



Area Agencies on Aging are part of a nationwide network established under the Older Americans Act. We are designed to be local, "on the ground" organizations charged with helping vulnerable older adults live with independence and dignity in their homes and communities.

Every day, around 10,000 people in the United States turn 65 years of age. This means that nationally, older adults are projected to outnumber children by 2034.

Our agency remains committed to providing support, education, advocacy, and choices for older adults and their caregivers throughout their continuum of care.

Translation services are available for Spanish speaking individuals:

Yolanda Adams
(828) 773-0207



The size of our nation's older adult population continues to grow at an unprecedented rate. It is estimated that by 2030, nearly 1 in 5 North Carolinians will be aged 65 or older.



Home and community based services will play a vital role in supporting the more than 90% of older adults who report wanting to stay in their home and community as they age.

High Country Area Agency on Aging

Dedicated to Improving the Lives of Older Adults, Family Caregivers, and Adults with Disabilities in the High Country of North Carolina

Serving Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey Counties

(828) 265-5434
highcountryaging.org



Community Based Services

Offered through our network of contracted service providers as a low-cost way to keep individuals independent for as long as possible.

Potential services include:

- General & Medical Transportation
- Housing & Home Improvement
- In-Home Aide
- Nutrition Services

Tim Price
(828) 265-5434 x140
tprice@hccog.org

Family Caregiver Support Program

Designed to provide support for caregivers of older adults (60+) or caregivers of anyone living with dementia, so they can provide quality care in the home for longer.

- Counseling & Respite Vouchers
- Educational Programs
- In-Home Assessments & Planning
- Liquid Nutrition & Supplements

Amber Chapman
(828) 265-5434 x113
achapman@hccog.org

Long-Term Care Ombudsman

Serves as an advocate for residents in the region's long-term care facilities, ensuring that all residents' federally mandated rights and quality of life are upheld.

Conversations with the Regional Long-Term Care Ombudsman are kept confidential.

Stevie John
(828) 265-5434 x126
sjohn@hccog.org

Legal Aid of North Carolina

Operates the Senior Legal Helpline, which offers free civil legal help to older adults (60+) in the High Country.

Senior Legal Helpline can help with:

- Life Planning (Wills, POAs)
- Housing (Tenants, Foreclosure)
- Elder Abuse (Physical, Financial)
- Benefits (SNAP, Social Security)

Monday-Friday, 9-11am, 1-3pm
(877) 579-7562
If under age 60, call
(866) 219-5262

Grandparents Raising Grandchildren Program

Designed to support grandparents (and other older adult relatives/guardians) (55+) who are raising children under age 18 or adults with disabilities.

- Camp & Afterschool Support
- Clothing, Food, & Self-Care Items
- Respite & Childcare Vouchers
- Sporting Goods & Extracurricular Items

Sarah Price
(828) 265-5434 x141
sprice@hccog.org

Evidence Based Health Promotion

Promotes health and wellness for older adults. Programs are designed to help you stay independent, falls free, and more confident.

Try any of our courses:



WALK WITH EASE
a program for better living



All classes are offered free of charge for adults 55+
healthyagingnc.com