

## ALPHABETICAL LIST BY MEDICAL OR SOCIAL ISSUE

### •ABUSE

<b>CHILD ABUSE</b>	Services provided
Mary Bridge Child Abuse Intervention Department: 253-403-1478	Sexual & Physical Assault Intervention program, Suspected Child Abuse Team to staff complex child abuse/neglect cases, Parenting Partnership home visiting program for infants discharged from TG's Neonatal Intensive Care Unit
<b>Tacoma's CPS office</b> <b>Local Intake: (253) 983-6100</b>	Provides services designed to reduce the risk of abuse, prevent out-of-home placement and assure safety and permanency for children in care.
<a href="#">Washington state report abuse hotline</a> and instructions on how to report 1-800-363-4276	Investigations of suspected child abuse or neglect; development of services to support families and assure safety and well being for children

<b>ELDER ABUSE</b>	Services provided
<a href="#">Adult Protective Services</a>	Investigation of alleged abuse of vulnerable adults
<b>Northwest Justice Project</b> 715 Tacoma Ave. S. 253- 272-7879 1-888-201-1014 (CLEAR-Client Intake)	Advocacy and information for seniors on financial exploitation

<b>DOMESTIC VIOLENCE</b>	Services
<b>Centro Latino:</b> 253-572-7717 1208 S. 10 <sup>th</sup> St., Tacoma, WA 98403	Offers women's groups and advocacy/support services to Latina and Spanish speaking women.
<b>Family Justice Center:</b> 253-798-4166 718 Court E., Tacoma, WA 98402	Offers safety planning, civil and criminal legal information, electronic protection order filing, access to support groups and counseling, and emergency housing information.
<b>Family Renewal Shelter:</b> 253-475-9010	Confidential shelter for battered women and their children.
<b>Indochinese Cultural and Services Center:</b> 253-473-5666	Serves Cambodian, Laotian and Vietnamese communities. Offers counseling, support groups and advocacy to domestic violence victims.
<b>Korean Women's Association</b> <u>Main office</u> <u>Confidential Shelter</u> 253-535-4202                      253-359-4852	Serves the Korean, Samoan, and Filipino communities. Offers counseling and advocacy for individuals and families, referrals for immediate needed assistance and resources, and support groups.
<a href="#">National Clearinghouse on Abuse Later in Life</a>	Resources for providers and patients focused on unique dynamic of domestic violence among older adults

<a href="#"><u>National Coalition Against Domestic Violence Cosmetic and Reconstructive Support Program</u></a>	Assists survivors of domestic violence who cannot afford the cosmetic and reconstructive surgery and dentistry needed to repair the injuries they have received from a spouse or intimate partner.
<a href="#"><u>Northwest Network of Bi, Trans, Lesbian and Gay Survivors of Abuse:</u></a> 206-568-7777	Provides support and advocacy for LBGT folks of all genders who are surviving abuse. Services include support groups, individual counseling, legal advocacy, shelter referrals, safety planning, basic needs assistance, community education and community organizing.
<b>Pierce County DV Hotline</b> 253-798-4166 / 1-800-764-2420	County's centralized call center offering referrals to shelters, support groups, and other services for victims of domestic violence.
<a href="#"><u>Washington State Coalition Against Domestic Violence</u></a> Hotline: 1-800-532-6025	Link to state wide Domestic Violence victim services
<b>YWCA: Legal Services</b> (253) 272-4181, ext. 260.	Legal advocates can help with a case-specific safety plan, offer assistance with protective orders, offer referrals, identify options, and provide information. Cell phones are available to clients for emergency.
<a href="#"><u>YWCA: Women's Support Shelter</u></a> (253) 383-2593	Emergency housing for victims and their children. Residents are provided with basic needs and support services for up to 90 days. Support services include individualized case management, education, counseling, psycho-educational support groups, children's services, and 24-hour on-site advocacy. Shelter residents also have access to free legal service, clothing bank, employment assistance, health services, and chemical dependency services.

