

AgePRIDE

The Goldsen Institute - University of Washington

LGBTQ+ RESOURCE GUIDE



Puget Sound Metropolitan Region

King, Snohomish, and Pierce Counties

Created as a joint effort by AgePRIDE and GenPride with funding support from the King County Veterans, Seniors, and Human Services Levy.



Adults 50
and older

The **Goldsen Institute**
University of Washington

 **GenPride**



AgePrideCenter@uw.edu



206-543-2449



goldseninstitute.org/agepride

Updated June 2022

Table of Contents

Introduction	3
Crisis Lines.....	4
Local Resource Centers	5
Black, Indigenous, or Person of Color focused	7
Classes, Activities, & Social Connection	10
Health & Wellness	12
Care Partner Support	20
Housing Resources	22
Legal Services	23
Sharing Our Stories	25
Survivor Support & Advocacy.....	26
Veteran Support	27
Businesses & Private Services	28
General & Disability/Disabled Resources	29
National Resources	31
Resource Guide Directory	32



LGBTQ+ RESOURCE GUIDE

For adults 50 and over

INTRODUCTION

AgePRIDE, a division of the Goldsen Institute, is designed to engage, inform, and serve LGBTQ+ older adults, care partners, families, and other underserved communities. The goal of AgePRIDE to develop, implement, and evaluate an array of evidence-based services and interventions, including health promotion, social engagement, social services, and educational and cultural events. AgePRIDE seeks to connect research to practice in order to improve health and well-being within the LGBTQ+ community.

GenPride, another Seattle-based senior center, advocates for the unique needs of older LGBTQ+ adults. GenPride offers innovative programs and services that promote well-being and prevent social isolation, cultivate belonging through community connection, and work to eliminate discrimination in all its forms.

This resource guide was created as a joint effort by AgePRIDE and GenPride. Our goal is to highlight the organizations that provide places of belonging for LGBTQ+ older adults, offering support ranging from housing resources to social connection.

We are here to help! If you have any questions about how to use this guide, would like assistance connecting to any of these resources, or know of a resource that should be added or changed, please contact us at 206-543-2449 or AgePRIDECenter@uw.edu.

Crisis Lines

Trans Lifeline

A trans-led organization that provides peer support and a crisis hotline staffed by trans people, for trans people.

Daily 7 AM – 1 AM; English & Spanish

877-565-8860

<https://translifeline.org/>

Veterans Crisis Line

Confidential crisis support for all Veterans, Service Members, National Guard, and their families and friends.

800-273-8255 (press 1)

veteranscrisisline.net

24-hour Crisis Lines

King County: **866-427-4747**

Pierce County: **800-576-7764**

Snohomish County: **800-584-3578**

LGBT National Help Center

Monday – Friday, 1 – 9 PM

Saturdays, 9 AM – 2 PM

888-843-4564

WA Warm Line

Confidential peer support help line for people living with emotional and mental health challenges. Calls are answered by specially-trained volunteers who have lived experience with mental health challenges.

Monday – Friday, 5 – 9 PM

Weekends 12:30 – 9 PM

877-500-9276

NW Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse

Offers programs and services for survivors of abuse including advocacy based counseling, safety and support planning, basic legal advocacy, and resources and referrals for free.

Monday – Friday, 5 – 9 PM

206-568-7777

nwnetwork.org



Local Resource Centers

AgePRIDE

Located within the University of Washington School of Social Work, AgePRIDE provides training, education, support, and social opportunities to older adults and their care partners with a focus on the LGBTQ+ older adult community.

206-543-2449

goldseninstitute.org/agepride

GenPRIDE

LGBTQ+ Allies Senior Center: classes and programs at a Seattle location. Works in partnership with senior centers and older adult programs throughout King County. Provides training programs on LGBTQ+ cultural awareness.

206-393-3400

genprideseattle.org

Tacoma Older LGBT

Advocates, serves, and supports the LGBTQ+ older adult community in Tacoma and Pierce County. Programs include social events and classes as well as educations and trainings.

253-271-8185

tacomaolderlgbt.org

Gay City

Seattle's LGBTQ+ Center provides health services (including HIV/STI testing and health insurance enrollment), community resources, programs, and advocacy in Seattle and King County.

206-860-6969

gaycity.org

Ingersoll Gender Center

Support and advocacy organization by and for transgender and gender nonconforming people. Provides mutual support, advocacy, community organizing, and education in Seattle, the greater Puget Sound, and across Washington state.

206-849-7859

ingersollgendercenter.org

Ingersoll Gender Center's Trans & Gender Nonconforming Resource Guides:

King County

<https://kctransguide.org/>

Snohomish County

ingersollgendercenter.org/snohomish-resourceguide

Pierce County

ingersollgendercenter.org/pierce-resourceguide



Local Resource Centers

Rainbow Center

LGBTQ+ resources, education, and advocacy hub in South Puget Sound. Provides community resources, advocacy support, education, training, and hosts annual celebrations.

