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What if you can't find the answer here?

The information in this guide is not complete, but is merely a compilation of some of the resources currently available on the Eastside. Some of the information will soon grow out-dated, as businesses come, go and change.

Where else might you find what you are looking for? Here are a few ideas.

On Overlake's website at: www.overlakehospital.org/services/senior-care/online-resources

Senior Information and Assistance (King County)
On the Internet at:

206-448-3110 or 1-888-435-3377
www.seniorservices.org

AARP
On the internet at:

1-888-OUR-AARP (1-888-687-2277)
www.aarp.org

The telephone book yellow pages may also be helpful.

Also, those with computer access and skills may try searching the Internet for needed services. Use a search engine (such as Yahoo, Google, Bing, or many others), type in a word or phrase.

Finally, here is a note of precaution. The following information is provided as a community service. By listing these agencies and businesses, Overlake Hospital is not recommending, endorsing, or ranking any particular program. Overlake Hospital cannot vouch for the quality, expertise, safety or cost of the services provided by the listed businesses.

Services that Come to Your Home for Eastside Seniors

Attorneys

Jack Borland	425-822-6155	Covers King and Snohomish counties. Elder law, estate planning, wills, durable powers-of-attorney, trusts. Usually NO travel fee.
Ronald L. Cohen	425-454-0915	All of Eastside. Specializes in all areas of elder law, estate-planning, taxes. NO travel fee.
Ervin DeSmet	206-232-4050	Covers Eastside. Specializes in wills, trusts, probate, guardianships and powers-of-attorney. Strong background in interpersonal relationships. Usually NO travel fee. www.desmetlaw.com
John Palmer	425-455-5513	Serves the Eastside. Specializes in wills, trusts, probate, estate-planning, guardianship and elder law. Usually NO travel fee.
Janet H. Somers	206-232-4050	On Eastside. Specializes in probate, guardianship, vulnerable adult matters, estate-planning and durable powers-of-attorney. Usually NO travel fee. www.stklawfirm.com/attorneys/somers.html
Gary Wiese	425-454-9422	Covers the greater Eastside area. Specializes in wills, trusts, probate, estate-planning and powers-of-attorney. Usually NO travel fee.

Internet legal information

Northwest Justice Project	206-464-1519	Information on a variety of legal topics for and about older adults, Medicaid and housing issues. www.nwjustice.org
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Beauticians & Barbers

Jan's Designs 425-254-1263 In-home service on the Eastside. Call for pricing.

Bill Paying

Emma Betrisey 425-688-7920 Help with bill paying and organizing finances.

Jean D. Perry CPA, CFP 425-292-0412 Help with bill paying, organizing finances, taxes and financial planning.
22525 SE 64th Pl, Suite 299
Issaquah, WA 98027 **www.perrycpa.com**

Dentistry

Charles Millington, DDS 206-760-9899 Complete in-home dental services including exams, x-rays, House Call Dentistry cleaning, fillings, extractions, dentures, crowns, and emergency care.

Seattle/King County 206-443-7607 Referrals and resource information for dental needs.
Dental Society **www.skcds.org**

Emergency Response

Philips Lifeline (Northwest) 1-866-674-9900 Two emergency response systems; AutoAlert is a pendant Ext. 4430 style system that automatically calls for help if a fall is detected. Free installation and activation with coupon. Monthly monitoring fee, call for pricing. Also offering medication dispenser to help reduce risk of medication errors. **www.philips.lifelinesystems.com**

Response Link 1-866-802-3676 Personal emergency response system, medication reminders, health test reminders and monitored check-in services. Also providing MedLink – monitored or non-monitored medication dispensing. **www.responselink.com**

Exercise & Personal Trainers

Mia Barbera, M.S
ACSM Certified; Health &
Fitness Specialist; Balance
Trainer

425-392-8538
coachmiab@gmail.com

“Simple Secrets to Balance, Agility, Stability and Strength” (not an exercise class). Group and individual visits. \$60. www.makinghealthyhabitshappen.com

David Engle, ACSM
Certified; Registered
Clinical Exercise
Physiologist

425-455-0721
dave@daveengle.com

Clinically based exercise & lifestyle program. Works with clients with chronic disease and/or disability in their homes. Helps clients set goals and achieve them. Call or e-mail for prices. www.daveengle.com

Lynn Kaner, ACSM
Certified Fit to the Core

206-940-7436
fit2thecore@comcast.net

In-home training with emphasis on balance and injury prevention. Works with clients who have arthritis, diabetes and other medical conditions. \$110/hr.

Susan Mastin, ACSM
Certified, personal In-home
trainer

425-643-0362

Over 30 years working with the over 40 population. Specializes working with special needs clients (Parkinson's, MS, people recovering from strokes, etc)

Laura Martin, ACSM
Certified, Masters in
Exercise Physiology

206-409-8449
hollingsw@hotmail.com

Full workout combining yoga, Pilates, core strength, flexibility, and balance. In-home Personal Training. \$65/hr.

Lynne Robinson, P.T.
Registered Physical
Therapist

425-445-2767

Fall prevention & balance training for successful aging in place; development of home exercise programs. Medicare Part B and cash accepted.

Eye Care and Vision Services

Sally Batson
Licensed Optician

206-949-5975
mobile.senior.eyecare@comcast.net

The Mobile Optician repairs and replaces eyeglasses for home-bound and handicapped residents. **www.mobilesenioroptical.com**

Sight Connection – (formerly
Community Services for the
Blind and Partially Sighted)

206-525-5556
info@sightconnection.org

Independent living skills training and counseling, volunteer assistance throughout the Eastside. **www.sightconnection.org**

Vision Matters

425-892-0601
1-888-281-1492
info@visionmatters.net

Provides various video magnifiers and reading machines to those living with low vision. **www.visionmatters.net**

Washington Talking Book
and Braille Library

206-615-0400
1-800-542-0866
wtbbl@sos.wa.gov

Talking books, books in Braille and large print books sent through the mail. **www.wtbbl.org**

Financial / Reverse Mortgage

Stay-in-Home Mortgage

425-732-2550

Call for information and to schedule an in-home appointment with a consultant.

