

Institute on Aging Projects by County

	Aging Workforce	Balance Improvement	Center for Aging and Diversity	Chronic Disease Self-Management Program	Healthy Aging Roadmap	Innovation Grants-Altpeper	Jobs to Careers	Lifelong Access Libraries	Library LSTA Project Planning Grant	Livable & Senior Friendly Communities Initiative	NC-HAN Healthy Brain Focus Groups	PACE	Preventive Home Visits for Older Adults	REACH II	Senior Leadership Program	Walk Wise, Drive Smart	Walk With Ease	WASU	Total	
Alamance	x	x	x															x	3	
Alexander															x					1
Alleghany					x													x	2	
Anson				x																1
Ashe					x															1
Avery					x										x					2
Beaufort			x			x								x	x		x			5
Bertie			x			x								x				x		4
Bladen			x			x								x				x		4
Brunswick			x		x			x							x			x		5
Buncombe				x		x								x	x		x	x		6
Burke								x										x		2
Cabarrus				x													x			2
Caldwell															x					1
Camden					x															1
Carteret				x	x													x		3
Caswell			x																	1
Catawba																		x		1
Chatham		x	x	x									x		x		x	x		7
Cherokee				x																1
Chowan					x															1
Clay				x																1
Cleveland															x		x	x		3
Columbus					x										x					2
Craven	x		x	x	x													x		4

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Johnston			x	x													x		3
Jones			x	x	x										x				4
Lee		x		x															2
Lenoir			x	x	x													x	4
Lincoln				x													x	x	3
Macon				x													x		2
Madison				x															1
Martin			x			x								x					3
McDowell																		x	1
Mecklenburg				x		x		x			x			x	x		x	x	8
Mitchell					x														1
Montgomery																	x		1
Moore			x	x											x		x	x	5
Nash			x	x											x			x	4
New Hanover					x													x	2
Northampton			x	x											x			x	4
Onslow			x	x	x										x				4
Orange	x	x	x	x				x					x		x		x	x	8
Pamlico				x	x														2
Pasquotank					x										x		x		3
Pender	x		x		x													x	3
Perquimans					x														1
Person															x			x	2
Pitt	x		x			x					x			x	x		x		6
Polk																	x	x	2

Brief IOA Project Descriptions

Aging Workforce: The Programs on the Aging Workforce includes a number of research projects dealing with the aging of the workforce, older workers, and the changing transition to retirement.

Balance Improvement: A 12-week exercise-based balance improvement program offered at 4 senior centers in Orange and Chatham counties.

Center for Aging and Diversity (CAD): The CAD conducts research that addresses health disparities and health issues of older diverse North Carolinians and their caregivers.

Chronic Disease Self-Management Program: A 6-week evidence-based, community-based health promotion program. The program teaches the skills needed in the day-to-day management of chronic disease treatment to maintain and/or increase function.

Innovation Grants: These grants help to address the ability to better serve people with Alzheimer's Disease and related disorders.

Jobs to Careers: This program seeks to establish systems that train, develop, reward, and advance current frontline health and health care workers to improve the quality of care and ensure the quality of services provided to patients and communities.

LAL (Lifelong Access Libraries): An initiative that aims to transform libraries into centers of lifelong learning for active older adults, emphasizing learning, social connections, life planning and community engagement.

Library LSTA (Library Services and Technology Act) Project Planning Grant: This grant was used to identify the needs older adults in terms of library services.

Livable & Sr. Friendly Com. Int.: Aim is to explore the availability of physical activity programs, develop and test an environmental audit tool, and study the effect of the association between environmental characteristics and walking in older populations.

NC-Healthy Aging Network (HAN) Healthy Brain Focus Groups: A series of studies to examine attitudes and practices of older adults, caregivers, and health practitioners relative to cognitive impairment and Alzheimer's Disease.

NC Healthy Aging Roadmap: The Roadmap is designed for community and health-care providers to identify health promotion needs in the community, identify health promotion programs to meet this need, and establish partnerships to pool resources.

PACE (People with Arthritis Can Exercise): A community-based, evidence-based exercise program for people with arthritis.

Preventive Home Visits for Older Adults: A study to evaluate and aid at-risk older adults living in the community.

REACH (Research for Enhancing Alzheimer's Caregiver Health) II: A project designed to address issues relevant to caregivers of people with Alzheimer's Disease.

Senior Leadership Program: Participants in the Senior Leadership Initiative engage in a year-long program that includes a series of seminars, tutorials, and networking opportunities related to emerging aging issues in North Carolina and the development of an individualized personal leadership development plan tailored to the unique needs of each participant.

Walk Wise, Drive Smart: A program to address issues of older pedestrian safety and walkability project.

Walk With Ease: Program designed to test a walking intervention for people with arthritis.

WASU (Win A Step Up): A program aimed at reducing turnover and improving the situation of nursing assistants in the long-term care industry in NC.