877-622-8504

### Thurston County:

#### **All In One Health Care Services**

360-888-0407

#### **Eldercare Resources**

David Robinson

360-789-8364

#### **Elder Pathways Ltd**

2416 N Alder Street, Tacoma, WA 98406

1-800-600-4030 toll-free

#### **Smerken Consulting**

Dan Smerken

360-570-3357 or toll-free 1-877-622-8504

#### **South Sound Care Connection**

222 Columbia Street NW, Olympia, WA 98501

360-586-4491

## **CONFLICT RESOLUTION**

Conflict resolution services assist elders, their families, and caregivers with resolving conflicts that may arise around issues of autonomy, caregiving, housing, health care or end-of-life decisions. Trained mediators are available:

### Lewis County:

#### **Community Mediation Center of Lewis County**

2616 NE Kresky Ave, Suite 305, Chehalis, WA 98532

360-748-0492

### Lewis, Mason and Thurston Counties:

#### **Dispute Resolution Center**

PO Box 6184, Olympia, WA 98507-6184

360-956-1155

## **CRISIS INTERVENTION HOTLINES**

These agencies provide a 24-hour crisis hotline to assist people in need, as well as provide information about community resources and referrals to other organizations and agencies.

### Lewis County:

**Crisis Clinic**

360-586-2800 or toll-free 1-800-627-2211

**Cascade Mental Health Center**

360-748-6696 or toll-free 1-800-559-6696

### Mason and Thurston County:

**Crisis Clinic**

360-586-2800 or toll-free 1-800-627-2211

**Crisis Resolution Services**

360-754-1338 or toll-free 1-800-270-0041

## **DOMESTIC VIOLENCE & SEXUAL ASSAULT ISSUES** should be directed to the following agencies:

### Lewis County:

**Human Response Network**

360-748-6601 or toll-free 1-800-244-7414

**White Pass Community Services Coalition**

360-496-5404 or toll-free 1-800-994-8899

### Mason County:

**Center for Advocacy and Personal Development**

Sexual Assault Advocacy

360-426-6925 or toll-free 1-888-341-7922

**Turning Pointe Domestic Violence Services**

360-432-1212 or toll-free 1-877-923-1212

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Crisis Intervention Hotlines

## **CRISIS INTERVENTION HOTLINES**

### **DOMESTIC VIOLENCE & SEXUAL ASSAULT ISSUES, cont'd:**

#### North Mason County:

**Turning Pointe Domestic Violence Services**

360-432-1212 or toll-free 1-877-923-1212

**Kitsap Sexual Assault Center**

360-479-8500

#### Thurston County:

**SafePlace**

360-754-6300

#### Lewis, Mason, and Thurston Counties:

**Crime Victims Advocacy Network**

1-866-711-2826 toll-free

Lewis: 360-748-6601 .....cell 360-528-1179

Mason: 360-426-9726 x107 ..cell 360-528-1179

Thurston: 360-786-5601 .....cell 360-528-1174

## **CULTURAL SERVICES**

#### Thurston County:

**Cielo Project Hispanic/Latino Services**

360-709-0931

**Korean Seniors Association-Lacey Senior Center**

6757 Pacific Avenue SE, Lacey, WA 98503

360-407-3967

**Spanish Speaking Seniors-Lacey Senior Center**

6757 Pacific Avenue SE, Lacey, WA 98503

360-407-3967

**Vietnamese Senior Association**

**Evergreen Villages**

505 Division St NW, Olympia, WA 98502

360-943-5505

## **DEMENTIA & MEMORY WELLNESS**

The Memory Wellness Program of the University of Washington and Veteran's Affairs offers an evaluation, lab work, and treatment consultation free of charge to people 55 years of age and older who have concerns about memory.

### **University of Washington**

Memory Wellness Program  
1-866-683-8813 toll-free  
[www.memorywellness.org](http://www.memorywellness.org)

### **American Lake VA Hospital**

#### **Geriatric Research and Evaluation Clinic**

Free diagnostic testing, medical evaluations, resource referral for adults—veteran & non-veteran—with suspected Alzheimer's Disease or other memory disorders.  
253-583-2033

## **DENTAL CARE**

### Lewis, Mason & Thurston County:

**Bates Technical College-Tacoma**  
253-596-1677

**Pierce College -Tacoma**  
253-964-6694

**Sea Mar Dental Clinic**  
409 Custer Street, Suite C, Tumwater, WA 98501  
360-570-8016 or 360-570-7902

**South Puget Sound Community College  
Dental Program**  
360-596-5464

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Dementia & Memory Wellness—Dental Care

## **DENTAL CARE**

### Lewis County:

**Family Health Center Dental Clinic**

1057 12<sup>th</sup> Avenue, Longview, WA 98632  
360-414-1300

**Valley View Health Center**

2690 NE Kresky Ave, Chehalis, WA 98532  
360-330-9595

**Valley View Health Center– DENTAL ONLY**

102-A Westlake Avenue, Morton, WA 98356  
360-496-5101

### Mason County:

**Mason Community Dental Clinic**

807 W Railroad Ave / PO Box 407, Shelton, WA 98584  
360-426-2708  
[www.mcdentalclinic.org](http://www.mcdentalclinic.org)

### Thurston County:

**Olympia Union Gospel Mission**

413 Franklin St NE, Olympia, WA  
360-943-6400

## **DENTURE SERVICES:**

**Denture Services of Washington**

10518 South Tacoma Way, Suite B, Tacoma, WA 98499  
1-800-260-3128 (toll free)

**Bates Technical College Denturist – Tacoma**

253-680-7314



## **DENTAL CARE**

### **FOR A LIST OF DENTISTS WHO ACCEPT MEDICAID call:**

**Thurston-Mason County Dental Society**  
360-956-0828

### **IF YOU DO NOT HAVE ACCESS TO DENTAL CARE call:**

**Pope's Kids Place-** ask for Dental Services  
360-736-9178  
(serving Lewis, Mason & Thurston Counties)

For more information on a complete range of dental services and programs for low income beneficiaries, please call your local Lewis-Mason-Thurston Area Agency on Aging Office (LMTAAA).

#### Lewis County:

**LMTAAA Chehalis Office**  
1651 S. Market Blvd., Chehalis, WA 98532  
360-748-2524 ext. 101 or toll-free 1-888-702-4464

#### Mason County:

**LMTAAA Shelton Office**  
628 W. Alder St, Shelton, WA 98584  
360-427-2225 ext. 101 or toll-free 1-877-227-4696

#### Thurston County:

**LMTAAA Olympia Office**  
4419 Harrison Ave NW, Olympia, WA 98502  
360-664-3162 ext. 133 or toll-free 1-888-545-0910

## **DISABILITY SERVICES**

These programs assist disabled persons and their families to obtain maximum benefits, services, information and referral services.

### Lewis County:

**Brain Injury Association of Washington  
Traumatic Brain Injury (TBI) Resource Center**  
PO Box 3044, Seattle, WA 98114  
1-877-982-4292 toll-free  
[www.braininjurywa.org](http://www.braininjurywa.org)

**Center for Independence**  
10828 Gravelly Lake Drive SW, Suite 112  
Lakewood, WA 98499  
253-582-1253

**Department of Services for the Blind**  
1-800-552-7103 toll-free

**Department of Social and Health Services**  
Division of Developmental Disabilities  
360-725-4250 or 1-800-339-8227 toll-free

**Easter Seal Society of Washington**  
1-800-678-5708 toll-free

**Lewis-Mason-Thurston Area Agency on Aging  
Chehalis Office**  
1651 S. Market Blvd., Chehalis, WA 98532  
360-748-2524 ext. 101 or 1-888-702-4464 toll-free

**Office of the Deaf and Hard of Hearing**  
360-902-8000 (Voice & TTY)

**Tacoma Area Coalition of Individuals with  
Disabilities**  
253-565-9000

**Validus Consulting & Services**  
24421 34th Ave Ct. E., Spanaway, WA 98387  
253-847-7887

## **DISABILITY SERVICES**

### Lewis County, cont'd:

**Washington State Talking Books &  
Braille Library**  
1-800-542-0866 toll-free

### Mason County:

**Brain Injury Association of Washington  
Traumatic Brain Injury (TBI) Resource Center**  
PO Box 3044, Seattle, WA 98114  
1-877-982-4292 toll-free  
[www.braininjurywa.org](http://www.braininjurywa.org)

**Center for Independence**  
10828 Gravelly Lake Drive SW, Suite 112  
Lakewood, WA 98499  
253-582-1253

**Department of Services for the Blind**  
1-800-552-7103 toll-free

**Department of Social and Health Services**  
Division of Developmental Disabilities (DDD)  
360-753-4673 or toll-free 1-800-339-8227

**Easter Seal Society of Washington**  
1-800-678-5708 toll-free

**Lewis-Mason-Thurston Area Agency on Aging  
Shelton Office**  
628 W. Alder St./PO Box 2087, Shelton, WA 98584  
360-427-2225 ext. 101 or toll-free 1-877-227-4696

**Office of the Deaf and Hard of Hearing**  
360-902-8000 (Voice & TTY)

**Peninsula Rehabilitation Services for Vision**  
360-765-4239

**Tacoma Area Coalition of Individuals with  
Disabilities**  
253-565-9000

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Disability Services

## **DISABILITY SERVICES**

### Mason County, cont'd:

**Validus Consulting & Services**

24421 34th Ave Ct E, Spanaway, WA 98387  
253-847-7887

**Washington State Talking Books  
& Braille Library**

1-800-542-0866 toll-free

### Thurston County:

**Brain Injury Association of Washington  
Traumatic Brain Injury (TBI) Resource Center**

PO Box 3044, Seattle, WA 98114

1-877-982-4292 toll-free

[www.braininjurywa.org](http://www.braininjurywa.org)

**Behavioral Health Resources**

360-704-7170 or toll-free 1-800-825-4820

**Center for Independence**

10828 Gravelly Lake Dr. SW, Suite 112

Lakewood, WA 98499

253-582-1253

**Department of Services for the Blind**

1-800-552-7103 toll-free

**Easter Seal Society of Washington**

1-800-678-5708 toll-free

**Lewis-Mason-Thurston Area Agency on Aging  
Olympia Office**

4419 Harrison Ave NW, Olympia, WA 98502

360-664-3162, ext. 133 or toll-free 1-888-545-0910

**Office of the Deaf and Hard of Hearing**

360-902-8000 (Voice & TTY)

## **DISABILITY SERVICES**

### Thurston County, cont'd:

**Tacoma Area Coalition of  
Individuals with Disabilities**  
253-565-9000

**Thurston County Association of the Deaf**  
360-458-4623 (TTY/FAX)

**Validus Consulting and Services**  
24421 34th Ave Ct E, Spanaway, WA 98387  
253-847-7887

**Washington State Talking Books & Braille Library**  
1-800-542-0866 toll-free

## **EYE CARE**

### Lewis, Mason and Thurston Counties:

**Eye Care America**  
1-877-887-6327  
[www.eyecareamerica.org](http://www.eyecareamerica.org)

**Olympia Union Gospel Mission**  
413 Franklin St NE, Olympia, WA  
360-709-9725

**National Eye Care Project (Olympia only)**  
1-800-222-3937 toll-free

**Vision USA**  
1-800-766-4466  
[www.aoa.org/visionusa.xml](http://www.aoa.org/visionusa.xml)

## **FAMILY CAREGIVER SUPPORT PROGRAM**

The Lewis-Mason-Thurston Area Agency on Aging (LMTAAA) Family Caregiver Support Program is designed to provide an array of services and supports for the unpaid family caregivers whose dedication allows individuals who need care to remain in their homes. The Family Caregiver Support Program provides the following services:

- Counseling Services
- Information & Referral Assistance
- Family Caregiver Workshops
- Housework & Errands Program
- Resource Libraries
- Respite Care
- Resources for Grandparents Raising Grandchildren

### Lewis County:

**LMTAAA Chehalis office**

**Family Caregiver Support Program**

360-748-2288 ext. 110 or toll-free 1-888-702-4464

### Mason County:

**LMTAAA Shelton office**

**Family Caregiver Support Program**

360-427-2225 ext. 110 or toll-free 1-877-227-4696

### Thurston County:

**LMTAAA Olympia office**

**Family Caregiver Support Program**

360-664-3162 ext. 106 or 135

or toll-free 1-888-545-0910, ext. 106 or 135

[www.LMTAAA.org](http://www.LMTAAA.org)

## FOOD BANKS

Food banks may require an application for services and verification of your identity and address. Dates and times of distributions are subject to change.