Reverse Mortgage Direct

www.reversemortgagedirect.net

Foot Care (podiatry)

Island Crest Foot and Ankle
Center

206-275-9705

Foot and ankle specialist. Accepts Medicare and most insurance, including some HMOs.

Meadowdale Elderhealth
(Diane Young)

425-210-5621

Provides in-home foot and nail care; Call for pricing.

Grocery & Dairy Product Delivery

Albertsons	Albertsons.com	Internet grocery orders for home delivery. Click Customer Service, → on-line shopping.
Amazon Fresh	Fresh.amazon.com	Internet grocery orders for home delivery.
Safeway	Shop.safeway.com	Internet grocery orders for home delivery.
Smith Brothers Dairy	1-877-milkman getmilk@smithbrothersfarms.com	Serves King County. Delivery of milk products, eggs, coffee and some juice. www.smithbrothersfarms.com

Hearing Tests, Hearing Aid Service/Speech

Northwest Speech and Language	425-736-4927	Speech pathologists provide home visits on a fee-for-service basis.
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Eastside Private Pay Home Care List

The agencies listed on the following pages are fee-based, private pay services. They accept only private pay for their services unless Long Term Care Insurance policies apply. The separate agencies have been grouped into the following typical categories of service: Companion/Homemaker, Personal Care and Employment/Placement.

Companion/Homemaker: Care includes providing companionship, assisting with household chores, running errands, transportation, medication reminders, grooming and dressing guidance, monitoring of safety while bathing and meal preparation.

Personal Care: Care includes assisting with bathing/dressing including bed baths, personal hygiene, toileting, incontinent care, grooming, activities of daily living, transfers, as well as services associated with Companion/Homemaker Care.

Employment/Placement Services: Workers may provide Companion/Homemaker or Personal Care and are employed by the individual, not the agency. The agencies charge a placement or referral fee and will screen caregivers, check experience, background, references, and qualifications before a match is made.

Compiled by:
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Definitions of categories:

Agency Name/Phone #: Local and toll free numbers are listed where appropriate. In some instances, long-term care insurance will cover home care services. If an agency accepts long-term care health insurance (LTC), there will be a '+' next to the name, and the agency will actually bill the company for the client. If an agency does not accept long-term care insurance, they may assist clients in preparing paperwork to submit, but the client is responsible for seeking reimbursement from the insurance company.

Cost per hour: Agencies will charge on a per-hour basis for their services. The rate will often range depending on the level of care required: the heavier the care, the higher the rate.

Min. (minimum) # of hours: Almost all agencies will require a daily amount of minimum hours contracted for service. Many will offer discounts for increased daily hours and total number of hours in a week.

24 hour Live-in per day: Agencies will provide a caregiver for 24 hours when such care is needed. Caregivers provide up to eight hours of work per 24-hour shift. Another eight hours is companionship during which the caregiver is available to assist. The caregiver must be provided a private place to sleep for eight hours with either no or minimal interruptions. Check with agency for specifics.

Bath Visit: Some agencies will offer a bath visit at a flat rate. During a bath visit, the hired caregiver will provide a bath, assist with dressing, and do light housekeeping such as making the bed. The visit is usually 1-2 hours and because it is less than the daily minimum number of hours required by the agency, it is charged at a higher rate.

Agency Specifics: Many agencies will specialize in certain areas of care such as persons with disabilities or dementia, offer special incentives for a higher number of contracted hours, or offer special services such as meal services. Where appropriate, agency descriptions and further details are provided in this category.

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Companion / Homemaker Services

The following section is a list of agencies that offer only Companion/Homemaker services. Care includes providing companionship, assisting with household chores, running errands, transportation, medication reminders, grooming and dressing guidance, monitoring of safety while bathing and meal preparation.

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
Best Sitters 425-837-8200 206-682-2556	\$22-25	4	\$220-240 per 24 hours \$20-24/hr after	Yes	<ul style="list-style-type: none"> • No nurse supervision, no medical services provided. • Bonded, licensed and insured. • Services include meal prep, light housekeeping, dressing, errands etc. • Transportation offered at additional \$2/day plus \$.40/mile. • No 24-hour on-call service. Office open M-F 8:00-5:00, Sat. 9:00-1:00. • Cancellation upon companion's arrival - client pays 4 hour minimum • www.bestsitters.com
My New Friend 425-822-1072	*Call for pricing	1	No	No	<ul style="list-style-type: none"> • Licensed home care agency • Focus on providing activities, companionship, social engagement and safety. • Care coordination and care management. • Conduct thorough background checks, including criminal history background and professional references. • www.mynewfriend.com

Personal Care Services

The following section offers listings for agencies that offer Companion/Homemaker and Personal Care services. Personal Care includes assisting with bathing/dressing including bed baths, personal hygiene, toileting, incontinent care, grooming, activities of daily living, transfers, as well as services associated with Companion/Homemaker care. Usually the fee for the two categories of services will range in price so check with the agency for specifics on hourly rate.

