

Dementia Road Map Insert: A Guide With Local Spokane Resource for Family and Care Partners

DEMENTIA ROAD MAP OVERVIEW: *For local resources, see the category listed in the Spokane Area— Local Dementia Resources Document (attached)*

Wondering & Worried



- Obtain a medical assessment to find out what may be causing the problems. *(See your health care professional, a Geriatrician, a Neurologist, and/or a Neuropsychologist.)*
- Complete health care planning documents such as a Health Care Directive. *(Contact Community Living Connections at 509-960-7281 if needing support. A Health Care Directive can be found at www.dshs.wa.gov/sites/default/files/DDA/dda/documents/policy/policy9.01attachA.pdf.)*
- Complete a General Durable Power of Attorney document. In this document, your loved one appoints an “agent” to assist with financial and related matters. *(See Legal Assistance section of attached resources document if looking for local support.)*
- Complete an estate plan. Your loved one’s estate plan may include legal documents such as a will or a trust that direct the disposition of their estate upon death. *(See Legal Assistance section of attached.)*

Mild Cognitive Impairment (MCI)



- Discuss with loved one the issue of when to discontinue driving. *(See the Driving section of attached resources document for local support.)*
- **To help your loved one:**
 - Support them in managing any heart conditions, high blood pressure or diabetes as needed. This may include helping them to manage medications. *(See your physician or additional medical support categories in the attached resources document.)*
 - Encourage a healthy lifestyle including regular exercise, a healthy diet, and social activities. *(See Exercise, Peer Support, Depression/ Mood, and Falls section in the attached resources document.)*
 - Encourage the use of long-time skills, like playing the piano, singing, typing, crafts, or speaking a second language. *(See Peer Support in the attached resources document.)*

Early-Stage Dementia



Services to consider:

- Educational workshops, Alzheimer's/dementia seminars, E-Learning and online courses *(See Dementia Education section of attached resources document if looking for local support.)*
- Powerful Tools for Caregivers classes *(See Caregiver Support Groups section of attached resources document.)*
- Get connected online *(Visit the Alzheimer's Association's website www.alz.org/alzwa)*
- MedicAlert+Safe Return Service—uses a community support network including the police, to locate your loved one in case they wander. *(See Wandering/ Safe Return/ Medic Alert section of attached resources document.)*
- Consultants who specialize in caregiving and/or dementia are available through Community Living Connections or the Alzheimer's Association. *(Contact your local Community Living Connections at 509-960-7281, or contact the Alzheimer's Association's 24/7 hotline at 1-800-272-3900)*

Mid-Stage Dementia



Services to consider:

- Education workshops or conferences for caregivers. *(See Dementia Education section of attached resources document if looking for local support.)*
- Technology to assist with a variety of tasks—reminders, cameras, chimes to alert if an exterior door opens, etc. *(See Mobility/ Medical Equipment, and Assistive Devices section of attached resources document.)*
- Adult day services offer your loved one activity, exercise and socialization and provides you with some time for yourself. *(See Adult Day Care section of attached resources document.)*
- In-home care to assist with bathing, dressing, getting ready in the morning or evening, other personal care tasks/routines. *(See Personal Care/ Respite of attached resources document.)*
- Counseling to handle your own grief, depression and anger, and get emotional support. *(See Depression/Mood or Peer Support.)*

If you haven't looked into or used yet:

- Support Group— Respite Care (in or out of the home) *(See Caregiver Support Groups, Personal Care/ Respite.)*
- Consultants who specialize in caregiving issues and can assist with behaviors *(See Behaviors section.)*
- Behavior education and consultation *(See Dementia Education or Behaviors sections.)*

Late-Stage Dementia



Services to consider:

- In-home or residential care *(See Memory Care/Residential, or Personal Care / Respite.)*
- Palliative care and hospice care *(See physician to discuss possible referral.)*
- Support group *(See Caregiver Support Groups.)*
- Counseling or other emotional support for yourself *(See Depression/ Mood or Peer Support section of attached resources document.)*



This list was created by the Spokane Area Dementia Friendly Community.

