

In-Home Care Resources

Chesterfield Services, Inc

1009 N Washington, Ste A 326-4655
 Spokane 99201 Fax: 326-4672
 Lisa Stanley chesterfieldhealth.com
 Comprehensive health care services in 19 WA counties: skilled nursing, child care, medical equipment and supplies, and pharmaceutical services.
CHESTERFIELD - TRI-COUNTY OFFICE
 PO Box 764 208 E Clay 935-8843
 Chewelah 99109 888-428-1273
 Fax: 935-7078 866-925-7078
 Betty Lucas

Family Home Care

22820 E Appleway 473-4900
 Liberty Lake 99019 Fax: 473-4953
 Mike Nowling familyhomecare.org
 Helps clients stay independent and confident in their home with professional health care, private duty care and house calls.
PULLMAN OFFICE 334-6016
 1610 NE Eastgate Blvd, Ste 850
 Pullman WA 99163 397-4641
COEUR D'ALENE OFFICE 208-772-2112
 1620 Northwest Blvd, #201
 Coeur d'Alene 83814

Home Instead Senior Care

1604 W Dean 835-5898
 Spokane 99201 homeinsteadnw.com
 Source for companions and home care—minimum of 3 hours up to 24-hour live-in specialists. Meal preparation, light housework, transportation, errands and bathing.

Independent Services Corp

1716 N Union Rd 921-5914
 Spokane Valley WA 99206
isc@isccares.com isccares.com
 Supervisor: Pat Mudd
 Licensed home-care in NE Washington offers assistance for elderly and disabled clients to live at home independent. Helps with meals and medication reminders in NE Washington.

In-Home Providers

ADDUS HEALTH CARE addus.com
 - Spokane 326-1090/800-755-6210
 - Colfax 397-4750
 - Colville 684-3721 800-755-6322
 - Republic 775-0437
ALL VALLEY HOME CARE 448-7400
 208-664-2764
APPLEGATE HOMECARE 208-762-7828
AT HOME CARE 922-1468
 1005 N Pines Rd, Ste 40
 Spokane Valley 99206
athome-care.com Fax: 924-2209
BENEFICIAL IN HOME CARE 323-0390
 706 N Maple St, 99201 bihc.biz
 PO Box 966 800-320-1660
 Deer Park 99006 Fax: 276-5054
 Free in home assessments, meal

prep, bathing, dressing assistance, medication monitoring, 24-hour supervision live-ins during two-hour minimum shifts.

BONNER GENERAL HOSPITAL
 520 N Third Ave 208-265-1007
 PO Box 1448, Sandpoint ID 83864
CENTRAL BASIN HOME HEALTH & HOSPICE 765-1865
 311 W Third, Moses Lake 98837
CHENEY CARE CENTER 235-6196
 2219 N 6th Ave, Cheney 99004
CARE RING 292-0978
CARE TO STAY HOME 340-1359
caretostayhome.com 877-322-8579
CARENET 208-664-8119/2185
COMFORT KEEPERS 484-2345
 12 E Rowan, Ste L5, Spokane 99207
GreaterSpokane@ComfortKeepers.com
comfortkeepers.com
ELDER CARE OF NORTH IDAHO
 355 W Prairie Shopping Center Dr
 Hayden ID 83835 208-691-9727
208-209-1143 Fax: 209-1057
elderhelpofnorthidaho.org
EVERGREEN HOME CARE 800-821-0384
FAMILY FIRST SENIOR CARE 326-5525
 300 N Argonne, Spokane Vly 99212
familyfirstseniorcare.com
GENTIVA HEALTH SERVICES 327-5857
 1908 N Dale Ln, Spokane 99212
 Dir: Karen White, RN gentiva.com
NORTH SPOKANE BRANCH 464-4970
 9718 N Morton Ct Spokane 99218 Fax: 464-4971
 Dir: LaRaine Froelich-Wright
COEUR D'ALENE BRANCH 208-667-5470
 1230 Northwood Center Ct, Ste C
 Couer d'Alene 83814
 Dir: Kathryn Soady Fax: 765-3873
GRITMAN MEDICAL CENTER HOME CARE OPTIONS 208-883-2237
HOME & COMMUNITY SERVICES DSHS SPOKANE HCS 323-9400