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
A Caring Hand In-Home Care 425-254-2577 425-802-3042 425-829-7169 (Cell numbers)	*Call for pricing	4	*Call for pricing	Yes	<ul style="list-style-type: none"> • We offer 12 to 24 hour shifts. • All caregivers are insured and bonded and pass reference and criminal background checks. • Provide care in assisted living facilities and nursing homes as well. • No charge on all in-home care assessments and consultations. • We take care of dementia patients. • Personal care, light housekeeping, mobility assistance, companionship, and transportation with or without assistance • www.acaringhandofwa.com
A Helping Hand Homecare+ 206-686-7440 1-877-281-7111	\$25.25 (8-24 hours) \$27 (4-7.5 hours)	4 No min. for nursing	\$330	Yes	<ul style="list-style-type: none"> • No charge on all in-home care assessments and consultations. • Offers Nursing Services/Case management at \$75/hr for 4+ hours; \$100/hr for 3 hours or less (1 hour minimum) • Offers hospice and respite services. • RN and LPN staffed services with no minimum required. • www.ahelpinghandnw.com

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
AccentCare 206-248-1292 888-848-1292	*Call for pricing	3	*Call for pricing	Yes	<ul style="list-style-type: none"> • Companionship, personal care, home health services, skilled nursing care, hospice care and non-medical care and assistance. • Hourly – 24 hour care available. • Rates determined on case-by-case basis. Free personalized assessment. • www.accentcare.com
All About Care+ 425-678-8400 425-280-4590	\$28-29	4 90 min. or less (Short Shifts)	\$300-350	\$70	<ul style="list-style-type: none"> • Free assessment, rapid response 24 hours a day, 7 days a week. • 2 options – Licensed Homecare Agency or Registry (pay direct) *pg 13 • Private duty nursing, mobile nurse foot care and Nurse Delegation for both options. • Concierge services available with same-day service (1/2 hour min. fee). • Licensed, bonded, insured, skilled caregivers and nurses. • Caregivers supervised by nurses; excellent references. • www.AllAboutCareNow.com
Amicable Health Care+ 206-246-0550	\$20-25 Depending on level of care COPEs provider	2	\$200-250 Depending on level of care	\$56/hr	<ul style="list-style-type: none"> • Field staff are carefully screened, must pass extensive testing, interviewed in-depth, have reference checks and background checks. • Companion/homemaker and personal care services. • Licensed homecare agency and all our aides are bonded. • If eligible for Medicare and/or Medicaid services, this can be arranged at the initial visit. • www.amicablehealth.net
Andelcare+ 425-283-0408 206-838-1844 1-800-319-5979	\$25	1	Starting at \$325	\$38	<ul style="list-style-type: none"> • Home Care & Home Health licensed. • Coordination of services with home health, hospice, nursing services, care management and advocacy programs. • Respite care, transportation services, care management, pet care, bill paying services, and short & long term care • www.andelcare.com

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
BrightStar+ 425-679-0310	Rates may vary depending on level of care provided	1	Rates may vary depending on level of care provided	\$45	<ul style="list-style-type: none"> • Full spectrum of in-home care including everything from companion care to skilled nursing. Free initial RN assessment. Same day availability. • RN oversight and coordination of services. • Fully screened, insured and bonded, licensed and/or certified caregivers. • 24-hour scheduling and customer service. • www.brightstarcare.com
Capability Homecare+ 425-679-5770	\$25 \$27.50 (With Nurse Delegation)	4	\$300 \$325 (With Nurse Delegation) \$215/night*	Yes, based on hourly rate	<ul style="list-style-type: none"> • Personal care, ADLs, companion care, transportation. • *12 hours of overnight care • Respite, dementia, hospice & post-hospital care; Nurse Delegation. • Free in-home assessment. Highest standards in homecare. • Medication reminders, meal preparation, housekeeping & life enrichment. • www.capabilityhomecare.com
CareForce+ 425-712-1999 1-877-426-8800	\$27.50 (Hourly) \$60-\$80 (Visits)	90 minute visit or 4-hr min. for hourly care	\$330 for Individual \$380 for Couples \$450-475 for Live-in Delegation	\$60	<ul style="list-style-type: none"> • Nurse delegation used to delegate appropriate nursing tasks to licensed caregivers. Skilled nursing visits for skilled needs / geriatric care mgmt. • CNAs/RNAs: caregivers licensed; Visits – 1.5 hours/2 hours – flat rate \$60/\$80. Hourly care – 4 hour minimum - \$27.50 per hr. • Admissions 7 days/week; RN on-call 7 days/week. • CAREPACK[®] Services are available to assist with discharge from a hospital, nursing home or other skilled setting. Call for rates. • www.careforce.com
Cascade Companion Care+ 425-361-0044 1-888-390-6068	\$20-34	1	\$300	\$32-34	<ul style="list-style-type: none"> • Hourly rate based on length of shift and services provided. • Caregivers are licensed, bonded and insured. • Flexible shifts to meet changing needs. • Full range of services, including companionship, personal care, dementia care, and nurse-delegated care. • www.cascadecompanioncare.com

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
Catholic Community Services+ 253-850-2528 1-877-870-1582	*Call for pricing (COPEs provider or private pay)	2	*Call for pricing	Yes	<ul style="list-style-type: none"> • From 2 hours to overnight/live-in care available, 7-days a week. • Can provide the care in home, or in facilities. • Three levels of care offered: companion/homemaker, light personal care, and heavy personal care. • www.ccsww.org
Companion Care Inc.+ 425-488-7575 1-877-440-7575	\$20.50/hr 4 hrs or more \$22 3 hrs	3	\$245/week day \$270/wknd day (Live in)	Yes	<ul style="list-style-type: none"> • \$1.25/hr additional charge for weekend service. • \$3.50/hr additional charge for heavy cleaning or personal care. • \$95 for 8 hr shift overnight (caregiver must get min. 5 hrs sleep). • Services include personal care, companionship, light housekeeping, transportation, pet care, diabetic care etc. • Other services, hospice care, respite care, Alzheimer's/dementia care and Nurse Delegation. • www.companioncareofwa.com
Comprehensive Home & Companion Services (CHCS)+ 425-275-5858 1-877-907-6013	Starts at \$27 Depending on care provided	3-4	Yes *Call for pricing	Yes Call for more info	<ul style="list-style-type: none"> • Free screening assessment; care plan developed by Masters level nurse care manager with rehabilitation medicine physician oversight. • Nurse delegation. All levels of care including skilled care management services, physical therapy, occupational therapy and speech therapy. • Home care services include personal care, light housekeeping, transportation, and activities etc. • Home health care services include nursing, therapy, behavioral analysis and social work services. • www.CHCServices.com
Family Best Care LLC+ 425-647-8510	\$20-30	2	\$250-350	\$75	<ul style="list-style-type: none"> • Companion/homemaker & personal care services; licensed CNAs & RNAs. • Flexible hours and rates depending upon client needs. • Specialize in Alzheimer's/dementia care; offers hospice and respite care. • www.familybestcare.com