<b>SEXUAL ABUSE</b>	
<a href="#"><u>Sexual Assault Center of Pierce County</u></a> 253-474-7273	24-hour crisis, information and referral line. Provides support, advocacy, and therapy to victims of sexual assault and abuse as well as their friends and families

## •ADDICTIONS

<a href="#"><u>List of local Twelve Step Programs</u></a>
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## •ADHD Support

<a href="#"><u>Attention Deficit Disorder Resources</u></a> 253-759-5085	Local information, resources and support groups for adults, parents, and children
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## •CAREGIVER SUPPORT

<b>Senior</b>	
<a href="#"><u>Alzheimer's Association</u></a>	List of Caregiver Support Groups
<a href="#"><u>Good Sam's Dementia Support Services</u></a> 253-697-8575	Dementia assessment and caregiver consultation is provided to assist the caregiver in managing difficult behaviors and improving coping skills. A general caregiver support group is also available.

<b>Pierce County Aging &amp; Long Term Care:</b> 3580 Pacific Avenue - 1st Floor North 253-798-4600.	The <b>Family Caregiver Resource Center</b> provides information and other resource materials designed to help unpaid caregivers understand their role and provide better care to their loved one. Materials available include pamphlets and brochures, books and videotapes.
<b><u><a href="#">Pierce County Caregiver Support Services</a></u></b> 253-798-4600	<b>Family Caregiver Support Program</b> provides services that will support and sustain the primary, unpaid caregiver providing continuous care for a functionally disabled adult 18 years of age or older. They provide respite care, housework and errands service, skilled nursing service, specialized transportation, caregiver counseling, bath assistance, and minor adaptive equipment.

### Relatives raising children

<b><u><a href="#">Kinship Care Support Resources</a></u></b>	Comprehensive list of state and national kinship care resources
<b><u><a href="#">DSHS Kinship Care Support Program</a></u></b>	Information on financial assistance available from DSHS to kinship care providers
<b>Relatives Raising Children Program</b> Child and Family Guidance Center (253) 565- 4484 x 119	Navigator available to help kinship caregivers with questions about resources and services also offers support group
<b>Pierce County Senior Information and Assistance Office</b> 253-798-4600	Short-term support through the Kinship Caregivers Support Program. Funds are for relative caregivers not involved in the child welfare system and can pay for food, housing, clothing, school supplies, legal services, etc.

### •CHEMICALLY ADDICTED

<b><u><a href="#">Chemical Abuse Resource and Education Line</a></u></b> 253-572-2273	Provides local information, education and referrals
<b><u><a href="#">24 hour Alcohol and Drug Helpline</a></u></b> 1-800-562-1240	Information and referrals to treatment and recovery programs
<b><u><a href="#">List of Pierce County Treatment Programs</a></u></b>	Comprehensive list of all certified treatment programs and their contact information
<b><u><a href="#">Division of Alcohol and Substance Abuse</a></u></b>	How to access treatment and list of all providers in state
Tacoma Detoxification Center 721 S. Fawcett St., Tacoma, WA 98402 253-593-2413	Medically monitored detox

### 12 Step Groups

<b><u><a href="#">Alcoholics Anonymous</a></u></b>	Local meeting schedule
<b><u><a href="#">Narcotics Anonymous</a></u></b>	Local meeting schedule

## Methadone Maintenance Programs

Agency	Insurance/Payment information	Program information
CRC Health Group Tacoma Treatment Solutions 9500 Front St. Lakewood, WA 98499 253-584-3996	Does not accept medical coupons	<b>COST OF TREATMENT:</b> \$158.50 Intake fee plus \$36 for first three days of dosing (bring \$200 to intake) \$12 a day after that. Have option of purchasing a full month of treatment for \$310 which saves \$50 a month over paying daily fee.
TPC Treatment Services Tacoma Pierce County Health Department 3629 S. D Street, Tacoma, WA 98408 253-798-6405	<ul style="list-style-type: none"> <li>• They accept all medical coupons except QNB.</li> <li>• Does not accept GAU after June 2006.</li> <li>• There is some money to cover the cost of intake for income qualifying individual.</li> </ul>	<p><u>Must</u> attend a pre-admit class before enrollment. Classes held every Tuesday at 12:30 pm at the Health Department.</p> <p><b>COST OF TREATMENT:</b> \$195.39 Intake Fee \$10.36 a dose \$9 UAs</p>