Additional resources and information about this group can be found at:
www.altcew.org/programs-services/dementia-memory-loss

Spokane Area – Local Dementia Resources

SPEAK TO A PERSON – Local Help is Available

- *Would you like to speak with a specialist for help in the Spokane region?*
Call the local Community Living Connections helpline at 509-960-7281.

- *Do you need help or support right away?*
Call the Alzheimer's Association's 24/7 helpline at 1-800-272-3900.

Place a report through Adult Protective Services (APS) if you suspect an adult has been abused, neglected, exploited, or is unable to protect themselves. Call 1-877-734-6277 or email apscentralintake@dshs.wa.gov.

➤ When in doubt, report. All reports will be screened by APS and/or Residential Care Services.

If the person is in immediate danger, call 911. You do not need proof to report and you do not need to give your name.

Need	Organization	Contact Information
Abuse, Neglect, Exploitation	Adult Protective Services (APS)	<ul style="list-style-type: none"> • 1-877-734-6277 • www.dshs.wa.gov/altsa/adult-protective-services-aps
Adult Day Care	Providence ElderPlace Spokane Adult Day Health	<ul style="list-style-type: none"> • (509) 482-2475 • www.providence.org/locations/wa/elderplace-spokane
Behaviors	Alzheimer's Association 24/7 Helpline	<ul style="list-style-type: none"> • 1-800-272-3900 • www.alz.org/alzwa • www.alz.org/help-support/caregiving/stages-behaviors
	Community Living Connections / STAR-C Behavioral Challenges Program	<ul style="list-style-type: none"> • (509) 960-7281 • www.altcew.org/programs-services/information-and-assistance
Benefits Enrollment	Community Living Connections Helpline	<ul style="list-style-type: none"> • (509) 960-7281 • www.altcew.org/programs-services/information-and-assistance

**Sponsored by Aging & Long Term Care of Eastern Washington and the Alzheimer's Association.*

**This list is for information only. It is not an endorsement, nor a fully comprehensive list of services available. Please email dementia@altcew.org if interested in being considered for the list. If you have any feedback, you can also send it to this email.*



	Home & Community Services / Medicaid Waiver	<ul style="list-style-type: none"> • (509) 568-3700 • www.dshs.wa.gov/altsa/long-term-care-services-information
	Statewide Health Insurance Benefits Advisors (Medicare Support)	<ul style="list-style-type: none"> • (509) 625-4801 • www.altcew.org/programs-services/medicare
Care Consultation	Gretchen Hyatt	<ul style="list-style-type: none"> • (509) 220-0344
	Rhonda Spangler	<ul style="list-style-type: none"> • (509) 724-0972 • rhonda@dignityseniorservices.com
	TruCare Connect	<ul style="list-style-type: none"> • (833) 977-6777 • www.trucareconnect.com
	Village Plan	<ul style="list-style-type: none"> • (509) 326-5525 • www.villageplan.com/spokane
Caregiver Support Groups	Alzheimer's Association Spokane Office	<ul style="list-style-type: none"> • (509) 456-0456 • www.alz.org/alzwa/helping_you/support_groups
	Family Caregiver Support Program	<ul style="list-style-type: none"> • (509) 458-7450 • www.fbhwa.org/programs/elder-services/copes
	YMCA Powerful Tools for Caregivers	<ul style="list-style-type: none"> • (509) 777-9622 • ymcainw.org/programs/healthy-living
Clinical Trials	WSU Neuropsychology and Aging Laboratory	<ul style="list-style-type: none"> • (509) 335-4033 • labs.wsu.edu/neuropsychology-aging
	TrialMatch	<ul style="list-style-type: none"> • (800) 272-3900 • www.alz.org/alzheimers-dementia/research_progress/clinical-trials/trialmatch
Crisis Support	Alzheimer's Association 24/7 Helpline	<ul style="list-style-type: none"> • 1-800-272-3900 • www.alz.org/alzwa
	Community Living Connections	<ul style="list-style-type: none"> • (509) 960-7281 • www.altcew.org/programs-services/information-and-assistance
	Frontier Behavioral Health	<ul style="list-style-type: none"> • Clinical Appointments & intakes: (509) 838-4651 • 24/7 Crisis Response Services: 1-877-266-1818 • www.fbhwa.org
	Suicide Hotline	<ul style="list-style-type: none"> • 988