253-383-2318

rainbowcntr.org



Black, Indigenous, or Person of Color–Focused

Entre Hermanos

Promotes health and wellbeing of the Latino LGBTQ+ community through disease prevention, education, support services, advocacy, and community building.

206-322-7700

entrehermanos.org

Northwest Two-Spirit Society (NWTSS)

Supports those who identify as Two-Spirit, those who are Aboriginal/First Nation/Native American/American Indian/Alaskan Native AND Gay/Lesbian/Bisexual/Transgender, through promotion of health, community, visibility, education, and training.

facebook.com/groups/nw2spiritsociety

People of Color Against AIDS Network (POCAAN)

Multicultural, multi-social service agency with LGBTQ+ community programs including HIV/AIDS prevention, medical case management, recovery support, homelessness prevention, and the Black Trans Economic Empowerment Project.

206-322-7061

pocaan.org/

Queer Black Alliance of South Sound

Provides a safe space for fellowship and empowerment for African Americans in the LGBTQ+ community in the South Sound areas.

253-256-1846

weareqbass@gmail.com

facebook.com/QBASS253EVENTS

Somos Seattle

An organization for LGBTQ+ Latinx folks that builds community, shares resources, and fosters spaces for learning and growth.

206-765-9043

somosseattle@gmail.com

somosseattle.org

Trans Women of Color Solidarity Network

Upholds the self determination of Two-Spirit, Trans Women and Femmes of color and creates opportunities to exercise collective and community care, including financial support.

twocsolidaritynw@gmail.com

facebook.com/TWOCSolidarityNW



Black, Indigenous, or Person of Color–Focused

Trikone Northwest

Volunteer-run organization that creates a social, supportive, educational, and political space for LGBTQ+ and differently-oriented South Asians and their family, friends, allies, and community.

trikonenorthwest@gmail.com
trikonenw.org

United Territories of Pacific Islanders Alliance (UTOPIA)

Provides sacred spaces to strengthen the minds and bodies of Queer and Trans Pacific Islanders through community organizing, community care, civic engagement, and cultural stewardship.

253-478-3941
utopiaseattle.org

WA Black Trans Task Force

A program of Lavender Rights Project that provides resources for Seattle-Tacoma Black trans people in collaboration with community partners.

206-639-7955
wabtff@lavenderrightsproject.org
lavenderrightsproject.org/wa-btff



Classes, Activities, & Social Connection

LGBTQ+ Social Groups

AgePRIDE

206-543-2449

goldseninstitute.org/agepride

GenPRIDE

206-393-3400, genprideseattle.org

Rainbow Recreation

206-615-0619, seattle.gov/parks/find/lgbtq

Tacoma Older LGBT

253-271-8185, tacomaolderlgbt.org

Aging Lesbians in South Seattle (ALISS)

Meets the first Thursday of the month at 12 PM at the Southwest Senior Center to connect and create community, and in-between for potlucks, games, and other activities as arranged.

ALISSquestions@gmail.com

BiNet Seattle

A social and support organization created for bisexual, bi-curious people, and their partners in the Puget Sound area. Holds social events and support groups.

binetseattle.org

Emerald City Social Club

Social and educational organization for the transgender community in Seattle.

425-827-9494

theemeraldcity.org

Gender Alliance of the South Sound (GASS)

A support and social group for crossdressers, transgender, and/or other individuals who self-identify as different than the gender they were assigned at birth. Serves Pierce, Thurston, Kitsap, Mason, and King counties.

253-383-2318

genderallianceofthesouthsound@gmail.com

Ingersoll Gender Center

Trans-led peer support and social groups. Meets in Seattle.

206-849-7859

ingersollgendercenter.org



Classes, Activities, & Social Connection

Mature Friends

A social group for gay and lesbians 40+. Hosts activities, classes, and social gatherings. Primary location is at the Wallingford Community Senior Center in Seattle.

info@maturefriends.org
maturefriends.org

Northshore Pride Meeting and Lunch

Monthly lunch at the Northshore Senior Center.

425-487-2441
northshoreseniorcenter.org

Old Lesbians Organizing for Change (OLOC)

A national network of Old Lesbians over age 60 working to make life better through support networks and by confronting ageism using education and public discourse as primary tools. Includes regional gatherings and local chapters.

