

STAY RIGHT WHERE YOU ARE



Resources for Seniors and
Adults with Disabilities Living at Home
in Washington State

Published by



Stay Right Where You Are



Resources for Seniors and Adults with Disabilities Living at Home in Washington State

Published by



2009

Acknowledgements

Research and design by Grier Jewell

Thanks to the following individuals for their assistance with review:

- Debbie Johnson, Division of Developmental Disabilities, DSHS
- Dennis Mahar, LMTAAA Executive Director, DSHS
- Ann Vining, Attorney at law, Northwest Justice Project
- Jody McInturff, Aging and Disabilities Services Administration, DSHS
- Susan Shepherd, Aging and Disabilities Services Administration, DSHS

Sources:

Stay Active and Independent for Life: An Information Guide for Adults 65+, published by the Washington State Department of Health

Medicaid and Long Term Care Services for Adults, published by the Washington State Department of Social and Health Services

Stay Right Where You Are is intended as a resource guide only and does not create an entitlement to services. Please contact the appropriate resources for eligibility criteria and costs. The Home Care Referral Registry of Washington State does not endorse any specific products or services mentioned in this resource guide. Full responsibility for any use of this information rests with the user.

Table of Contents



INTRODUCTION	1
Lay of the Land	2
GETTING STARTED	3
Assess Your Needs and Resources	4
Benefits Check Up	5
Where to Go... Who to Call for People Age 60 and Older	6
Where to Go... Who to Call for People Under Age 60	7-8
HELP AT HOME	9
In-Home Care	10-20
Help for Helpers	21-28
HELP IN THE COMMUNITY	29
Community Programs	30-38
Community Health Programs	39-43
Transportation Options	44-45
Housing and Utilities	46-50

TAKING CARE of BUSINESS	51
Paying for Services	52-65
Legal Issues	66-73
Preventing Abuse and Neglect	74-78
If You Need to Move...	79-84

DIRECTORY of RESOURCES	85
Topical Directory	86-102
Directory of Government Agencies	103-113

INTRODUCTION

Stay Right Where You Are is a basic guide for seniors and adults with disabilities who want to continue living at home and need help to make that happen.

The amount of information on services and supports for seniors and adults with disabilities can be a lot to sort through.

If you're dealing with complex medical issues, government agencies or insurance companies, getting help can be downright overwhelming.

Think of this guide as a map made up of helpful people.

They might be part of a small community program or a government agency with a ten-dollar title, but they all share one thing in common:



They want to help you live in your own home.

Regardless of age or disability, there are services and supports to help you stay as independent as possible.

So, stay right where you are. Skip, flip, or read through this guide to find people with the help you need to keep living in your own home.



Lay of the Land

At some point in life, we all face transitions that cause us to look outside ourselves for help. Whether it's due to age or disability, the ability to maintain our independence is inextricably linked to receiving support and services—from a little to a lot.

The good news is that there's an abundance of options to help adults of all ages and abilities remain at home. The downside is that so many services can make it hard to find the right one(s).

If the thought of sorting through the vast universe of service systems and community programs makes your head spin, you're not alone. *Making life easier is hard work for everyone.*

This guide can't simplify the world of home and community support, but it can start you on your journey with some basic resources and people to help you figure out what you need.

Each of the five sections are designed to point you toward:



- ⚙ **Getting Started**
- ⚙ **Help at Home**
- ⚙ **Help in the Community**
- ⚙ **Taking Care of Business**
- ⚙ **Directory of Resources**