

Matt Estrade, 39

RESEARCH ADMINISTRATOR & CHIEF MENTOR, CARE PARTNER MENTORING
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Matt Estrade is a father of three who works full time as a research administrator at a hospital, is earning a master's degree in gerontology and is devoted to lessening the burden of Alzheimer's disease and dementia through support groups for patients and caregivers.

Estrade was in college when his grandfather developed Alzheimer's, and he watched as the disease took an enormous toll on his mother as a caregiver. A few years later Estrade started working in gerontology.

Though dealing with Alzheimer's patients is complicated and has many limitations, Estrade believes small things can make an enormous difference for patients as well as their caregivers, family and friends and he counsels those dealing with Alzheimer's and dementia on ways to provide care and support while still treating the patient like an individual who has history, stories, feelings and moments of awareness.

"I am driven because I really think that I can make a difference," Estrade says. "I've seen it in my support groups. I can educate and empower people, give people a nudge and really change things for them and the person with dementia and Alzheimer's." — LAURA RICKS



[See the full digital issue here](#)



BOOK CURRENTLY READING:

Contented Dementia
by Oliver James



FAVORITE LOCAL BAND:

Paul Sanchez



FAVORITE RESTAURANT:

Arnaud's



WHAT DO YOU DO IN YOUR OFF TIME?

Spend time with my beautiful wife and three kids; volunteer with the Cub Scouts



COCKTAILS OR BEER?

Local beer

40
UNDER 40
TWENTY FIFTEEN

Photo by Cheryl Gerber