

AREA AGENCIES ON AGING

STATE FISCAL YEAR 2026 AREA PLAN ON AGING ANNUAL UPDATES



Each of North Carolina's **16 Area Agencies on Aging (AAAs)** develops a four-year Area Plan on Aging, updated annually, that sets local priorities and actions to meet community needs. The SFY 2026 annual updates highlight how regions are advancing the six goals of the State Aging Plan, emphasizing innovation, collaboration, and local responsiveness.

STATEWIDE IMPACT SNAPSHOT (MEASURE & FY 2026 HIGHLIGHTS)

AAAS REPORTING ACTIVITIES

16 REGIONAL AAAS covering all 100 counties



VOLUNTEERS ENGAGED

Over **2,000+ VOLUNTEERS** statewide

KEY PARTNERSHIP AREAS

- ✓ Health Systems
- ✓ Law Enforcement
- ✓ Housing Agencies
- ✓ Libraries
- ✓ Community Colleges
- ✓ Senior Centers

HIGHLIGHTS BY STATE AGING PLAN GOAL

The examples below represent selected highlights from each region. They are not all-inclusive, and selected regions spotlight how local activities drive the six goals of the State Aging Plan.

Goal 1: Protect the Rights of Older Adults and Prevent Abuse, Neglect, and Exploitation

- **Southwestern Commission AAA (Region A):** Held eight annual Elder Abuse Awareness Walks simultaneously across the region in partnership with local communities.
- **Upper Coastal Plain COG AAA (Region L):** Provided education to 195 long-term care facility staff on abuse, neglect, and residents' rights, and distributed Medicare fraud education to 1,415 individuals across five outreach events.
- **Mid-East Commission AAA (Region Q):** Distributed scam reporting flyers to over 750 homebound seniors, active participation in local Multidisciplinary Teams (MDTs), and showcased Senior Medicare Patrol (SMP) info across 36 media education outreach efforts.

Goal 2: Healthy Aging and Quality of Life

- **Centralina COG AAA (Region F):** Trained and certified 15 new Matter of Balance coaches, launched the regional PEAS program to fight food insecurity, provided 22 Dementia Friendly sessions, and expanded local falls prevention initiatives.
- **Piedmont Triad Regional Council AAA (Region G):** Launched the *Triad Regional Connections Podcast* to promote aging topics including Elder Abuse, SHIIP, Ageism, Advocacy, and Fall Prevention.
- **Kerr-Tar Regional COG AAA (Region K):** Expanded Evidence-Based Health Programs (EBHP), delivered fresh produce to nutrition program participants across all regional senior centers, and engaged seniors in local Senior Games.

Goal 3: Housing and Homelessness

- **Western Piedmont COG AAA (Region E):** Awarded a three-year HUD grant for older adult home modifications and plans to assist approximately 150 individuals on waiting lists.
- **Foothills Regional Commission AAA (Region C):** Partnered with WPCOG under the Dogwood Grant to administer the Home Repair Readiness Program and promoted awareness and availability of Options Counseling.
- **Cape Fear COG AAA (Region O):** Partnered with the Homeless Continuum of Care using Carolina Complete Health Grant funds to plan the Housing Stability for Healthy Aging Initiative.
- **Upper Coastal Plain COG (Region L):** Through COMPASS, Choosing Home, and other referral pathways, the AAA screened and referred eligible adults for utility and rental deposits or arrears, appliances and basic household needs, and homelessness-prevention assistance.

Goal 4: Caregiving Support and Workforce Development

- **High Country AAA (Region D):** Expanded Lifespan Respite Voucher utilization and actively partnered with local organizations to deliver caregiver education and support programs.
- **Mid-Carolina Regional Council AAA (Region M):** Actively supported the Family Caregiver Support Program (FCSP), delivered caregiver workshops, and distributed Spanish-language informational brochures across the region.
- **Lumber River COG AAA (Region N):** Promoted the NC Caregiver Portal and partnered with Southern Regional Area Health Education Center (AHEC) for a caregiver conference.

Goal 5: Long-Term Preparedness Planning and Capacity Building

- **Land of Sky Regional Council AAA (Region B):** Hosted or attended 111 outreach events reaching 3,380 individuals, provided home repairs via Choosing Home funding, and distributed disaster emergency kits and supplies.
- **Central Pines Regional Council AAA (Region J):** Expanded Veterans Directed Care (VDC) program participation to 21 individuals and maintained active regional emergency preparedness initiatives.
- **Albemarle Commission AAA (Region R):** Served as the regional Digital Navigator targeting isolated older adults, developed resources, partnered locally and educated community members on emergency planning and preparedness.

Goal 6: Advancing Equity and Reframing Aging

- **Eastern Carolina Council AAA (Region P):** Disseminated equality and inclusion materials on virtual platforms and forged new partnerships to support intergenerational program modes and promoted awareness of programs and services available in the region.
- **Southwestern Commission AAA (Region A):** Deployed a mobile resource van equipped with Starlink internet to rural areas, helped to establish the *Neighbors Helping Neighbors* faith-based initiative, and continues to work with Vecinos clinic to serve uninsured Hispanic older adults.
- **Mid-East Commission AAA (Region Q):** Reached 7,878 individuals across 166 outreach events, secured grant funding for regional computer access, and partnered with several organizations to serve diverse populations.

Area Agencies on Aging are the **backbone of North Carolina's aging network**. Their on-the-ground work ensures that older adults, caregivers, and families across all 100 counties can **age safely, independently, and with dignity**. These collective efforts turn the vision of the State Aging Plan into tangible action across local communities.



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Aging

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