

AREA AGENCIES ON AGING

STATE FISCAL YEAR 2025 AREA PLAN ON AGING ANNUAL UPDATES

NORTH CAROLINA'S 16 AREA AGENCIES ON AGING (AAA)

Each AAA develops a **four-year Area Plan on Aging**, updated annually, that sets local priorities and actions to meet community needs. The **SFY 2025 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 AND FY 2025 HIGHLIGHTS)

AAAS REPORTING ACTIVITIES

**16 regional AAAs covering
ALL 100 COUNTIES**



VOLUNTEER HOURS CONTRIBUTED

More than **30,000 HOURS**
supporting local aging services



VOLUNTEERS ENGAGED

Over **2000+**
VOLUNTEERS
statewide

EVIDENCE-BASED PROGRAMS DELIVERED

40+ WORKSHOPS
statewide on falls prevention, chronic
disease management, and caregiver support



KEY PARTNERSHIP AREAS

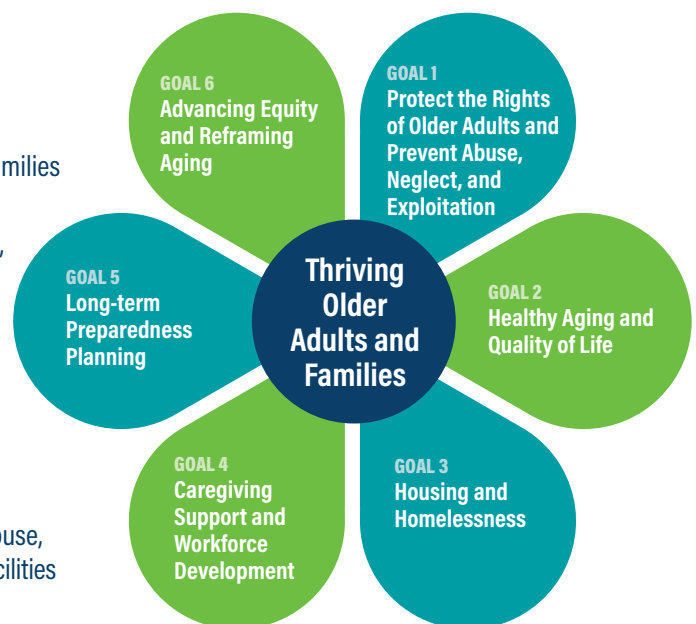
- Health Systems
- Law Enforcement
- Housing Agencies
- Libraries
- Community Colleges

HIGHLIGHTS BY STATE AGING PLAN GOAL

The examples below represent selected highlights from each region. They are not all-inclusive, and we only selected a few regions for each goal. Some activities overlap across goals, but together they illustrate the breadth and impact of aging network work across North Carolina.

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

- **Southwestern Commission AAA** partnered with MemoryCare to support families navigating with dementia care
- **Ker-Tar Regional COG AAA** conducted active outreach through Scam Jam events, training sessions on fraud and elder abuse, and related community activities
- **Lumber River COG AAA** conducted extensive elder abuse outreach through trainings, Scam Jam events, community fairs, and long-term care facilities. Identified caregivers at risk of burnout through ongoing assessments. Provided counseling to 219 Medicare beneficiaries during open enrollment and leveraged volunteers and nutrition staff to deliver daily well-checks for Home Delivered Meals clients
- **Eastern Carolina COG AAA** conducted outreach and awareness on elder abuse, including 36 live dementia simulations and presentations at long-term care facilities



Goal 2: Healthy Aging and Quality of Life

- **High Country COG AAA** implemented Falls Prevention initiatives, expanded Chronic Disease Self-Management Program (CDSMP) participation, and promoted mental health awareness programs
- **Western Piedmont COG AAA** assisted more individuals with SNAP, advocated mental health issues and utilized BCBS Foundation grant of \$75,000 to assist nutrition providers in each county to serve older adults on their waiting lists
- **Piedmont Triad Regional Council AAA** conducted outreach for Medicare Part D and health programs via media and social platforms, expanded FNS programs, hosted the Falls-Free Expo, promoted SHIP monthly, and engaged community health workers
- **Ker-Tar Regional COG AAA** engaged actively with the Community Care Hub, led social media campaigns, and supported Senior Games events
- **Cape Fear COG AAA** provided caregiver education and training while addressing regional transportation challenges
- **Mid-East Commission AAA** engaged actively with regional partners and agencies; conducted vaccine outreach; delivered evidence-based health programs (EBHP); promoted Senior Games; participated in the MOW Loves Pets grant; raised awareness of SNAP through multiple channels; and provided outreach and education on transportation services

Goal 3: Housing and Homelessness

- **Southwestern Commission AAA** administered the Veterans Directed Care (VDC) program as a certified provider and conducted outreach for legal services and Advanced Care Planning in the region
- **Land of Sky Regional Council AAA** developed partnerships, raised awareness of housing needs, supported Hurricane Helene response efforts, and expanded LIEAP and MAP programs in the region
- **Western Piedmont COG AAA** received HUD grant funding and planning to assist approximately 150 individuals on HHI wait list
- **Lumber River COG AAA** maintained and shared resources from HHI with older adults, connected individuals with DVR and NC Independent Living, and assisted seniors and caregivers in finding affordable housing options
- **Eastern Carolina COG AAA** shared referral information and resources across the region and advocated for affordable housing options

Goal 4: Caregiving Support & Workforce Development

- **High Country COG AAA** expanded Respite Voucher usage, supported caregivers from diverse backgrounds, and partnered with community organizations

- **Upper Coastal Plain COG AAA** provided support to caregivers through AI tools, along with ongoing outreach and educational initiatives
- **Mid-Carolina Regional Council AAA** offered monthly caregiver webinars, Dementia Friends sessions, and workshops for family support
- **Albemarle AAA** continues to promote the Dementia Friends program to make the region a more "Dementia Friendly" community for individuals living with dementia and their caregivers

Goal 5: Long-term Preparedness Planning

- **Land of Sky Regional Council AAA** hosted outreach events and Advance Care Planning workshops, updated emergency preparedness plans based on Hurricane Helene experiences, and leveraged the Digital Navigator program to support older adults and caregivers with technology
- **Foothills Regional Commission AAA** participated in all operations centers during Hurricane Helene, updated emergency preparedness plans, and engaged in sustainability groups
- **Piedmont Triad Regional Council AAA** gathered input for replacing ARMS, actively participated in coalitions, and distributed disaster preparedness materials
- **Central Pines Regional Council AAA** promoted advocacy, strengthened emergency preparedness, and tracked service waitlists
- **Mid-East Commission AAA** hosted Advance Care education events and assisted with Medicare beneficiary screenings, while enhancing emergency preparedness through targeted outreach efforts

Goal 6: Advancing Equity and Reframing Aging

- **Land of Sky Regional Council AAA** achieved outcomes through the AmeriCorps Seniors Program and conducted outreach to raise awareness of cultural sensitivity in the region
- **Centralina COG AAA** raised awareness of ageism and promoted the advancement of digital technology
- **Lumber River COG AAA** utilized media to share volunteer opportunities, collaborated with DSS and VA staff, and focused on emergency preparedness and outreach, particularly for high-risk clients and their needs during emergencies
- **Mid-East Commission AAA** expanded outreach to underserved and rural communities, promoted intergenerational events using media, and increased digital literacy training opportunities

WHY IT MATTERS

Area Agencies on Aging are the **backbone of North Carolina's aging network**. Their on-the-groundwork 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.

