

## **Organizations That Support Older Adults and People Living With Disabilities**

### [Bridge of Promise](#)

Bridge of Promise provides engaging recreational, social, and educational opportunities for all individuals with developmental disabilities.

### [Catholic Community Services](#)

Volunteers assist low-income elders and adults with chronic illnesses or disabilities remain independent in their own home, providing companionship, light housework, and other simple chores.

### [Chinese Information and Service Center](#)

CISC provides short-term support and crisis intervention to help low-income older adults and adults with disabilities with no/low English literacy to access crucial services. They serve Chinese, Russian, and Latinx seniors and families through day services, case management, care coordination, and caregiver support.

### [Community Homes](#)

Community Homes provides, promotes, and sustains exceptional community-based housing for adults with intellectual and developmental disabilities.

### [Easterseals Washington](#)

Easterseals Washington provides enrichment for people who benefit from supervision but who require minimal assistance with most activities of daily living; health services for people who require medical monitoring or assistance with many activities of daily living; family caregiver support, including free training, counseling, and other support services for family caregivers.

### [Indian American Community Services](#)

IACS promotes seniors' health and wellbeing by providing weekly social and physical activities including an inter-generational community lunch held at several local pop-up community centers.

### [Kindering](#)

Kindering embraces children of diverse abilities and their families by providing the finest education and therapies to nurture hope, courage, and the skills to soar.

### [Sound Generations](#)

The Volunteer Transportation program provides free, personalized, and safe transportation to essential healthcare appointments for older adults.

### [Washington Autism Alliance](#)

Washington Autism Alliance extends access to healthcare, education, and services for people with autism spectrum disorders and related intellectual and developmental disabilities in Washington State.