



Centralina Area Agency on Aging (AAA) strives to support and improve the quality of life for older adults, people with disabilities, their families and caregivers throughout our nine-county region. We plan, fund, develop, coordinate and deliver a wide range of programs and services to help individuals age with choice, dignity and independence. Centralina AAA also advocates for older adults and people with disabilities by participating in local, state and national committees and keeping informed of changing regulations. We offer a variety of in-person and virtual training opportunities and services to local governments. Our team of subject matter experts can develop customized classes or services tailored to your community's unique needs. You may also choose from one of our existing options below.

### **Age-Friendly Planning & Sensitivity Training**

In response to the growing older adult population, Governor Roy Cooper signed **Executive Order No. 280** in May of 2023 aimed at building an age-friendly state. The following are some of the services we offer in support of this initiative.

#### *Age-Friendly Community Planning & Implementation*

Centralina AAA's partnerships with the North Carolina Division of Aging & Adult Services, AARP, the North Carolina Department of Transportation and the local aging services network help us to inform and support age-friendly planning for our member governments. Communities can work with our team to pursue an AARP age-friendly certification through a structured process of needs assessments, recommendations, planning and implementation.

#### *Aging Sensitivity Training*

Our agency provides comprehensive age-friendly awareness and communication training. This training is designed to increase awareness of the unique needs of older adults in your community. This session provides participants the opportunity to learn about arthritis and vision impairments through simulation exercises. The trainers will share considerations and best practices for working with older adults.

# Americans with Disabilities Act (ADA) Training

## *Overview of the ADA*

This training provides an overview of the ADA, the five titles (including employment, public services and public accommodations) and best practices for serving people with disabilities.

## *ADA: Local Government Requirements Under Title II*

This session is designed for state and local government entities and their contracted agencies. It covers Title II compliance requirements for programs, activities and services. It also includes disability awareness training that is required for all staff.

## *ADA & Disability Awareness for Transportation Providers*

This class helps transportation providers and their staff maintain ADA compliance and fulfills the mandated annual disability awareness training requirement.

## Additional Trainings & Workshops

Our staff can provide educational sessions on other aging-related topics including elder abuse awareness, caregiver resources, long-term care considerations, combatting social isolation and loneliness and the following:

### *Dementia Friends*

Dementia Friends USA is a global movement that is changing the way people think, act and talk about dementia. This session is designed to raise awareness about dementia and how to make our communities more dementia friendly.

### *Health & Wellness Workshops*

Our evidence-based health programs are six-week workshops that have been proven to help employees better manage their overall health and well-being by learning techniques to manage symptoms. Workshops include Building Better Caregivers and a variety of self-management courses (chronic disease, diabetes and chronic pain).

## WANT TO LEARN MORE?

Contact Katie Kutcher, Assistant Aging Programs  
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Area Agency on Aging