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Dementia Education / Trainings	Alzheimer's Association Education Courses	<ul style="list-style-type: none"> • (509) 456-0456 • www.alz.org/alzwa/helping_you/education • https://training.alz.org
	Dementia Action Collaborative	<ul style="list-style-type: none"> • www.dshs.wa.gov/altsa/dementia-action-collaborative
	Dementia Friends	<ul style="list-style-type: none"> • (509) 960-7281 • www.altcew.org/become-a-dementia-friend
	Frontier Behavioral Health	<ul style="list-style-type: none"> • (509) 458-7450 • www.fbhwa.org/programs/elder-services/copes
	WA State Dementia Road Map: A Guide for Family and Care Partners	<ul style="list-style-type: none"> • www.altcew.org/wp-content/uploads/sites/24/2021/08/Dementia-Road-Map-A-Guide-for-Family-and-Care-Partners.pdf • To order up to 5 copies for personal use, send your name and mailing address to dementiaroadmap@dshs.wa.gov • To order 6 or more copies, click here for instructions or go to prtonline.myprintdesk.net/DSF/storefront.aspx • To order the Spanish language version, go to inquirywa@alz.org
Dental	EWU Dental Hygiene Clinic	<ul style="list-style-type: none"> • (509) 828-1300 • www.ewu.edu/chsph/programs/dental-hygiene/patient-information
Depression / Mood	Frontier Behavioral Health	<ul style="list-style-type: none"> • (509) 838-4651 • www.fbhwa.org
Driving	Alzheimer's Association 24/7 Helpline	<ul style="list-style-type: none"> • 1-800-272-3900 • www.alz.org/alzwa
	Community Living Connections Helpline	<ul style="list-style-type: none"> • 509-960-7281 • www.altcew.org/programs-services/information-and-assistance
	Dementia and Driving through the Alzheimer's Association	<ul style="list-style-type: none"> • www.alz.org/help-support/caregiving/safety/dementia-driving

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	The Hartford: Free Home & Care Safety Guides	<ul style="list-style-type: none"> • www.thehartford.com/resources/mature-market-excellence/publications-on-aging
	DMV	<ul style="list-style-type: none"> • www.dol.wa.gov • <i>*Take a driver's test at your local DMV to determine if driving safely.</i>
	Personal Physician	<ul style="list-style-type: none"> • <i>*Speak with your personal physician to evaluate diagnosis or medications that may affect their ability to drive. Can ask physician about a referral to Saint Lukes driving program.</i>

Exercise, Leisure, and Recreation	Cheney Parks and Recreation	<ul style="list-style-type: none"> • (509) 498-9250 • www.cityofcheney.org
	Spokane Parks and Recreation	<ul style="list-style-type: none"> • (509) 625-6200 • https://my.spokanecity.org/parksrec
	Wellness Program HCS - Good Samaritan Society	<ul style="list-style-type: none"> • (509) 924-6161 • www.good-sam.com
	Wellness Program Southside Senior Center	<ul style="list-style-type: none"> • (509) 535-0803 • www.southsidescc.org
	YMCA	<ul style="list-style-type: none"> • (509) 777-9622 • www.ymcaiw.org

