

In-Home Care & Services

Adult Day Care

CIRCLES OF CARING ADULT DAY SERVICES 334-6483

Edison Center, 588 SE Bishop Blvd, Ste D Fax: 334-6484
Pullman 99613 circlesofcaring.org
Serves vulnerable adults and frail elders allowing them to remain in the more affordable and emotionally-supportive care of their families.

PROVIDENCE ADULT DAY HEALTH 6018 N Astor, 99208 482-2475

washington.providence.org
Serves frail, vulnerable elderly and impaired adults in community-based support and rehab services.

WALLA WALLA SENIOR CITIZENS CENTER, ADULT DAY CARE 527-3775
720 Sprague, Walla Walla 99362
wallawallaseniorcenter.org

Aging & Adult Care of Central WA

13365 Pioneer Way E aaccw.org 766-2563
Moses Lake 98837 800-572-4459

Aging & Long Term Care of Eastern WA - ALTCEW

1222 N Post St, 99201
action@altcew.org 458-2509
Dir: Lynn Kimball

Resource for independent-living and community-based services.
COMMUNITY LIVING CONNECTIONS 960-7281
Family Caregivers face many challenges. They are supported with information, respite and more.
HOME CARE REFERRAL REGISTRY 458-2509
Connects people using Medicaid funds for home care services with qualified caregivers.

Beneficial In Home Care

706 N Maple, 99201 323-0390
bihc.biz 888-585-2442

In-home care for disabled or seniors. Short-term, long-term, overnight, respite 2 hours or 24 hours, daily or weekly.

COLVILLE - 99114 684-5504
142 S Wynne St 844-268-7779

MOSES LAKE serves Adams, Lincoln
1235 E Wheeler 764-0004
Moses Lake 98837

PULLMAN OFFICE 339-7733
727 S Grand Ave, 99163

Catholic Housing Communities

CATHOLIC CHARITIES EASTERN WA
12 E 5th Ave, 99202 456-2279

cceasternwa.org
Offers service enriched apartments to low-income seniors, disabled and chronically homeless individuals across Eastern WA.

Cheney Care Center

235-6196
2219 N 6th, Cheney 99004
cheneycare.com Fax: 235-2044
Caring for the elderly in Cheney

and surrounding areas. Services include meal delivery, home care, independent living, assisted living, senior care, outpatient rehab, skilled care and rehabilitation.

Council on Aging & Human Services (COA)

coacolfax.org
101 N Main, Colfax 99111
ED: Paige Collins pcollinscoa@gmail.com 397-4305
Fax: 397-2917
Private nonprofit, public-benefit organization committed to enhancing lives and supporting communities with transportation and nutrition services, including commodities boxes, farmers' market vouchers, home delivered meals, food distribution to Whitman county food pantries.

DSHS Aging and Long-Term Support Administration

ADULT PROTECTIVE SERVICES 800-459-0491 TTY 568-3086
HOME & COMMUNITY SERVICES
SPOKANE OFFICE 568-3700
1330 N Washington, Ste 3000, 99201 800-459-0421
Services for elderly, functionally disabled and vulnerable adults.

CLARKSTON HCS 751-4676
525 Fifth Street, Asotin 99403
altc.washington.com 800-310-4881
AGING AND DISABILITY RESOURCE CENTER & FAMILY CAREGIVER SUPPORT PROGRAM 758-2355
744 Fifth, Ste C, Clarkston 99403

GARFIELD OFFICE 843-3563
695 Main St, Pomeroy 99347
altc.washington.com 800-310-4881
COLVILLE HCS 888-437-0516
1100 S Main, 99114 685-5644
REPUBLIC HCS 755-2227
42 Klondike 888-432-0516
Republic 99166 TTY 776-2661

MOSES LAKE HCS 764-5657
1620 S Pioneer Way, 98837
800-671-8902 TTY 800-833-6388
NEWPORT HCS 447-6223
1600 W First Ave 888-437-0516
Newport 99156

WALLA WALLA HCS 524-4960
206 West Poplar 800-310-5678
AGING AND DISABILITY RESOURCE CENTER & FAMILY CAREGIVER SUPPORT PROGRAM 524-4960
125 E Cherry St, Ste A, 99362
800-310-5678
COLUMBIA OFFICE 382-4787
410 E Main, Dayton 99328

Elder Services

458-7450
5125 N Market St, 99217
Behavioral health care and case management for adults 55 and older. TTY 835-1282
KINSHIP NAVIGATOR 458-7450
COPEs 458-7450
FAMILY CAREGIVER 458-7450

