
Jewish Family Service

East King County Services



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**We are here
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Multi-Service Agency

- Supportive Living Services
- Domestic Violence Services
- Counseling Services
- Food Bank and Financial Assistance
- Refugee and Immigrant Services
- Older Adult Services



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Key East King County Services for Older Adults

- Care Coordination
- Specialized services for Russian speakers (all of King County)
- Family Caregiver Support services



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Care Coordination

Sally's Story



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Care Coordination Services

- Comprehensive Assessment
- Navigate medical, housing and other government benefits services
- Connect clients with socialization opportunities and mental health resources, including psychiatric ARNP
- Enroll clients in food support services, transportation assistance and home repair
- Establish in-home care for clients
- Care planning assistance including POA and Advanced Directive documents



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Care Coordination Eligibility Criteria

- Older than 60 or over 18 with a disability
- Fit into one of these three categories:
 - Live in East King County (all backgrounds, all income levels), OR
 - Russian speaker (anywhere in King County), OR
 - Low-income Jewish individuals, with specialized services for Holocaust Survivors
- Have at least two unmet needs
- Cannot be on Medicaid Long Term Care Services (COPES, CFC, MPC)
- Live in the community (not AFH, ALF, SNF)



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Specialized Russian Services

- Information and Assistance in Russian
- Person Centered Options Counseling
- Care Coordination in Russian
- Russian Socialization Program



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Russian Socialization Program

- Russian Language Newsletter (two or three times per year)
- Weekly Zoom Social Gatherings with various topics and presenters
- Larger Zoom/Hybrid musical events (three times per year)
- Outings and Events (Seattle Opera, Symphony, Museums)
- Smaller in person groups:
 - Russian walking groups
 - Virtual Travels with speakers from around the world
 - Art classes for Russian speakers
 - Russian Language Magazine Distribution



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Family Caregiver Support

- Assessment (TCARE)
- Connect to respite and housekeeping and errand services
- Classes and support groups
 - Powerful Tools for Caregivers Class starting Tuesdays, March 21 - April 25, 2023, 10:00 a.m. - 12:00 p.m.
- Caregiver counseling
- Financial Assistance for caregiver-related items and services like grab bars, other medical equipment or therapeutic massage.



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Questions?

My contact info:

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For referrals:

- Irene Shemaria (English); oas@jfsseattle.org, 206-861-3164
- Anna Vainstein (Russian); russian@jfsseattle.org, 206-861-8787
- Brenda Wolsey (Family Caregivers); caregiver@jfsseattle.org, 206-861-8790



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