# The North Carolina Family Caregiver Support Program (FCSP)

## Region A
- **Area Agency on Aging**: Southwestern Commission  
  Sylva, NC 28779
- **Counties Served**: Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain
- **Family Caregiver Specialist**: Cindy Miles  
  828-586-1962, ext. 218  
  cindy@regiona.org

## Region B
- **Area Agency on Aging**: Land-of-Sky Regional Council  
  Asheville, NC 28806
- **Counties Served**: Buncombe, Henderson, Madison, Transylvania
- **Family Caregiver Specialist**: Carol McLimans  
  828-251-6622, ext 119  
  carol@landofsky.org

## Region C
- **Area Agency on Aging**: Isothermal Planning & Development Commission  
  Rutherfordton, NC 28139
- **Counties Served**: Cleveland, McDowell, Polk, Rutherford
- **Family Caregiver Specialist**: Michelle Templin  
  828-287-2281, ext. 1258  
  mtemplin@regionc.org

## Region D
- **Area Agency on Aging**: High Country Area Agency on Aging  
  Boone, NC 28607
- **Counties Served**: Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, Yancey
- **Family Caregiver Specialist**: Brenda Reece  
  828-265-5434, ext. 128  
  breece@regiond.org

## Region E
- **Area Agency on Aging**: Western Piedmont Council of Governments  
  Hickory, NC 28603
- **Counties Served**: Alexander, Burke, Caldwell, Catawba
- **Family Caregiver Specialist**: Mary Mitchell  
  828-485-4256, ext. 256  
  Mary.mitchell@wpcog.org

## Region F
- **Area Agency on Aging**: Centralina Council of Governments  
  Charlotte, NC 28202
- **Counties Served**: Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly, Union
- **Family Caregiver Specialist**: Dawn Gartman  
  704-348-2426  
  dgartman@centralina.org

## Region G
- **Area Agency on Aging**: Piedmont Triad Council of Governments  
  Kernersville, NC 27284
- **Counties Served**: Alamance, Caswell, Davidson, Guilford, Montgomery, Randolph, Rockingham, Davie, Forsyth, Stokes, Surry, Yadkin
- **Family Caregiver Specialist**: Teresa Jackson  
  336-904-0300  
  tjackson@ptrc.org

## Region J
- **Area Agency on Aging**: Triangle J Council of Governments  
  Durham, NC 27703
- **Counties Served**: Chatham, Durham, Johnston, Lee, Moore, Orange, Wake
- **Family Caregiver Specialist**: Ellison Jones  
  919-558-9391  
  ejones@tjcog.org
| K | Kerr Tar Regional COG | Melissa Catlett |
|   | Henderson, NC 27536   | 252-436-2040 |
|   | Granville, Franklin, Vance, Warren, Person | mjones@kerrtarcog.org |
| L | Upper Coastal Plain Council of Governments | Kim Emory |
|   | Wilson, NC 27894      | 252-234-5960 |
|   | Edgecombe, Halifax, Nash, Northampton, Wilson | Kim.emory@ucpcog.org |
| M | Mid-Carolina Council of Governments | Barbara White |
|   | Fayetteville, NC 28302 | 910-323-4191, ext. 28 |
|   | Cumberland, Hamett, Sampson | bwhite@mccog.org |
| N | Lumber River Council of Governments | Anne Oglesby |
|   | Pembroke, NC 28372    | 910-618-5533, ext. 3006 |
|   | Bladen, Hoke, Richmond, Robeson, Scotland | aco@lumberrivercog.org |
| O | Cape Fear Council of Governments | Holly Pilson |
|   | Wilmington, NC 28401  | 910-395-4553, ext. 204 |
|   | Brunswick, Columbus, New Hanover, Pender | Hpilson@capefearcog.org |
| P | Eastern Carolina Council | January Brown |
|   | New Bern, NC 28563    | 252-638-3185, ext. 3011 |
|   | Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico, Wayne | jbrown@eccog.org |
| Q | Mid-East Commission | Laura Jett |
|   | Washington, NC 27889  | 252-974-1837 |
|   | Beaufort, Bertie, Hertford, Martin, Pitt | ljett@mideastcom.org |
| R | Albemarle Commission | Lynne Raisor |
|   | Hertford, NC 27944    | 252-426-5753, ext. 232 |
|   | Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrell, Washington | traisor@albemarlecommission.org |

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