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# Overlake Hospital Senior Care Services

All of the services listed below are provided by the Senior Care Department at Overlake Hospital Medical Center. Please contact us at: **425-688-5800** to receive further information. You may also visit our website at: [www.overlakehospital.org/seniorcare](http://www.overlakehospital.org/seniorcare)

**Caregiver Support Services:** A variety of supportive services are available from staff, and/or in collaboration with other community agencies. Bi-monthly caregiver support groups are held in Bellevue and on Mercer Island. Support groups and educational classes that focus on those caring for someone with Alzheimer's disease or other types of dementia are available as well. Several published resources (including this guide) provide information on community resources. Our free newsletter, **Care Sharing**, publishes current articles on caregiving and information on events and classes.

**Case Management:** Community Case Management (CCM) is provided by Senior Care Social Workers. CCM is a free services available to clients who are 65 years or older, have at least one Overlake physician and have complex medical and/or social needs. Although much information and assistance can be provided by phone, our Social Workers can also make home visits to evaluate safety, assess clients' needs, and provide education about community resources to enable them to maintain their independence in their home setting as long as possible.

**Care Transitions:** This is a nationally recognized program designed to ensure patients have a smooth transition from hospital to home. The Care Transition Coach meets with patients in the hospital, makes one home visit, and then three follow up phone calls within the first month after discharge from the hospital. The goal is to ensure patients have a good understanding of their medications and a system for medication management; and, to be able to recognize warning signs and symptoms early so they can call their doctor's office before their condition becomes more serious.

**Community Nursing Services:** Senior Care's nurse practitioner collaborates with Overlake physicians to help improve access to healthcare for seniors living in specific nursing homes and assisted living facilities. Our nurse practitioner makes regular visits to assess patients' needs and coordinate their care. These services are especially beneficial to patients with urgent needs and/or patients who have physical difficulty going to a doctor's office in person for medical attention.

**Connections:** This is a special program for people 60+ who have an Overlake physician. Once enrolled, members are eligible to receive a free subscription to the bi-monthly **Connections** newsletter, attend bi-monthly luncheons which feature a variety of expert speakers on health related topics, access to health and wellness classes, receive insurance counseling and education about other community resources.

**Educational Offerings/Special Events:** Senior Care has an Education Coordinator who arranges classes on numerous health and lifestyle topics to help support Overlake patients. Among others, topics include health insurance, financial planning, living wills, dealing with dementia and how to manage chronic health conditions. These classes are held at City University in Bellevue, in Eastside senior centers and at the YMCA. Senior Care also hosts the **Active Senior Fair** every March at the Westminster Chapel in Bellevue.

**Senior Health Centers:** There are two Senior Health centers located in Bellevue and Mercer Island. The clinics are staffed by a team of four geriatric physicians, a social worker, a pharmacist and a RN clinical coordinator. The healthcare providers are dedicated to providing high quality care with longer appointment times and thorough medication review. They also focus on wellness and prevention to promote quality of life.

## Resources for Respite Care Services

**American Parkinson Disease Association** (206) 277-5516

The APA's new program a "Caregiver's Day Off," provides 20 hours of respite care a year for unpaid caregivers of a family member with Parkinson's disease. The caregiver must live in the same home as the person with Parkinson's, and a physician must confirm the diagnosis of Parkinson's. Funds for this program are on a first come, first serve basis.

**Department of Social & Health Services (DSHS)** (206) 341-7750

DSHS has two programs that will help pay for in-home care. The COPES program is for low or no income clients needing nursing level care at home. Medicaid is available for clients who receive Supplemental Security Insurance. For more information you can call: **DSHS Home and Community Services office, 206-341-7750, press option 6 and leave a message;** or visit their website at: [www.aasa.dshs.wa.gov](http://www.aasa.dshs.wa.gov).

**Family Caregiver Support Program** (425) 899-3200

This program is for unpaid caregivers providing full-time care to an older adult or disabled person. Financial aid will be given to provide respite care at home or in an adult day center, as well as helping with other resources like caregiver support groups, counseling and training on caregiver topics. To participate, the caregiver completes a Personal Caregiver Survey and a Tailored Caregiver Assessment Tool. From these assessments caregivers receive a one-on-one consultation and support. The care is reimbursed using a sliding scale fee structure based on the income of the care recipient.