Falls Prevention	Falls Talk – C at Aging & Long Term Care	<ul style="list-style-type: none"> • (509) 458-2509 • www.altcew.org/programs-services/preventing-falls
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Food Banks / Pantries	Catholic Charities Eastern Washington	<ul style="list-style-type: none"> • (509) 459-6163 • www.cceasternwa.org/food-for-all
	Cheney Food Bank	<ul style="list-style-type: none"> • 624 3rd St. Cheney, WA 99004 • (509) 235-2325
	Martin Luther King Jr Community Center	<ul style="list-style-type: none"> • (509) 868-0856 • mlkspokane.org
	Medical Lake Food Bank	<ul style="list-style-type: none"> • 207 S Washington St. Medical Lake, WA • (509) 299-3819
	Our Place Community Outreach	<ul style="list-style-type: none"> • (509) 326-7267 • www.ourplacespokane.org
	Salvation Army of Spokane	<ul style="list-style-type: none"> • (509) 325-6821 • www.spokane.salvationarmy.org/spokane_citadel/cure-hunger
	SouthWest Community Center	<ul style="list-style-type: none"> • (509) 624-8634 • swspokaneccyouth.wixsite.com/mysite

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	Spokane Valley Partners	<ul style="list-style-type: none"> • (509) 927-1153 • www.svpart.org
	The Greenhouse Community Center	<ul style="list-style-type: none"> • (509) 276-8224 • ceo@thegreenhousecc.org
Hearing	Audiology Clinical Services	<ul style="list-style-type: none"> • (509) 994-4395 • www.audiologynw.com
	Beltone Hearing Care Center	<ul style="list-style-type: none"> • (509) 483-1221 • www.beltone.com
Helplines	Alzheimer's Association 24/7 Helpline	<ul style="list-style-type: none"> • 1-800-272-3900 • www.alz.org/alzwa
	Community Living Connections Helpline	<ul style="list-style-type: none"> • 509-960-7281 • www.altcew.org/programs-services/information-and-assistance
	Veterans Affairs Caregiver Support Line	<ul style="list-style-type: none"> • (855) 260-3274 • www.caregiver.va.gov
	Veterans Affairs Spokane Support	<ul style="list-style-type: none"> • (509) 434-7755 • www.caregiver.va.gov
Housekeeping / Maintenance	Champion of Aging Well	<ul style="list-style-type: none"> • (509) 993-3284 • www.championofagingwell.com
	Durable Medical Equipment, Lifts, and Ramps – Spokane Rotary Club	<ul style="list-style-type: none"> • (509) 487-4119 • www.mshh-donorcloset.com
	SNAP	<ul style="list-style-type: none"> • (509) 456-7627 • www.snapwa.org
	Tru Blue of Spokane Valley - Home Safety Renovations	<ul style="list-style-type: none"> • (509) 218-5623 • www.trubluehousecare.com/spokane-valley
	Volunteer Chore Services - Catholic Charities	<ul style="list-style-type: none"> • (509) 459-6171 • www.cceasternwa.org/senior-services
Incontinence Supplies	Byram Healthcare	<ul style="list-style-type: none"> • (509) 534-4123 • www.byramhealthcare.com