OLOC.org

Puget Sound Old Lesbians Organizing for Change (PS OLOC)

Promotes visibility and empowerment of older lesbians through support, community building, and cultural preservation. Serves as an umbrella organization and point-of-contact for the following lesbian social groups (please see next card):

253-777-3357
psoloc.org

Aging Ballard Lesbian Exchange (ABLE)
206-297-0403, ballardseniorcenter.org

Aging Lesbians in South Seattle (ALISS)
206-722-0317, sessc.org

Older Lesbians Gathering Around Northshore (OLGA)
425-487-2441, northshoreseniorcenter.org

Older Westside Lesbians (OWLs)
206-932-4044, sc-ws.org

Seattle Aces and Aros

Aromantic and Asexual meetup group for the Greater Seattle area. Provides community and support for anyone on the ace or aro spectrums.

contact@seattleacesandaros.org
seattleacesandaros.org



Classes, Activities, & Social Connection

Seattle Primetimers

A social organization for gay men 40+ and their friends.

info@seattleprimetimers.org
seattleprimetimers.org

Senior Center of West Seattle, Second Thursday OUT!

A monthly evening gathering for the LGBTQ+ community and their allies.

206-932-4044
sc-ws.org

Snohomish County Gay Men's Task Force

A social network dedicated to improving the quality of life for gay and bisexual men in Snohomish County.

gaysnohomish.org

Tacoma Lesbian Concern (TLC or Tacoma Lesbian Connection)

A support and social group in the south Puget Sound area for older adults (generally 50+) who identify as lesbians. Group is inclusive of bi, trans, and the questioning community.

tacomalesbianconcern@gmail.com
tacomalesbianconcern.org

Tacoma Older LGBT

Holds regular social events for LGBTQ+ older adults including social gatherings specifically for women, men, and transgender older adults.

253-271-8185
tacomaolderlgbt.org

Connecting on social media

Popular ways to find LGBTQ+ groups online are to search platforms such as **Facebook.com** or **Meetup.com**. Resources for guidance:

Seattle LGBTQ+ meetup groups:
[meetup.com/find/us--wa--seattle/lgbtq/](https://www.meetup.com/find/us--wa--seattle/lgbtq/)

Internet Safety Tips for Seniors:
atg.wa.gov/internet-safety-seniors

For additional support, contact a local LGBTQ+ resource center listed in this guide, or your local senior center.



Health & Wellness

LGBTQ+ Food and Nutrition

Chicken Soup Brigade

A program of Lifelong. Provides home-delivered medically specific meals to older adults age 60+ in King County, adults who are HIV+ in King and Snohomish Counties, and people living with chronic illness in the city of Seattle.

206-957-1686

lifelong.org/food-nutrition

Navigating Health Insurance

Statewide Health Insurance Benefits Advisors (SHIBA)

Assistance with Medicare and other health care options including dental coverage and other benefits not covered by Medicare.

800-562-6900

insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba

Long-term Care Insurance

Washington State offers several long-term insurance plans that you can buy into to help pay for long-term care costs such as nursing home and in-home care.

800-562-6900

insurance.wa.gov/long-term-care-insurance

WA Long-Term Care Partnership Program

This State program works with certain long-term care insurance plans to help you avoid having to spend down or transfer assets if you need to qualify for Medicaid in the future.

800-562-6900

insurance.wa.gov/washington-state-long-term-care-partnership-program

Medicaid for In-Home Care and Care in a Residential Facility

360-725-2300

dshs.wa.gov/altsa/home-and-community-services/medicaid

Apple Health (Medicaid)

855-923-4633 or 800-562-3022

askmedicaid@hca.wa.gov
wahealthplanfinder.org



Health & Wellness

LGBTQ+ Healthcare Providers

Ingersoll Gender Center's Database of Gender Affirming Health Care Providers

ingersollgendercenter.org/Ingersoll-directory/

For support accessing call: **206-849-7859**

Gay & Lesbian Medical Association's National Provider Directory

glma.org/index.cfm?fuseaction=Page.viewPage&pageId=939&randparentID=534&parentID=938&nodeID=1

For support accessing call: **202-600-8037**

Health Advocacy for Yourself and Your Community

Top Ten Issues to Discuss with Your Health Care Provider

By the Gay and Lesbian Medical Association

glma.org/index.cfm?fuseaction=Page.viewPage&pageId=947&randparentID=534&parentID=938&nodeID=1

For support accessing call: **202-600-8037**

Self-Advocacy Guide for Gender Affirming Care

By the Ingersoll Gender Center

ingersollgendercenter.org/wp-content/uploads/2019/11/Self-Advocacy.pdf

For support accessing call: **206-849-7859**

Transgender Health Coverage Guide

By the National Center for Transgender Equality

transequality.org/health-coverage-guide

For support accessing call: **202-641-4541**

Your Rights & Resources

By SAGE, Advocacy & Services for LGBT Older Adults

sageusa.org/your-rights-resources

For support accessing call: **877-360-5428**



Health & Wellness

National Alliance on Mental Illness (NAMI)

Grassroots mental health advocacy organization. There are state and city chapters that provide education, advocacy, and help with connecting to resources and support groups.