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
Family Resource Homecare+ 425-455-2004 206-545-1092	\$24-28 Dependent on Level of Care required	2	\$290-325	No separate costs for bath visits	<ul style="list-style-type: none"> • Nurse visits and personal care, light housekeeping, companionship and transportation. Free assessment. We come to you. • Care can start same day or within 24/hrs. • Two hour minimum visits to round-the-clock care available. • Able to accommodate clients needing a heavy level of care. • Serving families with commitment and kindness since 1996. • www.familyresourcehomecare.com
Fedelta Home Care 425-454-4548 206-362-2366	*Call for pricing	4	*Call for pricing	Yes	<ul style="list-style-type: none"> • Free RN assessment; services commence same day or within 24 hours. • Companion Care, personal care, Alzheimer/dementia care, nursing care. • Affordable services, flexible schedules and customized care plans. • Licensed. Bonded. Insured. Compassionate & specialty trained caregivers. • www.fedeltahomecare.com
Griswold Home Care+ 425-922-1617 425-358-3264	\$21	2	\$220 \$120 - overnight	No	<ul style="list-style-type: none"> • Licensed, non-medical home care company • Provide personal care, homemaking, and companionship services • Services include medication reminders, bathing, continence care, dressing and grooming, personal hygiene, transportation, light housekeeping, shopping etc. • www.griswoldspecialcare.com
Harvard Partners Home HealthCare+ 425-822-6979	*Call for pricing	1	*Call for pricing	Yes	<ul style="list-style-type: none"> • Licensed and insured caregivers. Medicare certified. • Personalized care: Particular attention paid to matching caregiver to client. • Professional and personalized assistance with discharge from a hospital. • Companionship, meal prep, transportation, personal care assistance, light housekeeping, pet care assistance etc. • Long Term One-on-One Home Care Services, Visiting Nurse Services, Skilled Rehabilitation and Therapy Services. • www.harvardpartners.org

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
Health People+ 425-454-1947	\$24/hr starting	4	\$300/day starting	\$60	<ul style="list-style-type: none"> • Experienced & licensed caregivers. • Specializes in heavier care clientele, dementia, bed bound and hospice care. • LPNs and RNs available at per-hour rate or per-visit rate. • Nurse delegation on a case-by-case basis (including insulin administration). • www.healthpeople.com
Help Unlimited Home Care 425-455-9393 206-937-3100	\$25-28	No min.	\$365	\$50 1 hr \$75 2 hr	<ul style="list-style-type: none"> • Homecare services specifically designed for client's needs. • Licensed, bonded and insured. • Supervision of caregivers and conducts regular supervisory visits to the home as needed. • Provides Home Health for medical care ordered by doctor and authorized by Medicare or other insurance. • Can assist with personal care needs, and provide companionship, activities, light housekeeping and transportation. • www.CareAtHomeSeattle.com
Home & About+ 425-775-2676 1-888-8SENIOR	*Call for pricing	4	*Call for pricing	Yes	<ul style="list-style-type: none"> • Nurse owned, licensed, bonded & insured. • Companion/homemaker and personal care services. • Live-in, part-time or full-time. • Hospice and ALS care • www.HomeAndAbout.Com
Home Care Associates+ 206-861-3193 1-877-860-3193	\$23-26 \$34.50-39 Couples RN visits \$90/hr	No min. Higher fees for <4 hrs \$64-87/ hour	\$325	\$48 Brief assist 1 hour or less	<ul style="list-style-type: none"> • Not-for-profit organization; A Division of Jewish Family Services. • Initial assessment is free. Shorter hours and specialty visits available. • Light housekeeping, companionship, transportation, shopping & meal prep • Nursing delegation and LPNs available. • Professional Geriatric Care Managers to oversee medical appointments or assist with insurance or bill paying etc - \$160/hr • www.homecareassoc.org

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
HomeCare Solutions 206-579-9779	*Call for pricing	No min.	*Call for pricing	Yes	<ul style="list-style-type: none"> • Companion care, personal care, transportation, light housekeeping, etc. • Respite or transitional care, hospice care, dementia care, bedridden care etc. • Hourly – 24 hour care available. • Licensed, bonded and insured. • www.homecaresolutionswa.com
Home Helpers Eastside+ 206-484-3144	*Call for pricing	Flexible	Rate negotiable depending on level of care	Yes	<ul style="list-style-type: none"> • Companion/homemaker & personal care services. • Overnight shift (10 hours) • Works with hospice to provide care for client and family. • Also provides short-term care for recuperation from illness and surgery, respite for family caregivers. • www.homecarebellevue.com
Home Instead+ 425-454-9744	\$26.50 for 3 hours or more \$60 for 2 hrs \$40 for 1 hr (per hour)	1	\$195/10 hr sleepover rate; after 10 \$26.50/hr	\$40	<ul style="list-style-type: none"> • Free, no obligation initial assessment. • Bonded and insured; Licensed by the state of Washington and DOH. • Overnight 10 hour shift available for \$195.00. • Caregivers have background checks, drug testing and finger printing • Stand-by assist with bathing, dressing and walking. • www.homeinstead.com/130
Homewatch Caregivers of Western WA 425-889-2627 206-363-4599	*Call for pricing	2	Depending on level of care	Yes	<ul style="list-style-type: none"> • Specialize in Alzheimer's, dementia, Parkinson's, stroke, MS, post-operative care, and respite. • Companion/homecare, personal care and complex personal care. • Licensed, bonded, and in-house trained caregivers. • www.homewatchcaregivers.com/bellevue-wa