### • Dental Care

<a href="#">Low Cost Dental Care in Pierce County</a>	Downloadable flyer listing all county resources
<a href="#">ABCD Dental Care for Infant &amp; Children</a>	Application for free dental care for infant and children with medical coupons

### • DSHS Services & Locations

<a href="#">How to Apply for DSHS services</a>
<a href="#">Local Community Service Offices listed by zip code</a>
<a href="#">Services provided by DSHS</a>
<a href="#">Welfare Rights Organizing Coalition</a> : Independent agency providing advocacy to welfare recipients

### • Eating Disorders

#### Groups

<a href="#">Overeaters Anonymous</a>	
<a href="#">Eating Disorders Anonymous</a>	
<b>Christian Based Groups</b> Puyallup Nazarene Church, 804 11 <sup>th</sup> St. SW. Rich Broeken 253-848-3079	Anorexia & Bulimia Support Group: Mondays at 5pm Overeaters Support Group: Monday at 6pm

#### Therapists

<b>Karol Mauss:</b> Pearl Counseling, 1919 N Pearl St. 1-C; Tacoma; 752-1860, Fax:752-1890.
<b>Ann Mesaros :</b> 6712 Kimball Dr. Suite 100; Gig Harbor; 858-2522 or 2102 N. Pearl, Tacoma; 752-8822.
<b>Monica Saunders:</b> Call for appointment: 360-893-4426. Office in Puyallup.
<b>Child &amp; Family Guidance Center:</b> 6424 No. 9 <sup>th</sup> Street; Tacoma; 565-4484 Fax: 565-5823

## •DIABETES

<a href="#"><u>Pierce County Diabetes Association</u></a> 253-572-2134	Free blood testing meters, education, referrals and support.
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## •DISABLED

<a href="#"><u>Pierce County's Aging and Disability Resource Center's Resources list</u></a>	Comprehensive list of local services
<a href="#"><u>Washington State Aging and Disability Services Administration Resource Guide</u></a>	Resource Guide to state funded programs available in Pierce County
<a href="#"><u>Pierce County Coalition for People with Disabilities</u></a> 253-564-0707 - Phone 633 North Mildred, Suite C, Tacoma, WA 98406	Parent driven advocacy program for parents of children with developmental disabilities <a href="#"><u>Online resource guide</u></a>
<a href="#"><u>Pierce County Human Services Department Developmental Disabilities Program</u></a> 253-798-6109 or 1-800-642-5769	Assesses needs, develops plans and services, contracts for and monitors service delivery for child development programs for children with developmental delays, from birth to three years, employment and community access programs for adults 21 and older and social security benefit analysis.
<a href="#"><u>Tacoma Area Coalition for Individuals with Disabilities</u></a> 253-565-9000 Voice 6315 S. 19th Street	Serves the diverse social, recreational, educational, and health needs of the disabled community
<a href="#"><u>Washington PAVE</u></a> 6316 S 12th St, Tacoma 98465 253-565-2266	Offer a variety of supports for families, including disability specific support groups, assistance working with schools, links to other families across the state caring for a child with a rare disorder, a Dads support group, community activities and more.

## •DISABLED: Child Screening and Birth to Three Services

<a href="#"><u>A Step Ahead in Pierce County</u></a> 3520 S. 54th St, Suite 2, Tacoma, WA 98409 253-471-2727	Early intervention services for children birth to three
<a href="#"><u>Birth to Three Developmental Center</u></a> 35535 6th PL SW, Federal Way 98023 253-874-5445	Provides early intervention services for infants and toddlers in their homes, community child care settings or in play groups.
<a href="#"><u>Children with Special Health Care Needs</u></a>	Pierce County Referral and Resource List
<b>Mary Bridge Children's Health Center</b> <b>Developmental Services</b> 253-403-4437	
<a href="#"><u>Pierce County Community Services/ Child Reach</u></a> 253-798-3698	Provides developmental screening and referral for children birth to three.