206-783-4288

namiwa.org

Long Term Care Ombudsman

Advocates for residents of nursing homes, adult family homes, and assisted living facilities. Protects and promotes the Resident Rights guaranteed under Federal and State law and regulations.

800-562-6028

waombudsman.org

Washington Law Help

Online tool created by Northwest Justice Project, with information sheets, resources, and "Do-It-Yourself" forms to help make informed choices and protect yourself and loved ones.

washingtonlawhelp.org/issues/aging-elder-law/health-care-for-seniors

Northwest Justice Project: **206-464-1519**

CLEAR*Sr Legal Helpline

For people 60+ in Washington state.

1-888-387-7111



Health & Wellness

LGBTQ+ Mental Health

National Queer & Trans Therapists of Color Network

A healing justice organization committed to transforming mental health for queer and trans people of color. Hosts a national directory of queer and trans therapists of color and offers financial assistance for psychotherapy through a mental health fund.

nqttcn@gmail.com, **nqttcn.com**

LGBTQ+ Peer Support Groups

Gender Alliance of the South Sound (GASS)

Support groups for crossdressers, transgender, and/or other individuals who self-identify as different than the gender they were assigned at birth. Meets in Tacoma and other locations in Pierce, Thurston, Kitsap, Mason, and King counties.

253-383-2318

genderallianceofthesouthsound@gmail.com

Entre Hermanos

Group Somos for Latino people living with HIV. Meets in Seattle.

206-322-7700

entrehermanos.org

Coming Out Women

For women who are at any stage of exploring sexual identity or coming out. Meets in Tacoma.

253-268-0098

comingoutwomen.org

Ingersoll Gender Center

Trans led peer support groups. Meets in Seattle.

206-849-7859

ingersollgendercenter.org

Lake City Seniors LGBTQ2+ & Allies Peer Support Group

Peer support group for people 50+. Allies and those who identify as questioning are also welcome. Meets in Seattle.

206-268-6740

lakecityseniors.org



Health & Wellness

LGBTQ+ Peer Support Groups

Lifelong

Living Positively HIV+ support group. Meets in Seattle.

206-957-1600

lifelong.org/social-support-groups

Noor

An all-inclusive LGBTQ+ (and Questioning) confidential meeting space for individuals in the greater Seattle area that have ever identified as Muslim.

206-651-4678

seattle.qtm@gmail.com

facebook.com/seattleqtm

PEER Seattle

(Formerly the Seattle Area Support Groups & Community Center.) Provides peer coaching and support groups for those impacted by addiction, mental health, and /or HIV/AIDS.

206-322-2437

peerseattle.org

PFLAG (Parents and Friends of Lesbians and Gays) Washington State Council

Support groups for LGBTQ+ identified individuals, family members, and allies.

info@pflagwsc.org

pflagwsc.org

The National LGBT Cancer Network

Provides resources for finding LGBTQ+ cancer support groups.

212-675-2633

cancer-network.org/programs/support-groups-for-survivors

Washington Gender Alliance

Volunteer-led support groups for people who are transgender, gender variant, or whose lives may be directly or indirectly involved with a transgender or gender variant person.

washingtongenderalliance.com



Health & Wellness

LGBTQ+ Affirming HIV & AIDS Case Management & Support

AIDS Housing Association of Tacoma (AHAT)

Provides safe, affordable, alternative housing and healthcare for people with HIV, AIDS, and Hepatitis C in Pierce and Kitsap counties.

253-272-5533

ahathomecare.org

BABES Network

A program of YWCA. Provides peer support and non-medical case management for women living with HIV in Washington.

206-720-5566

ywcaworks.org/programs/babes-network

Bailey-Boushay House

Provides skilled outpatient and inpatient care for people with HIV/AIDS, including support with chemical dependency, mental health, and homelessness. Services are based in Seattle.

206-322-5300

baileyboushay.org

Lifelong

Delivers food, housing, and health services to people living with chronic illnesses, including HIV and AIDS. Case management for anyone HIV+ living in Washington. Offices in Seattle and Everett.

206-957-1717,

lifelong.org

PEER Seattle

(Formerly Seattle Area Support Groups & Community Center.) Provides peer coaching, support groups, employment, and development services for those impacted by addiction, mental health, HIV, or AIDS.

206-322-2437

peerseattle.org

People of Color Against AIDS Network (POCAAN)

Provides culturally relevant HIV medical case management, reentry planning, transitional services, emotional support, and counseling.

206-322-7061

pocaan.org



Health & Wellness

LGBTQ+ Affirming HIV & AIDS Case Management & Support Cont.

Pierce County AIDS Foundation (PCAF)

Provides medical case management and client care coordination for people living with HIV in the South Sound region. Offices in Tacoma and Olympia.

253-383-2565

pcaf-wa.org



Health & Wellness

Additional LGBTQ+ Health & Wellness Resources

AgePRIDE

Part of the University of Washington School of Social Work. Research and support programs for LGBTQ+ older adults and caregivers as well as intergenerational programs.

