

We are Community Living Connections.

We are a network of advocates that supports unpaid caregivers of adults age 18 and older. Unpaid caregivers are spouses, children, family members—even friends and neighbors.

By supporting you, the network enables you to help your loved one remain at home.



We are community-centered.

We provide information in multiple languages, along with culturally-appropriate assistance.

African American Elders Program
206-328-5639

African American Reach and Teach Health Ministry
206-850-2070

Alzheimer's Association
206-363-5500

CISC
206-624-5633

GenPride
206-393-3400

India Association of Western Washington
425-829-5544

Jewish Family Service
206-861-8790

Kin On
206-652-2330
ext 115

Korean Women's Association
253-946-1995

Neighborhood House
206-461-4554
ext 3112

Open Doors for Multicultural Families
253-216-4479

Sound Generations
206-448-3110

Supported by Aging and Disability Services—
the Area Agency on Aging for King County

For immediate needs, call:
Crisis Connections | 206-436-2975

For help navigating services, call:
Community Living Connections | 844-348-5464

Are you a caregiver?

Helping our loved ones can be stressful.

We can help.

Do you help an adult with meal preparation, personal care, errands?

Do you schedule or attend doctor's appointments with a loved one?



You are a caregiver.

CommunityLivingConnections.org

CALL TOLL-FREE



1-844-348-5464



How will you help me?

Caregiver advocates interview each caregiver to better understand their current situation. With this information, the advocate can make referrals to appropriate services and connect you to the support you need.

What services are available?

- Free consultations
- Referrals to local support groups, counseling, and other resources
- Training on specific caregiver topics
- Practical information and caregiver suggestions
- Respite care, if you need a break

How much does it cost?

Your questions will be answered at no cost. Some services are offered on a sliding fee scale. Others are free of charge with a service limit.

All calls are free and confidential.

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