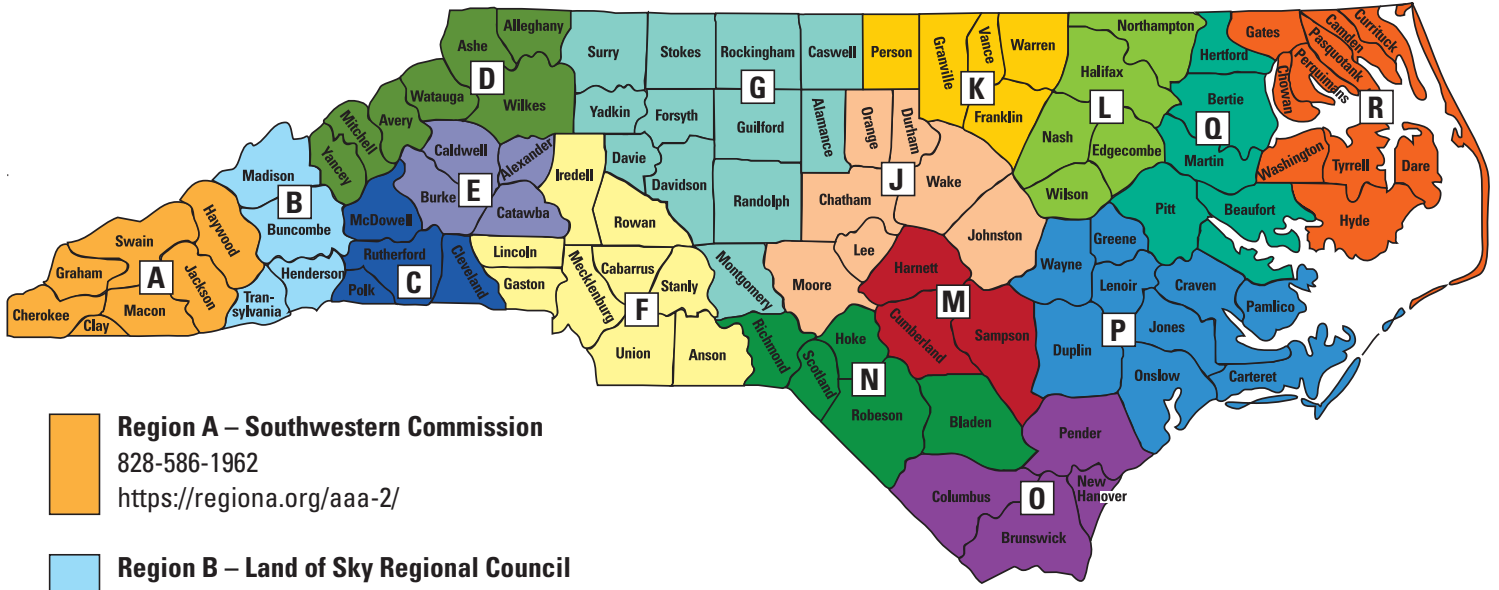


North Carolina Area Agencies on Aging



Region A – Southwestern Commission
828-586-1962
<https://regiona.org/aaa-2/>

Region B – Land of Sky Regional Council
828-251-6622
<https://www.landofsky.org/aaa.html>

Region C – Foothills Regional Commission
828-351-2336
<https://frcnc.gov/area-agency-on-aging/>

Region D – High Country Council of Governments
828-265-5434
<https://www.highcountryaging.org/>

Region E – Western Piedmont Council of Governments
828-485-4212
<https://www.wpcog.org/area-agency-on-aging>

Region F – Centralina Regional Council
704-348-2712 • 1-800-508-5777
<https://centralinaaging.org/>

Region G – Piedmont Triad Regional Council
336-904-0300
<https://www.ptrc.org/services/area-agency-on-aging>

Region H – Central Pines Regional Council
1-800-310-9777
<https://www.centralpinesnc.gov/aging-human-services>

Region I – Kerr-Tar Regional Council of Governments
252-436-2040
<https://www.kerrtarog.org/area-agency-aging>

Region L – Upper Coastal Plains Council of Governments
252-234-5955
<https://ucpcog.org/area-agency-on-aging/>

Region M – Mid-Carolina Regional Council
910-323-4191
<https://mccog.org/aging-services.asp>

Region N – Lumber River Council of Governments
910-775-9781
<https://www.lumberrivercog.org/area-agency-on-aging>

Region O – Cape Fear Council of Governments
910-395-4553
<https://capefearcog.org/area-agency-on-aging/>

Region P – Eastern Carolina Council of Governments
252-638-3185
<https://eccog.org/area-agency-on-aging/>

Region Q – Mid-East Commission
252-974-1835
<https://mideastcom.org/area-agency-on-aging/>

Region R – Albemarle Commission
252-426-5753
<https://albemarlecommission.org/area-agency-on-aging/>