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
HomeWell Senior Care+ 425-967-1111 206-440-5500	*Call for pricing	3	*Call for pricing	Yes	<ul style="list-style-type: none"> Companion/homemaker, light housekeeping, standby assist, bathing & dressing assist, personal hygiene and assistance with medication, transfers, bed bound clients, feeding, incontinence care and transportation Specialize in Alzheimer's/dementia care. All personal assistants are screened, pass an identity and background check, have excellent references and undergo competency testing. www.homewellseniorcare.com
Kin On Community Health Care 206-652-2330	\$19 (COPES provider)	2	\$170-220 (10 hours) Depends on level of care	Yes	<ul style="list-style-type: none"> Bi-lingual and Bi-cultural services for Asian community. Home health and hospice services available through partnership with Evergreen and Swedish Home Health. Home care services to include personal hygiene, ADL's, housekeeping, and errands. Home health services to include nursing care by bilingual registered nurses, physical, occupational and speech therapy, social services, and personal care by home health aides. (must be homebound, have doctor's approval and have skilled care needs). www.kinon.org
MasterCare In Home Services+ 1-888-529-2122	\$19-28 5+ - \$19/hr 3-4 - \$21/hr 2 - \$23/hr 1 - \$28/hr	1	\$220-260	Yes hourly rate	<ul style="list-style-type: none"> Companion/homemaker and personal care services. Licensed and fully insured; locally owned and operated since 2003. Specialties: Rehabilitation, End-of-life Care, Alzheimer's/Dementia Care, Parkinson's/MS Care, Cancer Care, ALS and Traumatic Brain Injury. www.mastercareinhomeservices.com

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
Maxim Healthcare Services+ 206-985-4625	\$20-25 For private pay CNA level care	4	\$300-400 Depends on location and level of care	\$50-65	<ul style="list-style-type: none"> • Companion/homemaker and personal care. All personal care level employees are CNAs or NARs. • Licensed for Home Health and Home Care; LPNs and RNs available • Contracted with most major insurance companies. • www.maxhealth.com
One More Daughter 425-255-5965 206-719-8253	*Call for pricing	2	*Call for pricing	Yes	<ul style="list-style-type: none"> • Licensed, bonded, skilled & specialty trained caregivers. • Services include meal prep, medication administration, transportation, light housekeeping, bathing/grooming, and companion services. • Specialize in Alzheimer's/dementia, Parkinson's disease, and MS • www.onemoredaughter.com
ResCare Home Care+ 425-458-9103 1-866-737-2273	*Call for pricing (based on level of care needed)	1	*Call for pricing (based on level of care needed)	Yes	<ul style="list-style-type: none"> • Services include homemaking/companion care, personal care, skilled nursing care, respite care, geriatric care management, skilled therapy and neuro-therapy • Sleep-over shifts (maximum of 12 hours). • Licensed, bonded & trained quality caregivers. Undergo criminal background checks. • www.rescarehomecare.com
Right at Home+ 425-818-7744 1-888-361-3731 206-774-1100 (Seattle)	\$23-27.50	No Mins!	\$280- 320/day \$185/night (10-hr sleepover)	\$45-75	<ul style="list-style-type: none"> • Companion care \$23/hr; Personal care \$24/hr; Nurse Delegated/Hospice care \$27.50/hr; Hourly nursing \$55-95/hr. • RN assessment/delegation plan \$185 with RN recertification every 90 days \$95/visit. • Free assessments at home or hospitals. • www.rahbellevue.com

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
Senior Helpers+ 425-454-2094	*Call for pricing	No min.	*Call for pricing	Yes	<ul style="list-style-type: none"> • Companion care, Alzheimer's/dementia care, light housekeeping, personal care, care management & evaluation, and surgery assistance & sitter services. Overnight shifts of 10 hours. • Wellness watch – weekly check-in phone calls or semi-monthly visits, which include companion services • Peace of mind service – 1 hour visits, which can include companionship, meal prep or light housekeeping. • www.seniorhelpers.com
Service Alternatives, Inc.+ 1-800-717-8239 425-870-4014	\$24-30 Dependent upon # of service hours per week	2	N/A	\$24-30 per hour	<ul style="list-style-type: none"> • Service Alternatives was established in 1983. • Companionship, Personal Care, Household help, Respite & 24-hr care, Medication assistance and Transportation • RNA's are certified, receive minimum 44 hours of training, and have background checks completed. • www.my-homecare.com
Sound Options 800-628-7649	*Call for pricing	3	*Call for pricing	Yes	<ul style="list-style-type: none"> • RN, LPN and MSWs on staff. Overnight care available (10 hours). • Geriatric care management; costs per hour as well as per hour for travel • Nurse delegation for medications, wounds and PEG care. • Live-in care, palliative/hospice care, assistance with ADL's, chronic disease management. • Personal care, companionship, transportation, housekeeping, medication reminders, errands etc. • www.SoundOptions.com