206-543-2449

goldseninstitute.org/agepride

Alzheimer's Association

Washington Chapter provides education, resources, and support. Hosts a Seattle LGBTQ+ caregivers group.

800-272-3900

alz.org/alzwa

Multiple Sclerosis Society

Greater Northwest Chapter provides education, research, and support. Hosts a LGBTQ+ MS connection support group.

800-344-4867

nationalmssociety.org/Chapters/WAS

National LGBT Cancer Project

LGBTQ+ cancer survivor support and advocacy organization. Hosts an online support community, "Out With Cancer", offering peer-to-peer support, patient navigation, education, and advocacy.

212-673-4920

lgbtcancer.org

The National LGBT Cancer Network

Provides education, training, and advocacy to improve the lives of LGBTQ+ cancer survivors and those at risk. Includes resource for finding LGBTQ+ friendly cancer screenings and treatment for providers and support groups.

212-675-2633, cancer-network.org



Care Partner support

LGBTQ+ Care Partner Support & Resources

AgePRIDE

Provides support to LGBTQ+ older adults and their care partners through Powerful Tools for Caregivers classes and caregiver support group and support group for people living with memory loss.

206-543-2449

goldseninstitute.org/agepride

Aging and Long-Term Support Administration

Free and low-cost services available to unpaid caregivers of adults who need care in Washington. Services include caregiver counseling, support groups, and respite programs.

Find your county program: **360-725-2300**
dshs.wa.gov/altsa/home-and-community-services/caregiver-resource

GenPRIDE

LGBTQ+ Allies Senior Center. Hosts caregiver support groups in King County.

206-393-3400

genprideseattle.org

LGBT Caring Community Online Support Group

A program of Family Caregiver Alliance, this email-based discussion group is self-governing and runs on a "self-help" model.

caregiver.org/connecting-caregivers/support-groups



Care Partner Support

LGBTQ+ In-Home Care & Long-Term Care

10 Tips for Finding LGBT-Affirming Services

For in-home and residential care. Run by SAGE. Advocacy & Services for LGBTQ+ Older Adults: sageusa.org/resource-posts/10-tips-for-finding-lgbt-affirming-services/

For support accessing: **212-741-2247**
SAGE hotline: **877-360-5428**

Aging and Long-Term Support Administration

Overview of all Washington residential care programs (not LGBTQ+ specific), including locator tools to find options near you:
dshs.wa.gov/altsa/residential-care-services/long-term-care-residential-options

For support accessing, call your local Older Adult & Disability Information and Assistance Helpline (listed on page 28 of this guide).

GSBA

Washington State's LGBTQ+ and allied chamber of commerce. Provides references for LGBTQ+ owned and inclusive businesses including in-home and long-term care providers.

206-363-9188
thegsba.org

Northwest LGBT Senior Care Providers Network

An informal coalition of Senior Care Providers committed to advocacy and quality of care for LGBTQ+ seniors in Washington state. Currently most providers are based in the Seattle area.

For support accessing: **206-714-6130**
nwlgbtseiniorcure.org/members



Housing Resources

LGBTQ+ Housing

GenPride

LGBTQ+ Allies Senior Center working in partnership with Community Roots Housing to build the first LGBTQ+ Affirming Affordable Senior Housing building in Seattle, called Pride Place. Currently projected to be completed in 2023.

206-393-3400

genprideseattle.org/prideplace

LGBTQ+ Housing & Advocacy for Elders

Ingersoll Gender Center

Support and advocacy organization by and for transgender and gender nonconforming people. Has created two helpful resource guides:

Seattle Trans Tenants Rights Guide
ingersollgendercenter.org/tenantsrights

King County Housing and Shelter Guide
ingersollgendercenter.org/seattle-shelter-housing-guide

206-849-7859, ingersollgendercenter.org

LGBTQ Allyship

Builds power among LGBTQ+ communities and allies in Washington State to work towards economic, racial, and gender justice. Works with older adults, particularly around health care, economic, and housing justice issues.

206-428-1986

allyship.org



Legal Services

LGBTQ+ Legal Services

Gender Justice League

A Washington State gender and sexuality civil and human rights organization.

206-538-0423

genderjusticeleague.org

Lavender Rights Project

Legal services and community programming for transgender and queer low-income people and other marginalized communities in Washington.

206-639-7955

lavenderrightsproject.org

QLaw's LGBTQ+ Legal Clinic

One of the King County Bar Association's Neighborhood Legal Clinics. Offers a free, 30-minute consultation with an attorney.

206-235-7235

qlawfoundation.org/lgbtq-legal-clinic.html

Washington Law Help

LGBTQ+ inclusive website offered through the NW Justice Project with a statewide legal aid directory, do-it-yourself forms, and legal information on many issues including LGBTQ+, seniors, and civil rights.