In-Home Providers

HOME CARE REFERRAL 800-970-5456

REGISTRY OF WA STATE hcr.wa.gov

AGING BETTER IN-HOME CARE

MAIN OFFICE 208-777-0308
1125 East Polston Ave, Suite A
Post Falls 83854 Fax: 777-0406
aagingbetter.com

SPOKANE VALLEY 464-2344
1014 N Pines Rd, Ste 110, 99206
844-814-8080

SANDPOINT 208-263-7889
1207 Michigan St, Ste A, 83864
866-464-2344

ADDUS HEALTH CARE addus.com
SPOKANE 326-1090
1121 N Argonne Rd, Ste B210

COEUR D'ALENE 208-667-2309
850 W Ironwood Dr, Ste 101

COLVILLE - 99114 684-3721
555 S Main #D

LEWISTON/CLARKSTON 208-746-8881
1037A 21st St, Lewiston

WALLA WALLA 526-5606
5 W Alder St, Ste 239

BONNER GENERAL HEALTH
520 N Third Ave 208-265-1007
PO Box 1448, Sandpoint 83864

bonnergeneral.org

CARE TO STAY HOME 340-1359
12810 E Nora Ave, Ste A-1

Spokane Vly 99216 Fax: 255-7000
CareToStayHomeSpokane.com

COEUR D'ALENE 208-758-0357

CHENEY CARE CENTER 235-6196
2219 N 6th Ave, Cheney 99004
cheneycare.com

CHESTERFIELD SERVICES, INC

chesterfieldhealth.com
SPOKANE 326-4655
1050 N Argonne Rd, Suite 102
Spokane 99212 866-326-4655
TRICOUNTY 935-8843/866-428-1273
N 119 3rd St E/PO Box 764
Chewelah 99109 Fax: 935-7078

COMFORT KEEPERS
comfortkeepers.com

SPOKANE 484-2345
1104 W Wellesley Ave, Ste D

COEUR D'ALENE 208-231-1098
820 Best Ave, 83814

SANDPOINT
300 Bonner Mall Way Ste 36
Ponderay 83865 208-265-9522

FAMILY FIRST SENIOR CARE 326-5525
521 N Argonne Rd, Bldg B Ste 103
Spokane Valley 99212

familyfirstseniorcare.com

FAMILY HOME CARE 800-775-6380
fhccares.com

SPOKANE VALLEY 473-4949
1716 N Union Rd, 99206

PALOUSE OFFICES 496-1945
220 E 5th St, Ste 209, 83843

FRONTIER BEHAVIORAL HEALTH
-RASCHKO BLDG 458-7450

5125 N Market, 99217

HOME INSTEAD SENIOR CARE
homeinstead.com 835-5898

1616 W Wellesley, Ste A, 99205
500 N Government Way Ste 500
Coeur d'Alene 83814 208-415-0366



Help is only a phone call away.

Available 24 hours a day, 7 days a week

(509) 323-0390

www.bihc.biz

Short or long-term • Overnight • Respite Care

Locally Owned

Serving Spokane and the Inland Northwest
since 1989

KINDRED AT HOMEkindredathome.com**SPOKANE 464-4970**

8502 N Nevada, Ste 2, 99208

LIBERTY LAKE BRANCH 473-4900

22820 E Appleway Ave, 99019

COEUR D'ALENE 83814 208-667-5470

1230 Northwood Center Ct, Ste C

PULLMAN 334-6016

1610 NE Eastgate, Ste 650, 99163

MAXIM HEALTHCARE SERVICES

1500 W Fourth Ave, 99201

maximhealthcare.com **324-6421****PANHANDLE HEALTH DISTRICT SKILLED****HOME CARE 208-415-5160**

8500 N Atlas R, Hayden 83835

[panhandlehealthdistrict.org/](http://panhandlehealthdistrict.org/home-health-services)home-health-services**RESCARE HOMECARE 866-670-4269**rescare.com/homecare-services**SPOKANE 524-8380**

924 S Pines Rd, Ste 100, 99206

CLARKSTON/LEWISTON 237-6527

744 5th St, Ste B, 99403

COEUR D'ALENE 208-490-8255

1900 NorthWest Blvd, Ste 210, 83814

COLVILLE 237-6621

161 E Third, #B, 99114

SANDPOINT 208-490-8991

120 East Lake St, Ste 305, 83864

WALLA WALLA 591-0445

1129 S Second Ave, 99362

SENIOR HELPERS 283-1193

511 S Pine St, Ste D, 99202

seniorhelpers.com**SEUBERT'S QUALITY HOME CARE**seubertsqualityhomecare.com**GRANGEVILLE/COTTONWOOD/KAMIAH****800-597-6620****LEWISTON/CLARKSTON 208-743-1818**1702 16th Ave **800-597-6620****MOSCOW/PULLMAN 208-883-1114**325 W 3rd St **888-877-4451****Meals on Wheels**mealsonwheelsamerican.org**COUNCIL ON AGING & HUMAN****SERVICES - MOW 397-4305**

210 S Main St, Colfax 99111

GREATER SPOKANE COUNTY MEALS**ON WHEELS 924-6976**

12101 E Sprague Ave, 99206

POB 14278, Spokane Valley 99214

gscmealsonwheels.org

Exec Dir Jeff Edwards

Delivers hot lunch meals M-F,

frozen meals on weekends.