### Lewis County:

**Greater Chehalis Food Bank**

Yard Birds Shopping Center  
2100 N. National Ave, Chehalis, WA 98532  
360-748-1226

**Lewis County Food Bank Coalition**

360-736-3835

**Pe Ell Food Bank—St Joseph Church**

417 N Main Street, Pe Ell, WA 98572  
360-291-3434

**Salvation Army**

303 N Gold, Centralia, WA 98531  
360-736-4339

**Somma Food Bank**

682 Winston Creek Road, Silver Creek, WA 98585  
360-985-2422

**Toledo Food Bank— Sherry**

130 2nd St. N, Toledo, WA 98591  
360-978-6448

**White Pass Food Bank**

United Methodist Church, Randle, WA 98377  
1-800-247-5872

**Winlock Food Bank—Sacks First Avenue**

503 NE 1<sup>st</sup> Street, Winlock, WA 98596  
360-785-4377

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Food Banks

## **FOOD BANKS**

### Mason County:

**Hood Canal Food Bank**

331 N Finch Creek Road, Hoodspport, WA 98528  
360-877-6507

**Matlock Food Bank**

216 W Matlock-Brady Road, Matlock, WA 98215  
360-426-1903

**North Mason Food Bank**

22471 State Route 3, Belfair, WA 98528  
360-275-4615

**Saints Pantry**

214 S 2<sup>nd</sup> Street, Shelton, WA 98584  
360-427-8847

**United Methodist Church**

1900 King Street, Shelton, WA 98584  
360-426-4174

### Thurston County:

**Rainier Emergency Food Center**

Valley Heart Church  
11318 Vail Cut-Off Rd. SE, Rainier, WA 98576  
360-446-2626

**Rochester Community Center (ROOF)**

10140 Hwy 12 SW, Rochester, WA 98579  
360-273-6375

**South Thurston United Friends (STUF)**

18214 Corvalis Street, Rochester, WA 98579  
360-273-5891

**Tenino Food Bank**

249 W Lincoln, Tenino, WA 98589  
360-264-5505



## FOOD BANKS

### Thurston County, cont'd:

#### **Thurston County Food Bank**

220 Thurston Ave NE, Olympia, WA 98501  
360-352-8597

#### **Yelm Food Bank**

624 Crystal Springs Rd NW, Yelm, WA 98597  
360-458-4003

## GLBTQIA

Services & advocacy for Gay, Lesbian, Bisexual, Transgender, Questioning, Intersexed individuals & their Allies.

### Lewis, Mason & Thurston Counties:

#### **SAGE Olympia**

SAGE (Services & Advocacy for GLBT Elders) Olympia is the GLBT Eldercare project operating in Olympia, WA, and is a net affiliate of SAGE USA.

PO Box 7221, Olympia, WA 98507  
[www.sageolympia.org](http://www.sageolympia.org)

#### **PFLAG**

PO Box 12732, Olympia, WA 98508  
<http://pflag-olympia.org/>

## **GUARDIANSHIP SERVICES**

Guardianship, representative payee and powers-of-attorney services are available on an as needed basis.

### Lewis County:

**Steve Broom**

PO Box 686, Kelso, WA 98626  
360-749-2181

**Christine Greig**

PO Box 276, Longview, WA 98632  
360-431-7937

**Senior Guardianship Services**

PO Box 2670, Olympia, WA 98507  
360-943-7413

**Sound Guardianship Inc.**

Pam Privette, PO Box 11695, Olympia, WA 98508  
360-866-1063

### Mason County:

**Kuehn & Caldwell Guardian Care & Consulting**

1007 Scott Street, Suite D, Bremerton, WA 98310  
360-405-1030

**Senior Guardianship Services**

PO Box 2670, Olympia, WA 98507  
360-943-7413

**Sound Guardianship Inc.**

Pam Privette, PO Box 11695, Olympia, WA 98508  
360-866-1063

### Thurston County:

**Senior Guardianship Services– Michelle Pemberthy**

PO Box 2670, Olympia, WA 98507  
360-943-7413

**Sound Guardianship Inc.– Pam Privette**

PO Box 11695, Olympia, WA 98508  
360-866-1063

## HEALTH CARE SCREENINGS

Cholesterol, diabetes, blood pressure and other health screenings are available. Contact the following for times and locations in your community.

### Mason County:

**Health Care Center**

107 North 8<sup>th</sup>, Shelton, WA 98584  
360-426-9717

**Mason County Senior Activities Center**

826 W. Railroad Avenue, Shelton, WA 98584  
360-426-7374

### Thurston County:

**Providence Plus**

413 Lilly Road NE, Olympia, WA 98506  
360-493-7768

**Senior Services for South Sound**

222 Columbia Street NW, Olympia, WA 98501  
360-586-6181

## HOME CARE REFERRAL REGISTRY

The Home Care Referral Registry is a service provided by the Lewis-Mason-Thurston Area Agency on Aging through a contract with the Aging and Disability Services Administration. The Registry matches clients who qualify for State-funded in-home care with pre-screened and pre-qualified in-home care workers.

### Lewis, Mason, and Thurston Counties:

**Lewis-Mason-Thurston Area Agency on Aging**

4419 Harrison Ave NW, Olympia, WA 98502  
360-664-3162 ext. 143 or toll-free 1-800-970-5456

## HOME CARE SERVICES

A wide range of services that include but are not limited to: case management, physical, occupational and respiratory therapies, speech/language pathology, home health aides, medical/social workers, home care providers, counseling, transportation, respite and nutritional services may be provided on an individualized basis. The cost of services may be covered by Medicare, Medicaid, private insurance or private pay.

### Lewis County:

#### **Advanced Health Care**

406 Lilly Road NE, Suite C, Olympia, WA 98506  
360-459-7888 or toll-free 1-800-690-3330

#### **Anthony Care, LLC**

5317 Atchinson Dr. SE, Olympia, WA 98513  
360-456-0788

#### **Assured Home Health & Hospice and Private Duty Services**

1821 Cooks Hill Road. Suite 200, Centralia, WA 98531  
360-330-2640 or toll-free 1-800-833-9404

#### **Catholic Community Services Long Term Care**

PO Box 1152, Chehalis, WA 98532  
360-345-1100 or toll-free 1-800-642-8021

#### **Help at Home Senior Services**

360-736-9300 or toll-free 1-866-807-9300

#### **Home Instead Senior Care**

1217 Cooper Point Rd. SW, Suite 8, Olympia, WA 98502  
360-570-0049

#### **Korean Women's Association**

417 North Pearl Street, Centralia, WA 98531  
360-736-4310 or toll-free 1-888-508-2728

#### **Providence Sound Home Care & Hospice**

500 SE Washington, Chehalis, WA 98532  
360-330-8585 or toll-free 1-800-869-7062

## HOME CARE SERVICES

### Lewis County cont'd:

**ResCare HomeCare of Washington**

1000 Kresky Ave, Centralia, WA 98531  
360-736-1758 or toll-free 1-888-329-4695

**Right at Home Home Care**

975 Carpenter Rd NE, Suite 101, Olympia, WA 98516  
360-292-7511

**South Sound CBOC VA Clinic**

151 NE Hampe Way Suite B2-6, Chehalis, WA 98532  
1-800-329-8387 option #2

### Mason County:

**Advanced Health Care**

406 Lilly Road NE, Suite C, Olympia, WA 98506  
360-459-7888 or toll-free 1-800-690-3330

**Assured Home Health Care and Hospice Care**

2102 Carriage Dr. SW, Olympia, WA 98502  
360-236-9204 or toll-free 1-800-833-9404

**Assured Private Duty Services**

2102 Carriage Dr. SW, Olympia, WA 98502  
360-236-9204 or toll-free 1-800-833-9404

**Catholic Community Services: LTC Programs**

1716 Olympic Highway N/PO Box 1228  
Shelton, WA 98584  
360-427-2230 or toll-free 1-800-642-8026

**Home Instead Senior Care**

1217 Cooper Point Rd SW., Suite 8, Olympia, WA 98502  
360-570-0049

**Korean Women's Association**

706A Cascade Ave., Shelton, WA 98584  
360-426-9700 or toll-free 1-888-508-2734

**Lean on Me Home Care, LLC**

PO Box 655, Union, WA 98592  
360-545-4321 [www.leanonme.ws](http://www.leanonme.ws)

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Home Care Services

## **HOME CARE SERVICES**

### Mason County, cont'd:

**Providence Sound Home Care and Hospice**  
2146 W. Railroad Avenue, Shelton, WA 98584  
360-426-7928 or toll-free 1-800-869-7062

**ResCare HomeCare of Washington**  
2101 4<sup>th</sup> Avenue E Suite 103, Olympia, WA 98506  
360-570-8000 or toll-free 1-888-329-4695

**South Sound Care Connection**  
790 E John's Prairie Road, Box 1880, Shelton, WA 98584  
360-427-2060 or toll-free 1-888-270-0619

### Thurston County:

**Advanced Health Care**  
3825 Martin Way E, Suite 104, Olympia, WA 98506  
360-459-7888 or toll-free 1-800-690-3330

**Anthony Care, LLC**  
5317 Atchinson Dr. SE, Olympia, WA 98513  
360-456-0788

**Assured Home Health Care & Hospice Care**  
2102 Carriage Dr. SW, Olympia, WA 98502  
360-236-9204 or toll-free 1-800-833-9404

**Assured Private Duty Services**  
2102 Carriage Dr. SW, Olympia, WA 98502  
360-236-9204 or toll-free 1-800-833-9404

**Catholic Community Services: LTC Programs**  
129 Decatur St. NW, Olympia, WA 98502  
360-586-2960 or toll-free 1-800-783-8193

**Help at Home Senior Services**  
360-736-9300 or toll-free 1-866-807-9300

**Home Instead Senior Care**  
1217 Cooper Point Rd SW, Suite 8, Olympia, WA 98502  
360-570-0049

## HOME CARE SERVICES

### Thurston County, cont'd:

**Korean Women's Association**

1302 Homann Dr. SE, Lacey, WA 98503  
360-455-4524 or toll-free 1-888-508-2779

**Maxim Healthcare Services**

1230 Ruddell Road Suites 101 & 102  
Lacey, WA 98503  
360-456-1680 or toll-free 1-866-617-3781

**Olympic Home Care**

2629 Parkmont Lane SW, Suite 101-B,  
Olympia, WA 98502  
360-943-0680 or toll-free 1-855-943-0680

**Providence Sound Home Care and Hospice**

3432 South Bay Road NE, Lacey, WA 98506  
360-459-8311 or toll-free 1-800-869-7062

**ResCare HomeCare of Washington**

2101 4<sup>th</sup> Avenue E Suite 103, Olympia, WA 98506  
360-570-8000 or toll-free 1-888-329-4695