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
Synergy HomeCare+ 425-462-5300	\$26-28 >3 hours \$28-40 <3 hours (Flex Care Services)	No min.	\$275-350 (Rate determined by Plan of Care)	\$45	<ul style="list-style-type: none"> • Serving all ages. • Overnight shifts (10 hours) - \$175 • Light housekeeping, companionship, transportation, personal care, and nurse visits • RN services for medication management; Nurse delegation for medication administration, oxygen, wound care etc. • See detailed list of services at www.synergyhomecare.com
Visiting Angels+ 425-828-4500 (Eastside)	\$22-35 Depending on number of hours	1	\$275-300	\$50	<ul style="list-style-type: none"> • One hour minimum to 24 hour care. Live-person response 24/7/365. • Care can start same day. Licensed, bonded, background checks. • Skilled CNAs/NARs, hospice and dementia experienced for assistance with bathing, personal care, med reminders, light housekeeping, transport. • www.visitingangels.com/kirkland
With a Little Help 206-352-7399	*Call for pricing (Charges vary based upon less than or greater than 4 hours)	2	*Call for pricing	Yes	<ul style="list-style-type: none"> • Overnight shifts (10 hrs): individual or for couples. Caregivers must be able to have five hours of uninterrupted sleep. • No transfers, heavy lifting, or nursing staff. • Companionship, transportation, light housekeeping and chores, personal care, medication reminders etc. • Moving services provided at charge per mover, per hour. • www.withalittlehelp.com

Employment Services and Placement Services

These agencies charge a placement or referral fee to match workers with client needs. The agencies screen caregivers, check experience, background, references, and qualifications before a match is made. Workers are employed by the individual, not the agency. Cost per hour reflects the current market rate for home care services, and are suggestions by the agency.

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
All About Care 425-678-8400 425-280-4590	\$15-20	3 90 min or less (short shifts)	\$190-220	\$45	<ul style="list-style-type: none"> • Placement fee per hour (hourly shift) or per day (24/hr live in shift). • National background, sex offender, credential verification, DMV search, skills assessment. • Rapid response; excellent references. • www.allaboutcarenow.com
Fedelta Home Care 425-454-4548 206-362-2366	*Call for pricing	4	*Call for pricing	No	<ul style="list-style-type: none"> • Placement fee is 50% of first month's negotiated salary. • National background, sex offender, DMV searches. • Credential verifications, skill testing, CPR/first aid. • Written/verbal English skills, personality assessment. • 90 day service guarantee. • www.fedeltahomecare.com

Agency Name Phone # + LTC insurance accepted	Cost per hour (rates may change)	Min. # of daily hours	24 hour Live-in per day	Bath Visit	<u>Agency Specifics</u>
Help Unlimited Care At Home 425-455-9393	*Call for pricing	No min.	*Call for pricing	Yes	<ul style="list-style-type: none"> • Visits, hourly shifts, or 24-hour care. • Negotiable rates/temp fees. • 30% fee for 90 days. • www.CareAtHomeSeattle.com
McDonald Employment Services, Inc. 206-284-5244	*Call for pricing	4 M-F 8 hr min. for wknd days	*Call for pricing	No	<ul style="list-style-type: none"> • Placement fee is a charge of 50% of the first month's total salary of employed caregivers and comes with a 90-day replacement guarantee. • All CNAs and RNAs have a minimum 5 years professional experience and Washington State Patrol checks are completed on all candidates. • Serving the greater Seattle area and the Eastside for over 65 years. • www.mcdonaldemployment.com

Eastside Home Health Care List

Many health care treatments that were once offered only in a hospital or a doctor's office can now be done in your home. Home health care is usually less expensive, more convenient, and is just as effective as care you get in a hospital or skilled nursing facility. In general, the goal of home health care is to provide treatment for an illness or injury. Home health care helps you get better, regain your independence, and become as self-sufficient as possible.

Medicare pays for you to get certain health care services in your home if you meet certain eligibility criteria and if the services are considered reasonable and necessary for the treatment of your illness or injury. This is known as the Medicare home health benefit.

Who's eligible?

If you have Medicare, you can use your home health benefits if you meet all the following conditions:

You must be under the care of a doctor, and you must 1) be getting services under a plan of care established and reviewed regularly by a doctor, 2) you must need, and a doctor must certify that you need, one or more of the following:

- Intermittent skilled nursing care
- Physical therapy
- Speech-language pathology services
- Continued occupational therapy

3) The home health agency caring for you must be approved by Medicare (Medicare-certified), and 4) you must be homebound and a doctor must certify that you're homebound. To be homebound means the following:

-Leaving your home isn't recommended because of your condition.

-Your condition keeps you from leaving home without help (such as using a wheelchair or walker, needing special transportation, or getting help from another person).

-Leaving home takes a considerable and taxing effort.

-A person may leave home for medical treatment or short, infrequent absences for non-medical reasons, such as attending religious services. You can still get home health care if you attend adult day care, but you would get the home care services in your home.

Eligibility is also based on the amount of services you need

If you meet the conditions above, Medicare pays for your covered home health services for as long as you're eligible and your doctor certifies you need them. If you need more than part-time or "intermittent" skilled nursing care, you aren't eligible for the home health benefit.

To decide whether you're eligible for home health care, Medicare defines part-time or "intermittent" as skilled nursing care that's needed or given on fewer than 7 days each week or less than 8 hours each day over a period of 21 days (or less) with some exceptions in special circumstances.

Compiled by:
Overlake Hospital
1035 116th Ave NE
Bellevue, WA 98004
www.overlakehospital.org

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Home Health Care Services (Medicare Certified)

The following section is a list of agencies that offer Home Health services. Care includes providing skilled nursing, physical, occupational, and speech therapy. You do not have to have been hospitalized to receive home health care.

