

# CAREGIVER TRAINING CAMP

March 30 - April 2, 2021

1:00 pm to 2:30 pm

Presenting Sponsor:



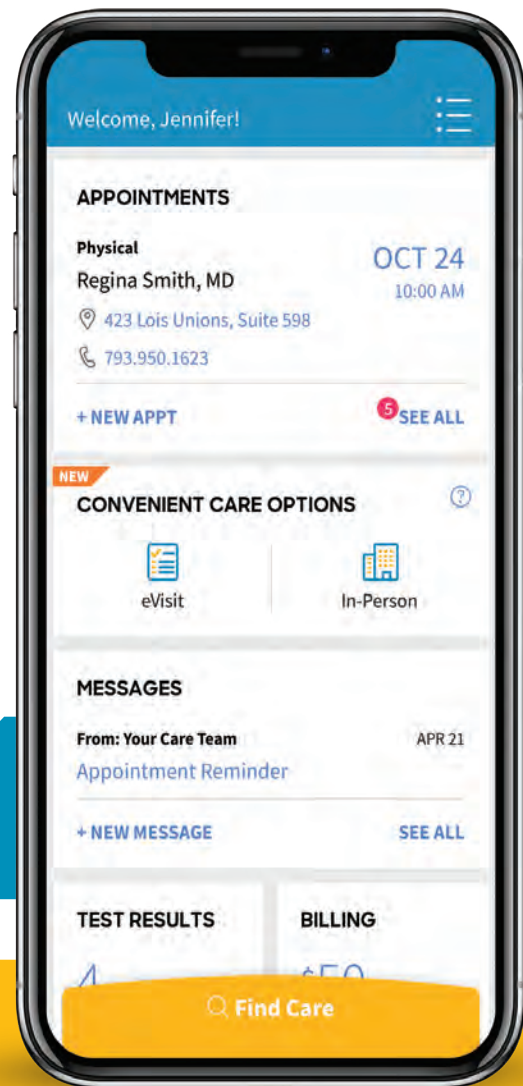
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# CAREGIVER TRAINING CAMP

## - Conference Agenda -

Tuesday, March 30th:

**"I'm a Caregiver, Now What?!"**

*Lori Hill,*

*CaregiverU Program Associate*

Wednesday, March 31st:

**"Tackling Medical Issues"**

*Lina Supnet-Zapata,*

*Executive Director/Managing Partner for  
MIR Care Consultants, Inc.*

Thursday, April 1st:

**"Preventing Falls and Caregiver Safety"**

*Dr. Amy Walters,*

*Assistant Professor and Doctor of Physical Therapy  
Program at the St. Augustine University*

Friday, April 2nd:

**"The Caregiver Playbook"**

*Natalie Alcorta,*

*AGE of Central Texas Caregiver Resources Manager*

# CAREGIVER TRAINING CAMP

*Many Thanks to Our Sponsors!*

*Presenting Sponsor:*



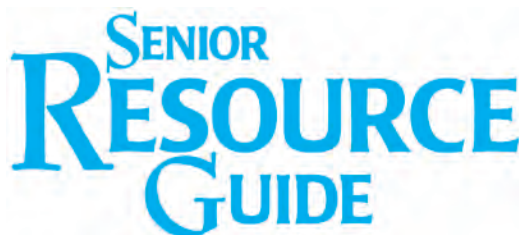
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## Hosting Organization

**AGE of Central Texas** is a leading regional nonprofit organization delivering services, education, and assistance supporting the area's rapidly growing population of older adults and their caregivers. The organization's six core services include adult day health centers, caregiver education, early memory loss support, health equipment lending, a resource information center, and peer-based computer classes for older adults. Founded in 1986, AGE's services are designed to cultivate strength, compassion, and community.



Caregiver Information & Resources.....512-600-9286

Thrive Social & Wellness Centers:

Austin.....512-458-6305

Round Rock.....512-255-4865

Free Health Equipment Lending.....512-600-9288

Early Memory Loss Support.....512-600-9275

CaregiverU Free Caregiver Classes.....512-600-9279

Peer-Based Computer Classes for Seniors.....512-524-8519

Visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call (512) 451-4611

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**Anna McMaster**  
[amcmaster@carepatrol.com](mailto:amcmaster@carepatrol.com)



512-712-4894



[carepatrol.com/advisors/anna-mcmaster](http://carepatrol.com/advisors/anna-mcmaster)



# Caregivers... get connected with resources that can help.



## SENIOR RESOURCE GUIDE

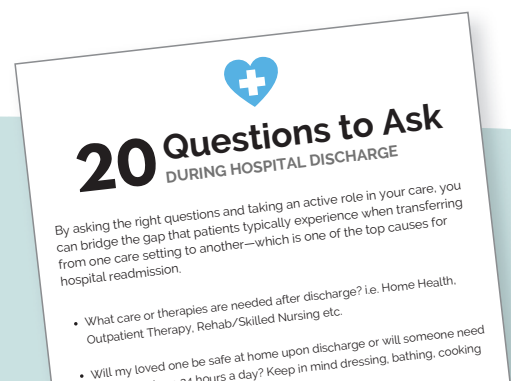
[srgtexas.com](http://srgtexas.com)

The Senior Resource Guide contains extensive caregiver information, services and advocacy resources.