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Legal Assistance <i>Elder Law/ Estate Planning</i>	Douglas Eden A Professional Services Corporation	<ul style="list-style-type: none"> • (509) 455-5300 • www.depdslaw.com
	Elder Law Group	<ul style="list-style-type: none"> • (509) 468-0551 • www.elderlawgroupwa.com
	Estates & Elders	<ul style="list-style-type: none"> • (509) 252-5003 • www.estatesandelders.com
	Evergreen Elder Law	<ul style="list-style-type: none"> • (509) 325-5222 • www.evergreenelderlaw.com
	Gravis Law	<ul style="list-style-type: none"> • (509) 252-8435 • www.gravislaw.com
	Sayre, Sayre & Fossum	<ul style="list-style-type: none"> • (509) 325-7330 • www.sayrelaw.com
Guardianship	Spokane County Superior Court Guardianship Monitoring Program	<ul style="list-style-type: none"> • (509) 477-2622 • www.spokanecounty.org/4988/About-GMP
Legal Planning/ Information Services	CLEAR Hotline	<ul style="list-style-type: none"> • (888) 387-7111 • www.nwjustice.org
	Center for Justice	<ul style="list-style-type: none"> • (509) 835-5211 • serve.gonzaga.edu/agency/detail/?agency_id=101214
	Dementia Legal Planning Toolkit	<ul style="list-style-type: none"> • www.washingtonlawhelp.org/resource/dementia-legal-planning-toolkit
	NW Justice Project	<ul style="list-style-type: none"> • (509) 324-9128 • www.nwjustice.org
Pro Bono (Free)	Pro Bono (Free) Council Legal Group	<ul style="list-style-type: none"> • (425) 780-5589 • www.probonocouncil.org/dementia-legal-planning •
	Spokane County Volunteer Lawyers Program	<ul style="list-style-type: none"> • (509) 477-2674 • www.spokanevlp.org
	University Legal Assistance - Gonzaga	<ul style="list-style-type: none"> • (509) 313-5791 • www.gonzaga.edu/school-of-law/clinic-centers/law-clinic
Medication Assistance	Advanced Medication Management - ALTCEW	<ul style="list-style-type: none"> • (509) 960-7281 • www.altcew.org/programs-services/medication-management

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Meals / Nutrition	Greater Spokane County Meals on Wheels	<ul style="list-style-type: none"> • (509) 924-6976 • www.gscmealsonwheels.org
	Mid City Concerns Senior Center	<ul style="list-style-type: none"> • (509) 456-6597 • www.mowspokane.org

Memory Care / Residential <i>Assisted Living Facilities</i>	Colonial Court	<ul style="list-style-type: none"> • (509) 921-5473 • www.colonialcourtassistedliving.com
	Cornerstone Court	<ul style="list-style-type: none"> • (509) 467-2688 • www.cornerstonecourt.net
	The Cottages of Spokane Memory Care	<ul style="list-style-type: none"> • (509) 816-1900 • www.carepartnersliving.com/cottages-of-spokane
	Fairview ALF	<ul style="list-style-type: none"> • (509) 325-7339 • www.fairviewassistedliving.com/spokane
	Columbia Landing of Spokane	<ul style="list-style-type: none"> • (509) 904-1245 • https://parkavenuelifestyle.com/community/columbia-landing-of-spokane
	Moran Vista	<ul style="list-style-type: none"> • (509) 443-1944 • www.moranvistaseniorliving.com
	Northpointe Village	<ul style="list-style-type: none"> • (509) 465-8440 • www.pegasusseniorliving.com/north-point-village
	Orchard Crest	<ul style="list-style-type: none"> • (509) 928-2222 • www.orchardcrestretirement.com
	Ridgeview Place	<ul style="list-style-type: none"> • (509) 283-7809 • www.enlivant.com/senior-housing-options/memory-care
	Riverview	<ul style="list-style-type: none"> • (509) 483-6483 • www.riverviewretirement.org
	Rockwood at Whitworth	<ul style="list-style-type: none"> • (509) 466-0411 • www.rockwoodretirement.org
	Rose Pointe	<ul style="list-style-type: none"> • (509) 926-6483 • www.rosepointeassistedliving.com
	South Hill Village	<ul style="list-style-type: none"> • (509) 385-0562 • www.pegasusseniorliving.com/south-hill-village
	The Cottages of Spokane	<ul style="list-style-type: none"> • (509) 816-1900 • www.carepartnersliving.com
	The Courtyard at Rockwood South Hill	<ul style="list-style-type: none"> • (509) 536-6650 • www.rockwoodretirement.org
Adult family home	Adult Family Home Locator	<ul style="list-style-type: none"> • https://fortress.wa.gov/dshs/adsaapps/lookup/AFHAdvLookup.aspx