<b>Pierce County Infant Toddler Early Intervention Program: Division of Developmental Disabilities</b> Contact: Athena Elrod at 253-798-3790 1305 Tacoma Ave. S., Suite 300, Tacoma 98402	<b>Family Resource Coordination /Single Point of Entry</b> provides assistance with accessing screening, assessments, and service delivery systems for children birth to three.  Office also provides family support and helps link families to community services; early intervention programs, S.S.I., etc.
<a href="#">Tacoma Learning Center</a> 253-565-4887 6316 S 12th St., Tacoma 98465	Provides a parent cooperative child development program for children birth to three and their families. Support services for parents and Family Resource Coordination are available.
<b>Tacoma Pierce County Health Department Family Based Services: Newborn Referral Program</b> 253-798-6403	Identifies and tracks at-risk infants thru age 3

## ● Food Assistance

<a href="#">Emergency Food Network</a> 253-584-1040	Provides contact info for food banks and hot meal sites by zip code.
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## ● GRIEF

<a href="#">List of grief counseling referrals</a>	
BRIDGES at Multicare 272-8266	Family Bereavement Center. Volunteer group facilitators trained to listen and help children and their families work through the grief process.
<a href="#">PS of Puget Sound</a>	Parent led support groups for anyone who has experienced the loss of a child through stillbirth, miscarriage or newborn death.

## ● GAY, LESBIAN, BISEXUAL, TRANSGENDER COMMUNITY

<a href="#">Rainbow Center</a> 253-383-2318	Provides education, resources, information and opportunities for empowerment.
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## ● Health Insurance

<a href="#">DSHS Medical Insurance Programs</a>	Guide to state insurance programs
<a href="#">Basic Health Insurance Information</a>	Information about the Basic Health Plan, application, etc.
<a href="#">Northwest Health Law Advocates</a>	A non-profit that promotes increased access to health care and basic health care rights and protections for all individuals.
<b>South Sound Outreach Services</b> 1106 Martin Luther King Jr. Way, Tacoma 98405 253-593-2111	Assistance with applying for Medicare, Medicaid, and prescription assistance programs.
<a href="#">Statewide Health Insurance Benefits Advisors (SHIBA) Helpline</a> Toll Free: (800) 397-4422	Medicare Questions and Assistance

## •HIV/AIDS

[Pierce County AIDS Alliance](#)  
253-353-2565

Case management, support groups, housing, referrals, and education

## •HOMELESS

Emergency Housing Options: First call the HelpLine to learn which shelters have vacancies at 253-572-4357

[Shelter vacancy report](#) (click on **Local Shelter Vacancies** on the left side of the web page)

### Emergency Shelters

Agency	Details
MLK Housing Development Authority Family Shelter 2402 S. I St. 253-627-6466	One or two parent families
MLK Housing Overnight Shelter: 143 Tacoma Ave. S. 383-4749	Single men: sign-in is at 5pm
MLK Jr. G Street Shelter: 1507 South G Street 627-6466	For homeless families with at least one child under 18 year of age
Salvation Army Family Lodge: 1521 6 <sup>th</sup> Ave. 627-3962	Families and single people with children
Tacoma Rescue Mission Men's Shelter 425 South Tacoma Way 253-383-4493	Single men: show up at 3:30pm to get a bed
Tacoma Rescue Mission: Emergency Family Shelter 609 S. 15 <sup>th</sup> St 253-272-1974	Single women and single mothers