\$3.50/meal suggested donation.

Available to home-bound 60+

individuals with little assistance

or disabled or to those with

difficulty preparing meals for

themselves.

HAYDEN SENIOR CENTER9428 N Govt Way **762-7052**haydengems@frontier.com**HELPFUL PLATES Kerry 362-6642**

3151 E 27th, 99223 Brandy

216-6423, Melinda 434-4303

Offers a weekly menu to seniors

who call or email. Meals go in

the freezer, and good up to three

days. Delivers on T, F and Sat,

and 2-5 p.m. W. Accepts cash or

checks.

LAKE CITY SENIOR CENTER 83814

1916 Lakewood Dr, Coeur d'Alene

MOSCOW SENIOR CENTER412 E 3rd, 83843 **208-882-1542****PLUMMER SENIOR CITIZEN KITCHEN M-Th**888 C St **686-1863****POST FALLS SENIOR CENTER 773-9582**

1215 E 3rd, Post Falls 83877

postfallsseiorcenter.org 11:30 MWF**SENIORS HOSPITALITY CENTER, INC**6635 Lincoln St **267-5553**

Bonners Ferry 83805

SENIOR ROUND TABLE 527-3375

720 Sprague, Walla Walla 99362

SILVER VALLEY SENIORS MOW

PO Box 887, Osburn 83849

SPIRIT LAKE SENIORS 623-6125

218 N 4th/POB 817

Spirit Lake 83869

Drive thru, 3-6, M Th

THE PEOPLE'S PANTRY 775-3874

925 S Keller, Republic

Groceries and balanced meals

offered 1:30-3:30 p.m., Th,

serves Northern Ferry County.

Primarily Republic, Malo and

Curlew.

WALLA WALLA MOW 541-938-5481

401 W Poplar, 99362

WEIPPE HILLTOP SENIOR CITIZENS**CENTER 208-435-4553**

215 S First St/PO Box 42, 83553

VALLEY MOW 208-799-5767

415 6th St, Lewiston 83501

Medical Supplies, & Mobilityimrehab.com**DEL SCHMITT DBA BATHCREST 922-6535**

OF CUSTOM CRAFTSMAN

15518 E Lincoln Rd, 99217

bathcrestcustomcraftsmen.netDel Schmitt dschmitt@air-pipe.com

Home construction, bathroom

refinishing & bathtub resurfacing.

GOLDENWEST MOBILITY 484-38421815 E Francis **800-734-3842**Spokane 99208 **Fax: 484-3858**goldenwestmobility.com

Offers handicap mobility

products.

INLAND MEDICAL & REHAB 455-9385200 E 2nd, Ste B, 99202 imrehab.com**MEDICAL ALERT & SAFE RETURN**medicalalert.com **473-3390****MEDICARE DURABLE MEDICAL****EQUIPMENT 800-633-4227****NORTHWEST HOME MEDICAL****926-5640**

10502 E Montgomery, 99204

Mid-City Concerns/Meals on**Wheels Spokane 747-3257**1222 W 2nd, 99201 mowspokane.orgdirector@mowspokane.org **456-6597**Dir: Beth Alcorn **232-0864**Vol Coord: Tracy Hattamer **456-0397**

Comm: Sara Hall

Delivers hot meals to home-

bound seniors in Spokane.

Provides activities, breakfast/

lunch.

New Hope Resource Center

4211 E Colbert Rd, Colbert 99005

info@newhoperesource.org **467-2900**newhoperesource.org **Fax: 467-5766**

Chore services for seniors who

live in Spokane County north of

Hawthorne.

Pharmaceutical & Prescription Info, Medication Compliance**AARP Rx SERVICES 800-456-2277****Discounts 877-422-7718****BENEFITS CHECK UP Rx**benefitscheckup.org**CRISIS LINE OF WHITMAN & LATAH****COUNTIES 332-1505****DRUG INFO CENTER - WSU****SPOKANE 358-7662****FOOD & DRUG ADMINISTRATION****(FDA) fda.gov 800-463-6332****GENEVA WOODS 744-9891**

3808 N Sullivan Rd, Bldg N-15,

Ste 103, Spokane Valley 99216

genevawoods.com

Medication compliance.

