CENTRALINA
REGIONAL COUNCIL

AREA AGENCY ON AGING



Supporting Age-Friendly Communities

Centralina Area Agency on Aging (AAA) supports local governments across our nine-county region in planning for and serving **older adults** and **people with disabilities**. We provide **training**, technical assistance and **planning support** to build more inclusive, **accessible communities**. We offer tailored in-person and virtual trainings and connect communities to **trusted regional partners** when additional expertise is needed.

WHAT WE HELP COMMUNITIES DO

Plan for age-friendly environments

- Age-friendly community planning, assessments, recommendations and implementation
- Support for pursuing AARP Age-Friendly Community Certification
- Walkability audits and needs assessments

Provide additional aging-focused training

- Elder abuse awareness
- Caregiver resources and support
- Long-term care considerations
- Combating social isolation and loneliness
- Aging sensitivity training

Combat ageism

- Training that addresses common misconceptions about aging and ability
- Education that highlights facts about healthy aging and independence
- Tools to help local governments foster inclusive, respectful communities

Support ADA compliance

- Americans with Disabilities Act (ADA) training covering all five ADA titles
- Courses designed specifically for:
  - State and local government staff
  - Transportation providers and frontline personnel
- Best practices for serving people with disabilities in public settings

Let's connect!

Katie Kutcher
Director of Aging Programs
kkutcher@centralina.org | 704-348-2705

AREA AGENCY ON AGING

HOW WE CAN HELP YOUR COMMUNITY

800-508-5777

Call the **information** and **referral line** to help connect individuals to programs, services and local resources.

centralinaaging.org

LONG-TERM CARE OMBUDSMAN

Advocacy for residents in long-term care settings

HEALTH & WELLNESS PROGRAMS

Evidence-based programs that promote healthy aging

FAMILY CAREGIVER SUPPORT

Resources, education and respite support for caregivers

FEATURED PROGRAMS

Veterans Directed Care

Veterans Directed Care is a **VA program** that allows **veterans** to direct their own long-term care services by choosing caregivers and supports that fit their needs, promoting **independence** and **quality of life**.

GUIDE Program

GUIDE (Guiding an Improved Dementia Experience) is a pilot **Medicare program** that provides **comprehensive support** for people living with dementia and their caregivers, including care navigation, more than $2500 in respite services and 24/7 support. It helps families **manage** the **challenges of dementia** while improving quality of life at **no cost** to eligible participants.



Scan the QR code to learn more!

OUR COMMUNITIES.
OUR REGION.
OUR FUTURE.

704-372-2416 | info@centralina.org | www.centralina.org | 10735 David Taylor Drive, Suite 250, Charlotte, NC 28262