

# Carol Allread (she/her)

## UW LEND Family Trainee



I am a lifelong resident of South King County. As a Family Trainee, I hope to learn how to best share my family's story with legislators and health providers in order to impact policy, and increase understanding of the challenges individuals with developmental disabilities and their families encounter in the medical community.

### My Interests:

- Health Equity
- Crisis support for individuals with complex behavioral and mental health needs
- Caregiver Crisis / Culture of Care in America
- Organizing spaces
- Books & cocoa
- Being outdoors
- Poodles!