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	DSHS Adult Family Home Brochure	<ul style="list-style-type: none"> • www.dshs.wa.gov/sites/default/files/publications/documents/22-707.pdf
Skilled Nursing facilities	Cheney Care Center	<ul style="list-style-type: none"> • (509) 235-6196 • www.cheneycare.com
	North Central Care Center	<ul style="list-style-type: none"> • (509) 328-6030 • www.hyattfamilyfacilities.com
	Riverview Care Center	<ul style="list-style-type: none"> • (509) 489-4466 • 1841 E. Upriver Drive Spokane, WA 99207
	Royal Park Health and Rehabilitation	<ul style="list-style-type: none"> • (509) 489-2273 • www.empres.com/location/royal-park-health-rehab
	Sullivan Park Assisted Living Community	<ul style="list-style-type: none"> • (509) 922-1644 • www.prestigecare.com
	Sunshine Health Facilities	<ul style="list-style-type: none"> • (509) 926-3547 • www.shfi.com
	Touchmark on South Hill	<ul style="list-style-type: none"> • (509) 536-2929 • www.touchmark.com/senior-living/wa/spokane/south-hill

Mobility, Medical Equipment, and Assistive Devices	Donor Closet	<ul style="list-style-type: none"> • (509) 924-6976 • gscmealsonwheels.org • info@gscmealsonwheels.org
	Durable Medical Equipment, Lifts, and Ramps – Spokane Rotary Club	<ul style="list-style-type: none"> • (509) 487-4119 • www.mshh-donorcloset.com
	Inland Medical and Rehab, Inc.	<ul style="list-style-type: none"> • (509) 455-9385 • www.imrehab.com
	Lilac Services for the Blind – blind mobility aids	<ul style="list-style-type: none"> • (509) 328-9116 • (800) 422-7893 • www.lilacblind.org
	Scottish Rite Loan Closet	<ul style="list-style-type: none"> • (509) 624-5491 • scottishrite@spokanescottishrite.org

Money Management	Aging Solutions	<ul style="list-style-type: none"> • (509) 998-9866 • https://agingsolutionsnw.com
	ARC of Spokane	<ul style="list-style-type: none"> • (509) 328-6326 • www.arc-spokane.org
	Goodwill	<ul style="list-style-type: none"> • (509) 838-4246 • www.discovergoodwill.org

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	Skills'Kin	<ul style="list-style-type: none"> • (509) 326-6760 • https://skills-kin.org
	Spokane Valley Partners	<ul style="list-style-type: none"> • (509) 927-1153 • www.svpart.org

Peer Support	Alzheimer's Association Spokane Office	<ul style="list-style-type: none"> • (509) 456-0456 • www.alz.org/alzwa
	Check and Connect - ALTCEW	<ul style="list-style-type: none"> • (509) 960-7281 • www.altcew.org/check-and-connect
	Family Caregiver Support Program	<ul style="list-style-type: none"> • (509) 458-7450 • www.fbhwa.org/programs/elder-services/copces
	Spokane County Library District Tuesday Memory Café's	<ul style="list-style-type: none"> • scl.d.evanced.info/signup/calendar

Personal Care / Respite (In the home)	Aaging Better In Home Care, LLC	<ul style="list-style-type: none"> • (509) 464-2344 • (844) 814-8080 • www.aagingbetter.com
	Addus Home Care	<ul style="list-style-type: none"> • (509) 326-1090 • www.addus.com
	All Ways Caring Home Care	<ul style="list-style-type: none"> • (509) 524-8380 • www.allwayscaring.com/locations/Washington/Spokane-Valley/222
	Beneficial In Home Care of Spokane	<ul style="list-style-type: none"> • (800) 320-1660 • (509) 323-0390 • www.bihc.biz
	Care Focus Companion Services - Maxim Healthcare	<ul style="list-style-type: none"> • (509) 324-6421 • www.maximhealthcare.com/locations/spokane-wa
	Carina Care - IP Assistance Self Service Website	<ul style="list-style-type: none"> • (844) 797-8901 • www.carina.org
	Catholic Charities of Eastern WA - Home Care	<ul style="list-style-type: none"> • (509) 315-9500 • www.cceasternwa.org/homecare
	Chesterfield Services	<ul style="list-style-type: none"> • (509) 326-4655 • www.chesterfieldhealth.com
	Comfort Keepers	<ul style="list-style-type: none"> • (509) 283-1438 • www.comfortkeepers.com
	Family Resource Home Care	<ul style="list-style-type: none"> • (509) 473-4949 • www.familyresourcehomecare.com

