

CAREGIVER TRAINING CAMP

Saturday, February 5, 2022

9:00 am to 2:00 pm

Presenting Sponsors:



SEEDS OF STRENGTH



Hosted by:



CAREGIVER TRAINING CAMP

- Conference Agenda -

9:00 a.m.:

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

Mary Etuk

CaregiverU Program Associate

10:30 a.m.:

"Tackling Medical Issues"

Lina Supnet-Zapata,

Executive Director/Managing Partner for

MIR Care Consultants, Inc.

12:00 p.m.:

"Practical Tools for Dementia Caregiving"

Sarah Hyde-Williams, CDP CADDCT CDCM CMDCP CALM

Senior Living Advisors of Austin

1:00 p.m.:

"The Caregiver Playbook"

Natalie Alcorta,

AGE of Central Texas Caregiver Resources Director

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 or call (512) 451-4611

Care Patrol™



**You planned for retirement.
But did you plan for aging?**

You don't need to do this alone.

We help families find assisted living, independent living, memory care, and in-home care options. Let us take you on a virtual tour of recommended communities based on your needs. Each one is reviewed for their history of quality care. Plus, we'll facilitate the transition, connecting you with resources and information along the way. We are a **FREE** service and welcome the opportunity to guide you.

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Session Presenters

Natalie Alcorta, BSW

AGE of Central Texas

“The Caregiver Playbook”

Natalie Alcorta is the Caregiver Support and Resources Center Director 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.



Mary Etuk

AGE of Central Texas

“I’m a Caregiver, Now What?!”

Mary Etuk serves as the CaregiverU Program Associate, with AGE of Central Texas. Mary is a certified instructor for *SAVVY Caregiver, A Matter of Balance*, and *Powerful Tools for Caregivers*. Mary’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

Mir Senior Care Consultants

“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 LBGt 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

Sarah Hyde-Williams, CDP CADDCT CDCM CMDCP CALM
Senior Living Advisors of Austin

“Practical Tools for Dementia Caregiving”



Sarah Hyde-Williams is deeply passionate about serving seniors and their families in navigating the various options offered by the senior housing and eldercare industry. She has long been an elder care expert and community resource through her various roles within Assisted Living and Dementia-Supportive Communities, along with Home Health and Hospice Care. She has profound respect for the families she guides through what is often a difficult and overwhelming time, becoming a trusted resource and unbiased confidant. Her focus of practice includes senior housing placement, advance care planning, educational/speaking events, training and support groups.

She currently serves the Central Texas area as the Facilitator/Educator for the Lewy Body Dementia Association, and active member of both National Association of Senior Advocates and National Placement & Referral Alliance. She currently holds the following certifications and licensures: State of Texas Certified Assisted Living Manager, Certified Dementia Practitioner, Certified Alzheimer’s Disease & Dementia Care Trainer, Certified Montessori Dementia Care Professional, Certified Dementia Care Manager, Certified Online Training Professional.

FREE Caregiver Education for Family Members Caring for a Loved One

CAREGIVERU

A Program of AGE of Central Texas

Free caregiving and falls prevention classes offered year-round.

Classes are now forming in Travis, Williamson, Hays & Bastrop counties, and online; find a free class near you:

www.CaregiverUcenTX.org

**“Planning now, for
peace of mind later.”**



Founded in 2004, Mir Senior Care Management, Inc. & Care Consultants serves individuals facing the challenges and complexities of aging and special needs by delivering the highest quality of life care management services.

Our staff of licensed and certified professionals offer:

- Family Coaching & Support
- Health Advocacy
- Household Coordination
- Quality of Life Advocacy
- Innovation in Transition of Care
- Financial Coordination
- Legal Referrals & Collaboration
- Certified Guardian Program
- Expertise in Special Needs Trusts

We assist families, individuals, adult elder children, medical professionals, lawyers, trust officers and healthcare professionals.



**Senior Care Management, Inc.
& Care Consultants**

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Georgetown, the Rio Grande Valley and neighboring communities