

# 2024 LoneStar LEND Conference



**LoneStar LEND**  
Leadership Education in Autism and  
Neurodevelopmental Disabilities

**Thursday, May 30 & Friday, May 31**

## **Self-Care: Effective Strategies for Caregivers and Professionals Caring for those with ASD & IDD**

The LoneStar LEND training program is designed to develop leaders in the field of autism spectrum disorder and other neurodevelopmental disabilities (ASD/DD) using an interdisciplinary training model focused on leadership, cultural competence, and evidence-based practices.

### **Objectives:**

#### **Upon completion of this conference:**

- All attendees will be able to identify self-care challenges specific to their role for individuals with ASD/DD
- Professionals and service providers will be able to determine the steps needed to create a healthy work-life balance while continuing to care for and advocate for families.
- Families and caregivers will be able to recognize the components of Self-Care for Now and Self-Care for the Future, that most apply to each of them.

View the full program and objectives: [go.uth.edu/LEND24](https://go.uth.edu/LEND24).

**Location :** The Denton A. Cooley, MD & Ralph C. Cooley, DDS University Life Center

**Presentation Time :** 8:30 AM to 3:30 PM (CST)

### **Program Registration Fee:**

\$85 - Dentist, Physicians

\$50 - Nurses, Residents, Social Workers, Students

\$40 - Non-medical/dental (Families, caregivers, and/or self-advocates)

### **Connect with LoneStar LEND!**

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Email Annie Rangel at: [annie.a.rangel@uth.tmc.edu](mailto:annie.a.rangel@uth.tmc.edu)

Scholarships are available for families and self-advocates.

Please contact, Annie Rangel, if you need to be considered.



Scan the QR code to register  
for the program or go to  
[go.uth.edu/LEND24](https://go.uth.edu/LEND24)