Agency Name Phone #	
Careage Home Health 425-519-1265	<ul style="list-style-type: none"> • Careage Home Health can provide quality care, treatment and therapy in the comfort of your home, when you are recovering from an illness, accident or surgery, or if you are living with a chronic health condition. • Nursing and therapy services are provided on an intermittent basis, under your physician’s care for patients who are homebound. • Services include – nursing by RNs, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Services, Home Health Aide assistance and palliative care. • www.missionhealthcare.com/careage.htm
Evergreen Home Health 425-899-3300	<ul style="list-style-type: none"> • Evergreen is available to help people recover from surgery, illness or an accident. They can also help you learn to manage chronic disease and deal with medications. They are an extension of the medical care directed by your physician and provide your doctor with vital information about your progress. • Provides services in King and Snohomish counties. • Medicare and Medicaid certified, and are accredited by The Joint Commission. • Services include – nursing, physical, occupational and speech therapy, social work, home health aides and mental health. • www.evergreenhealth.com
Gentiva Health Services 425-827-2415	<ul style="list-style-type: none"> • Gentiva is highly skilled care that comes to you at home. Their mission is to help their patients live more independently with a higher quality of life. • Help you rehabilitate from medical events as well as help manage chronic conditions. • Services include skilled nursing, physical, occupational and speech-language therapy, cardiac and pulmonary care, neuro-rehabilitation, wound care, infusion services, disease and pain management, medication management and education, patient education to promote self-management, and treatment for balance problems. • www.gentiva.com

Agency Name Phone #	
Heartland Home Health Care 206-417-7700	<ul style="list-style-type: none"> • Heartland offers a variety of services that are coordinated and overseen by an RN or therapist wherever the patient calls home. • Focus on supporting their patients and their families by identifying each patient’s individual goals, helping patients recover and maximize independence, understanding and identifying symptoms, managing medication, and learning to deal with anxiety, fear or other feelings that may occur with illness. • Services include I.V. therapy, heart disease program, pulmonary disease program, diabetes management, orthopedic care, psychiatric nursing, wound care etc. • Serves King and Snohomish counties. • www.hcr-manorcare.com
Providence Home Services 425-525-6800	<ul style="list-style-type: none"> • Providence Home Services is a non-profit, state-licensed, and Medicare/Medicaid certified home health agency. • The goal is to ensure the highest level of individualized care for each patient. As an important extension of a physician’s patient care plan, they continually communicate information about the patient’s ongoing care and progress. • Providence’s team consists of: Nurses, Physical Therapists, Occupational Therapists, Speech Language Pathologists, Medical Social Workers and Home Health Aides. • www.providence.org/homeservices
Signature Home Health 425-861-3850	<ul style="list-style-type: none"> • Signature’s personal home care consists of a team of highly trained professionals with one goal in mind: to provide the most compassionate and life-enhancing senior assistance to you or a loved one! • Highly skilled and clinically licensed home health team focuses on creating an individualized care plan to teach patients and caregivers to live safely at home. These care plans are created based on individual medical needs and recovery goals to gain the highest level of independence in the home. • Services include skilled nursing, rehabilitation and therapy, medical social work and home health aides. • www.4signatureservice.com/home-health-services

Home Services – Community Resources

Catholic Community Volunteer
Chore Services 206-328-5787

Volunteers who provide help for one to two hours per week or every other week (shopping, light housework, laundry, and light yard-work) for seniors with income below \$1,000/mo or \$1,500 for couples. Waitlist varies. **www.ccsww.org**

Eastside Friends of Seniors –
(formerly Faith in Action)
info@eastsidefriendsofseniors.org 425-369-9120

Volunteer help provided to residents of greater Issaquah, Sammamish, Fall City and Carnation – transportation to medical appointments, companion visits, shopping, errands, & home chores. **www.eastsidefriendsofseniors.org**

Full Life Care (formerly
Elderhealth Northwest) 206-721-3660
206-467-7033

Volunteer companionship program with one-on-one visits to seniors, to relieve isolation and loneliness. Long waitlist. **www.fulllifecare.org**

Home Repairs and Modification

Adaptive Installations www.adaptiveinstallations.com	206-762-1969	Variety of innovative products for people with disabilities. General contractors specializing in home modification & specialty equipment for people with physical challenges.
Lisa Blanchard Design www.lisablancharddesign.com	206-417-2227	Design work to make homes accessible for people with disabilities while remaining aesthetically pleasing.
Eric's Quality Services	425-941-7217	Handyman services including home repairs, electrical, plumbing, painting, window cleaning. "No job is too small."
Home Owners Club www.homeownersclub.org	206-622-3500	Since 1959 providing members with quality guaranteed upkeep, repair and home improvement resources.
Northshore Senior Center www.northshoreseniorcenter.org	425-486-4564	Listings of handymen available to do home repair and minor home improvements in North Eastside communities (Kirkland, Kenmore, Bothell, Woodinville, Mill creek).
Olympic Elevator www.olympicelevator.com/residential	425-454-1977	Specializing in keeping people in their home safely, by installing stair lifts, vertical platform lifts, & home elevators.
RampArts www.rampartsnw.com	206-440-9999	Installation of wide variety of rental and portable ramps. COPES authorized provider.
Senior Services www.seniorservices.org	206-448-5751	Minor plumbing, carpentry, and electrical repairs. Install ramps, grab bars and handrails. Spaces created to accommodate all abilities. Licensed staff provides parts at cost and labor at below-market prices.