Northwest Justice Project: **206-464-1519**

CLEAR*Sr Legal Helpline: **1-888-387-7111**

washingtonlawhelp.org



Sharing Our Stories

AgePRIDE

Part of the University of Washington School of Social Work. Offers a Legacy Letters program for cross-generational life story sharing.

206-543-2449

goldseninstitute.org/agepride

Alphabet Alliance of Color

Community capacity building, organizing, healing, collecting, and archiving stories of survival and resistance.

alphabetalliance.org

Entre Hermanos

Promotes health & wellbeing of the Latino LGBTQ+ community. Hosts a "share your story" space on their website.

206-322-7700

entrehermanos.org/shareyourstory

NW Lesbian and Gay History Museum Project

Researches, interprets, and communicates the history of LGBTQ+ people in the Pacific Northwest for the purposes of study, education, and enjoyment.

lgbthistorynw.org

Sins Invalid

A disability justice-based performance project that incubates and celebrates artists with disabilities, centralizing artist of color and LGBTQ+/gender-variant artists.

sinsinvalid.org

Somos Seattle

Organization for LGBTQ+ Latinx folks committed to building active community, sharing resources, and fostering spaces for learning and growth. Hosts a "share our story" space on their website.

somosseattle.org/our-stories



Sharing Our Stories

Three Dollar Bill Cinema

Provides access to films by, for, and about lesbian, gay, bisexual, and transgender (LGBTQ+) people and their families. Producers of The Seattle Lesbian & Gay Film Festival.

206-323-4274

threedollarbillcinema.org



Survivor Support & Advocacy

API Chaya

Empowers survivors of gender-based violence and human trafficking to gain safety, connection, and wellness. Provides LGBTQ+ inclusive, multi-lingual, culturally responsive support services, safety planning, and advocacy with a focus on South Asian, Asian, and Pacific Islander communities.

Helpline: 877-922-4292 (Mon-Fri, 10 AM-4PM)
apichaya.org

NW Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse

Offers programs and services for survivors of abuse. Includes community engagement, education, and activities supporting equitable relationships.

206-568-7777
nwnetwork.org



Veteran Support

American Veterans for Equal Rights

Services and support for LGBTQ+ Veterans.

718-849-5665
aver.us

VA Puget Sound Health System – LGBTQ+ Care Program

Veteran health care services that are sensitive and inclusive of LGBTQ+ identities. Provides access to a dedicated LGBTQ+ Veteran Care Coordinator and social programs such as a gay men's social hour.

206-277-3233, bridget.reposa@va.gov
va.gov/puget-sound-health-care/health-services/lgbtq-veteran-care

Veterans Crisis Line

Confidential crisis support for all Veterans, Service Members, National Guard, and their families and friends.

800-273-8255 (and Press 1)
veteranscrisisline.net



Businesses & Private Pay Services

GSBA

Washington state's LGBTQ+ and allied chamber of commerce. Provides references for LGBTQ+ owned and inclusive businesses including in-home and long-term care providers.

206-363-9188

thegsba.org

Northwest LGBT Senior Care Providers Network

An informal coalition of Senior Care Providers committed to advocacy and quality of care for LGBTQ+ seniors in Washington state. Currently most providers are based in Seattle area.

nwlgbtseiniorcure.org/members



General and Disability/Disabled Resources

The ARC of Washington State

Advocacy and service organization for people with intellectual and developmental disabilities and their caregivers.

888-754-8798
arcwa.org

Disability Rights Washington

Advocacy and legal organization for people with disabilities in Washington.

800-562-2702 (711 for WA Relay Service)
disabilityrightswa.org

Information & Assistance Helplines

King County - Community Living Connections
844-348-KING (5464)
communitylivingconnections.org

Snohomish County – Homage Senior Services: **800-422-2024**, homage.org

Pierce County - Aging & Disability Resource Center
888-562-0332
co.pierce.wa.us/1986/Aging-and-Disability-Resources

Sound Generations

(Formerly Senior Services.) Provides food security, transportation, health and wellness, and assistance services to older adults and disabled persons in King County.

206-448-5757
soundgenerations.org

National Resource Centers

SAGE Advocacy and Services for LGBT Older Adults

Advocates for LGBTQ+ older adults through research, policy recommendations, training, community organizing, program development, and building a nationwide affiliate network for the LGBTQ+ older adult community. Runs the National Resource Center on LGBT Aging and operates an LGBTQ+ Older adult hotline in partnership with United Way Worldwide.

212-741-2247, sageusa.org

SAGE LGBTQ+ Older adult Hotline:
877-360-LGBT (5428) available 24/7

Washington State SAGE Affiliate,
SAGE Olympia: sageolympia.org

National Resource Center on LGBT Aging

Conducts research and provides related reports and resources aimed at improving the quality of services and support offered to LGBTQ+ older adults. The website has reports for professionals serving the LGBTQ+ older adult community as well as fact sheets and handouts for LGBTQ+ older adults on topics such as Medicare, long-term care, and support for LGBTQ+ caregivers.