### Transitional Housing

Agape House 682-1971	Christian based transitional housing for men, women, and small families
<a href="#">Associated Ministries</a>	Offers multiple programs to help homeless people find shelter and those facing eviction find resources to stay in their homes.
Guadalupe House 572-6582	Clean and Sober transitional housing for single men and women
Helping Hand House 848-6096	Families; parents must be able to work
<a href="#">Martin Luther King Housing Development Agency</a>	Offers affordable housing options in the Hilltop area.
<a href="#">MDC Housing Programs</a>	<ul style="list-style-type: none"> <li>◆ Apartments for individuals who are enrolled in outpatient chemical dependency program</li> <li>◆ Transitional housing for homeless families with children</li> <li>◆ Affordable living program which offers a limited number of 2 bedrooms apartments for \$500 (families must have income of \$1,500 or proof of having paid \$500 or more for an apartment for the past six months) and one bedroom for \$420 (families must have income of \$1260 or proof of having paid \$420 or more for the last six months).</li> </ul>

<a href="#"><u>Network Tacoma</u></a> 474-9334	Single parents and families
New Phoebe House 383-7710	Women with substance abuse issues
Phoenix Housing Network 471-5340	Single parents and families
Refuge Recovery 983-9288	Clean and sober individuals
Shared Housing Services 272-1532	18 years and older

## •LEGAL ASSISTANCE

### Free and Low Cost Legal Services

<a href="#"><u>CLEAR (Coordinated Legal Education, Advice &amp; Referral)</u></a> : 1-888-201-1014 Accepts calls Monday-Friday 9:30am to 12:30 and Tuesdays 3:30 pm to 6:15pm	Offers education, advice, and referrals to low income people who have non-criminal legal problems. Provides legal advice and referrals to volunteer resources in Pierce County who are eligible due to low income.
<a href="#"><u>Tacoma-Pierce County Bar Association's Volunteer Legal Services Program</u></a> Call CLEAR for referral or call 253-572-5134 to make an appointment	<b>Neighborhood Legal Clinic:</b> ½ hour individual advice appointments in all areas of civil law <b>Pro-Se Family Law Clinic:</b> Advice, information, and paperwork review for low-income clients representing themselves in family law cases <b>Pierce County AIDS Foundation Wills Project Clinic:</b> Wills, powers of attorney, and other estate issues <b>Housing Justice Project:</b> expedited and emergency advice and referral for low-income clients facing eviction, advice and representation for other landlord-tenant issues.
<b>Family Justice Center:</b> 253-798-4166 718 Court E	One stop access to legal services, advocacy, and community services for victims of domestic violence.
<b>Family Law Facilitators:</b> Scheduling: 253-798-3627 Pierce County Courthouse, Room 110	Offers assistance with family law questions/paperwork to clients representing themselves at a cost of \$10 visit.

## •MENTALLY ILL

### Crisis Services

<a href="#"><u>Crisis Intervention Teams</u></a> <b>Tacoma/Peninsula:</b> (253)-396 –5089 <b>Lakewood/SW Pierce County:</b> (253) 584-8933 <b>Puyallup/East Pierce County:</b> (253) 584-8125	Stabilization of crisis or emergency situation in community with the goal of preventing hospitalization.
<b>Crisis Line</b> (253) 798-4333 Toll Free 1-800-576-7764	Immediate counseling, information, or referral to other resources.



<b>Crisis Triage Center*: (253) 798-4357</b> 3580 Pacific Avenue, Tacoma, WA 98418-7915  <b>*Client must be a danger to his/herself, a danger to others, or gravely disabled.</b>	Short-term crisis intervention services in a safe, secure location 24 hours a day to individuals experiencing a mental health, chemical dependency, and/or developmental disabilities crisis regardless of income.
<b>Mobile Outreach Crisis Services</b> After hours and weekends: (253) 798-2709	Investigations, evaluations, detentions, involuntary commitment, and judicial hearings of individuals who present a likelihood of serious harm to themselves or others or are gravely disabled as a result of a mental disorder.
<a href="#"><u>Pierce County Service Provider Network</u></a> (253) 798-7202 3580 Pacific Avenue, Tacoma, WA 98418-7915 Toll Free: 1-800-531-0508	Links clients who are in need of mental health services to certified providers who can bill Medicaid.

