

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

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**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](http://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](http://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 Regional Dementia Friendly Community.

Additional resources and information about this group can be found at:  
[www.altcew.org/programs-services/dementia-memory-loss](http://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](mailto: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"> <li>• 1-877-734-6277</li> <li>• <a href="http://www.dshs.wa.gov/altsa/adult-protective-services-aps">www.dshs.wa.gov/altsa/adult-protective-services-aps</a></li> </ul>
Adult Day Care	Providence ElderPlace Spokane Adult Day Health	<ul style="list-style-type: none"> <li>• (509) 482-2475</li> <li>• <a href="http://www.providence.org/locations/wa/elderplace-spokane">www.providence.org/locations/wa/elderplace-spokane</a></li> </ul>
Behaviors	Alzheimer's Association 24/7 Helpline	<ul style="list-style-type: none"> <li>• 1-800-272-3900</li> <li>• <a href="http://www.alz.org/alzwa">www.alz.org/alzwa</a></li> <li>• <a href="http://www.alz.org/help-support/caregiving/stages-behaviors">www.alz.org/help-support/caregiving/stages-behaviors</a></li> </ul>
	Community Living Connections / STAR-C Behavioral Challenges Program	<ul style="list-style-type: none"> <li>• (509) 960-7281</li> <li>• <a href="http://www.altcew.org/programs-services/information-and-assistance">www.altcew.org/programs-services/information-and-assistance</a></li> </ul>
Benefits Enrollment	Community Living Connections Helpline	<ul style="list-style-type: none"> <li>• (509) 960-7281</li> <li>• <a href="http://www.altcew.org/programs-services/information-and-assistance">www.altcew.org/programs-services/information-and-assistance</a></li> </ul>

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

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

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	<b>The Hartford: Free Home &amp; Care Safety Guides</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.thehartford.com/resources/mature-market-excellence/publications-on-aging">www.thehartford.com/resources/mature-market-excellence/publications-on-aging</a></li> </ul>
	<b>DMV</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.dol.wa.gov">www.dol.wa.gov</a></li> <li>• <i>*Take a driver's test at your local DMV to determine if driving safely.</i></li> </ul>
	<b>Personal Physician</b>	<ul style="list-style-type: none"> <li>• <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></li> </ul>

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

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

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

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

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

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

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

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

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

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

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

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

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	<b>Freedom Home Care</b>	<ul style="list-style-type: none"> <li>• (509) 992-9633</li> <li>• <a href="http://www.freedomhomecare.info">www.freedomhomecare.info</a></li> </ul>
	<b>Generations Home Care</b>	<ul style="list-style-type: none"> <li>• (509) 824-2780</li> <li>• <a href="http://www.generationshomecare.org">www.generationshomecare.org</a></li> </ul>
	<b>Havenwood</b>	<ul style="list-style-type: none"> <li>• (509) 535-1546</li> <li>• <a href="http://www.havenwoodhomecare.com/in-home-care-spokane">www.havenwoodhomecare.com/in-home-care-spokane</a></li> </ul>
	<b>Home Instead Senior Care</b>	<ul style="list-style-type: none"> <li>• (509) 835-5898</li> <li>• <a href="http://www.homeinstead.com/327">www.homeinstead.com/327</a></li> </ul>
	<b>Interim Healthcare of Spokane</b>	<ul style="list-style-type: none"> <li>• (509) 456-5665</li> <li>• <a href="http://www.interimhealthcare.com/spokane/home">www.interimhealthcare.com/spokane/home</a></li> </ul>
	<b>Serengeti Care</b>	<ul style="list-style-type: none"> <li>• (509) 530-8659</li> <li>• <a href="http://www.serengeticare.com">www.serengeticare.com</a></li> </ul>

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

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

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

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