212-741-2247

lgbtagingcenter.org

Asexual Visibility and Education Network

Hosts the world's largest online asexual community as well as a large archive of resources on asexuality.

asexuality.org

Older asexual forum:

asexuality.org/en/forum/32-older-asexuals

Blind LGBT Pride International

Provides opportunities for socialization, networking, and support through email lists, virtual town hall conversations, and an annual gathering at the American Council of the Blind Convention.

786-547-5465

blindlgbtpride.org



National Resource Centers

Center for Black Equity

Connects the Black LGBTQ+ community with information and resources to educate, engage, and empower.

202-641-8527

centerforblackequity.org

Intersex Campaign for Equality

Promotes human rights and equality for all intersex people through art, education, and action.

info@intersexequality.com

intersexequality.com

LGBT National Help Center

Serves gay, lesbian, bisexual, transgender, and questioning individuals by providing free and confidential peer support.

LGBTQ+ National Senior Hotline (ages 50+):

888-234-7243

LGBTQ+ General Hotline: **888-843-4564**

glbthotline.org

National Center for Transgender Equality

Advocates to change policies and society to increase understanding and acceptance of trans people. Produces guides on health coverage, ID documents, and accessing legal services.

202-641-4541

transequality.org

Trans Lifeline

A trans-led organization that connects trans people to community, support, and resources needed to survive and thrive. Peer support and crisis hotline is staffed by trans people, for trans people. Also provide small grants and help with legal name changes and updating ID cards.

Peer Support and Crisis Hotline:

877-565-8860, translifeline.org



Resource Guide Directory

AgePRIDE, goldseninstitute.org/agepride, 206-543-2449

Aging and Long-Term Support Administration, dshs.wa.gov/altsa, 360-725-2300

Aging Ballard Lesbian Exchange (ABLE), ballardseniorcenter.org, 206-297-0403

Aging Lesbians in South Seattle (ALISS), sessc.org, 206-722-0317

AIDS Housing Association of Tacoma (AHAT), ahathomecare.org, 253-272-5533

Alphabet Alliance of Color, alphabetalliance.org

Alzheimer's Association Washington Chapter, alz.org/alzwa, 800-272-3900

American Veterans for Equal Rights, aver.us, 718-849-5665

API Chaya, apichaya.org, 877-922-4292

Apple Health (Medicaid), wahealthplanfinder.org, 855-923-4633

Asexual Visibility and Education Network, asexuality.org

BABES Network, ywcaworks.org/programs/babes-network, 206-720-5566

Bailey-Boushay House, baileyboushay.org, 206-322-5300

BiNet Seattle, binetseattle.org, info@binetseattle.org

Blind LGBT Pride International, blindlgbtpride.org, 786-547-5465

Center for Black Equity, centerforblackequity.org, 202-641-8527

CLEAR*Sr Legal Helpline, 1-888-387-7111

Coming Out Women, comingoutwomen.org, 253-268-0098

Disability Rights Washington, disabilityrightswa.org, 800-562-2702

Emerald City Social Club, theemeraldcity.org, 425-827-9494

Entre Hermanos, entrehermanos.org, 206-322-7700

Gay City, gaycity.org, 206-860-6969

Gender Alliance of the South Sound (GASS), southsoundgender.com, 253-383-2318

Gender Justice League, genderjusticeleague.org, 206-538-0423

GenPRIDE, genprideseattle.org, 206-393-3400

GSBA, thegsba.org, 206-363-9188

Ingersoll Gender Center, ingersollgendercenter.org, 206-849-7859



Resource Guide Directory

Intersex Campaign for Equality, intersexequality.com, info@intersexequality.com

King County - Community Living Connections, communitylivingconnections.org, 844-348-5464

King County 24-hour Crisis Line, 866-427-4747

Lake City Seniors LGBTQ2+ & Allies, lakecityseniors.org, 206-268-6740

Lavender Rights Project, lavenderrightsproject.org, 206-639-7955

LGBT Caring Community Online Support Group, caregiver.org/connecting-caregivers/support-groups

LGBT National Help Center, glbthotline.org, 888-234-7243, 888-843-4564

LGBTQ Allyship, allyship.org, 206-428-1986

Lifelong, lifelong.org, 206-957-1717

Long Term Care Ombudsman, waombudsman.org, 800-562-6028

Long-term Care Insurance, insurance.wa.gov/long-term-careinsurance, 800-562-6900

Mature Friends, maturefriends.org, info@maturefriends.org

Medicaid for In-Home Care and Care in a Residential Facility, dshs.wa.gov/altsa/home-and-communityservices/Medicaid, 360-725-2300

