



| Region | Area Agency on Aging (AAA) | Phone Number |
|--------|--|----------------|
| A | Southwestern Commission AAA | (828) 586-1962 |
| B | Land-of-Sky Regional Council AAA | (828) 251-6622 |
| C | Isothermal Planning & Development Commission AAA | (828) 287-2281 |
| D | High Country Council of Governments' AAA | (828) 265-5434 |
| E | Western Piedmont Council of Governments' AAA | (828) 322-9191 |
| F | Centralina Council of Governments' AAA | (704) 372-2416 |
| G | Piedmont Triad Council of Governments' AAA | (336) 294-4950 |
| I | Northwest Piedmont Council of Governments' AAA | (336) 761-2111 |
| J | Triangle J Council of Governments' AAA | (919) 549-0551 |
| K | Kerr Tar Regional Council of Governments' AAA | (252) 436-2040 |
| L | Upper Coastal Plain Council of Governments' AAA | (252) 234-5952 |
| M | Mid-Carolina Council of Governments' AAA | (910) 323-4191 |
| N | Lumber River Council of Governments' AAA | (910) 618-5533 |
| O | Cape Fear Council of Governments' AAA | (910) 395-4553 |
| P | Eastern Carolina Council of Governments' AAA | (252) 638-3185 |
| Q | Mid-East Commission AAA | (525) 946-8043 |
| R | Albemarle Commission AAA | (252) 426-5753 |

Contact Information for your Area Agency on Aging



Contact Information for Your County Department of Social Services



Alamance County
(336) 570-6538
Alexander County
(828) 632-1080
Alleghany County
(336) 372-2411
Anson County
(704) 694-9351
Ashe County
(336) 846-5700
Avery County
(828) 733-8230
Beaufort County
(252) 975-5500
Bertie County
(252) 794-5320
Bladen County
(910) 862-6800
Brunswick County
(910) 253-2077
Buncombe County
(828) 250-5500
Burke County
(828) 439-2000
Cabarrus County
(704) 920-1400
Caldwell County
(828) 426-8200
Camden County
(252) 331-4787
Carteret County
(252) 728-3181
Caswell County
(336) 694-4141
Catawba County
(828) 695-5600
Chatham County
(919) 542-2759
Cherokee County
(828) 837-7455

Chowan County
(252) 482-7441
Clay County
(828) 389-6301
Cleveland County
(704) 487-0661
Columbus County
(910) 642-2800
Craven County
(252) 636-4900
Cumberland County
(910) 323-1540
Currituck County
(252) 232-3083
Dare County
(252) 475-5500
Davidson County
(336) 242-2500
Davie County
(336) 751-8800
Duplin County
(910) 296-2200
Durham County
(919) 560-8000
Edgecombe County
(252) 641-7611
Forsyth County
(336) 703-3400
Franklin County
(919) 496-5721
Gaston County
(704) 862-7500
Gates County
(252) 357-0075
Graham County
(828) 479-7911
Granville County
(919) 693-1511
Greene County
(252) 747-5932

Guilford County
(336) 641-3000
Halifax County
(252) 536-2511
Harnett County
(910) 893-7500
Haywood County
(828) 452-6620
Henderson County
(828) 697-5500
Hertford County
(252) 358-7830
Hoke County
(910) 875-8725
Hyde County
(252) 926-4199
Iredell County
(704) 873-5631
Jackson County
(828) 586-5546
Johnston County
(919) 989-5300
Jones County
(252) 448-2581
Lee County
(919) 718-4690
Lenoir County
(252) 559-6400
Lincoln County
(704) 732-0738
Macon County
(828) 349-2124
Madison County
(828) 649-2711
Martin County
(252) 789-4400
McDowell County
(828) 652-3355
Mecklenburg County
(704) 336-3000

Mitchell County
(828) 688-2175
Montgomery County
(910) 576-6531
Moore County
(910) 947-2436
Nash County
(252) 459-9818
New Hanover County
(910) 798-3400
Northampton County
(252) 534-5811
Onslow County
(910) 455-4145
Orange County
(919) 245-2800
Pamlico County
(252) 745-4086
Pasquotank County
(252) 338-2126
Pender County
(910) 259-1240
Perquimans County
(252) 426-7373
Person County
(336) 599-8361
Pitt County
(252) 902-1110
Polk County
(828) 859-5825
Randolph County
(336) 683-8000
Richmond County
(910) 997-8400
Robeson County
(910) 671 3500
Rockingham County
(336) 342-1394
Rowan County
(704) 216-8330

Rutherford County
(828) 287-6199
Sampson County
(910) 272-2500
Scotland County
(910) 277-2500
Stanly County
(704) 982-6100
Stokes County
(336) 593-2861
Surry County
(336) 401-8700
Swain County
(828) 488-6921
Transylvania County
(828) 884-3174
Tyrrell County
(252) 796-3421
Union County
(704) 296-4300
Vance County
(252) 492-5001
Wake County
(919) 212-7000
Warren County
(252) 257-5000
Washington County
(252) 793-4041
Watauga County
(828) 265-8100
Wayne County
(919) 580-4034
Wilkes County
(336) 651-7400
Wilson County
(252) 206-4000
Yadkin County
(336) 679-4210
Yancey County
(828) 682-6148