**Right at Home Home Care**

975 Carpenter Rd NE, Suite 101, Olympia, WA 98516  
360-292-7511

**South Sound Care Connection**

222 Columbia Street NW, Olympia, WA 98501  
360-586-4491

**Visiting Angels**

809 Legion Way, Suite 305, Olympia, WA 98507  
360-705-1929

## **HOME HEALTH, MEDICAL & OXYGEN EQUIPMENT**

### Lewis County:

**Adaptive Mobility, Inc.**  
360-753-4445

**Apria Medical**  
1-800-638-0140 toll-free

**Halls Pharmacy**  
505 S Tower, Centralia, WA 98531  
360-736-0703

**Lincare, Inc.**  
355 NW State Suite 2, Chehalis, WA 98532  
360-748-4534 or toll-free 1-800-205-4639

**Twin Cities Senior Center** (medical equipment only)  
360-748-0061

### Mason County:

**Aaro Medical Supply**  
1-800-752-2276 toll-free

**Adaptive Mobility, Inc.**  
360-753-4445

**Apria Medical**  
1-800-638-0140 toll-free

**Gateway Rentals**  
2505 Olympic Highway N, #200, Shelton, WA 98584  
360-426-1091 or toll-free 1-877-426-1091

**Love, INC.** (medical equipment only)  
221 W. Railroad Ave., #10, Shelton, WA 98584  
360-426-LOVE (5683)

**Sound Oxygen Services**  
1-877-269-0405 toll-free



## **HOME HEALTH, MEDICAL & OXYGEN EQUIPMENT**

### Mason County, cont'd:

The following agencies accept and loan out medical equipment at no charge for temporary use:

**Faith in Action/The Haven Medical Equip. Bank**

Faith in Action: 360-275-9115

The Haven: 360-277-0636

### Thurston County:

**Aaro Medical Supply**

1-800-752-2276 toll-free

**Adaptive Mobility, Inc.**

360-753-4445

**Apria Medical**

1-800-638-0140 toll-free

**Care Medical**

3430 Pacific Ave, Suite A5, Olympia, WA 98501

1-800-634-4992 toll-free

**Family Equipment Exchange**

6544 Cedar Flats Road SW, Olympia, WA 98512

360-866-3515

**Kirk's Medical Services**

6906 Martin Way E, Olympia, WA 98516

360-491-1851 or toll-free 1-800-576-5475

406 Yauger Way SW #406-C, Olympia, WA 98502

360-357-2282

**Lincare, Inc.**

1306 Fones Road SE, Olympia, WA 98501

360-923-1985 or toll-free 1-800-391-8145

**Performance Home Medical**

418 Lilly Road NE, Olympia, WA 98506

360-456-4052

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Home Health, Medical & Oxygen Equipment

## **HOME HEALTH, MEDICAL & OXYGEN EQUIPMENT**

### Thurston County, cont'd:

#### **Preferred Medical, Inc.**

2938 Limited Lane NW, Suite D, Olympia, WA 98502  
1-866-236-6375 toll-free

The following agency accepts and loans out medical equipment at no charge for temporary use:

#### **Thurston County Medical Equipment Bank**

360-456-8810

## **HOME REPAIR**

Loans and grants are made available to eligible individuals to maintain the health and safety of the recipients' own home. Volunteers are available to perform home repairs for qualifying clients. Clients generally pay for materials. In some cases, funding is available to purchase some or all of the materials.

### Lewis, Mason, and Thurston Counties:

#### **Catholic Community Services: Volunteer Chore**

360-586-2915

#### **USDA Rural Development**

360-704-7760

### Lewis County:

#### **Community Action Council**

409 N Tower, Centralia, WA 98531  
360-736-1800

## HOME REPAIR

### Mason County:

**Community Action Council**

807 W Railroad, Shelton, WA 98584  
360-426-9726

**Faith in Action Senior Services**

23780 St. Rte. 3, Belfair, WA 98528  
360-275-0535

**Habitat for Humanity**

**A Brush With Kindness Program**  
360-426-8134

### Thurston County:

**Community Action Council**

420 Golf Club Rd. SE, Lacey, WA 98503  
360-438-1100

**Rebuilding Together Thurston County**

PO Box 12822, Olympia, WA 98508  
360-539-7830  
[www.rebuildingtogethertc.org](http://www.rebuildingtogethertc.org)

## HOSPITALS

### Lewis County:

**Morton General Hospital**

521 Adams, Morton, WA 98356  
360-496-5112

**Providence Centralia Hospital**

914 S Scheuber Road, Centralia, WA 98531  
360-736-2803

### Mason County:

**Harrison Medical Center**

21 NE Romance Hill Rd., Belfair, WA 98528  
360-277-2950 Primary Care  
360-277-2975 Urgent Care

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Home Repair—Hospitals

## HOSPITALS

### Mason County, cont'd:

**Mason General Hospital**

901 Mountain View Dr., Shelton, WA 98584  
360-426-1611 or 360-754-5858  
[www.masongeneral.com](http://www.masongeneral.com)

### Thurston County:

**Capital Medical Center**

3900 Capital Mall Drive SW, Olympia, WA 98502  
360-754-5858

**Providence St Peter Hospital**

413 Lilly Road NE, Olympia, WA 98506  
360-491-9480 or toll-free 1-888-492-9480

## HOUSING

### Lewis County:

**Longview Housing Authority**

1207 Commerce Ave, Longview, WA 98632  
360-423-0140

**White Pass Community Services Coalition**

123 W Main / PO Box 789, Morton, WA 98356  
360-496-2322

### Mason County:

**Housing Authority of the City of Bremerton**

Mason County Office  
221 W. Railroad, Suite 3, Shelton, WA 98584  
360-479-3694

### Thurston County:

**Housing Authority of Thurston County**

1206 12th Ave SE, Olympia, WA 98501  
360-753-8292

## **INFORMATION & ASSISTANCE**

Lewis-Mason-Thurston Area Agency on Aging Information & Assistance provides help to individuals to link them with services, to arrange home visits if necessary, to follow up when appropriate, and to aid in service arrangements.

### Lewis County:

**Lewis-Mason-Thurston Area Agency on Aging  
Chehalis Office**

1651 S. Market Boulevard, Chehalis, WA 98532  
360-748-2524 ext. 101 or toll-free 1-888-702-4464

**WIN 2-1-1 Washington Information Network**

2-1-1

### Mason County:

**Lewis-Mason-Thurston Area Agency on Aging  
Shelton Office**

628 W. Alder St. / PO Box 2087, Shelton, WA 98584  
360-427-2225 ext. 101 or toll-free 1-877-227-4696

**North Mason County Resource Center**

23554 NE SR 3 / PO Box 2052, Belfair, WA  
360-275-3652

**WIN 2-1-1 Washington Information Network**

2-1-1

### Thurston County:

**Lewis-Mason-Thurston Area Agency on Aging  
Olympia Office**

4419 Harrison Ave NW, Olympia, WA 98502  
360-664-3162 ext. 133 or toll-free 1-888-545-0910

**WIN 2-1-1 Washington Information Network**

2-1-1

## **INSURANCE COUNSELING**

### Lewis County:

**Insurance Commissioner Consumer Hotline**  
1-800-562-6900 toll-free

**Medicare Hotline**  
1-800-633-4227 toll-free

**Statewide Health Insurance Benefits Advisors  
Helpline (SHIBA)**  
1-800-562-6900 toll-free

### Mason County:

**CHOICE Regional Health Network**  
(for non-Medicare issues only)  
2407 Pacific Avenue SE, Olympia, WA 98501  
360-493-4550 or toll-free 1-800-981-2123

**Insurance Commissioner Consumer Hotline**  
1-800-562-6900 toll-free

**Medicare Hotline**  
1-800-633-4227 toll-free

**Statewide Health Insurance Benefits Advisors  
Helpline (SHIBA)**  
1-800-562-6900 toll-free

### Thurston County:

**CHOICE Regional Health Network**  
(for non-Medicare issues only)  
2409 Pacific Avenue SE, Olympia, WA 98501  
360-493-4550 or 1-800-981-2123 toll free

**Insurance Commissioner Consumer Hotline**  
1-800-562-6900 toll-free

**Medicare Hotline**  
1-800-633-4227 toll-free

**Statewide Health Insurance Benefits Advisors  
Helpline (SHIBA)**  
1-800-562-6900 toll-free

## **KINSHIP CARE SERVICES**

Services are available for grandparents or other relatives raising children, such as information and assistance, support groups, educational events, respite, and emergency assistance.

### Lewis, Mason and Thurston Counties:

#### **Family Education and Support Services**

1202 Black Lake Blvd., Suite B, Olympia, WA 98502  
360-754-7629 or 1-877-813-2828 toll free

[www.familyeducationandsupport.org](http://www.familyeducationandsupport.org)

## **LEGAL SERVICES**

Legal services include advice and representation in civil legal matters such as public entitlements (DSHS, Medicaid, etc.), housing, consumer rights and personal care and safety issues.

### Lewis County:

#### **Legal Aid/Lawyer Referral**

139 NW Chehalis Ave., Chehalis, WA 98532  
360-748-0430

#### **Northwest Justice Project CLEAR \*Sr**

1-888-387-7111 toll free  
1-888-201-9737 (TDD) toll free

[www.nwjustice.org](http://www.nwjustice.org)

[www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)

### Mason and Thurston Counties:

#### **Northwest Justice Project CLEAR \*Sr**

1-888-387-7111 toll free  
1-888-201-9737 (TDD) toll free

[www.nwjustice.org](http://www.nwjustice.org)

[www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)

## MEAL PROGRAMS

Congregate (group) meals are available at the following senior centers and nutrition sites.

### Lewis County:

**Mineral Recreation Site—Mineral Fire Station**

104 Front Street W, Mineral, WA 98355  
360-492-5561

**Morton Senior Center**

103 E Westlake Avenue, Morton, WA 98356  
360-496-3230

**Olequa Senior Center**

119 NW Kerron, Winlock, WA 98596  
360-785-4325

**Packwood Senior Center**

12931 Highway 12, Packwood, WA 98361  
360-494-6331

**Pe Ell Nutrition Site**

**United Methodist Church**

416 1st Street , Pe Ell, WA 98572  
360-291-3636

**Toledo Senior Center**

150 Coal Street, Toledo, WA 98591  
360-864-2112

**Twin Cities Senior Center**

2545 North National Ave, Chehalis, WA 98532  
360-748-0061

**HOME-DELIVERED MEALS**– Services are available which provide nutritious meals to older and disabled adults who are home-bound and meet assessment criteria. Services are intended to maintain or improve the health status of these individuals.

**Lewis County Senior Programs**

**Catholic Community Services**

360-748-0161



## MEAL PROGRAMS

### Mason County:

Congregate (group) meals are available at the following senior centers and nutrition sites.

**Mason County Senior Activities Center**

826 Railroad Avenue, Shelton, WA 98584  
360-426-7374

**Belfair Community Baptist Church**

23300 Washington 3 / PO Box 160, Belfair, WA 98528  
360-275-4898

**HOME-DELIVERED MEALS**– Services are available which provide nutritious meals to older and disabled adults who are home-bound and meet assessment criteria. Services are intended to maintain or improve the health status of these individuals.

