

Who We Are

Centralina Area Agency on Aging (AAA) was established in 1973 to connect older adults, people with disabilities and caregivers to programs and services in their local communities.

We plan, fund, develop, coordinate and deliver a wide range of long-term services and support to people in these areas:

- Home and community-based services such as meals, transportation and in-home assistance
- Health and wellness workshops
- Work-based job training
- Long-term care facility information and complaint resolution
- Caregiver support
- Connecting people to aging options, resources and providers
- Community education on aging-related topics

Our collective goal is to help individuals live in their community in the least restrictive environment with maximum dignity and independence for as long as possible.

How Can We Help You?

Reach out to us to learn more about services in your area and get answers to common questions such as:

- How can I get meals at home?
- Where is my local Senior Center?
- How can I get a ride to my doctor's appointment?
- How do I file a complaint about a nursing home or assisted living?
- How do I learn new job skills after being out of work for years?

We can provide guidance on these topics and more at no cost to you.

"Centralina staff were so helpful. They helped me get access to a food program and found someone to clean my house."

- Sally M. from Iredell County



Get Involved Today

Enroll in a variety of no cost Living Healthy workshops, become a volunteer or enhance your caregiver skills.

- **Living Healthy Workshops -** Learn skills and techniques that help you deal with chronic conditions on a daily basis
- **Chronic Disease Self-Management**
- **Chronic Pain Self-Management**
- **A Matter of Balance:** Managing Concerns About Falls
- **Diabetes Self-Management Education and Support/ Medical Nutrition:** Medicare-certified therapy
- **Volunteer** Learn how to teach Living Healthy workshops or help advocate for yourself and the needs of your community through our advisory committee.
- **The Family Caregiver Support Program** connects caregivers to customized skills training and support services.

Visit our website or call us for more information:

www.CentralinaAging.com 1-800-508-5777

Our Mission

Centralina Area Agency on Aging strives to support and enhance the capacity of service and advocacy systems to promote independence, preserve dignity and advocate for the rights of older and disabled adults and their families.

We're one of 16 Area Agencies on Aging in North Carolina and serve the following counties: Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly and Union.



Centralina Area Agency on Aging is a division of Centralina Regional Council.

Contact us to discover how we can provide education or training to your staff, agency or business!

Need a speaker for your community, civic or faith-based group? We have a staff of experts ready to provide the latest information and resources on aging issues and services in the Centralina region.

1 (800) 508-5777

www.CentralinaAging.org



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Programs & Services