



### Service Areas

ADS provides case management services throughout King County, and funds a broad range of other programs and services through partnerships with community-based organizations.

Adult Day Services

Caregiver Support Services

- Counseling
- Information & Assistance
- Respite
- Support Groups
- Trainings



Case Management

Disability Access Services

Health Promotion

Elder Abuse Prevention

Homecare

Information and Assistance

Legal Services

Mental Health

Nutrition

- Congregate/Community Meals
- Home Delivered Meals
- Farmers Market Vouchers

Senior Centers

Transportation



## Information & Assistance



### Senior Information & Assistance

206-448-3110  
or 1-888-4ELDERS

### 211 Community Information Line

*(for adults with disabilities & adults under age 60)*  
206-461-3200 (M-F 8-6)  
206-461-3222 (after hours)

### African American Elders Program

206-328-5639

### SeaMar Community Health Center

206-763-5210 *(Spanish)*

### Chinese Information & Service Center

206-624-5633 *(Chinese)*

### Asian Counseling & Referral Service

206-695-7600 *(Asian languages)*

Aging and Disability Services  
700 Fifth Avenue, 51st Floor • PO Box 34215  
Seattle, WA 98124-4215



Tel: 206-684-0660  
Fax: 206-684-0689  
TTY: 206-684-0702  
aginginfo@seattle.gov



SEATTLE  
HUMAN  
SERVICES

[www.agingkingcounty.org](http://www.agingkingcounty.org)



# Aging Seattle & King County



*Aging and Disability Services*  
Area Agency on Aging for Seattle and King County



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**✓ Action. ✓ Advocacy. ✓ Answers on Aging.**



Aging & Disability Services (ADS) plans, coordinates, and advocates for a comprehensive service delivery system for older adults, family caregivers and people with disabilities in King County.

ADS, a division of the Seattle Human Services Department, works in partnership with King County and United Way to improve the health and quality of life for seniors and adults with disabilities; connect seniors and adults with disabilities with helpful resources; and provide help and support for caregivers.

**Area Plan on Aging**

The Area Plan on Aging charts the course ADS will follow to create an elder-friendly community. Revised every four years, the plan presents demographic trends and outlines major goals and objectives, including:

- Improve health care quality for older adults and adults with disabilities.
- Address basic needs.
- Improve health and well-being.
- Increase the independence for frail older adults and people with disabilities.
- Promote aging readiness.



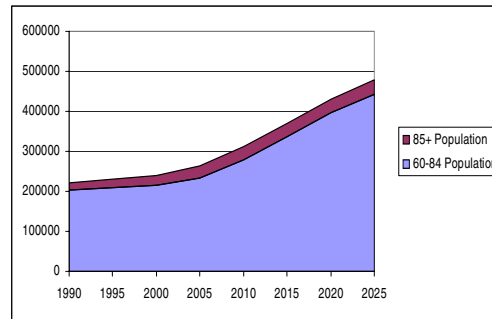
**Funding**

ADS plans and funds programs and services that benefit older people and adults with disabilities so they can remain independent in their home and communities of choice. ADS administers approximately \$70 million annually, including federal, state and local funds.



**Advisory Council**

The Advisory Council on Aging and Disability Services comprises 27 volunteers appointed to guide the agency’s planning and funding decisions. Chartered under the Older Americans Act of 1965, the Council has a significant role in advocating on behalf of older adults in King County.



**Aging King County**

By 2025, nearly one-quarter of King County’s population will be over age 60. The number of residents age 85+ is growing rapidly. King County’s older population is racially and ethnically diverse, and will become more so in the years ahead. Today, older adults tend to be healthier than the generation before them, yet many require special care to remain at home. Approximately 80 percent of people serving as caregivers for older adults or adults with disabilities are family members.

**For more information**

Aging and Disability Services (ADS) promotes thoughtful discussion of disability and aging issues through several periodic publications.

Seniors Digest is a monthly e-newsletter published by the Advisory Council for Aging & Disability Services. For a free subscription, visit [www.seniorsdigest/SKC](http://www.seniorsdigest/SKC).



Silver & Gold—Seattle & King County is a Facebook page that offers daily updates about aging programs, services and issues. “Like” us at [www.facebook.com/Silver.and.Gold.SKC](http://www.facebook.com/Silver.and.Gold.SKC).

*Encore!*—developed by the Seattle Department of Information Technology in collaboration with Aging and Disability Services—offers 24/7 information for older adults. Visit [www.seattle.gov/encore](http://www.seattle.gov/encore).



A Seattle.gov Web site for people age 50+ [www.seattle.gov/encore](http://www.seattle.gov/encore)

For more information about the Area Plan on Aging and Area Agency on Aging, visit:

[www.agingkingcounty.org](http://www.agingkingcounty.org)