**Senior Services for South Sound**

360-427-2060 or 1-888-270-0619– Mason County  
[www.southsoundseniors.org](http://www.southsoundseniors.org)

### Thurston County:

**Lacey Senior Center**

**Senior Services for South Sound**

6757 Pacific Avenue SE, Lacey, WA 98503  
360-407-3967

**Olympia Senior Center**

**Senior Services for South Sound**

222 Columbia Street NW, Olympia, WA 98501  
360-586-6181

**Rainier Senior Center**

108 Michigan SW / PO Box 67, Rainier, WA 98576  
360-446-2258

**Rochester United Methodist Church**

18206 Corvallis Street, Rochester, WA 98579  
360-273-5000

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Meal Programs

## MEAL PROGRAMS

### Thurston County, cont'd:

**Tenino Quarry House**

399 Park Ave. W., Tenino, WA 98589  
360-264-5092

**Tumwater Old Town Center**

215 North 2<sup>nd</sup> Avenue SW, Tumwater, WA 98512  
360-754-4160

**Yelm Adult Community Center**

16530 103<sup>rd</sup> Ave SE, Yelm, WA 98597  
360-458-7733

**Vietnamese Senior Association**

Evergreen Villages  
505 Division St NW, Olympia, WA 98502  
360-943-5505

**HOME-DELIVERED MEALS**– Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria. Services are intended to maintain or improve the health status of these individuals.

**Senior Services for South Sound**

360-586-6181  
[www.southsoundseniors.org](http://www.southsoundseniors.org)

## **MEDICAL & HEALTH SERVICES**

The following clinics provide primary outpatient medical care for residents who cannot afford health care. Persons in life-threatening situations or in serious distress cannot be treated at these clinics and should call 911 or go directly to a hospital emergency room.

### Lewis County:

#### **Valley View Health Center**

2690 NE Kresky Ave, Chehalis, WA 98532  
360-330-9595

#### **Valley View Medical Center – Onalaska Location**

1810 Hwy 508, Onalaska, WA 98570  
360-978-6600

#### **Veteran’s Administration Community Based Outpatient Clinic (services for Veterans only)**

151 NE Hampe Way, Chehalis, WA 98532  
360-748-3049

Diabetes programs and classes are available. Topics include nutrition, meal planning, exercise, insulin and oral diabetes medications, blood glucose monitoring, complications and more.

#### **Providence Centralia Hospital**

##### **Diabetes Education**

1010 Scheuber Rd., Centralia, WA 98531  
360-807-7996

### Mason County:

#### **Health Care Center**

107 N. 8<sup>th</sup>, Shelton, WA 98584  
360-426-9717

Diabetes programs and classes are available. Topics include nutrition, meal planning, exercise, insulin and oral diabetes medications, blood glucose monitoring, complications and more.

#### **Mason General Hospital—Diabetes Education**

910 Mountain View Dr., Shelton, WA 98584  
360-426-1611

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Medical & Health Services

## MEDICAL & HEALTH SERVICES

### Thurston County:

**SeaMar Community Health Center**  
3030 Limited Lane, Olympia WA 98502  
360-491-1399

Diabetes programs and classes are available. Topics include nutrition, meal planning, exercise, insulin and oral diabetes medications, blood glucose monitoring, complications and more.

**Providence St. Peter Hospital: Boldt Diabetes Center**  
413 Lilly Road NE, Olympia, WA 98506  
360-493-7567

## MEDICATION ASSISTANCE RESOURCES

For information and assistance regarding the Low Income Subsidy from Social Security to help pay for prescriptions through the Medicare Part D Prescription Drug Program, contact the LMTA-AA Information & Assistance office in your area:

Lewis County: 360-748-2524 ext. 101  
or toll-free 1-888-702-4464

Mason County: 360-427-2225 ext. 101  
or toll-free 1-877-227-4696

**Prescription Assistance Program**  
360-463-2981

Thurston County: 360-664-3162 ext. 133  
or toll-free 1-888-545-0910

For patient assistance programs through the drug companies:

[www.needymeds.org](http://www.needymeds.org) -or- [www.benefitscheckup.org](http://www.benefitscheckup.org)

## MEMORY WELLNESS

The Memory Wellness Program of the University of Washington and Veteran's Affairs offers an evaluation, lab work, and treatment consultation free of charge to people 55 years of age and older who have concerns about memory.

1-866-683-8813

[www.memorywellness.org](http://www.memorywellness.org)

## MENTAL HEALTH SERVICES

Services may include intake/assessment, crisis intervention, support groups, brief counseling, case monitoring, outpatient, home mental health services and interpretive services as needed.

### Lewis County:

#### **Cascade Mental Health Center**

135 W Main Street, Chehalis, WA 98532  
360-748-6696 or toll-free 1-800-559-6696

#### **National Alliance on Mental Illness (NAMI)**

Lewis County Chapter  
360-807-8278 or 360-785-9668

#### **Valley View Health Clinic**

2690 NE Kresky Ave, Chehalis, WA 98532  
360-330-9595

### Mason County:

#### **Behavioral Health Resources (BHR)**

110 W K Street, Shelton, WA 98584  
360-426-1696 or toll-free 1-800-825-4820

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Memory Wellness—Mental Health Services

## **MENTAL HEALTH SERVICES**

### Mason County, cont'd:

**Capital Clubhouse Recovery Center**

522 Franklin St. SE, Olympia, WA 98501  
360-357-2582

**National Alliance on Mental Illness (NAMI)**

Thurston/Mason Chapter  
360-493-6021 or 360-493-0431

**Providence Sound Home Care & Hospice**

2146 W Railroad Avenue, Shelton, WA 98584  
360-426-7928 or 1-800-869-7062 toll free

**Regional Support Network**

412 Lilly Road NE, Olympia, WA 98506  
360-786-5585

### Thurston County:

**Behavioral Health Resources (BHR)**

3857 Martin Way E, Olympia, WA 98506  
360-704-7170 or 1-800-825-4820 toll free

**BHR Acute Psychiatric Services**

**Evaluation and Treatment Center**

3436 Mary Elder Road NE, Olympia, WA 98506  
360-528-2590

**Capital Clubhouse Recovery Center**

522 Franklin St. SE, Olympia, WA 98501  
360-357-2582

**National Alliance on Mental Illness (NAMI)**

Thurston/Mason Chapter  
360-493-6021 or 360-493-0431

## **MENTAL HEALTH SERVICES**

### Thurston County, cont'd:

**Providence St Peter Hospital: Psych Services**

413 Lilly Road NE, Olympia, WA 98506  
360-493-7060

**Providence Sound Home Care & Hospice**

3432 South Bay Road NE, Olympia, WA 98506  
360-459-8311 or 1-800-869-7062 toll free

**Regional Support Network**

412 Lilly Road NE, Olympia, WA 98506  
360-786-5585

## **NURSE CONSULTATION**

Registered nurses are available to answer health questions, provide physician referrals and registration for hospital sponsored health classes.

### Lewis, Mason and Thurston Counties:

**MEDnurse**

**Capital Medical Center**

1-888-MED-5101 toll free

**Providence PLUS**

**Providence St Peter Hospital**

360-493-7768

## **OMBUDSMAN PROGRAM for LONG-TERM CARE**

For concerns regarding long-term care facilities, patients' rights, problem resolution, complaints, and resources available to residents of long-term care facilities in Lewis, Mason and Thurston Counties contact:

**Regional Long-Term Care Ombudsman Program**  
360-943-6018

**State Long-Term Care Ombudsman Program**  
1-800-562-6028 toll-free

## **PERSONAL EMERGENCY RESPONSE SYSTEM**

Emergency alert response systems allow elderly, handicapped and chronically ill people to be more confident living independently at home. The small remote control unit, which has a button to be pressed in case of need, works through the telephone.

### Lewis, Mason and Thurston County:

**Computerized Services, Inc. (CSI)**  
360-491-2206 or toll-free 1-800-230-7249

**CST your Link to Life**  
1-888-557-4462 toll-free

**Phillips Lifeline**  
1-800-368-2925 toll-free

**Safe @ Home**  
1-800-608-2388 toll-free



## SENIOR CENTERS

Call the individual centers for a current schedule of events, classes, and meal services.

### Lewis County:

**Morton Senior Center**

103 Westlake, Morton, WA 98356  
360-496-3230

**Olequa Senior Center**

119 SW Kerron, Winlock, WA 98596  
360-785-4325

**Packwood Senior Center**

12931 Highway 12, Packwood, WA 98361  
360-494-6331

**Toledo Senior Center**

150 Coal Street, Toledo, WA 98591  
360-864-2112

**Twin Cities Senior Center**

2545 North National Ave, Chehalis, WA 98531  
360-748-0061

### Mason County:

**Mason County Senior Activities Center**

826 Railroad Avenue, Shelton, WA 98584  
360-426-7374

### Thurston County:

**Senior Services for South Sound**

**LACEY Senior Center**

6757 Pacific Avenue SE, Lacey, WA 98503  
360-407-3967

[www.southsoundseniors.org](http://www.southsoundseniors.org)

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Senior Centers

## SENIOR CENTERS

### Thurston County, cont'd:

#### **Senior Services for South Sound**

##### **OLYMPIA Senior Center**

222 Columbia St NW, Olympia, WA 98501

360-586-6181

[www.southsoundseniors.org](http://www.southsoundseniors.org)

##### **Rainier Senior Center**

108 Michigan Street SW, Rainier, WA 98576

360-446-2258

##### **Tumwater Old Town Center**

215 North 2<sup>nd</sup> Avenue SW, Tumwater, WA 98512

360-252-5467

##### **Yelm Adult Community Center**

16530 103<sup>rd</sup> Ave SE, Yelm, WA 98597

360-458-7733

## SENIOR COMPANIONS

Senior Companions are trained adult volunteers, age 55 yrs. & older, who give families much needed relief for three to four hours per week on a regularly scheduled basis. There is no charge to participants; serving adults 18 yrs. of age and older.

### Thurston County:

#### **Senior Companion Program**

PO Box 667, 508 Eighth Street

Hoquiam, WA 98550

1-888-532-9542

## SOCIAL SECURITY

### Lewis, Mason, and Thurston Counties:

#### **Social Security Administration—Lewis County**

1821 Cooks Hill Rd Suite 100, Centralia, WA 98531

360-330-2866 or 1-800-772-1213 toll free

#### **Social Security Administration**

402 Yauger Way SW, Olympia, WA 98502

1-866-755-6199

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Senior Resource Directory 2012-2013

## **SUPPORT GROUPS**

Support groups provide education and help patients and families develop coping strategies related to particular diseases, illnesses or situations. Participation in these groups provides members with an opportunity to share their feelings and concerns. For information on currently active support groups, please call:

### Lewis County:

**Crisis Clinic**

360-586-2800 or toll-free 1-800-627-2211

**Lewis-Mason-Thurston Area Agency on Aging  
Chehalis Office**

1651 S. Market Boulevard, Chehalis, WA 98532  
360-748-2524 ext.101 or toll-free 1-888-702-4464

**Providence Plus**

360-493-7768

### Mason County:

**Crisis Clinic**

360-586-2800 or toll-free 1-800-627-2211

**Lewis-Mason-Thurston Area Agency on Aging  
Shelton Office**

628 W. Alder St. / PO Box 2087, Shelton, WA 98584  
360-427-2225 ext. 101 or toll-free 1-877-227-4696

**Providence Plus**

360-493-7768

### Thurston County:

**Crisis Clinic**

360-586-2800 or 1-800-627-2211 toll free

**Lewis-Mason-Thurston Area Agency on Aging  
Olympia Office**

4419 Harrison Ave NW, Olympia, WA 98502  
360-664-2168 ext. 133 or 1-888-545-0910

**Providence Plus**

360-493-7768

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Support Groups

## **TELEPHONE REASSURANCE**

A program to reassure persons living alone that they will be contacted daily. If there is no answer, action is taken to discover if an emergency exists and to notify designated people.