## Outpatient

Agency	Services offered	Medicaid/Medicare
<b>Asian Counseling Services</b> 4301 S. Pine St. #. 405 253-471-0141	Counseling for Asian/Pacific Islander speaking individuals and others	Medicaid, Medicare for adults age 60 and up, sliding fee scale
<b>Catholic Community Services:</b> Tahoma Center: 1323 S. Yakima Office: 502-2696 Fax: 502-2757	Mental health counseling for individuals, couples and families	Medicaid & sliding fee scale
<b>Child &amp; Family Guidance Center</b> 6424 N. 9 <sup>th</sup> St. Office: 565-4484 Intake: 460-1090 Fax: 565-5823	Full range of counseling services for children, youth and families	Some Medicaid coupons accepted, but not open coupons & sliding fee scale.
<b>Chrestos Counseling</b> 253-502-5450 Pierce County Alliance 510 Tacoma Ave.	Provides individual and group psychotherapy, marriage and family therapy	Medicaid & sliding fee scale
<b>Comprehensive Mental Health</b> <b>Adults:</b> 514 S. 13 <sup>th</sup> Street Intake 396-5130 Fax: 383-5548 <b>Children:</b> 1201 S. Proctor Intake 396-5800 Fax: 759-7008	<b>Tacoma/Peninsula residents:</b> Provides child and family programs. Offers many crisis options for the mentally ill and dual-diagnosis clients.	Medicaid & sliding fee scale
<b>Good Samaritan Behavioral Healthcare</b> 325 Pioneer East: Puyallup 98372 Intake: 445-8120 Fax: 697-8598	<b>Puyallup/East County residents:</b> Provides individual, family, group, day treatment, case management and crisis intervention to children, families, and older adults.	Medicaid Medicare: only 60 and over
<b>Greater Lakes Mental Health</b> 9330 59th Avenue S.W., Lakewood 98499 Main/Intake:581-7020 Fax: 581-6089	<b>Lakewood/South County residents:</b> Provides clinical case management, brief therapy, medication mgmt, vocational and residential services to children, families, adults, and seniors	Medicaid & Medicare
<b>Kwawachee Counseling Center: Puyallup</b> Tribal Health Authority	Mental Health Services for Native Americans and Alaskan Natives	Must be registered with Tribal Authority to use services

<b>PLU: Marriage and Family Therapy Center</b> Office: 535-8782	Marriage and family therapy	Sliding fee scale only
<b>Sea Mar Community Health Center</b> 1112 S. Cushman Street Office: 396-1634	Mental Health Services for Primary Spanish speaking individuals and others	Medicaid and Sliding fee scale

### Psychiatric Evaluations and Medication Management

<b>Cascade Mental Health:</b> Mary Winkler, ARNP Sylvia Lagdan, ARNP 3711 Pacific Ave, Ste 301 Tacoma, WA 98418 253-475-7333	Provides psychiatric evaluations, assessment for medication and on-going medication management.
<b>Mountainside Mental Health</b> 253-460-9414 10209 Bridgeport Way S.W., #D-10 Tacoma, WA 98499	Provides psychiatric evaluations, assessment for medication and on-going medication management.
<b>Bridgeport Behavioral Health</b> Penny Tanner, ARNP; Felicia Hanig, ARNP; Darlene Wood, ARNP 7424 Bridgeport Way West, Ste. 309 Tacoma, WA 98499 253-581-6106	Provides psychiatric evaluations, assessment for medication and on-going medication management.

### •PARENTING

<a href="#"><u>Bates Technical College</u></a> 253-680-750	Parent education and parent/child groups Financial assistance available
Catholic Community Services: <b>Family Support and Education Program</b> Tahoma Family Center: 1323 S. Yakima (253) 502-2695	Free parenting classes and family support
<a href="#"><u>Family Support Centers zip code list</u></a>	Offer home visits from Family Support Workers, parenting classes and child development information. Also help families find resources for food, clothing and housing; and can help families apply for food stamps.
<a href="#"><u>Guide to local child care resources</u></a>	

### •Post Partum Depression

<a href="#"><u>Postpartum Support International Of Washington</u></a> Support Line: 1-800-404-7763	Provides support and resources to families suffering from post-partum depression as well as list of local support groups.
<a href="#"><u>Washington State Postpartum Depression Awareness Campaign</u></a>	Downloadable brochures in Spanish and English for patients and links to other resources.