1330 N Washington, Ste 3000
 Spokane 99201 800-459-0421
aasa.dshs.wa.gov TTY456-2827
 Fax: 458-3558
 Deputy RA: Christine Renner
 Services for elderly, functionally disabled and vulnerable adults.
INTEGRATED HEALTH PROFESSIONALS HOME CARE OF WA 847-0300
hcow.net 866-847-8300

ihpnet.com 924-1826 800-365-4429
INTERIM HEALTH CARE 456-5665
 1625 W Fourth Fax: 456-7703
 Spokane 99201 interimhealthcare.com
KELLY HOME CARE 927-9111
 200 N Mullan, Ste 120, Spokane 99206
LIFE CARE SOLUTIONS 858-444-2800
lifecaresoln.com 800-475-0278
LIGHTHOUSE CARE MNGT 326-8700
lighthousecaremanagement.net

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Idaho 1-888-353-3390

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for more information call 509-921-5914
www.isccares.com



Independent Services
 CORPORATION 

Link your website to our website: www.thefigtree.org

MAXIM HEALTHCARE SERVICES
324-6421 877-615-5678
maximhomecare.com
PANHANDLE HEALTH DISTRICT SKILLED HOME CARE
800-226-2053
208-664-8544 Fax: 664-6623
 2020 Lakewood Dr, Ste 101

Mail: 2195 Ironwood Ct
 Coeur d'Alene 83814
- SENIOR COMPANION PROGRAM
 8500 N Atlas Rd, Hayden 83835
phd1.idaho.gov/homehealth/seniorcomprogram.cfm
PULLMAN REG'N'L HOSPITAL 332-2541

RESCARE HOMECARE 927-9111
 505N Argonne, Ste 202
 Spokane Valley 99212
SENIOR HELPERS 922-4333
seniorhelpers.com **314-2106**
SEUBERT'S QUALITY HOME CARE
 828 S Washington **208-743-1818**

Ste F, Moscow 83843 **883-1114**
 Mail: 609 Bryden Ave, Ste B
 Lewiston 83501 **888-877-4451**
SHOSHONE MEDICAL CENTER
 204 Oregon St **208-784-5903**
 Kellogg 83837 **Fax: 784-0404**

10 Warning Signs of Alzheimer's Disease

Warning Signs	Age-Related Changes	Possible Symptoms of Alzheimer's
1. Memory changes that disrupt daily life.	Sometimes forgetting names or appointments, but remembering them later.	One common sign of Alzheimer's is forgetting recently learned information. Others include forgetting important dates or events; asking repeatedly for the same information; relying on memory aides or family members for things people used to handle on their own.
2. Challenges in planning or solving problems.	Making occasional errors when balancing a checkbook.	Changes in ability to develop and follow a plan or work with numbers. May have trouble following a familiar recipe or keeping track of monthly bills.
3. Difficulty completing familiar tasks at home, at work, or at leisure.	Occasionally needing help to use settings on a microwave, computer, or DVD player.	Finding it hard to complete daily tasks: trouble driving to a familiar location, managing a budget at work or remembering rules of a favorite game.
4. Confusion with time or place.	Confused about the day of the week, but figuring it out later.	May lose track of dates, seasons, and the passage of time or may forget where they are or how they got there.
5. Trouble understanding visual images and spatial relationships.	Vision changes related to cataracts, for example.	For some people, having vision problems is a sign of Alzheimer's, evident in difficulty reading, judging distance and determining color or contrast. May think their reflection in a mirror is someone else.
6. New problems with words in speaking or writing.	Sometimes having trouble finding the right word.	Having trouble following or joining a conversation; stopping in the middle of a conversation and having no idea how to continue, or repeating oneself. Struggling with vocabulary, or call things by the wrong name (for example, calling a wristwatch a "hand clock.")
7. Misplacing things and losing the ability to retrace steps.	Misplacing things from time to time, such as keys, glasses, or the remote control.	Putting things in unusual places (such as putting their purse in the refrigerator). Losing things and be unable to go back over their steps to find them again. Accusing others of stealing from them.
8. Decreased or poor judgment.	Making a bad decision once in a while.	Experiencing changes in judgment or decision making. Using poor judgment when dealing with money, giving large amounts to telemarketers. Paying less attention to grooming or keeping clean.
9. Withdrawal from work or social activities.	Sometimes feeling weary of work, family or social obligations due to advancing age, health reasons, or the desire for more leisure time.	Starting to remove themselves from hobbies, social activities, work projects or sports. Having trouble keeping up with their favorite sports team or remembering how to complete a favorite hobby.
10. Changes in mood and personality.	Developing specific ways of doing things and irritable when a routine is disrupted.	Mood and personality may change. May become confused, suspicious, depressed, fearful or anxious. May become easily upset at home, at work, with friends or in places where they are out of their comfort zone.