### Lewis, Mason and Thurston County:

**Care Checkers LLC**

1-888-477-0435

**SafetyNet Services**

360-275-9385

### Mason County:

**CLC**

360-877-6480

### Lewis County:

**TeleCare**

360-262-3545

## **TRANSPORTATION**

These services include scheduled and available-on-request transportation to medical facilities, shopping areas, senior centers and other essential locations. Personalized assistance is available for those who qualify.

### Lewis County:

**Catholic Community Services: Volunteer Chore**

360-586-2915 or toll-free 1-855-827-6803

**Catholic Community Services**

**Senior Transportation**

360-748-0161

**Community Action WorkSource**

Service from Longview to Toledo/Chehalis (Wal-Mart)

1-800-383-2101 toll-free

**Cowlitz Tribe Transportation**

360-232-8585

## TRANSPORTATION

### Lewis County, cont'd:

#### **Lewis Mountain Highway Transit**

Fixed bus route from Packwood to Chehalis/Centralia and back.

360-496-5404 or toll-free 1-800-994-8899

#### **Paratransit Services (Medicaid Clients only)**

1-800-846-5438 toll-free

1-800-934-5438 (TDD only) toll-free

#### **Seattle VA Puget Sound Health Care System**

Marty, DAV coordinator

206-762-1010 or toll-free 1-800-329-8387

Press 1 after voice mail recording comes on and enter extension #62564 when prompted.

#### **Twin Transit**

360-330-2072

### Mason County:

#### **American MediCar Services**

360-352-0342

#### **Catholic Community Services: Volunteer Chore**

360-586-2915

#### **Faith In Action**

23780 St. Rte. 3, PO Box 2697, Belfair, WA 98528

360-275-0535

#### **Horizon Medical Transportation**

360-491-6983

#### **Mason County Transit Authority**

360-427-5033 or toll-free 1-800-374-3747

360-427-0268 (TTD/TTY)

#### **Paratransit Services (Medicaid Clients Only)**

1-800-846-5438 or 1-800-934-5438 (TDD only)

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Transportation

## TRANSPORTATION

### Mason County, cont'd:

**Rural Transportation**

1-800-650-7846

[www.transpro.org](http://www.transpro.org)

**Seattle VA Puget Sound Health Care System**

206-762-1010 or 1-800-329-8387 toll-free

Press 1 after voice mail recording comes on and enter extension #62564 when prompted.

**The Patty Wagon**

360-427-0202

Email: [thepattywagon@rocketmail.com](mailto:thepattywagon@rocketmail.com)

### Thurston County:

**Catholic Community Services: Volunteer Chore**

360-586-2915

**Dial-A-Lift**

360-754-9393 or 1-800-244-6846 toll-free

**Intercity Transit**

360-786-1881 or 1-800-287-6348 toll-free

360-943-5211 (TTY)

**Intercity Transit Rider Update Line**

360-705-5851

[www.intercitytransit.com](http://www.intercitytransit.com)

**Paratransit Services (Medicaid Clients Only)**

1-800-846-5438 or 1-800-934-5438 (TDD only)

**Rural and Tribal Transportation**

Rochester, Tenino, Bucoda 1-800-650-7846

**Seattle VA Puget Sound Health Care System**

206-762-1010 or 1-800-329-8387 toll-free

Press 1 after voice mail recording comes on and enter extension #62564 when prompted.

## TRANSPORTATION

### Thurston County, cont'd:

#### **Senior Services for South Sound**

(Rural transportation for south Thurston County)

360-586-6181

#### **Yelm Adult Community Center**

360-458-7733

## TRIBAL SERVICES

Each of the local tribes listed below provides a wide array of services for tribal members. These may include nutrition programs, health care, congregate meals, family caregiver support programs, transportation and elder centers. Please contact the individual tribes listed below for detailed information on services offered.

#### **Chehalis Confederated Tribes**

420 Howanut Rd

Oakville, WA 98568

Main Office: 360-273-5911

Clinic: 360-273-5504

Social Services: 360-273-5821

#### **Cowlitz Tribe**

107 Spencer Rd

Toledo, WA 98591

Housing: 360-864-7000

Transportation: 360-864-8585

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Transportation—Tribal Services

## **TRIBAL SERVICES**

### **Nisqually Tribe**

4820 She-Nah-Num Drive  
Olympia, WA 98513  
Main Office: 360-456-5221  
Elders Building: 360-486-9546  
Clinic: 360-459-5312  
Social Services: 360-456-5221

### **Skokomish Tribe**

N 80 Tribal Center Road  
Shelton, WA 98584  
Main Phone: 360-426-4232  
Clinic: 360-426-5755  
Social Services: 360-273-5821

### **South Puget Intertribal Planning Agency (SPIPA)**

3104 SE Old Olympic Highway  
Shelton, WA 98584  
Main Phone: 1-800-924-3984 or 360-426-3990

### **Squaxin Island Tribe**

SE 70 Squaxin Lane  
Shelton, WA 98584  
Main Office: 360-426-7780  
Transportation Hub: 360-432-0921  
Clinic: 360-427-9006  
Senior Lunch: 360-432-3854  
Kamilche Dental: 360-427-1784  
Housing Authority: 360-426-4641



## **UTILITY BILL ASSISTANCE**

These programs offer information and assistance with paying utility bills. Persons must be income eligible.

### Lewis County:

**Community Action Council**

409 N Tower, Centralia, WA 98531

360-736-1800 or toll-free 1-800-952-8012

### City Utility Assistance Programs:

(If your town is not listed, call your local city hall for information)

Centralia      360-330-7657

Chehalis      360-748-6664

Morton      360-496-6881

### Mason County:

**Community Action Council**

728 W Railroad, Shelton, WA 98584

360-426-9726

**PUD #3**

307 W Cota, Shelton, WA 98584

360-426-8255

### City Utility Assistance Programs:

(If your town is not listed, call your local city hall for information)

Shelton      360-426-4491

### Thurston County:

**Community Action Council**

420 Golf Club Rd. SE, Lacey, WA 98503

360-438-1100

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Utility Bill Assistance

## UTILITY BILL ASSISTANCE

### Thurston County, cont'd:

City Utility Assistance Programs:

(If your town is not listed, call your local city hall for information)

Lacey	360-491-5616
Olympia	360-753-8340
Rainier	360-446-2265
Tenino	360-264-2368
Tumwater	360-754-4133
Yelm	360-458-3244

Lewis, Mason, and Thurston Counties: - Medicaid Only

**Washington Telephone Assistance Program**

Medicaid clients only: toll-free 1-888-700-8880

## VETERAN'S AFFAIRS

### Lewis County:

**Lewis County Veterans Relief Fund**

360-740-1223

**Disabled American Veterans**

206-220-6225

**South Sound Community Based Outpatient Clinic**

151 NE Hampe Way, Chehalis, WA 98532

360-748-3049

**Veteran's Service Officer**

360-740-7889

**WA State Department of Veterans Affairs**

360-725-2167 or toll-free 1-800-562-2308

## **VETERAN'S AFFAIRS**

### Mason County:

**Mason County—Veterans Assistance Fund**

360-426-4546

**Disabled American Veterans**

206-220-6225

**Vietnam Veterans of America—WA State Council**

206-220-6731

**WA State Department of Veterans Affairs**

360-725-2167 or 1-800-562-2308 toll free

### Thurston County:

**Disabled American Veterans**

206-220-6225

**South Sound Community Based Outpatient Clinic**

Centralized Call Center

1-800-329-8387 #2

**Thurston County—Veterans Assistance Fund**

360-867-2625

**Vietnam Veterans of America—WA State Council**

206-220-6731

**WA State Department of Veterans Affairs**

360-725-2167 or 1-800-562-2308 toll free

### Lewis, Mason & Thurston County:

**American Lake VA Hospital**

**Geriatric Research and Evaluation Clinic**

Free diagnostic testing, medical evaluations, resource referral for adults—veteran & non-veteran—with suspected Alzheimer's Disease or other memory disorders.

253-583-2033

## **VOLUNTEER OPPORTUNITIES**

### Lewis County:

**United Way Retired & Senior Volunteer Program (RSVP)**  
360-748-8100

### Mason County:

**United Way Retired & Senior Volunteer Program (RSVP)**- to volunteer in Mason County contact the Thurston County United Way RSVP office at:  
360-943-2773 ext. 21  
[www.unitedway-thurston.org/RSVP.php](http://www.unitedway-thurston.org/RSVP.php)

### Thurston County:

**Senior Companion Program**  
PO Box 667, 508 Eighth Street, Hoquiam, WA 98550  
1-888-532-9542

**United Way Retired & Senior Volunteer Program (RSVP)**  
360-943-2773 ext. 21  
[www.unitedway-thurston.org/RSVP.php](http://www.unitedway-thurston.org/RSVP.php)

### Lewis, Mason, and Thurston Counties:

**The Volunteer Center**  
360-741-2622  
[www.volunteer.ws](http://www.volunteer.ws)

**Catholic Community Services Volunteer Chöre**  
360-586-2915 or toll-free 1-800-783-8193

## **RESIDENTIAL CARE FACILITIES**

When people are no longer able to care for themselves in their own homes, a move, either temporary or permanent, may be necessary. There are many long-term care options available depending upon what type of care is needed. Residential care includes retirement residences, adult family homes, assisted living/boarding home facilities, and skilled nursing facilities.

The Long Term Care Ombudsman program (page 42) has trained volunteers who listen to questions and concerns and act as advocates, protecting the rights of residents in long-term care settings.

## **ADULT FAMILY HOMES**

Adult family homes are licensed family homes with up to 6 residents. Basic services provided are room, board, laundry, necessary supervision, and various personal care and social services. Nursing care, allowed by licensure, may be provided in homes operated by an LPN or RN. Some homes accept only private pay residents, however, a number of licensed facilities contract with the state for care of state-funded residents.

Adult family homes are too numerous to list in this directory. For a listing of Adult Family Homes, call:

**DSHS Aging & Disability Services Administration**  
360-725-2300 or toll-free 1-800-422-3263

## **ASSISTED LIVING FACILITIES & BOARDING HOMES**

Assisted Living facilities vary considerably in services offered. Each facility is different and may provide services such as bathing, dressing and assistance with medications in addition to room, board, housekeeping, laundry and recreational activities. Each resident may have a private or semi-private apartment-like unit with a private or shared bathroom. Many also provide social services, transportation and medical personnel on staff.

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RESIDENTIAL CARE FACILITIES– Adult Family Homes,  
Assisted Living Facilities & Boarding Homes

## **ASSISTED LIVING FACILITIES & BOARDING HOMES**

These facilities house 6 or more residents and are designed for persons who need assistance and/or supervision with daily activities. They offer board, room, medication management, arranging for medical services if necessary, and coordinating transportation to community services. There may be no medical personnel on staff.