## •Rent Assistance

<b>Helping Hand House</b> 253-848-6096	Rental assistance Monday 10:00 am to 10:30 am: must have three day pay or vacate notice
<b>Martin Luther King Jr. Housing Development Agency</b> 253-597-4804	*Only accepts call first and last Wednesday and Friday of each month ◆ Offers eviction prevention: need to have three day pay or vacate notice and lease agreement ◆ Offers help with the first month's rent: need to have intent to rent, receipt for deposit, lease/rental agreement, picture ID, SS card, and proof of income.
<b>Salvation Army – Tacoma</b> 253-627-3980	Rent: Monday and Tuesday 8am to 10am (need three day pay or vacate notice)
<b>United Way Help Line</b> 253-572-4357 1-800-572-4357	Referrals to local resources for financial assistance in paying rent and utilities

## •Transportation

<a href="#"><u>Pierce Transit</u></a>	Application for reduced price bus pass
<a href="#"><u>Shuttle</u></a>	
<a href="#"><u>Washington State DOL</u></a>	Application for disabled placard
<a href="#"><u>DOL form to make recommendation for driver re-examination</u></a>	Form used to report concerns about a patient's medical or visual condition that may impact their ability drive safely.

## •Utility Assistance

<a href="#"><u>Tacoma Power's Low Income Assistance Program</u></a>	Program for seniors and disable customers that provides a 25% reduction on services.
<b>South Sound Outreach Services:</b> 253-593-2111 1106 Martin Luther King Jr. Way, Tacoma 98405	Assistance with applying for Tacoma Public Utilities Discount Rate Program
<b>Salvation Army:</b> 253-627-3980	Heat: Monday, Wednesday, Friday 8am to 10am
<b>Metropolitan Development Council</b> 253-572-5557	Has some funds for utility assistance. Can only help a family or individual one time a year.
<b>Helping Hand House:</b> 253-848-6096	Utility assistance

## •Senior Assistance

<a href="#"><u>Ageing and Disability Service Administration</u></a>	Guide to state funded services
<a href="#"><u>City of Tacoma Senior Services</u></a>	Operates two senior centers, several hot meal sites, and provides transportation to and from programs.
<a href="#"><u>Northwest Justice Project</u></a>	Resource guide to legal issues facing seniors and agencies providing support
<a href="#"><u>Pierce County's Aging and Disability Resource Center's Resources list</u></a>	Comprehensive list of local services
<a href="#"><u>Pierce County Aging and Long Term Care</u></a>	<p><a href="#"><u>Senior Information and Assistance</u></a> provides information and helps connect to community services for older adults.</p> <p><b>Case Management</b> helps coordinate services needed to remain independent and in own home.</p> <p><a href="#"><u>Family Caregiver Support</u></a> provides services to help unpaid caregivers caring for aging parents, ailing spouses, partners, disabled adult children, or friends suffering from a debilitating illness.</p> <p><a href="#"><u>Long Term Care Ombudsmen</u></a> serve as voices for long-term care residents, look into complaints, and help solve problems</p>
<p><b>SENIOR Information and Assistance Hotline</b>          8:00 a.m. to 5:00 p.m. Mon through Fri          Tacoma, WA 98418          253-798-4600 ☎1-800-562-0332</p>	Referrals to state-funded in-home care programs, city and county case managers who specialize in linking senior citizen with services they need, frozen meal delivery, personal chore services. Information about programs for people who are not eligible for state-funded care.
<a href="#"><u>Washington State Aging and Disability Services Administration Resource Guide</u></a>	Resource Guide to state funded programs available in Pierce County
<a href="#"><u>Where to Turn</u></a>	Directory of local resources for seniors