

## SENIOR SERVICES OF SNOHOMISH COUNTY

**In addition to using County staff the Caregiver Support Program contracts with three local service providers – and each has its own “specialty.”**

**The Senior Services of Snohomish County’s Caregiver Support Program** tends to favor serving older adults and yet does serve adult caregivers of any age. Staff provides most services.

### **Contact Information:**

- Address: 11627 Airport Road, Suite B, Everett, WA 98204-8714
- Monday – Friday, 8:30 am – 4:30 pm
- **425-290-1240** or 1-800-422-2024
- [www.sssc.org](http://www.sssc.org) (Senior Services of Snohomish County)
- [www.snocare.org](http://www.snocare.org) (The Snohomish County Caregiver Support Program’s Website)

**Service Area:** County-wide

### **Services provided:**

- Specialized Information about long-term care and caregiver support services.
- Assistance in learning about care options and gaining access to supportive services.
- TCARE Personal Caregiver Survey, Assessment, Care Plan, follow up services, and referrals to Respite services.
- Consultation services to cope with changes and challenges.
- Referrals to Physical and Mental Wellness programs to cope with depression and medical issues.
- Opportunities to learn more about connecting to community resources.
- Caregiver training and education (increased skill building and self-care).
- Consultation with health care providers.
- Home visits.

**THE CAREGIVER SUPPORT PROGRAM’S WEBSITE:** [www.snocare.org](http://www.snocare.org)

**Senior Services** hosts and maintains [www.snocare.org](http://www.snocare.org). In 2002 this site was one of three websites that addressed caregiver support in a comprehensive way. *Each year* this website has consistently served over 12,000 new visitors with 200,000+ hits.

In addition to the very popular **Calendar of Events** the site includes:

- A comprehensive Resource Directory of programs, resource lists, services and options that can help caregivers better manage their responsibilities;
- Caregiver Calendar of Events;
- An online TCARE survey;
- A Caregiver Lending Library; and,
- Links to other websites.

**Other services available at Senior Services that may be of value to Caregivers:**

- Senior Information & Assistance Staff / Aging & Disability Resource Network
- Geriatric Depression Screening
- Senior Peer Counseling
- Older Adult Mental Health Access
- Multicultural Senior Center and ethnic outreach (Chinese, Vietnamese, Hispanic, Filipino, Korean, and Russian/Ukrainian)
- Senior Nutrition (Meals on Wheels & Congregate/Dining Program)
- SHIBA Helpline (Statewide Health Insurance Benefits Advisors)
- Minor Home Repair
- Transportation
- Senior Source Resource Guide (updated each May)
- The Senior Focus Newspaper
- Classes and workshops on a variety of topics (Living Well with Chronic Conditions, Managing Chronic Pain, Powerful Tools for Caregiving, etc.)
- The Center for Healthy Living, Lynnwood