### Lewis County:

#### **Chehalis West**

478 NW Quincy Place, Chehalis, WA 98532  
360-748-9911

#### **Cooks Hill Manor**

2010 Cooks Hill Road, Centralia, WA 98531  
360-330-2010

#### **Guest Only Care Center**

1215 S Tower Avenue, Centralia, WA 98531  
360-330-2496

#### **Heritage House**

860 W Main Avenue, Morton, WA 98356  
360-496-6699

#### **Sharon Care Center Assisted Living**

1509 Harrison Avenue, Centralia, WA 98531  
360-736-0112

#### **Stillwaters Colonial Residence**

2700 Colonial Drive, Centralia, WA 98531  
360-736-1551

## **ASSISTED LIVING FACILITIES & BOARDING HOMES**

### Mason County:

#### **Haven in Allyn**

180 E Wheelwright Street / PO Box 928, Allyn, WA 98524

360-277-0636

[haveninallyn@yahoo.com](mailto:haveninallyn@yahoo.com)

#### **Alpine Way Retirement Apartments**

900 W Alpine Way, Shelton, WA 98584

360-426-2600

[www.encorecommunities.com](http://www.encorecommunities.com)

#### **Maple Glen Assisted Living Community**

1700 N 13th Loop Road, Shelton, WA 98584

360-427-0300

[www.spring-hill.net](http://www.spring-hill.net)

### Thurston County:

#### **Bonaventure of Lacey Senior Living Community**

4528 Intelco Loop SE, Lacey, WA 98503

360-455 8500

#### **East Haven Villa**

311 Cullen Road, Yelm, WA 98597

360-458-2800

#### **The Lodge at Roo-Lan**

1530 Carpenter Road SE, Lacey, WA 98503

360-455-9256

#### **Merrill Gardens at Olympia Retirement Center**

616 Lilly Road NE, Olympia, WA 98506

360-456-0601

#### **Olympics West Retirement Inn**

929 Trospen Road SW, Tumwater, WA 98512

360-943-9900

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RESIDENTIAL CARE FACILITIES– Assisted Living Facilities &  
Boarding Homes

## **ASSISTED LIVING FACILITIES & BOARDING HOMES**

### Thurston County, cont'd:

**Panorama Assisted Living**

1751 Circle Lane SE, Lacey, WA 98503  
360-438-7539

**Rosemont Ret. and Asst. Living Community**

215 Killion Road NW, Yelm, WA 98597  
360-458-1800

**Sequoia Assisted Living Community**

825 Lilly Road NE, Olympia, WA 98506  
360-491-0491

**West Woods Assisted Living**

828 McPhee Road SW, Olympia, WA 98502  
360-956-3396

**Woodland Ret. and Asst. Living Community**

4532 Intelco Loop SE, Lacey, WA 98503  
360-528-3253

## **DEMENTIA SPECIAL CARE CENTERS**

### Helpful numbers:

**Alzheimer's Association:** 1-800-848-7097

**Alzheimer's Society:** 1-800-493-3959

**Alzheimer's Hotline:** 1-800-848-7097

In addition to the services provided in "typical" Assisted Living facilities, these centers focus on dementia care.

### Lewis County:

**Guest Only Care Center**

1215 S. Tower Avenue, Centralia, WA 98531  
360-330-2496



## DEMENTIA SPECIAL CARE CENTERS

### Lewis County, cont'd:

**Sharon Care Center**

1509 Harrison Avenue, Centralia, WA 98531  
360-736-0112

### Mason County:

**Alpine Way Retirement Apartments**

900 West Alpine Way, Shelton, WA 98584  
360-426-2600  
[www.encorecommunities.com](http://www.encorecommunities.com)

**Fir Lane Health & Rehabilitation Center**

2430 North 13th, Shelton, WA 98584  
360-426-1651

### Thurston County:

**Clare Bridge of Olympia**

420 Yauger Way SW, Olympia, WA 98502  
360-236-1400

**Bonaventure of Lacey Senior Living Community**

4528 Intelco Loop SE, Lacey, WA 98503  
360-455-8500

**East Haven Villa**

311 Cullen Road, Yelm, WA 98597  
360-458-2800

**Garden Courte Memory Care Community**

626 Lilly Road NE, Olympia, WA 98506  
360-491-4435

**Hampton Alzheimer Special Care Center**

1400 Trospen Road SW, Tumwater, WA 98512  
360-786-6062

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RESIDENTIAL CARE FACILITIES– Dementia Special Care  
Centers

## DEMENTIA SPECIAL CARE CENTERS

### Thurston County, cont'd:

**The Lodge at Roo-Lan**

1530 Carpenter Road SE, Lacey, WA 98503  
360-455-9256

**Panorama Convalescent & Rehabilitation**

Gentle Care Wing  
1704 Sleater-Kinney Road, Lacey, WA 98503  
360-456-0111 ext. 4200

**Providence Mother Joseph Care Center**

3333 Ensign Road NE, Olympia, WA 98506  
360-493-4900

## RETIREMENT RESIDENCES

Retirement residences are non-licensed facilities that vary considerably in services offered. Each facility is different and may provide services such as room, board, housekeeping, laundry, transportation, and recreational activities. Each resident usually has a private apartment-like unit with a private bathroom.

### Lewis County:

**Stillwaters Estates**

2800 Cooks Hill Road, Centralia, WA 98531  
360-736-4744

**Woodland Estates**

2100 SW Woodland Circle, Chehalis, WA 98532  
360-748-0095

### Mason County:

**Alpine Way Retirement Apartments**

900 W Alpine Way, Shelton, WA 98584  
360-426-2600

[www.encorecommunities.com](http://www.encorecommunities.com)

## **RETIREMENT RESIDENCES**

### Thurston County:

**Bonaventure of Lacey Senior Living Community**

4528 Intelco Loop SE, Lacey, WA 98503  
360-455-8500

**Capital Place Retirement Residence**

700 Black Lake Boulevard SW, Olympia, WA 98502  
360-357-9922

**The Colonial Inn**

3730 14th Avenue SE, Olympia, WA 98501  
360-459-9110

**The Firs Retirement Living Community**

426 Lilly Road NE, Olympia, WA 98506  
360-456-3477

**Jubilee at Hawks Prairie**

4236 Bainbridge Courte NE, Lacey, WA 98516  
360-491-5900

**Olympics West Retirement Inn**

929 Trospen Road SW, Tumwater, WA 98512  
360-943-9900 or 360-352-0311

**Panorama City Retirement Living**

1751 Circle Lane SE, Lacey, WA 98503  
360-456-0111

**Rosemont Retirement & Assisted Living Comm.**

215 Killion Road NW, Yelm, WA 98597  
360-458-1800

**Woodland Retirement & Assisted Living Comm.**

4532 Intelco Loop SE, Lacey, WA 98503  
360-528-3253

## **SKILLED NURSING & REHAB FACILITIES**

In the State of Washington skilled nursing facilities are licensed, certified, and surveyed by DSHS. These facilities provide 24 hour nursing care, personal care, therapy, supervised nutrition, organized activities, social and laundry services, as well as room and board in an environment regulated by building and life safety codes. In addition to caring for private pay patients, nursing centers may be certified to participate in the Medicare and Medicaid programs, or to contract with the Veterans' Administration for care to eligible veterans. Several nursing centers provide specialized care for mentally and/or developmentally disabled individuals. DSHS will provide a list of current facilities and the latest survey. They can be reached by calling:

### **DSHS Residential Care Services**

1-800-422-3263 toll-free

### Lewis County:

#### **Liberty Country Place**

917 S Scheuber Road, Centralia, WA 98531

360-736-9384

#### **Riverside Nursing & Rehabilitation Center**

1305 Alexander, Centralia, WA 98531

360-736-2823

#### **Providence Transitional Care Unit**

914 S Scheuber Road, Centralia, WA 98531

360-330-8703

#### **Sharon Care Center**

1509 Harrison Avenue, Centralia, WA 98531

360-736-0112

## **SKILLED NURSING & REHAB FACILITIES**

### Mason County:

**Fir Lane Health and Rehabilitation Center**

2430 North 13<sup>th</sup> Street, Shelton, WA 98584  
360-426-1651

**Shelton Health & Rehabilitation Center**

153 Johns Court, Shelton, WA 98584  
360-427-2575

### Thurston County:

**Evergreen Nursing and Rehab Center**

430 Lilly Rd NE, Olympia, WA 98506  
360-491-9700

**Olympia Manor**

1811 22<sup>nd</sup> Avenue SE, Olympia, WA 98501  
360-943-0910

**Panorama Convalescent & Rehab Center**

1704 Sleater-Kinney Road SE, Lacey, WA 98503  
360-456-0111 ext. 4200

**Providence Mother Joseph Care Center**

3333 Ensign Road NE, Olympia, WA 98506  
360-493-4900

**Puget Sound Healthcare Center**

4001 Capital Mall Drive SW, Olympia, WA 98502  
360-754-9792

**Roo-Lan Health Care Center**

1505 Carpenter Road SE, Lacey, WA 98503  
360-491-1765

## **MEDICAID & C.O.P.E.S**

NOTICE: The information given here is based on the current rules of the Department of Social and Health Services at the time of printing. Specific questions and financial eligibility requirements should be addressed by your local Home and Community Services Office of DSHS.

### **QUESTIONS & ANSWERS ON MEDICAID**

**Q: I may need help to pay for nursing home care. What are the Washington Medicaid program's financial eligibility requirements for such help?**

*A: Both your income (such as Social Security, VA benefits and wages) and your resources (such as real estate, bank accounts and stocks) must be within limits set by the State and Federal government.*

**Q. I have enough income to pay the Medicaid nursing home rate and also to pay my regular medical expenses. But, I don't have enough to pay the amount charged by the nursing home for "private pay" residents. Can I get help from Medicaid?**

*A: You may be eligible for Medicaid, and you should apply. If you qualify, the nursing home will charge you the lower Medicaid rate instead of the private-pay rate.*

**Q. I am married and my spouse is about to enter a nursing home. If my spouse applied for Medicaid, will I be able to keep enough of our income to meet my living expenses?**

*A: When one spouse goes into a nursing home, Medicaid may allow the spouse who remains at home to keep a certain income. The amount depends on how much gross income you have and how much you must pay for the following shelter expenses: rent or mortgage, real estate taxes, and homeowners or renters insurance.*

## QUESTIONS & ANSWERS ON MEDICAID

**Q: What about our resources when my spouse enters a nursing home?**

*A: All resources belonging to both spouses will be considered together. It does not matter which spouse owns what resources or whether a resource is community or separate property. (A transfer of resources to the spouse at home may be required after Medicaid coverage is approved.) In addition, the spouse at home can keep all of the resources that are “exempt” under the rules described below, and there is no limit on the value of a home, a car, household goods, or personal effects that the spouse at home can keep.*

**Q: What are exempt resources?**

*A: Some resources are considered exempt and, therefore, are not counted toward the resource limits. Exempt resources can include your home, household goods and personal effects, real estate sales contracts, a car, life insurance with a face value not more than \$1,500, most burial plots and some pre-paid burial plans, and certain other property and items used for self-support. Some of these are described in more detail below.*

*Also, note that some non-exempt resources that cannot be quickly sold are disregarded until they are sold.*

**Q: When is a home exempt?**

*A: As long as a Medicaid recipient, a spouse, or in some cases, a dependent or disable relative, continues living in the home, the home is an exempt resource, unless the value of the home exceeds \$500,000. If you go into a nursing home and have no spouse or other dependent or disabled relative living in your home, the home will still be exempt if you state that you intend to return to it. However, in some situations, the state retains the right to place a lien on the home. You may also be*

## QUESTIONS & ANSWERS ON MEDICAID

*entitled to have a certain amount of your monthly income set aside for up to six months to maintain your home while receiving Medicaid benefits for your nursing home care.*

