Lisandra Parilla
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Lisandra Parrilla is the Healthy Living Program Coach as well as the Program Manager of the Family Caregiver Support Program at Boston Senior Home Care. Lisandra markets, recruits, and teaches healthy living workshops around the Boston Area. These are evidence-based programs that are designed to teach elders how to self-manage their care, helping to keep them healthy and at home. Workshop topics include: chronic disease self-management, diabetes self-management, healthy eating, powerful tools for caregivers, Tai Chi to ease pain from arthritis, and fall prevention. In addition to conducting these workshops to support elders, Lisandra provides support to caregivers as the Team Manager of the Family Caregiver Support Program.

Lisandra has been with Boston Senior for almost eight years, and her dedication to supporting elders has never faded. She began in 2006 with the Senior Whole Health SCO and later worked in the Commonwealth Care Alliance SCO. