

Area Agencies on Aging— Contact Information

Name	Counties Served	Contact Info
Southwestern Commission Council of Governments	Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain (EBCI)	(828) 586-1962 regiona.org
Land-of-Sky Regional Council	Buncombe, Henderson, Madison, Transylvania	(828) 251-6622 landofsky.org
High Country Council of Governments	Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, Yancey	(828) 265-5434 regiond.org
Western Piedmont Council of Governments	Alexander, Burke, Caldwell, Catawba	(828) 322-9191 wpcog.org
Isothermal Planning and Development Commission	Cleveland, McDowell, Polk, Rutherford	(828) 287-2281 regionc.org
Centralina Council of Governments	Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly, Union	(704) 372-2416 centralina.org
Piedmont Triad Regional Council	Alamance, Caswell, Davidson, Davie, Forsyth, Guilford, Montgomery, Randolph, Rockingham, Stokes, Surry, Yadkin	(336) 904-0300 ptrc.org
Kerr Tar Regional Council of Governments	Franklin, Granville, Person, Vance, Warren	(252) 436-2040 kerrtarcog.org/aging
Triangle J Council of Governments	Chatham, Durham, Johnston, Lee, Moore, Orange, Wake	(919) 558-2711 tjaaa.org
Mid-Carolina Council of Governments	Cumberland, Harnett, Sampson	(910) 323-4191 mccog.org
Lumber River Council of Governments	Bladen, Hoke, Richmond, Robeson, Scotland	(910) 618-5533 lumberrivercog.org
Upper Coastal Plain Council of Governments	Edgecombe, Halifax, Nash, Northampton, Wilson	(252) 234-5952 ucpcog.org
Cape Fear Council of Governments	Brunswick, Columbus, New Hanover, Pender	(910) 395-4553 capefearcog.org
Albemarle Commission	Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrrell, Washington	(252) 426-5753 albemarlecommission.org
Mid-East Commission Area Agency on Aging	Beaufort, Bertie, Hertford, Martin, Pitt	(252) 946-8043 meca.org
Eastern Carolina Council	Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico, Wayne	(252) 638-3185 eccog.org