# Volunteer Care Services

The following programs provide volunteers to help caregivers in a variety of ways. A volunteer may come to the home once or twice a week for several hours and give short-term respite care and may provide help with light housekeeping, meal preparation, and companionship. **There are no charges for these services. Volunteers cannot help with or perform medical procedures.**

## Faith in Action

**(425) 369-9120**

Volunteers assist residents of the Issaquah, Sammamish and Snoqualmie Valley areas with light housekeeping, chores, transportation and other needs. Although not specifically designed for respite, the services offered provide support to caregivers.

## Jewish Family Service

**(206) 461-3240**

Volunteers can offer telephone reassurance and in-person visits to older adult clients of Jewish Family Services.

# Private Pay In-home Care

Private agencies offer several different types of paid services. These services range from companionship, chore services, personal care, and a full range of home health services. Generally, agencies have a minimum set amount of hours for which you must hire an employee, but offer an unlimited amount of continuous hours that can be contracted for at any time. Medicare and most health insurance plans do not cover these fees. If the person you are caring for has **long term care insurance**, the plan may cover these fees. In-home care agencies bond and insure their employees for your safety.

A Caring Hand	(425) 254-2577	acaringhandofwa.com
A Helping Hand	(206) 686-7440	ahelplinghandnw.com
AccentCare	(206) 248-1292	accentcare.com
All About Care	(425) 678-8400	allaboutcarenow.com
Amicable Health Care	(206) 246-0550	amicablehealth.net
Andelcare	(425) 283-0408	andelcare.com
Best Sitters	(425) 837-8200	bestsitters.com
BrightStar	(425) 679-0310	brightstarcare.com

Capability Homecare	(425) 679-5770	capabilityhomecare.com
CareForce	(206) 337-2260	careforce.com
Catholic Community Svcs	(800) 722-3479	ccsww.org
Club 24	(206) 547-2424	club24seniorcare.com
Companion Care	(425) 488-7575	companioncareofwa.com
Comprehensive Home & Companion Services	(425) 275-5858	CHCServices.com
Family Best Care	(425) 646-2373	familybestcare.com
Family Resource Home Care	(425) 455-2004	familyresourcehomecare.com
Fedelta Care Solutions	(425) 454-4548	fedeltahomecare.com
Harvard Partners	(425) 822-6979	harvardpartners.org
Health People	(425) 454-1947	healthpeople.com
Help Unlimited	(425) 455-9393	careathomeseattle.com
Home and About	(425) 775-2676	homeandabout.com
Home Care Associates	(206) 861-3193	homecareassoc.org
HomeCare Solutions	(206) 579-9779	
Home Helpers Eastside	(425) 481-9988	homehelpers.cc
Home Instead Senior Care	(425) 454-9744	homeinstead.com
Homewatch Caregivers	(425) 889-2627	homewatchcaregivers.com
HomeWell Senior Care	(206) 440-5500	homewellseniorcare.com
Jodem Home Health Care	(425) 643-8101	jodeminc.com

Kin On	(206) 652-2330	kinon.org
MasterCare In Home Svcs	(888) 529-2122	mastercareinhomeservices.com
Maxim Companion Svcs	(425) 643-0200	maximhealthcare.com
My New Friend	(425) 822-1072	mynewfriend.com
One More Daughter	(206) 255-5940	onemoredaughter.com
ResCare Home Care	(425) 289-1257	rescarehomecare.com
Right At Home	(425) 818-7744	rightathome.net/bellevue
Senior Helpers	(425) 454-2094	seniorhelpers.com
Service Alternatives Inc.	(425) 870-4014	my-homecare.com
Sound Options	(800) 628-7649	soundoptions.com
Synergy HomeCare	(425) 462-5300	synergyhomecare.com
Visiting Angels	(425) 828-4500	visitingangels.com
With a Little Help	(206) 352-7399	withalittlehelp.com

# Adult Day Care

Adult day centers provide an opportunity for your family member to socialize outside the home in a well-supervised setting. These centers provide assistance with daily living skills, offer a variety of activities; and, hot lunches are also available. Some programs may accept payment from Medicare, Medicaid or the Seattle-King County Respite Program. For more information on adult day centers, call: **Washington Adult Day Services Association, 206-461-3899**, or visit their website at: **www.adultday.org**.

