



Senior Housing Assistance Resources

Shelter Services

- **Housing Assistance Points:** ☎ 206-497-0838 | <https://lakecitypartners.org/get-help-resources/>
 - **Heron's Haven Senior Women's Shelter:** contact Thomas ☎ 206-629-5921 | thomas@lakecitypartners.org
 - **Sophia's Place Women's Shelter:** ☎ 425-463-6285 x108
 - **Safe Parking Programs: Lake WA United Methodist Church:** ☎ 425-464-SAFE
-

Rental/Emergency Assistance

- **General Assistance:** ☎ 2-1-1 | <https://wa211.org/>
 - **King County Resource Access Team:** ☎ 206-809-7115 | <https://kingcounty.gov/dchs/resources>
 - **Center for Human Services Kinship Services:** ☎ 206-631-9436 | tpiwen@chs-nw.org
 - **Check Your City's Website:** Rental assistance is often available.
 - **Shoreline:** <https://www.shorelinewa.gov/services/human-services/resources>
 - **Kirkland:** <https://www.kirklandwa.gov>
 - **Emerald City Resource Guide:** <https://www.emeraldcityresourceguide.org>
-

Local Organizations Offering Assistance

- Arc of King County for Disabled Individuals: 📞 206-829-7053 | <https://arcofkingcounty.org>
 - Catholic Community Services: 📞 425-213-1963 | <https://www.ccsww.org/about/contact/>
 - Community Living Connections: 📞 1-844-348-5464 | <https://www.communitylivingconnections.org/>
 - King County Veterans Program Northgate: 📞 206-263-8387.
 - US Department of Veteran Affairs Seattle Office: 📞 800-827-1000
-

Legal Resources for Housing Stability

- CLEAR (for low-income individuals seeking free legal help): 📞 1-888-387-7111
 - Eastside Legal Assistance Program: <https://elap.org/housing-stability/>
 - Housing Justice Project: 📞 206-267-7069 | <https://www.kcba.org/?pg=Housing-Justice-Project>
 - King County Tenant Resource Line: 📞 206-580-0762 or 1-855-485-8767 | <https://www.ccsww.org>
 - Northwest Justice Project: 📞 1-855-657-8387 | <https://nwjustice.org>
 - Tenants Union of WA State: 📞 206-723-0500
 - Washington Law Help: <https://www.washingtonlawhelp.org/topics/housing/eviction?lang=ES>
-

Property Tax Exemptions

- King County: <https://senior-exemption.kingcounty.gov/intro>
 - Snohomish County: <https://snohomishcountywa.gov/326/Forms-Publications>
-

Utility Assistance

- City of Bothell Water and Sewer District:
<https://bothellwa.gov/DocumentCenter/View/21407/2025-Water-Sewer-Low-Income-Senior-Discount-Application>
 - Northshore Utility District:
<https://www.nud.net/customers/assistance-programs/>
 - North City Water District: [090https://northcitywater.org/wp-content/uploads/2025-2026-Low-Income-Application.pdf](https://northcitywater.org/wp-content/uploads/2025-2026-Low-Income-Application.pdf) 120 Low-Income-Reduced-Water-Rate-Application-2020-2021-082620.pdf
 - Puget Sound Energy: 📞 888-225-5773 |
<https://www.pse.com/en/account-and-billing/assistance-programs>
 - Salvation Army Warm Home Fund Emergency Assistance: 📞 425-452-7300
 - Seattle City Lights & Utilities:
<https://utilityassistance.seattle.gov/uap/public/landing>
 - Snohomish PUD:
<https://www.cognitoforms.com/PUDITS/SnohomishCountyPUDsIncomeQualifiedDiscountApplication2>
 - Woodinville Water:
<https://www.woodinvillewater.com/FormCenter/Owner-Application-for-Low-Income-Rate-13/>
-

Medical Equipment

- Bridge Ministries: 📞 425-628-1751 | <https://bridgemin.org/get-equipment/>
 - MS Donor Closet Edmonds: 📞 425- 712-1807 | [Lower-priced Medical and Mobility Equipment-MSHH Donor Closet](#)
 - North Shore Senior Center Medical Library: 📞 425-487-2441
-

Financial Education Resources

- Hopelink Individual Financial Coaching: 📞 (425)-250-3003 | FinancialCoaching@hopelink.org | <https://www.hopelink.org/programs/financial-capabilities/financial-education/>
-

Assisted Living Placement Services

Many placement services exist to assist seniors in finding Assisted Living facilities. These are a private for-profit sector, so please use all due care in selecting a provider. These resources can help you select the right service to meet your needs.

- Health and Human Services Elder Care Locator: <https://eldercare.acl.gov/home>
- AARP Assisted Living What to Ask Checklist: https://assets.aarp.org/external_sites/caregiving/checklists/checklist_assistedLiving.html
- Paying for Senior Care ‘What is an Assisted Living Referral Service’: <https://www.payingforseniorcare.com/assisted-living/placement-agency>

This guide was produced by the North Urban Human Services Alliance. Please see our website for the most up-to-date version. www.nuhsa.org