Home Repair and Modification - Community Programs

Housing Rehab Program City of Bellevue	425-452-6884	The City of Bellevue Home Repair Program provides low- to moderate-income Bellevue homeowners with zero-interest home loans and grants for health- and safety-related repairs to make health/safety home improvements.
King County Housing Repair Program	206-263-9095	Loans to assist low to moderate income homeowners who live in cities in King County excluding Seattle & Bellevue (eligibility requirements apply).
King County Weatherization Program	206-214-1240	Home weatherization only (e.g. insulation, air sealing, weather stripping) for low and moderate income people living in King County outside Seattle.
Puget Sound Labor Agency	206-448-9278	Wheelchair ramps. Client pays for material; labor is free. www.pslaonline.org
Rebuilding Together Eastside PO Box 12 Medina, WA 98039-0124	425-455-0179	Volunteers perform needed repairs for eligible homeowners. Work is done the last Saturday of April. Minor home repair available year-round. Application available on website. www.rebuildingtogethereastside.org

Medical Supplies and Equipment

Bellevue Health Care 425-451-2842
2112 116th Ave NE # 2-1
Bellevue, WA 98004

Beds, wheelchairs, walkers, scooters, Oxygen,
ADL supplies, durable medical equipment.
Medicare billing, Free delivery.
www.bellevuehealthcare.com

Home Health Solutions 425-251-5995
236 SW 43rd Street
Renton, WA 98057

Affordable Homecare equipment. Delivery
available.

MD Medical Supplies 425-556-1490
2533 152nd Ave NE
Redmond, WA 98052

Medical equipment and supplies. Free delivery.
www.mdmedicalsupplies.com

Rxtra Care/ U & I Pharmacy 425-747-3800
29 148th Ave SE
Bellevue, WA 98007

Variety of medical equipment. Delivery available in
some areas. Fuel surcharge fee.
www.rxtracare.net

Used equipment:

**Bridge Ministries 425-885-1008
12328 Northup Way
Bellevue, WA 98005

Accepts donated durable medical equipment and
reissues equipment to those in need - donations
are gratefully accepted in lieu of payment.

Meals

Chicken Soup Brigade	206- 328-8979	Medically specialized food and nutrition services; nutritional consultation; frozen meals delivered throughout King County. All services free of charge.
Meals on Wheels	206-448-5767	Frozen meals delivered throughout King County. No low sodium or diabetic diets. \$3 per meal donation.
Savory Moment	425-867-1516	Chef-prepared, packaged and frozen meals for pick-up or delivery. \$50 for 5 meals (average cost), plus \$25 delivery charge. www.savorymoment.com

Mental Health

Evergreen Mental Health	425-899-6300	In-home mental health services provided to homebound seniors. MD order is required for Medicare billing. Often Medicare and/or Medicaid will cover at 100%. Private insurance will cover all or part of service fees in most cases. A sliding fee scale is also available for individuals without insurance.
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Notary

Amy's Traveling Notary	425-424-2129	Covering King County and some Snohomish and Pierce Co. Fees are based on distance traveled, call for pricing. Available 7 days a week. www.amystravellingnotary.com
Come to you Notary	206-216-4795	24-hour mobile notary service. www.cometoyounotary.com

Pet Grooming

Bellaged's Mobile Grooming	425-679-2992 Dogsonrun1@yahoo.com	Over 14 years of experience. Professionally-equipped van for full-service grooming. Maximum weight limit of 60 lbs. www.bellagedsmobilegrooming.com
Pet-Go Mobile Grooming	425-289-9762 info@pet-gomobile.com	Professionally-equipped van for full-service grooming. www.pet-gomobile.com

Pet Services

City Walk	425-761-0623	Variety of dog walking and pet services. www.citywalkbellevue.com
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Pharmacies

Bartell Drugs (Bridle Trails)	425-881-5544	Medication and small items can be sent through the US mail. Client pays postage.
Rxtra Care/U & I Pharmacy	425-747-3800	Home delivery to most Eastside locations. Charge is \$2 per person. www.rxtracare.net

**** Be aware that ALL Part D prescription drug plans have their own mail order service. Check with your plan.**

Transportation

Metro Accessible Services Access	206-263-3113	Various programs throughout King County including Access, Dart shuttle, taxi scrip, reduced fare permit and more. www.metro.kingcounty.gov
Hopelink	1-800-923-7433	Reservation Hours: 8:00am - 5:00pm. Non-Emergency Urgent Care 24 hours - 7 days a week (DSHS ONLY) www.hope-link.org
Laidlaw Transit Instruction	206-749-4242	In-home instruction on using Metro bus services.
Volunteer Transportation	206-448-5740	Transportation to medical appointments for lower income King County residents over 60 y/o (must be able to get into and out of a car). Scheduling hours are 8am to 5pm, Monday through Friday. www.seniorservices.org

Veterinary Services

Eastside Veterinary Associates Dr. Judy Hung	425-882-7788	House call services for canine and feline patients on the Eastside. Provides house call services to patients within a 5-mile radius of hospital. www.eastsidevetassociates.com
Home Pet Vet Dr. Mikel A. Oswalt	206-232-6205	Covers Mercer Island and areas within 10 miles. www.homepetvet.com

Volunteer Opportunities

Elderfriends	206-224-3790	Assistance and companionship for people living at home providing one-on-one social visits. www. elderfriends.org
Faith in Action	425-369-9120	Volunteers support seniors living in Issaquah, Sammamish, greater Carnation, and Fall City by providing chore services, socialization, & transportation to medical appointment.
Friend to Friend	206- 870-4266	Volunteers make one-on-one visits to residents of Assisted Living and Skilled Nursing facilities. www.friendtofriendamerica.org
Solid Ground – ask for RSVP (Retired Senior Volunteer Program)	206-694-6785	Matches seniors with meaningful volunteer opportunities in non-profit organizations, schools, museums. www.solid-ground.org
United Way of King County	206-461-3655	Connects people with a wide range of volunteer opportunities. www.uwkc.org

Voter Registration & Absentee Ballots

King County Elections	206-296-VOTE (8683)	Provides assistance with locating your polling location. www.kingcounty.gov/elections
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Websites for Caregiver Support

alz.org	Alzheimer's Association
caregiver.org	Family Caregiver Alliance
crisisclinic.org	Community Crisis Information
n4a.org	Advocacy, Action, Answers on Aging
nfcacares.org	National Family Caregivers Association
overlakehospital.org/resources	Senior Care Information
seniorservices.org	Community Resource information

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