



North  
 Harborview  
 Northwest  
 Swedish-Ballard  
 University

Downtown  
 Swedish – Cherry Hill  
 Swedish – First Hill  
 Virginia Mason

## Seattle City Limits King County Fall Prevention Resource List

### Home Health Agencies

**Name:** Kline Galland Home Health  
**Areas Served:** King County  
**Website:** [www.klinegalland.org](http://www.klinegalland.org)

**Name:** Evergreen Home Health  
**Areas Served:** 425 899 3300  
**Website:** [www.evergreenhealth.com/](http://www.evergreenhealth.com/)

**Name:** Right at Home  
**Areas Served:** Greater Seattle/ Eastside  
**Website:** [www.rightathome.net/seattle-eastside](http://www.rightathome.net/seattle-eastside)

- Senior Centers are providing:
- Online Programs for Fitness and art
  - Social Distance outdoor walking
  - Lunch box meals or delivery
  - Check out their websites or call

### Senior Centers

Look for These Evidence Based Fall Prevention Classes at your Local Center



- *A Matter of Balance: Going Online*
- *S.A.I.L*
- *EnhanceFitness: Online*
- *Otago Fall Prevention: Online*
- *Tai Ji Quan*

**Ballard NW Senior Activity Center**  
 5429 32<sup>nd</sup> Ave NW  
 Seattle, WA 98107  
 (206) 297-0403  
<https://ballardseniorcenter.org/>

**Pike Market Senior Center**  
 85 Pike St #200  
 Seattle, WA 98101  
 (206) 728-2773  
<http://www.pikemarketseniorcenter.org>

**Central Area Senior Center**  
 500 30th Ave. S  
 Seattle, WA 98144  
 (206) 726-4926  
<http://www.casrcenter.org>

**Senior Center of West Seattle**  
 4217 SW Oregon  
 Seattle, WA 98116  
 (206) 932-4044  
<https://sc-ws.org/>

**Greenwood Senior Center**  
 525 N 85th St.  
 Seattle, WA 98103  
 (206) 297-0875  
<http://www.phinneycenter.org/gsc/>

**South Park Senior Center**  
 8201 10th Ave. S  
 Seattle, WA 98108  
 (206) 767-3650  
<http://www.spseniors.org>

**International Drop-In Center**  
 7301 Beacon Ave S  
 Seattle, WA 98108  
 (206) 587-3735  
<http://www.idicseniorcenter.org>

**Southeast Seattle Senior Center**  
 4655 S Holly St.  
 Seattle, WA 98118  
 (206) 722-0317  
<http://www.sessc.org/>

**Phinney Neighborhood Association**  
6532 Phinney Ave N  
Seattle, WA 98103  
(206) 783-2244  
<https://www.phinneycenter.org/seniors/>

**Wallingford Community Senior Center**  
4649 Sunnyside Ave. N  
Seattle, WA 98103  
(206) 461-7825  
<https://wallingfordseniors.org>

**Pike Market Senior Center**  
85 Pike St #200  
Seattle, WA 98101  
(206) 728-2773  
<http://www.pikemarketseniorcenter.org>



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## Pharmaceutical and Vision Resources

**Vision Matters**  
13510 NE 188th Place  
Woodinville, WA 98072  
(888) 281-1492  
Doing virtual and in-person visits  
<http://www.visionmatters.net/>

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## Physical Therapy Clinics : Call for hours of in person operation and virtual visits

**Fall Prevention Clinic at Harborview**  
325 9<sup>th</sup> Avenue, Third Floor  
Seattle, WA, 98104  
Phone: (206) 520-5000  
<https://www.uwmedicine.org/locations/fall-prevention-harborview>

**Cascade Dizziness and Balance Clinic**  
120 Lakeside Ave #210  
Seattle, WA 98122  
(206) 925-3762  
<http://cascade-dizziness.com/>

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## Home Safety Modifications

**Name:** Bath + from Bellevue Healthcare (Bathroom/Kitchen Modifications)  
**Areas Served:** King County  
**Phone:** 866-451-2842  
**Website:** <https://bellevuehealthcare.com/services/installation-home-modifcation/>

**Name:** Kitchen Plus (ADA Kitchen and Bathroom Remodels)  
**Areas Served:** King County  
**Phone:** (800) 310-0375  
**Website:** [www.kitchenplus.com](http://www.kitchenplus.com)

**Name:** RampArts (Ramp and Railing Installation)  
**Areas Served:** King County  
**Phone:** 206-440-9999  
**Website:** <http://www.rampartsnw.com/products.html>

**Name:** King County EMS One Step Ahead  
**Areas Served:** All King County except City of Seattle  
**Phone:** (206) 263-8544  
<http://www.fallprevention.ems@kingcounty.gov>  
<http://www.kingcounty.gov/ems/falls>