Get a free copy at your local H-E-B or Walgreens pharmacy.

Access **The Essential Caregiver Toolkit.**

[srgtexas.com/getcaregivertoolkit](http://srgtexas.com/getcaregivertoolkit)



## Session Presenters

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### **Natalie Alcorta, BSW**

#### ***"The Caregiver Playbook"***

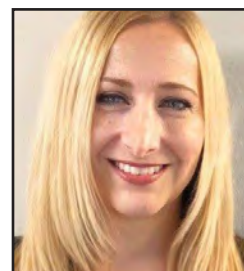
Natalie Alcorta is the Caregiver Support Manager at AGE of Central Texas. Natalie helps older adults and their caregivers navigate the realities and opportunities of aging and caregiving through one-on-one consultation and caregiver education. She graduated with honors from Texas State University with a Bachelor's in Social Work.



### **Lori Hill**

#### ***"I'm a Caregiver, Now What?!"***

Lori Hill has been the CaregiverU Program Associate, with AGE of Central Texas since early 2017. Lori attended Emporia University, majoring in Psychology with a minor in Sociology. For the past several years, she has been an active community volunteer and helped with family caregiving. Lori is a certified instructor for *SAVVY Caregiver* and *A Matter of Balance*, and a Master Trainer for *Powerful Tools for Caregivers*. Lori's outreach work contributes to the growth and expansion of CaregiverU in the four county area (Travis, Williamson, Bastrop, and Hays). Her work providing resources for CaregiverU classes has expanded her knowledge of the support available to older adults and their caregivers.



### **Lina Supnet-Zapata, MBA, TxCG, CMC**

#### ***"Tackling Medical Issues"***

Lina has more than 25 years of experience in the healthcare industry. As Community Educator and Area Director for ten years in the hospice industry, she worked with families and health care providers educating and advocating for increased awareness and better understanding of issues that emerge during end of life care.

In 2013, she joined her mother-in-law, Frances Mir, to oversee operations for Mir Care Consultants, Inc. founded in 2004. Lina's passion, commitment and dedication for patient advocacy, consumer health education, ensuring accountability and excellence in care, assure individuals' choices are honored.

As Vice President of Mir Senior Care Consultants, Lina advocates that pre-planning in a complex health care system will help their clients and families to maintain control of their choices and achieve greater peace of mind. Lina serves on the boards of AGE of Central Texas, the Aging Life Care Association, and is an active member of Women's Business Enterprises, Texas Guardianship Association, Dementia Friendly America and the Austin LGBT Chamber.

When not working or volunteering, Lina spends time with her husband Orlando, three grown children, three dogs, playing pickle ball and traveling.





## Session Presenters

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Dr. Amy Walters, Assistant Professor, Doctor of Physical Program,  
St. Augustine University Physical Therapy Dept.

*"Preventing Falls and Caregiver Safety"*



Amy Walters graduated from the University of Texas with a degree in Psychology in 1996. She then went on to physical therapy school at the University of Texas Medical Branch in Galveston. She moved to Seattle after graduation and worked in sports medicine with a focus on treating adolescent athletes. She received her sports specialty certification in 2011.

After leaving Seattle, Amy spent a month in Costa Rica getting her yoga certification. Upon moving to Austin, she worked in outpatient orthopedics incorporating her yoga training into her practice. In addition to full time outpatient orthopedics she taught continuing education classes across the United States on integrating yoga and Pilates into rehabilitation.

Around 2008, Amy transitioned into working in home health and geriatrics receiving her geriatric specialty certification in 2017 and her Certified Exercise Expert for Aging Adults (CEEAA) in 2019. She also received her transitional DPT from the College of St. Scholastica in 2016. She currently teaches pharmacology and geriatric physical therapy at the University of St. Augustine in Austin, Texas.

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Free caregiving and falls prevention classes offered year-round.

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counties, and online; find a free class near you:

**[www.CaregiverUcenTX.org](http://www.CaregiverUcenTX.org)**