Multiple Sclerosis Society Greater Northwest Chapter, nationalmssociety.org/Chapters/WAS, 800-344-4867

National Alliance on Mental Illness (NAMI), namiwa.org, 206-783-4288

National Center for Transgender Equality, transequality.org, 202-641-4541

National LGBT Cancer Project, lgbtcancer.org, 212-673-4920

National Queer & Trans Therapists of Color Network, nqttcn.com, nqttcn@gmail.com

National Resource Center on LGBT Aging, lgbtagingcenter.org, 212-741-2247

Noor, facebook.com/seattlelqtm, 206-651-4678

Northshore Pride Meeting and Lunch, northshoreseniorcenter.org, 425-487-2441

Northwest LGBT Senior Care Providers Network, nwlgbtseniorcare.org/members, 206-714-6130

Northwest Rainbow Alliance for the Deaf (NWRAD), nwrad.org, 503-388-5132

Northwest Two-Spirit Society (NWTSS), facebook.com/groups/nw2spiritsociety

NW Lesbian and Gay History Museum Project, lgbthistorynw.org



Resource Guide Directory

NW Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse, nwnetwork.org, 206-568-7777

Older Lesbians Gathering Around Northshore (OLGA), northshoreseniorcenter.org, 425-487-2441

Older Westside Lesbians (OWLS), sc-ws.org, 206-932-4044

PEER Seattle, peerseattle.org, 206-322-2437

People of Color Against AIDS Network (POCAAN), pocaan.org, 206-322-7061

PFLAG (Parents and Friends of Lesbians and Gays) Washington State Council, pflagwsc.org,
info@pflagwsc.org

Pierce County - Aging & Disability Resource Center, co.pierce.wa.us/1986/Aging-and-Disability-Resources,
888-562-0332

Pierce County 24-hour Crisis Line, 800-576-7764

Pierce County AIDS Foundation (PCAF), pcaf-wa.org, 253-383-2565

Puget Sound Old Lesbians Organizing for Change (PS OLOC), psoloc.org, 253-777-3357

QLaw's LGBTQ+ Legal Clinic, qlawfoundation.org/lgbtq-legal-clinic.html, 206-235-7235

Queer Black Alliance of South Sound, facebook.com/QBASS253EVENTS, 253-256-1846

Rainbow Center, rainbowcntr.org, 253-383-2318

Rainbow Recreation, seattle.gov/parks/find/lgbtq, 206-615-0619

SAGE Advocacy and Services for LGBT Older Adults, sageusa.org, 212-741-2247

Seattle Aces and Aros, seattleacesandaros.org, contact@seattleacesandaros.org

Seattle Primetimers, seattleprimetimers.org, info@seattleprimetimers.org

Senior Center of West Seattle, sc-ws.org, 206-932-4044

Sins Invalid, sinsinvalid.org

Snohomish County - Homage Senior, homage.org, 800-422-2024

Snohomish County 24-hour Crisis Line, 800-584-3578

Snohomish County Gay Men's Task Force, gaysnohomish.org

Somos Seattle, somosseattle.org, 206-765-9043

Sound Generations, soundgenerations.org, 206-448-5757



Resource Guide Directory

Statewide Health Insurance Benefits Advisors (SHIBA),

insurance.wa.gov/statewide-healthinsurance-benefits-advisors-shiba, 800-562-6900

Tacoma Lesbian Concern (AKA Tacoma Lesbian Connection or TLC),

tacomalesbianconcern.org, tacomalesbianconcern@gmail.com

Tacoma Older LGBT, tacomaolderlgbt.org, 253-271-8185

The ARC of Washington State, arcwa.org, 888-754-8798

The National LGBT Cancer Network, cancer-network.org, 212-675-2633

Three Dollar Bill Cinema, threedollarbillcinema.org, 206-323-4274

Trans Lifeline, translifeline.org, 877-565-8860

Trans Women of Color Solidarity Network, facebook.com/TWOCSolidarityNW, twocsolidaritynw@gmail.com

Trikone Northwest, trikonenw.org, trikonenorthwest@gmail.com

United Territories of Pacific Islanders Alliance Seattle (UTOPIA Seattle), utopiaseattle.org,
253-478-3941

VA Puget Sound Health System- LGBTQ+ Care Program, va.gov/puget-sound-health-care/healthservices/lgbtq-veteran-care, 206-277-3233

Veterans Crisis Line, veteranscrisisline.net, 800-273-8255 (and Press 1)

WA Black Trans Task Force, lavenderrightsproject.org/wa-bttf, 206-639-7955

WA Long-term Care Partnership Program, insurance.wa.gov/washington-state-longterm-care-partnership-program, 800-562-6900

WA Warm Line, 877-500-9276

Washington Gender Alliance, washingtongenderalliance.com

Washington Law Help, 206-464-1519, washingtonlawhelp.org