If you recognize some of these signs in your loved one, have them assessed by a medical professional. For information, referrals, support groups and other assistance, contact the Inland Northwest Chapter of the Alzheimer's Association.

Alzheimer's Association – Inland NW Chapter
910 West 5th Ave., Suite #256, Spokane, WA 99204

Local Telephone: (509) 473-3390
24-Hour HelpLine: (800) 272-3900
Website: www.alz.org/inlandnorthwest

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Spokane Valley 99215 922-6535

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1815 E Francis Fax: 484-3842

Spokane 99208 goldenwest@ice-

house.net goldenwestmobility.com

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HOSPITAL EQUIPMENT LOAN- SCOTTISH

RITE 624-5491

1108 W Riverside, Spokane 99201

Assistance based on need and

availability. Call for info 10-noon,

Tues & Thurs.

INLAND MEDICAL & REHAB

200 E 2nd Ave, Ste B 455-9385

Spokane 99202 imrehab.com

MEDICAL ALERT & SAFE RETURN

alz.com 473-3390 MEDICARE

DURABLE MEDICAL EQUIPMENT

800-583-2236

NORTHWEST HOME MEDICAL 926-5640

10502 E Montgomery, Spokane 99204

Pharmaceutical & Prescription Information (Rx), Reminder

AARP Rx Svcs 800-456-2277

BENEFITS CHECK UP Rx benefitscheckup.org

CRISIS LINE OF WHITMAN & LATAH

COUNTIES 332-1505

DRUG INFORMATION CENTER - WSU

SPOKANE 358-7662

FOOD & DRUG ADMINISTRATION (FDA) fda.gov 800-463-6332

MTGMEDS mtgmeds.org 981-6420

NW HEALTH SYSTEMS 744-9891

1011 E 2nd, Ste 6, Spokane 99202

Medication compliance.

Rx DRUG PURCHASING CONSORTIUM

rx.wa.gov 800-442-2183

Rx LIST THE INTERNET DRUG INDEX

rxlist.com

RxHELP FOR WA 877-923-6779

rxhelpforwa.org

TOGETHER RX ACCESS PROGRAM

togetheraccess.com 800-444-4106

Providence Domicare

110 S Third St East 935-4925

Chewelah 99109 phc.org

Exec Dir: Joan Sisco

Assists independent living by

providing personal care, respite

care and homemaker services

seven days a week, for elderly and

functionally impaired persons in

the Tri-County area.

Providence VNA Home Health

611 N Perry, Bldg 2 534-4300

Spokane 99202 phce.org

Home health-care by RNs/home

health aides; counseling by

medical social workers; physical,

occupational and speech therapy;

dietitians, pharmacists for infusion

and consulting. Covered by

Medicare, Medicaid, private

insurance, private pay, United Way

and donated funds.

Public Health Nurses (Home Visits)-SRHD

1101 W College 324-1640

Spokane 99201 srhd.org

Home visits for pre- and post-natal

education, mother/infant/child care

coordination, follow-up for families with children. Health education, screenings; support and education on infant/child care, growth and development, parenting, health, home safety and nutrition.

Providing In-Home Care throughout Eastern WA

Services available to Private Pay clients as well as those who qualify for programs funded by Aging & Long Term Care (COPES & MPC) and the Division of Developmental Disabilities (DDD).



Chesterfield Health Services, Inc.

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509-326-4655

Toll-Free 866-326-4655 www.chesterfieldhealth.com

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If you have a loved one with Alzheimer's
then maybe it's time we talked.

Caring for an elderly loved one who suffers from Alzheimer's or dementia is one of life's great challenges. But the memory care program at a Clare Bridge® community can enhance the quality of life, not just for your loved one, but for your entire family as well. We understand the nature of Alzheimer's and we deliver compassionate care in a program that focuses on *Daily Moments of Success*SM.

If your family has a loved one with Alzheimer's, then call us. We can talk about the details later, but for now let's just talk.


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more information or to schedule
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