## **Circle of Friends (425) 454-8585**

Programs for Russian speaking and other Slavic language participants. Two shifts: 9:30 a.m. to 1:30 p.m. and 11:30 a.m. to 3:30 p.m. Offering adult day care and adult day health care. Activities are provided along with lunch and a snack.

## **Elder and Adult Day Services (425) 867-1799 eads-cares.org**

Programs offered weekday from 10 a.m. to 2 p.m. Costs are based on the person's income who is attending the program. Many funding sources are accepted. Minimum participation is one day weekly with no drop-ins.

## **Elderwise (206) 325-0471 elderwise.org**

Programs include art work, exercise and socializing. Monday through Friday 10 a.m. to 2 p.m. Serves nutritious vegetarian meals.

## **Full Life (206) 528-5315 fulllifecare.org**

Formerly Elderhealth Northwest, Full Life provides four different sites throughout King County offering adult day care programs:

<b>Downtown Seattle Adult Day Health Center:</b>	<b>(206) 467-7033</b>
<b>North Seattle Adult Day Health Center:</b>	<b>(206) 528-5300</b>
<b>South King County Adult Day Health Center:</b>	<b>(425) 227-9095</b>
<b>South Seattle Adult Day Health Center:</b>	<b>(206) 721-3634</b>

## **Kokoro Kai (206) 323-7100 nikkeiconcerns.org**

The program days and times are Monday, Wednesday and Friday from 10:00 a.m. to 2:30 p.m. Fees range from \$30 to \$34 per day. Serving Japanese-American and Asian community.

## **Legacy House Adult Day Care (206) 292-5184**

Primarily serves Asian seniors, provides multi-lingual staff and offers an Asian meal service. Monday through Friday 10 a.m. to 2 p.m. They will accept Medicaid.

## **Northshore Adult Day Center (425) 488-4821 northshoreseniorcenter.org**

Program hours are from 10 a.m. to 3 p.m. weekdays. There is a maximum daily fee of \$56, with a sliding fee available. The program accepts respite program and COPES payment. No drop-ins.

**Overlake Terrace** (425) 883-0495 overlaketerraceseniorliving.com  
Dementia-focused adult day care offered 7 days a week. Costs are \$15 an hour with a four hour minimum. Advance reservation required.

**Polack Adult Day Center/  
Caroline Kline Galland Home** (206) 725-8800  
The center provides social, recreational and health services to Jewish seniors over the age of 60. Costs are based on a sliding fee scale and COPES funded clients are accepted. Program hours are Monday through Thursday 9:30 a.m. to 2:30 p.m.

**Senior Social Program** (206) 275-7843  
A part of the Mercer Island's Senior Adult Services, the Senior Social Program provides adult day care Tuesdays and Thursdays from 10 a.m. to 2 p.m. Social and recreational activities are offered along with a hot lunch. Cost is \$45 daily for Mercer Island residents and \$50 for non-residents.

**Sno Valley Adult Day  
Health Program** (425) 333-4152 snovalleysenior.org  
Serving the Snoqualmie Valley. Program hours are from 9:30 a.m. to 2:30 p.m. Cost is \$65 per day. Medicaid, state respite accepted and limited scholarships are available. Onsite nursing care, a hot meal and local transportation are provided.



## Assisted Living

Some assisted living communities provide respite care on a space-available basis offering temporary placement for your family member. Lengths of stay are flexible and booking needs to be done in advance.