ID COUNTIES INDIGENT/SOCIAL**SERVICES ASSIST - DISCOUNT****PRESCRIPTIONS 877-321-2652**caremark.com/naco

Residents receive a prescription

discount card.

BOUNDARY COUNTYboundarycountyid.org**NEZ PERCE COUNTY co.nezperce.id.us****IDAHO RX CARDS idahorxcards.com****MY MEDS my-meds.com**

Digital and human approach

to help patients manage and

understand their meds.

NEEDYMEDS 800-503-6897needymeds.org

Free information on programs

that help people who cannot

afford medications & health care

costs.

THE INTERNET DRUG INDEX rxlist.com**TOGETHER RX - MEDICARE**togetherrxaccess.com **800-444-4106****Providence DominiCare**110 S Third St East **935-4925**

Chewelah 99109

washington.providence.org

Nonprofit agency ministering

to residents in Stevens, Pend

Oreille and Ferry counties.

Serves frail, impaired and elderly

individuals who need non-

clinical home services, such

as personal care, household

assistance and family respite.

Sliding fee scale.

Providence St Mary's Home Health 897-8600

209 W Poplar St, Walla Walla 99362

washington.providence.org**Providence VNA Home Health 534-4300**1000 N Argonne **534-4300**Spokane Valley 99212 **Fax: 536-6464**washington.providence.org

Offers skilled home health care,

serving individuals who need

health care services at home

for a temporary condition such

as post-surgical care or a chronic

condition such as heart failure,

diabetes or Parkinson's disease.

Pullman Community Council on Aging PullmanCoCoA.org

PO Box 1123, Pullman 99163

PullmanComCoA@gmail.com

Network of caring citizens and

senior service agencies working

to improve the quality of life for

local seniors. Programs include

Meals on Wheels, Senior Chore

Service and free "Guide to

Senior Services for Pullman &

Whitman County."

Rural Resources Community Action - Tri-Cnty Sr. Nutrition 684-8421956 S Main St **684-8421**

Colville 99114

Offers Diner's Choice that issues

coupons for meals at local

participating restaurants in NE

WA, MOW also offered.

Rural Resources Community Living Connections 775-0912**FERRY COUNTY OFFICE 775-0912**

42 Klondike Rd, Republic 99166

PEND OREILLE COUNTY - IONE OFFICE201 Houghton **442-3223**

PO Box 493, Ione 99139

WHITMAN COUNTY 800-873-5889

1615 NE Eastgate G, Ste 4 East

Pullman 99163 **332-0365**

Helps unpaid caregivers and those

who care for maintain in-home

**Feeding bodies,
nurturing souls,
saving lives****If you know of a
homebound senior
in need of a caring visit
and a hot meal,
please call
509-456-6597**mowspokane.org

care as long as possible. Respite care in homes or at other locations, offers relief for family or other unpaid caregivers of disabled adults ages 18+. Kinship Caregiver Support Program provides information, assistance and referral for grandparents and other relatives caring for minor relatives. Provides short-term financial help for clothes, food, car seats, beds and other needs. Operates local bus service in Ferry, Pend Oreille and Stevens Counties.
684-2961/800-776-9026

Senior Action Network of Eastern WA

info@sanewa.org sanewa.org
 Network of business leaders and individuals who network, offer charitable giving and annual events. Helps raise awareness and funding for seniors and organization that help assist seniors to live a healthy independent and secure lives.

Senior Citizen's/Disabled Persons Tax Exemption Program

SPOKANE COUNTY 477-4713
 1116 W Broadway, 99260
ADAMS COUNTY 659-3200
 210 W Broadway, Ritzville 99169
ASOTIN COUNTY 243-2016
 135 2nd St, Asotin 99402
COLUMBIA COUNTY 382-2131
 341 E Main, 99328

FERRY COUNTY 350 E Delaware, Ste 1 Republic 99166 **775-5205**
LINCOLN COUNTY 596-1454
 450 Logan St/PO Box 400 Davenport 99122 **725-7011**
PEND OREILLE COUNTY 447-4312
 PO Box 5010, Newport 99156
STEVENS COUNTY 684-6161
 215 S Oak St, Colville 99114
WALLA WALLA COUNTY 524-2560
WHITMAN COUNTY - SENIOR CITIZENS TAX RELIEF 397-6220
 400 N Main St, Colfax 99111
IDAHO STATE TAX COMMISSION 208-334-7736 800334-7756

SE WA Aging & Long Term Care Council of Governments

PO Box 8349 **877-965-2582**
 Yakima 98908 newnc@dshs.wa.gov
altc.washington.com
 Does community planning and advocacy. Funds a network of services to help seniors and adults with disabilities stay at home. See HCS Aging and Disability Resource centers listed under DSHS Aging and Long-Term Care Support Admin, in Clarkston (Asotin County), Garfield County, Walla Walla and Columbia.