### **Q: When is a sales contract exempt?**

*A: The seller's interest in any sales contract entered into before December 1, 1993 is an exempt resource unless it is transferred. A sales contract entered into after November 30, 1993 is exempt only if it was received for the sale of one's home and includes fair market terms.*

### **Q: When is a car exempt?**

*A: If your spouse is in a nursing home, one car is exempt no matter how much it is worth.*

### **Q: When is life insurance exempt?**

*A: Term Life Insurance is totally exempt. Whole life insurance is exempt if the total face value (the amount payable at death) of the policy or policies is not more than \$1,500 of life insurance. If the face value of an individual's life insurance is more than \$1,500, the entire cash surrender value (the amount the life insurance company will pay if the policy is cancelled) is counted as a non-exempt resource. (This means it will count as part of the \$2,000 allowed for resources for the spouse applying for Medicaid.)*

### **Q: When are burial funds and spaces exempt?**

*A: A burial fund of \$1,500 for an individual (and an additional \$1,500 for a spouse) is exempt if it is set aside in a clearly designated account to cover burial expenses. If an individual has life insurance, the cash value*



## QUESTIONS & ANSWERS ON MEDICAID

*of the life insurance may count as part of the individual's burial fund.*

*An irrevocable trust for burial expenses or a pre-paid burial plan may be claimed as exempt as long as it does not exceed reasonably anticipated burial expenses. However, the value of such a trust or plan will count against the exemption for burial funds or life insurance.*

*Burial expenses for Medicaid recipient and for immediate family members are exempt no matter how much they are worth.*

**Q: When are household goods and other personal effects exempt?**

*A: Household furniture, other household goods, as well as clothing, jewelry, and other personal care items are exempt no matter how much they are worth.*

**Q: Can I give away any property without affecting my Medicaid eligibility?**

*A: Rules for Transfers to a Spouse*

*There is no Medicaid penalty if you transfer property to your spouse before you apply for Medicaid Nursing Home coverage. However, the resources of both husband & wife will be considered together in determining Medicaid eligibility.*

*Rules for Transfers to Non-Spouses*

*There is no penalty if you sell your property for a fair price. If you can prove to DSHS that a transfer was not made for the purpose of qualifying for Medicaid, no period of ineligibility will be imposed. Also, DSHS may waive a period of ineligibility if it finds that denial of benefits will cause undue hardship.*

*Exempt resources, other than the home or a sales contract, may be given to anyone without the penalty.*

## QUESTIONS & ANSWERS ON MEDICAID

*A home may be transferred without penalty **ONLY** to:*

- *A spouse;*
- *A child who either has lived in the home and cared for the parent for the two years before the date of the parent's institutionalization, or is under 21, or blind, or permanently disabled;*
- *A brother or sister who has an equity interest in the home and has lived there at least one year immediately before the date of their sibling's institutionalization.*

*The person making the transfer does not need to live in the home at the time of the transfer to one of the above people.*

### **Q: Will Medicaid have a lien against my estate?**

*A: If, at the time of death, a Medicaid recipient does not have a spouse or surviving child who is under 21 or blind or disabled, Medicaid will recover from the recipient's estate hospital and prescription drug services related to the se long-term care services after the recipient turned 55.*

*If a Medicaid recipient dies with a surviving spouse or a surviving child who is under 21 or blind or disabled, Medicaid cannot recover from the recipient's estate until the death of the surviving spouse or child– but has no claim against the estate of the surviving spouse or child.*

**QUESTIONS & ANSWERS ON COMMUNITY  
OPTIONS PROGRAM ENTRY SYSTEM  
(C.O.P.E.S.)**

**Q: What is COPES?**

*A: COPES is the Medicaid program which is designed to allow people to remain in their home and receive in-home and community-based services. Clients can receive certain Medicaid covered medical services in their home, in an assisted living/boarding home facility, or in an adult family home.*

**Q: Who is eligible for COPES?**

*A: Anyone who has personal care needs, is over 18 years old and meets the functional and financial eligibility criteria as determined by DSHS.*

*Individuals may receive COPES services in their own home, a licensed assisted living/boarding home facility or a licensed adult family home.*

**Q: What does the COPES Program provide?**

*A: Persons eligible for COPES have the following services available to them: congregate care, assisted living care, adult family home care, personal care by an attendant, home health, adult day care services, transportation, environmental modifications, emergency response systems, and home delivered meals.*

**QUESTIONS & ANSWERS ON COMMUNITY  
OPTIONS PROGRAM ENTRY SYSTEM  
(C.O.P.E.S.)**

Contact the following agencies for more information on COPES services:

Lewis County:

**DSHS Home and Community Services**  
360-748-2287 or toll-free 1-800-487-0360

**Lewis-Mason-Thurston Area Agency on Aging  
Information & Assistance - Chehalis office**  
360-748-2288 ext. 101 or toll-free 1-888-702-4464

Mason County:

**DSHS Home and Community Services**  
360-664-9050 or toll-free 1-800-462-4957

**Lewis-Mason-Thurston Area Agency on Aging  
Information & Assistance - Shelton office**  
360-427-2225 ext. 101 or toll-free 1-877-227-4696

Thurston County:

**DSHS Home and Community Services**  
360-664-9050 or toll-free 1-800-462-4957

**Lewis-Mason-Thurston Area Agency on Aging  
Information & Assistance - Olympia office**  
360-664-3162 ext. 133 or toll-free 1-888-545-0910

## **FINANCING LONG-TERM CARE**

Costs for health care services can be high, and long-term care is no exception. There are several ways a person can pay for this care. Most often payment is through a combination of sources. These may include the individual's own financial resources, retirement, pensions or veteran's benefits, private insurance, Medicaid, Medicare, or other government programs. Most of the community services that allow a person to remain at home are available on an income based sliding fee schedule. The actual cost will depend on the individual's specific needs and the number of services required to meet those needs. If a person's needs change, there may be a corresponding need for change in residence and services.

Qualifications, regulations and coverage for the various payment sources are extremely complex and should be examined on an individual basis. Contrary to popular belief, Medicare and most private insurance companies' policies do not pay for extended nursing home care, but can help defray the cost of other medical needs.

Further information can be obtained from the sources listed at the end of this chapter. Also, you can receive information and explanations of the various types of coverage by contacting your SHIBA representative.

### **A Word About SHIBA Helpline**

SHIBA stands for Statewide Health Insurance Benefits Advisors, a group of volunteers who have been helping Washington's senior citizens since 1980. SHIBA is a program sponsored by the state Office of the Insurance Commissioner to teach concerned citizens about Medicare, Medicare supplement insurance, long-term care insurance, consumer protection and general health insurance issues. These volunteers reach out to Washington citizens through free consultations.

For a consultation on insurance coverage contact:

**Statewide Health Insurance Benefits  
Advisors Helpline (SHIBA)  
1-800-397-4422 toll-free**

## LEGALITIES

It is very important for you to have a say in how decisions will be made for you if you cannot make the decisions yourself. One way to protect this basic right is to make sure you have legal documents specifying what you want to happen if you lose the ability to make your own decisions. Without these documents, someone may have to file for a guardianship if you can no longer handle your own affairs. A guardianship can be expensive and can take a long time. It is much less flexible than documents you can create for yourself.

There are alternatives to guardianship, which are discussed below. The best way to make sure you get what you want, though, is to create documents while you can that make your wishes clear. If you are incapacitated, you may not be able to express what you want.

The following is a brief outline of some of the tools available to preserve and promote your ability to make your wishes known and to keep decisions about your affairs as informal and flexible as possible. **This informational outline is not a substitute for legal advice.** For specific questions about your situation, you should consult an attorney. Seniors 60 and older and low income people seeking legal advice can call the Northwest Justice Project's toll-free statewide advice and referral CLEAR lines. CLEAR is Washington's centralized intake, advice and referral service for low-income people seeking free legal assistance with civil legal problems. You can begin the screening process by calling our toll-free phone number or through CLEAR\*Online. Both lines operate weekday mornings from 9:15 am to 12:20 pm.

**CLEAR** - (under 60) 1-888-201-1014

**CLEAR\*Sr.** - (60+) 1-888-387-7111

[www.nwjustice.org](http://www.nwjustice.org)

You can also get free legal information, brochures, and do-it-yourself forms at:

[www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)

## LEGALITIES– Financial Decisions

### PROTECTING YOUR RIGHTS

The following options are available as long as you understand the purpose and effect of what you are signing:

#### FINANCIAL DECISIONS

##### Powers of Attorney and Durable Powers of Attorney

For more information, and for do-it-yourself forms and instructions, use “Questions and Answers on Powers of Attorney” at [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org). If you do not have access to the Internet at home, all Timberland Regional libraries have free internet.

- A **Power of Attorney** is a document in which a competent adult (known as the “principal”) legally authorizes another person (known as the “agent” or “attorney-in-fact”) to act on the principal’s behalf. ***A power of attorney does not give the agent power to act in ways the principal does not want. THE PRINCIPAL ALWAYS HAS THE LAST WORD.***

The document defines the “powers” that the agent is authorized to perform. These can include management of all or part of the principal’s finances, personal affairs, and/or health care decisions. A power of attorney can have specific instructions, guidelines, or limitations. It can designate an alternate agent in case the primary agent becomes unable or unwilling to serve.

- A **Durable Power of Attorney** is a power of attorney which specifically provides that the agent’s powers will endure even if the principal becomes incapacitated. A power of attorney without a “durable provision” will become ineffective if the principal becomes incapacitated.

Durable powers of attorney can become effective immediately upon signing or upon disability. It is important to understand that the principal does not lose the ability to sign and manage his or her own affairs. Rather, both the principal and the agent have these powers. If the durable power of attorney becomes effective only upon the principal’s disability, the agent cannot act until the principal becomes (cont’d)

## LEGALITIES– Financial Decisions

### PROTECTING YOUR RIGHTS

“disabled” as defined by the power of attorney. There can be problems if the power of attorney does not define “disability”. In Washington, you are presumed to be capable to make decisions unless and until a court of law decides otherwise. So, if your power of attorney says it is only effective when you are disabled or incapacitated, but does not explain what you mean by that (for example, “by statement signed from my treating doctor”), the agent may have to go to court to use the power of attorney.

A **Power of Attorney** or **Durable Power of Attorney** must be signed. You can take special steps if a person is mentally competent but can't sign their name. If an impairment has affected the quality of penmanship, but the person can still sign with a mark that they consider to be their signature, no notary is required. The mark considered to be one's signature is legally sufficient, no matter how inelegant its appearance. It may be a good idea, however, to have a mark notarized or witnessed if it is difficult to read in case an argument arises about whether or not the person really signed. If the person cannot make a mark at all, a notary can sign on their behalf. (See [RCW 42.44.080\(2\)](#) for how this must be done.) A power of attorney is easier to enforce if the principal's signature is notarized, although this is not a legal requirement unless it will be used for real estate transactions (e.g., to buy, sell, or borrow money on land or a home).

It is important to talk to the agent you want to appoint first in order to make sure the person is willing to serve as your agent and understands what your wishes are. It is also important to give the agent a copy of the power of attorney once it is signed. A power of attorney does no good if you put it away where the agent cannot easily find or access it. A power of attorney does not need to be filed with the county unless or until it will be used for real estate transactions. If it is filed with the county, any revocation (canceling the power of attorney) must also be filed.

Powers of attorney and durable powers of attorney can be terminated in two ways: by revocation or upon the death of (cont'd)

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Senior Resource Directory 2012-2013



## LEGALITIES– Financial Decisions

### PROTECTING YOUR RIGHTS

the principal. A principal who revokes a power of attorney should notify every person and agency that received a copy that the power of attorney is terminated. A power of attorney is no longer in effect once the principal dies. It **is not** a substitute for a will.

