



AGING IN PLACE



Stay Independent :

"At age 65, older adults are twice as likely to be killed or injured by fires compared to the population at large. By age 75, that risk increases to three times that of the general population — and to four times by age 85." As people age, maintaining independence often becomes a high priority. There are ways that older adults can prepare for and prevent events and emergencies that may lead to injury or loss of independence. The following resources are great places to start. Sign up for alerts, find tips, and discover checklists so that you can take steps to maintain independence and safely age in place.

LEARN MORE



Follow the QR code on the left to find tips and checklists at [cdc.gov](https://www.cdc.gov)

Follow the QR code on the right to view the long term care & aging resources created by Snohomish County



Online Resources

- [National Institute on Aging](#)
- [National Council on Aging](#)
- [CDC STEADI Program](#)
- [Snohomish County Senior Centers](#)
- [UL's closeyourdoor.org](https://www.closeyourdoor.org)
- [YMCA of Snohomish County](#)
- [Smart911](#)
- [LongTermCare.gov](https://www.longtermcare.gov)
- [Red Cross Smoke Alarm Request Form](#)
- [WA Department of Health](#)

Contact Us or Sign Up for a Class :

Phone Number 360-794-7666
 Website www.SRFR.org
 Email Address CommunityRelations@SRFR.org





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Resources :

Local :

Homage Senior Services:

Connecting older adults to services. Consult with a specialist about local resources.

425-513-1900 M-F, 8:30 a.m.- 4:30 p.m. More info at www.seniorservices.org

Senior Services of Snohomish County

Minor Home Repair Program: 425-265-2222

Washington State Basic Food Program: 425-347-1229

Dedicated Care Solutions

Elder care advisor offering FREE resources and referrals for all senior needs: Call Greg at 425-737-3865; www.dedicatedcaresolutions.com

SHIBA

Free, unbiased, and confidential assistance with Medicare and health care choices: 425-290-1276

Property Tax Exemption and Property Tax Deferrals for Seniors & Disabled: Snohomish County Assessors Office: 425-388-3540

Senior Services Nutrition Program:

425-347-1229, basicfood@sssc.org

Meals on Wheels: 425-347-1229

Senior Services Dial-A-Ride Transportation: 425-347-5912

transportation@sssc.org.

Senior Services Of Snohomish County Transportation Assistance Program (TAP): 425-423-8517, transportation@sssc.org.

National:

Eldercare Locator

800-677-1116

eldercarelocator@n4a.org

<https://eldercare.acl.gov>

Centers for Medicare & Medicaid Services

800-633-4227

877-486-2048 (TTY)

<https://www.cms.gov>

www.medicare.gov

USAging

202-872-0888

info@uasging.org

www.usaging.org

Department of Housing and Urban Development

202-708-1112

202-708-1455 (TTY)

<https://www.hud.gov/>

Low Income Home Energy Assistance Program

National Energy Assistance Referral Hotline

866-674-6327

energyassistance@ncat.org

<https://liheapch.acf.hhs.gov/help>

National Resource Center on Supportive Housing and Home Modifications

213-740-1364

homemods@usc.edu

www.homemods.org

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