**Aegis of Bellevue** (425) 453-8100 [aegisofbellevue.com](http://aegisofbellevue.com)  
148 102<sup>nd</sup> Ave SE, Bellevue, WA 98004

**Aegis of Bothell** (425) 487-3245 [aegisofbothell.com](http://aegisofbothell.com)  
10605 NE 185th Street, Bothell, WA 98011

**Aegis of Issaquah** (425) 392-8100 [aegisofissaquah.com](http://aegisofissaquah.com)  
780 NW Juniper, Issaquah, WA 98027

**Aegis of Kirkland** (425) 823-7272 [aegisofkirkland.com](http://aegisofkirkland.com)  
13000 Totem Lake Blvd. Kirkland, WA 98033

**Aegis Lodge (in Kirkland)** (425) 814-2841 [aegislodge.com](http://aegislodge.com)  
1269 116<sup>th</sup> Ave NE, Kirkland, WA 98034

**Aegis of Redmond** (425) 883-4000 [aegisofredmond.com](http://aegisofredmond.com)  
7480 West Lake Sammamish Parkway NE, Redmond, WA 98052

**Aljoya of Mercer Island** (206) 230-0150 [aljoya.com](http://aljoya.com)  
2430 76<sup>th</sup> Ave SE, Mercer Island, WA 98040

**Belletini, The** (425) 450-0800 [thebelletini.com](http://thebelletini.com)  
1115 108<sup>th</sup> Ave NE, Bellevue, WA 98004

**Bellewood Retirement Living** 425-391-2880 [bellewood.com](http://bellewood.com)  
3710 Providence Point Dr SE, Issaquah, WA 98029

**Cascade Plaza** (425) 885-4157 [cascadeplaza.com](http://cascadeplaza.com)  
7950 Willows Road NE, Redmond, WA 98052

**Chateau at Bothell Landing** (425) 485-1155 [chateau-bothell-landing.com](http://chateau-bothell-landing.com)  
17543 102nd NE, Bothell, WA 98011

**Chateau at St. Laurent** (800) 960-1944 [chateau-st-laurent.com](http://chateau-st-laurent.com)  
17543 102<sup>nd</sup> Ave NE, Bothell, WA 98011

**Crossroads Retirement Community** (425) 641-4900 [crossroadsretirement.com](http://crossroadsretirement.com)  
15750 NE15th Street, Bellevue, WA 98008

**Emeritus of Bellevue** (425) 401-0300 [emeritus.com](http://emeritus.com)  
15241 NE 20th Bellevue, WA 98007

**Emeritus of Kirkland** (425) 803-6911 [emeritus.com](http://emeritus.com)  
6505 Lakeview Drive NE, Kirkland, WA 98033

**Emeritus at Renton Villa** (425) 226-8977 [emeritus.com](http://emeritus.com)  
71 SW Victoria, Renton, WA 98055

**Evergreen Court** (425) 455-4333 [myevergreencourt.com](http://myevergreencourt.com)  
900 124th Ave NE, Bellevue, WA 98005

**Fairwinds - Brittany Park** (425) 402-7100 [leisurecare.com](http://leisurecare.com)  
17143 133<sup>rd</sup> Ave NE, Woodinville, WA 98072

**Fairwinds Redmond** (425) 455-8100 [leisurecare.com](http://leisurecare.com)  
9988 Avondale Road NE, Redmond, WA 98052

**Gardens at Town Square** (425) 688-1900 [eraliving.com](http://eraliving.com)  
933 111th Ave. NE, Bellevue, WA 98004

**Gencare Renton at The Lodge** (425) 793-8080 [gencarelifestyle.com](http://gencarelifestyle.com)  
1600 Eagle Ridge Drive South, Renton, WA 98055

**Madison House** (425) 821-8210 [mhretirement.com](http://mhretirement.com)  
12215 NE 128th Street, Kirkland, WA 98034

**Marymoor, The** (425) 556-9398 [themarymoor.com](http://themarymoor.com)  
4585 West Lake Sammamish Parkway NE, Redmond, WA 98052

**Merrill Gardens at Island House** (206) 236-0502 [merrillgardens.com](http://merrillgardens.com)  
7810 SE 30<sup>th</sup> St, Mercer Island, WA 98040

**Merrill Gardens at Kirkland** (425) 828-2570 [merrillgardens.com](http://merrillgardens.com)  
201 Kirkland Ave, Kirkland, WA 98033