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	Generations Home Care	<ul style="list-style-type: none"> • (509) 824-2780 • www.generationshomecare.org
	Havenwood	<ul style="list-style-type: none"> • (509) 535-1546 • www.havenwoodhomecare.com/in-home-care-spokane
	Home Instead Senior Care	<ul style="list-style-type: none"> • (509) 835-5898 • www.homeinstead.com/327
	Interim Healthcare of Spokane	<ul style="list-style-type: none"> • (509) 456-5665 • www.interimhealthcare.com/spokane/home
	Serengeti Care	<ul style="list-style-type: none"> • (509) 530-8659 • www.serengeticare.com

Placement Assistance	Care Patrol	<ul style="list-style-type: none"> • (509) 315-9324 • www.carepatrol.com/advisors/elise-biviano
	A Place for Mom	<ul style="list-style-type: none"> • (866) 368-7916 • www.aplaceformom.com
	Simpliage	<ul style="list-style-type: none"> • (509) 934-8488 • www.simpliage.com
	1st Choice Advisory Services	<ul style="list-style-type: none"> • (800) 361-0138 • www.choiceadvisory.com

Transportation	Champion of Aging Well	<ul style="list-style-type: none"> • (509) 993-3284 • www.championofagingwell.com
	Cheney Outreach Services	<ul style="list-style-type: none"> • (509) 235-8900 • www.cityofcheney.org/184/Cheney-Outreach-Center
	Just for You Senior Services	<ul style="list-style-type: none"> • (509) 939-9971 • justforyouseniorservices@gmail.com
	MedTran	<ul style="list-style-type: none"> • (800) 550-3782 • https://gomedtran.com
	ParaTransit	<ul style="list-style-type: none"> • (509) 328-1552 • www.spokanetransit.com
	SNAP - Neighbors on the Go	<ul style="list-style-type: none"> • (509) 456-7627 • www.snapwa.org
	Special Mobility Services	<ul style="list-style-type: none"> • (509) 534-9760 • www.sms1.org
	Volunteer Chore Services - Catholic Charities	<ul style="list-style-type: none"> • (509) 459-6171 • www.cceasternwa.org/senior-services

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Wandering, Safe Return, and Medic Alert	Alzheimer's Association Spokane Office	<ul style="list-style-type: none"> • (509) 456-0456 • www.alz.org/alzwa
	MedicalAlert.org	<ul style="list-style-type: none"> • (800) 354-1327 • www.medicalalert.org
	Providence Adult Day Health	<ul style="list-style-type: none"> • (509) 482-2475 • www.providence.org/locations/wa/elderplace-spokane
	Spokane Lifeline	<ul style="list-style-type: none"> • (509) 487-4769 • www.spokanelifeline.com
	Washington State Patrol Silver Alert	<ul style="list-style-type: none"> • (800) 543-5678 • www.wsp.wa.gov/crime/alerts-missing-persons
Vision	Lilac Services for the Blind	<ul style="list-style-type: none"> • (509) 328-9116 • (800) 422-7893 • www.lilacblind.org
	Spokane Central Lions Club (expense assistance)	<ul style="list-style-type: none"> • (509)328-6900 • https://e-clubhouse.org/sites/spokanecentrallionswa

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