

A piece of the puzzle

Information for
families and friends
of older adults



*helping you solve your puzzle
so all the pieces fall into place*

Aging Care Consultation Services

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Key resources for additional information and assistance

For information and referral to services available in your community:

Community Living Connections for Seattle & King County

206-962-8467 or toll free 1-844-348-5464 (KING)

<http://communitylivingconnections.org>

Community Living Connections for Snohomish County

425.513.1900 or toll free 1-800-422-2024

<http://www.sssc.org/>

Community Living Connections for Pierce County

253.798.4600 or toll free 1-800-562-0332

<http://www.pierceedrc.org/>

Alzheimer's Association of Washington

24/7 Helpline: 1.800.272.3900

<http://www.alz.org/alzwa/>

Information, education resources, and support groups for all types of dementia and memory loss.

24-hour Crisis Lines:

King County Crisis Clinic

206.461.3222, or toll free 1-800-244-5767

Snohomish VOA Care Crisis Line

425-258-4357, or toll free 1-800-584-3578

Pierce County Optum Health Crisis Line

toll free 1-800-576-7764

State Suicide Prevention Life Line

toll free 1-800-273-8255

To report concerns about possible abuse, neglect, exploitation, or self-neglect:

Adult Protective Services You can report your concerns by phone, or file a report online at:

www.dshs.wa.gov/altsa/home-and-community-services/report-concerns-involving-vulnerable-adults

For King, Snohomish, Island, San Juan, Skagit, Whatcom: 206.341.7660, or toll free 1-866-221-4909

For other Western WA: toll free 1-877-734-6277

For Central/Eastern WA: toll free 1-800-459-0421

Long Term Care Ombuds Office

800-562-6028

www.waombudsman.org

File a complaint online: <http://www.waombudsman.org/file-a-complaint/>

Crimes also need to be reported to law enforcement: Call 9-1-1 if urgent; otherwise call the local police non-emergency number to make a police report.

In the event someone is suddenly not themselves, is unresponsive or won't wake up:

Strokes and delirium are medical emergencies that need immediate attention. Call 9-1-1 and get the person evaluated as quickly as possible. As the saying goes, "time is brain" – don't waste it!