**Merrill Gardens** (425) 235-6400 merrillgardens.com  
**at Renton Centre**  
104 Burnett Ave South, Renton, WA 98057

**Merrill Gardens** (425) 483-7953 merrillgardens.com  
**at The Creekside**  
18200 Woodinville-Snohomish Rd NE, Woodinville, WA 98072

**Overlake Terrace** (425) 883-0495 overlakeseniorliving.com  
2956 152nd Avenue NE, Redmond, WA 98052

**Patriots Glen, LLC** (425) 373-1161  
1640 148th Avenue SE, Bellevue, WA 98008

**Peters Creek** (425) 869-2273 peterscreek.com  
14431 Redmond Way, Redmond, WA 98052

**Red Oak** (425) 888-7108 redoakretirement.com  
650 East North Bend Way, North Bend, WA 98045

**Regency Newcastle** (425) 453-4508 regencynewcastle.com  
7454 Newcastle Golf Club Road, Newcastle, WA 98059

**Spiritwood at Pine Lake** (425) 313-9100  
3607 228th Avenue SE, Issaquah WA 98029

**Spring Estates** (425) 481-4200 emeritus.com  
7221 NE 182nd Street, Kenmore, WA 98028

**Sunrise of Bellevue** (425) 401-5152 sunriseseniorliving.com  
15928 NE 8th Bellevue, WA 98008

**Sunrise of Mercer Island** (206) 232-6565 sunriseseniorliving.com  
2959 76th Avenue SE, Mercer Island, WA 98040

**Timber Ridge at Talus** (425) 427-5200 timberridgelcs.com  
100 Timber Ridge Way NW, Issaquah, WA 98027

**University House** (425) 557-4200 eraliving.com  
22975 SE Black Nugget Road, Issaquah, WA 98029

Vineyard Park  
at Bothell Landing

(425) 485-8900

[vineyardpark.net](http://vineyardpark.net)

10519 East Riverside Drive, Bothell, WA 98011



**OVERLAKE** Hospital Medical Center  
Medical excellence every day™

# Care SHARING

**CareSharing newsletter is a free publication produced three times a year by the Senior Care Department of Overlake Hospital. This newsletter provides caregivers with the latest news, classes, resources and events on the Eastside. Sign-up now for your free subscription by calling (425) 688-5800 or email us at: [seniorcare@overlakehospital.org](mailto:seniorcare@overlakehospital.org)**

## Skilled Nursing Facilities

This alternative offers temporary placement for your family member if you need a short break or a vacation. You will be expected to pay privately for this care. It is crucial that you contact the facility ahead of time as facilities provide respite care on a space available basis only. Be sure to ask what services they provide and what services you will need and what the costs are. It is important to make sure to ask what the minimum length of stay is to ensure this fits your needs.

**Briarwood Health Center** (425) 427-5200 [briarwoodslcs.com](http://briarwoodslcs.com)  
Minimum stay 2 weeks. Daily rate \$332 per day for 2011.

**Cascade Vista Convalescent Center** (425) 885-0808 [cascadevista.com](http://cascadevista.com)  
Minimum stay one week. Daily rate starts at \$200.00 a day.

**Covenant Shores Health Center** (206) 268-3052  
Minimum stay 7 days. Room and board starts at \$318.00 per day.

**Kin On** (206) 721-3630 [kinon.org](http://kinon.org)  
Room and board for private room is \$233.00.

**Kline Galland Home** (206) 725-8800 [klingalland.org](http://klingalland.org)  
Minimum stay based on insurance plan. Rate for private room is \$290.00 a day, semi-private rooms available.

**Life Care Center of Bothell** (425) 481-8500 [lcca.com](http://lcca.com)  
Minimum stay 10 days. Daily rate from \$225 - \$300.

**Life Care Center of Kirkland** (425) 823-8371 [lcca.com](http://lcca.com)  
One week minimum stay. Daily rate from \$325 (semi-private room) - \$450 (private room).

**Mercer Island Care & Rehabilitation** (206) 232-600  
No minimum stay. Daily rates \$230 (semi-private room) \$272 (private room).

