



# Centralina Area Agency on Aging

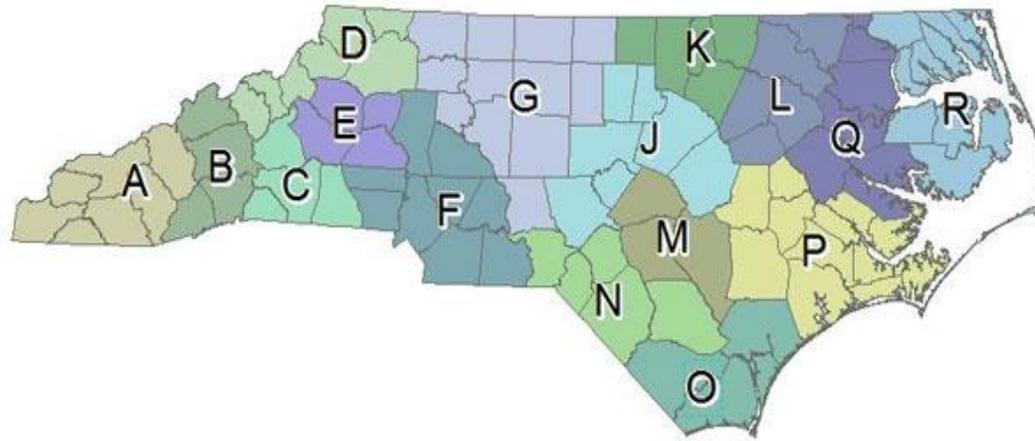
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REGION F, NORTH CAROLINA

# What is an Area Agency on Aging?

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- ❖ Mandated through federal legislation in the Older Americans Act
- ❖ Located in every state
- ❖ In NC AAA's are housed under the Council of Governments (COG)



# Our Region



## What is an AAA?

- ❖ There are 16 Area Agencies on Aging in North Carolina
- ❖ Centralina AAA is the 2<sup>nd</sup> largest AAA in NC
- ❖ Serves the nine county region surrounding Charlotte
- ❖ Demographic area is both urban and rural
- ❖ Offer a variety of services from planning services, training and education and direct services

# AAA SERVICES

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- ❖ Senior-Friendly Livable Communities
- ❖ Long-Term Care Placement Education / Ombudsman Program/Advocacy
- ❖ County Aging Plans
- ❖ Technical Assistance
- ❖ Aging Sensitivity and Communication Training
- ❖ Elder Abuse Prevention Education
- ❖ Certified Dementia Training
- ❖ Self-Management Health Programs
- ❖ Senior Employment Program
- ❖ Mobility Management



# WHY CHOOSE EVIDENCE-BASED PROGRAMMING?

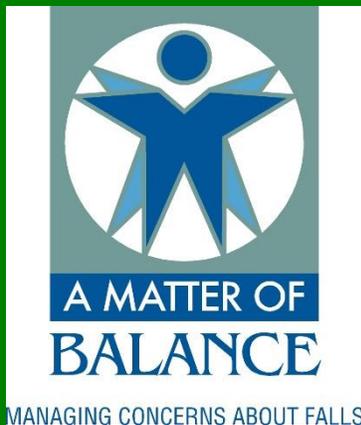


- Proven through research and long term studies as a successful method of intervention
- Guaranteed results
- Local data provided
- Continued and ongoing follow up
- Support from Centralina as the licensed hub

## North Carolina At a Glance:

- **Every 11 seconds** an older adult is treated in the ER for a fall
- **1/3** of seniors over the age of 65 fall each year
- **\$36,233** – the average hospitalization charge for an unintentional fall among NC residents age 65 and older.

## A Matter of Balance



# During 8 two-hour classes, participants learn:

- ❑ To view falls and fear of falling as controllable
- ❑ To set realistic goals for increasing activity
- ❑ To change their environment to reduce fall risk factors
- ❑ To promote exercise to increase strength and balance



# CDSME



## CDSME Suite:

- Six-week workshop that empowers participants to make better choices, set goals and take action to improve their health
- Evidence-based program developed by Stanford University
- Requires 2 – 2 ½ hours per week for six weeks

## Topics:

- Nutrition
- Exercise
- Medication management
- Action planning
- Relaxation, emotion management and mindfulness
- Pain management
- Communication



# Why partner with the AAA ?



## ❖ The Need:

- ❖ 15% of state residents are over the age of 65 in North Carolina
- ❖ Nationwide 10,000 people a day turn 60

## ❖ The Opportunity:

- ❖ Provide partners feedback and data
- ❖ EBHP Committee or Coalition
- ❖ Use as champions - Referrals for leaders, participants and locations
- ❖ Network and don't reinvent the wheel
- ❖ Don't undervalue your program!

# Contact Us!

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