Senior Services/Volunteer Chore Services

CATHOLIC CHARITIES EASTERN WA
 12 E 5th Ave, 99202 **459-6175**
cceeasternwa.org
 Provides rides and chore services

to low-income elderly and disabled clients so they can remain in their



Looking for energy bill assistance? We have options.

Avista partners with community agencies to provide financial assistance, plus we offer other services to help you manage and pay your bill.

- **Energy Assistance Grants** are available for income-qualified residential customers. Funds are distributed to qualifying customers through local community agencies – please call us at 1-800-227-9187 to find your local community agency or visit myavista.com/assistance.
- **Comfort Level Billing** divides yearly energy costs into 12 equal and predictable monthly payments.
- **Preferred Due Date** helps align your bill's due date with payday.
- **Payment Arrangements** can be made on an individual basis for those in need.

For more ways we can help, please call **1-800-227-9187** or visit myavista.com/covid-19.

Be a part of something Greater.



For over forty years, **Greater Spokane County Meals on Wheels** has helped provide fresh made meals from our local kitchen, companionship and eyes-on wellness checks and a connection to other senior services.

Our mission is to help seniors stay independent and in the home they love.



GSCMealsonWheels.org • 509-924-6976



own home with dignity and a connection to the community. Offers transportation to medical appointments and one grocery visit a month to those on limited income.

Sunshine Home Health

10410 E 9th Ave, Bldg B
321-9050
Spokane Valley 99206 shfi.com
Provides in-home nursing, physical, occupational and speech therapies; social service/ community resource planning; registered dietitians; and home-health aide services throughout Spokane County. Accepts medical insurance and tailors serves to client(s) needs.

Transportation Programs

See details in Travel and Transportation under Senior Transportation (Page 169-70)
AARP SMART DRIVER COURSES
aarpdriversafety.org/why-take-our-course.html
BAT 208-245-4576
CITY LINK CDA 208-446-1616
COMMUNITY LIVING CONNECTIONS - AGING & LONG TERM CARE OF EASTERN WA - ALTCEW960-7281
COAST
- SPOKANE 297-2935
- PALOUSE- COUNCIL ON AGING & HUMAN SERVICES TRANSPORTATION
Coordinator 397-2935
- WASHINGTON 800-892-4817
- IDAHO 800-967-2899
DIAL-A-RIDE - PULLMAN TRANSIT
332-5471 TDD 800-833-6388
SMART (Moscow)

208-883-7747 TTY 800-377-1363
VALLEY TRANSIT (WALLA WALLA)
527-3779

GO-GO GRANDPARENT
gogogranparent.com 855-464-6872
KALTRAN 447-7247

MEDICAID TRANSPORTATION/AMERICAN MEDICAL RESPONSE (ID) idahonem.net
800-296-0509 877-503-1261
MEDTRAN 800-550-3782

GoMedTran.com
THE MOCCASIN EXPRESS PARA-TRANSIT
458-6549

PANHANDLE HEALTH SENIOR COMPANIONS
208-415-5160 800-878-2364
panhandlehealthdistrict.org

PEOPLE FOR PEOPLE 800-851-4204
pfp.org/pfp/pfp/home.aspx 765-9249
Offered in Adams and Lincoln Counties
800-233-1624

PRECIOUS CARGO 951-9380
RURAL RESOURCES COMMUNITY ACTION
684-2961 800-776-9026

SNAP CHW/TRANSPORTATION
strccoordinator#mgail.com 319-3050

SNAP DENTAL TRANSPORTATION
dispatchgomedstar 800-236-2011
SPECIAL MOBILITY SERVICES 534-9760

sms1.org 800-892-4817
COMMUNITY SHUTTLE 534-7171
sms1.org 877- 264-RIDE

STA PARA TRANSIT 328-1552
VETERANS TRANSPORTATION SERVICES (VTS) 434-7537

VOLUNTEER CHORE SERVICES
ccsww.org 459-6172/459-6171

WHITE TAIL TRANSPORTATION
448-0848 877-503-1261
whitetailtransportation.com

You can make a difference by
volunteering just one hour per week!



Volunteer Services

a program of Catholic Charities Eastern Washington

(509) 459-6172 | cceasternwa.org