Powers of attorney are options for individuals who know someone trusted, dependable and reliable. An agent should have the skills to follow through on what is expected and the ability to ask for help when needed. Washington law allows anyone with an interest to file a court action to enforce a power of attorney or look into concerns about whether an agent is doing the job well. For more information, see RCW 11.94. As a general rule, however, there is no formal oversight of an agent. If you suspect abuse or exploitation by an agent, you should call the Adult Protective Services Division of the Department of Social and Health Services (APS) at 1-877-734-6277. **Note: Powers of Attorney are not recognized by the Social Security Administration. Social Security has another process by which to appoint a representative, which is addressed later in this section.**

#### Trusts

A **Trust** is a legal arrangement where an item of property or money is held by a “trustee” for the benefit of another “beneficiary”. The trustee distributes the trust property or money to the beneficiary in accordance with the trust’s rules and guidelines. A trustee could be one or more individuals or a company such as a bank. Like powers of attorney, trusts can be designed to become effective immediately or upon the occurrence of an event, such as incapacity. Trusts can be effective and flexible estate planning tools. But because they can be costly to create and manage, trusts are generally more useful when there are a substantial amount of assets. Trusts can drastically affect Medicaid eligibility or have tax consequences. If you are considering a trust, you should consult an attorney with expertise in the areas of trust and estate planning, tax and Medicaid law.

## **LEGALITIES– Healthcare Decisions**

### **PROTECTING YOUR RIGHTS**

The following options are available as long as you understand the purpose and effect of what you are signing:

#### **HEALTHCARE DECISIONS**

##### **Health Care Directive to Physician (Living Wills)**

Washington State law allows you to create and use a document known as a **Health Care Directive**, commonly referred to as a **Living Will**. A Health Care Directive has an extremely narrow application. It gives directions to your physician and family regarding care and treatment that relate to the use of life sustaining procedures if you are terminally ill or in a permanently unconscious state. The directive can include specific directions. The directive is not a substitute for a durable power of attorney, described above. You can get more information and do-it-yourself forms and instructions through “Questions and Answers about Living Wills” at [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org). If you do not have access to the internet at home, all Timberland libraries have free internet.

Only an adult acting completely voluntarily and with understanding can execute a Health Care Directive. Women of child-bearing age must include special language. You must sign and date your Directive in front of two impartial witnesses who are not related and do not provide health care to you. They must sign the document, too. You should give a copy to your physician, health care provider and hospital. In addition, it is wise to discuss your wishes with your family and let them know where you keep your Directive.

##### **Durable Health Care Powers of Attorney**

A health care power of attorney is a power of attorney that specifically addresses health care concerns. You can have a power of attorney for both financial and health matters, or you can have separate powers of attorney. If you have more than one agent, the document(s) must address who has priority in case of a disagreement. Read the prior section on powers of attorney. The only difference here is that the agent would be limited to (cont'd)

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Senior Resource Directory 2012-2013

# **LEGALITIES– Healthcare Decisions & Guardianship**

## **PROTECTING YOUR RIGHTS**

to decisions impacting your health care. You should clarify in a health care power of attorney whether the powers include financial matters related to health care, such as getting or changing medical or life insurance, paying medical bills, etc. You should choose an agent who knows you well enough to make the kinds of health care decisions you would make for yourself. The document can be tailor-made to make the agent's decision-making power as limited or as general as the principal wants. Similar to the financial power of attorney, the law requires that a power of attorney must specifically state that the agent's powers are "durable" if the power of attorney is to remain in effect after the principal becomes incapacitated.

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### **GUARDIANSHIP**

A person may need a guardianship when the alternatives to guardianship are not available or will not address the individual's needs. Guardianship should be a last option because it seriously compromises personal autonomy and can be costly and time consuming.

#### **Guardianship**

A guardianship is a legal action that authorizes a surrogate decision maker for an individual that the court finds to be incapable of making decisions and/or managing personal and/or financial affairs. The legislative intent behind the guardianship law was that individuals' "liberty and autonomy should be restricted through the guardianship process only to the minimum extent necessary to adequately provide for their own health or safety, or to adequately manage their financial affairs." The legal process involved is designed to balance the individual's civil liberties (i. e., the right to autonomy and self-determination) against the need to protect the individual. The court document governing a guardianship is usually called an "Order of Appointment". It will state what decisions the guardian is authorized to make. (cont'd)

## **LEGALITIES– Guardianship**

### **PROTECTING YOUR RIGHTS**

Unlike a power of attorney, a **guardianship gives the guardian priority** over the incapacitated person for decisions covered by the Order of Appointment.

A determination of incapacity is a legal and not a medical decision. It is based upon proof that the person does not have the capacity to manage their financial affairs and/or matters relating to their health, safety and well being. In the language of the law, the person must have demonstrated that he cannot or is not managing his “estate” (financial) or “person” (health/safety). Age, eccentricity, poverty, or medical diagnosis alone is not enough to justify a finding of incapacity.

The court can appoint a guardian for the person, the person’s financial estate, or both. A guardian for the person can be appointed when the individual is at significant risk of personal harm based on demonstrated inability to adequately provide for food, health, housing, or physical safety. A guardian for the estate can be appointed when the court determines that the individual is at significant risk of financial harm based upon a demonstrated inability to adequately manage his/her own property or financial affairs.

A guardianship can be full or limited. A full guardianship authorizes a guardian to make all the decisions allowed by law for an incapacitated person. A limited guardianship specifies limited areas where the guardian shall make decisions for the incapacitated person. The person may make all other decisions for him/herself. Ideally, the guardianship should be tailor-made to address only the individual’s specific needs and deficits; an individual should retain as much control over his/her own life as possible.

## **LEGALITIES– Representative Payee**

### **PROTECTING YOUR RIGHTS**

#### **REPRESENTATIVE PAYEE SYSTEM**

The representative payee system may offer a low cost solution to financial management when an individual gets federal benefits. A representative payee (RP) is a person or organization authorized to receive and manage a person's government benefits. The RP must act in the recipient's best interests. The government agency administering the benefits can appoint an RP for a person who is mentally or physically incapacitated. The agency does not require a finding of incapacity by a court of law. The recipient can terminate the RP relationship by proving through medical evidence that he is capable of managing his funds.

Several federal agencies provide for RP appointment. The programs include Social Security (retirement and disability), Supplemental Security Income (SSI) veterans' benefits, and civil service and railroad retirement pensions. DSHS has a similar system; ask the caseworker.

Drawbacks to the RP system are the lack of judicial oversight and procedural safeguards over the RP's actions. There is potential for undetected exploitation. The individual has no control over the benefit while there is no guarantee that the RP will act in the individual's best interest or make appropriate financial judgments. The RP is required to make periodic reports to the agency issuing the benefit describing how the money was spent. These reports may be audited; however, misuse of funds may go unnoticed or unreported. Concerned parties should report suspected or discovered financial abuse or neglect to the agency issuing the benefit and to Adult Protective Services Division of the Department of Social and Health Services for investigation. Intentional bad faith or deprivation of basics necessities may subject the RP to criminal prosecution.

## **LEGALITIES– Representative Payee**

### **PROTECTING YOUR RIGHTS**

#### **Money Management Programs**

Money management programs cover the broad range of services from direct bank account deposits and automatic withdrawals for paying certain bills, to personal money management services. Individuals can especially benefit from these services if they have no one willing, nearby, or responsible enough to act as an agent. Money management programs can also work for individuals who need some help with financial management, but without sufficient assets to make a trust worthwhile, or who do not want the restrictions imposed by a trust.

#### **Washington’s Health Care Consent Statute**

The health care consent statute at RCW 7.70.065 allows certain relatives to make most health care decisions for an individual who does not have a Power of Attorney covering health care decisions, a Directive to Physician (Living Will), or a guardian. In order for the statute to apply, the individual must be “not competent” to make informed health care decisions as defined by guardianship statutes.

Relatives have this authority in this order of priority: spouse, adult children, parents, and adult siblings. If there is more than one person in a category (e.g., two children), they must all agree. The relative(s) have a legal duty to make decisions consistent with what the individual would have done under the circumstances. If they don’t know what the individual would want, they must act in the individual’s best interests.

### **ACKNOWLEDGEMENTS**

1. *Health and Financial Decisions: Legal Tools for Preserving Personal Autonomy*, Commission on Legal Problems of the Elderly, American Bar Association, reprinted 1992.
2. This article borrows substantially from the Representative payee and Money management sections of: Stiegel, Lori A., *Introduction to Alternatives to Guardianship*, American Bar Association Commission on Legal Problems of the Elderly (1994).
3. Northwest Justice Project
4. Columbia Legal Services
5. Frankie Sokso, DSHS Home and Community Services

## **DONATION FORM**

**If you would like to donate toward the cost of this Directory please cut out & return this form to:**

**Lewis-Mason-Thurston  
Area Agency on Aging**  
4419 Harrison Ave NW  
Olympia, WA 98502

or call:

360-664-3162 ext. 133  
1-888-545-0910 ext. 133

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Enclosed is a donation in the amount of:

\$ \_\_\_\_\_

If you would like a receipt please include:\*\*\*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

***-Thank you for your support!***

**\*\*\*this information will be held in strict confidentiality and will be used solely for the purpose of generating a receipt.**

# **Donation Form**





## **INDEX**

Abuse.....	2
Adult Day Care.....	2
Adult Family Homes .....	55
Alcohol & Drug Abuse Treatment.....	3-4
Assisted Living Facilities & Boarding Homes .....	55-58
Case/Care Management .....	4-6
Conflict Resolution .....	6
C.O.P.E.S. Questions & Answers .....	69-70
Crisis Intervention .....	7-8
Cultural Services .....	8
Dementia & Memory Wellness.....	9
Dementia Special Care Centers.....	58-60
Dental Care .....	9-11
Disability Services .....	12-15
Eye Care .....	15
Family Caregiver Support Program.....	16
Financial Decisions .....	73-75
Financing Long-Term Care .....	71
Food Banks.....	17-19
GLBTQIA .....	19
Guardianship.....	77-78
Guardianship Services .....	20
Health Care Screenings .....	21
Healthcare Decisions .....	76-77
Home Care Referral Registry .....	21
Home Care Services .....	22-25
Home Health, Medical & Oxygen Equipment .....	26-28
Home Repair .....	28-29
Hospitals .....	29-30
Housing.....	30
Information & Assistance .....	31
Insurance Counseling .....	32
Kinship Care Services.....	33

(cont'd)

# INDEX

(cont'd)

Legal Services .....	33
Legalities: Protecting Your Rights .....	72
Meal Programs .....	34-36
Medicaid Questions & Answers .....	64-68
Medical & Health Services .....	33
Medication Assistance Resources .....	38
Memory Wellness .....	39
Mental Health Services .....	39-41
Nurse Consultation .....	41
Ombudsman Program for Long-Term Care .....	42
Personal Emergency Response System.....	42
Representative Payee.....	79-80
Retirement Residences.....	60-61
Senior Centers.....	43-44
Senior Companions .....	44
Skilled Nursing & Rehabilitation Facilities .....	62-63
Social Security .....	44
Support Groups .....	45
Telephone Reassurance .....	46
Transportation.....	46-49
Tribal Services .....	49-50
Utility Bill Assistance .....	51-52
Veteran's Affairs .....	52-53
Volunteer Opportunities .....	54



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