**Mission Healthcare at Bellevue** (425) 641-1166 [missionhc.com](http://missionhc.com)  
Minimum stay 7 days (must be pre-paid). Daily rate \$230 (semi private room) \$280 (private).

**Mt. Si Transitional Health Center** (425) 888-2129 regencypacificinc.com

No minimum stay. Daily rate \$241 (semi-private room) \$273 (private room).

**North Creek Health & Rehabilitation** (425) 486-7174 eaglehealthcare.net

No minimum stay. Daily rate starts \$220 (semi private room).

**Providence Marianwood** (425) 391-2873 providencemarianwood.org

Respite care available for 5 days. Room and board for a shared room starts at \$304.

**Regency at Renton Rehabilitation Center** (425) 226-4610 regencypacificinc.com

Minimum stay 5 days. Daily rate starts at \$225.

**Seattle Keiro** (206) 423-1806 nikkeiconcerns.org

Two week minimum stay.

**Talbot Center for Rehabilitation and Healthcare** (425) 226-7500 evergreenhealthcare.com

Minimum stay one to two weeks. Private room \$271 per day, \$248 per day for semi-private.

## Adult Family Homes

Adult family homes may provide respite care by offering temporary placement for your family member, **if space is available**. Adult family homes provide personalized, assisted living care. They do not as a rule provide nursing care. They are run by people in the community who have opened their homes to care for a maximum of 6 adults. Generally, the homes prefer to accept long term residents, but some do offer respite care.

For information on homes which are state-licensed and/or accept Medicaid visit the **DSHS website at: [www.aasa.dshs.wa.org](http://www.aasa.dshs.wa.org), or call: 206-341-7750 (press option 6 and leave a message).**

# Additional Resources

## Publications:

**East King County Senior Resource Guide.** A comprehensive guide to health and social service resources available to residents of East King County.

**Eastside Assisted Living Providers.** A directory that outlines many of the assisted living facilities on the Eastside and the different types of assistance they offer.

**Eastside Skilled Nursing Facilities.** A complete list of skilled nursing facilities, the services they offer, costs, and contact information.

**How to Hire Helpers.** Originally published by the Church Council of Greater Seattle, this is an excellent guide with information on how to begin the process of hiring in-home help including how to write a job description, advertise, interview, check references, and draw up a contract. It also contains sections on financial and legal considerations when hiring in-home help independently.

**Private Pay Home Care.** A list of agencies that provide in home care helpers, from companionship to skilled nursing.

**Services that Come to Your Home.** Need help with home modifications or need to have meals delivered to your door? Find out who still makes house calls in this directory of services and suppliers that come to you!

**Starting Points.** A booklet of advance directives, including information about the law and your rights as a patient; provides forms for values statements, living wills and durable power of attorney for healthcare.

**Support Groups for Eastside Seniors.** A guide listing support groups for caregivers as well as groups for specific issues such as Diabetes or Heart Disease.

You can order a **FREE** copy of any of these publications from **Overlake Senior Care at: 425-688-5800**; or download a copy from our website at: **[www.overlakehospital.org/resources](http://www.overlakehospital.org/resources)**

## Websites

**www.aarp.org** American Association of Retired Persons  
Provides a caregiver resource center for all types of caregivers

**www.alz.org** The Alzheimer's Association  
Provides articles, research, and policy for and about caregivers. Many articles translated into Spanish.

**www.caps4caregivers.org** Children of Aging Parents  
A non-profit agency that supports children of aging parents.

**www.caregiver.org** Family Caregiver Alliance  
Caregiving information and advice including caregiving groups.

**www.care-givers.com** Empowering Caregivers  
Chat rooms, message boards and other resources for caregivers.

**www.caregiving.org** National Alliance for Caregiving  
National non-profit agency offers free brochures, events, and caregiver coalitions.

**www.healthinaging.org** The American Geriatrics Foundation  
Online guide for family caregivers.

**www.medicare.gov** Medicare  
Find out what Medicare covers; compare area nursing homes and home health agencies

**www.nfcacares.org** National Family Caregivers Association  
Educates, supports and empowers caregivers.