Snapshot
Our Needs, Our Strength



Our Jewish community in the Puget Sound region is broad and diverse. Tens of thousands of Jews have different stories, experiences, strengths, and needs. As the key provider of social services to our community, Jewish Family Service (JFS) recently sought a clearer understanding of the depth and areas of need. We went into the community to do just that.

We invested in research to understand more deeply the extent of social service challenges in our community. We partnered with Rosov Consulting, who analyzed local, regional, and national data to provide a picture of the hardships affecting Jewish people in the Puget Sound region.

Understanding the level and scope of these needs is key to our ability to effectively support our neighbors—when we know the challenges, we can respond with solutions.

Financial Needs

The Puget Sound is a spectacular place to call home. But for many people, living in one of the most expensive cities in the country—with an ever-increasing cost of living—makes it hard to stay afloat.

Plainly put: Jewish families and individuals are struggling to make ends meet.

We're all noticing the rising cost of groceries and gas. For some, these higher costs can mean the difference between feeding a family or skipping a meal; deciding between paying for rent or paying for medication.

What We Learned

- **1 in 3 Jewish adults** in the Puget Sound region have challenges affording the basic costs of living, such as housing, childcare, transportation, food, and healthcare.
- **1 in 4 Jewish renters** spend more than half their income on housing. This means one unexpected expense can put these renters at risk of eviction or further instability.
- **Nearly 10,000 Jewish people** in our region do not always have enough food to eat, or they buy less nutritious food because it is more affordable.

Social & Safety Supports

A steady, secure life requires more than having enough money to cover basic needs. People need social networks and other resources to foster stability and contend with social isolation, aging, disabilities, and other crises.

What We Learned

- About **4,500 Jewish adults in the Puget Sound region experience cognitive disabilities,** requiring support to remain safe, stay connected to people and services, and to live their lives with dignity.
- There were approximately **7,000 reported incidents of domestic violence among Jewish people** in the region in 2024. We know this number likely underestimates the scale of domestic violence, as many incidents go unreported.



With Your Help, JFS Makes a Difference

These challenges are interconnected. When someone experiences domestic violence, they often will face economic hurdles. Older adults transitioning to fixed incomes may face more social isolation. People have to decide whether to pay for healthcare or pay their utility bills.

Our work at JFS is to meet our community's urgent needs. We are sharpening our focus and getting more specific, sharing who we are as an organization and what we do across our community, so Jewish people across the region know they can turn to us in times of need.

Jewish Family Service has been caring for our Jewish community for more than 134 years, providing support and resources to help achieve well-being, health, and stability.

- Community Connections
- Domestic Violence Services (Project DVORA)
- Financial Assistance
- Food Access
- Learning & Education
- Mental Health Services
- Older Adult Services
- Refugee & Immigrant Services
- Supportive Living Services

In our current economic and social environment, needs and challenges can shift quickly. This research underscores why we do what we do—to respond directly to what people tell us they need, right now. **We are able to do this work nimbly and responsively because of the financial support we receive from community members.**

As always, we're thinking strategically and intentionally about how to best serve our Jewish community for decades to come. At the same time, there are people who need help right now. Serving our community takes multiple forms. It will take all of us. And with our coordinated and holistic services, we can support community members so they can do more than just live here—they can thrive here.

JEWISH FAMILY SERVICE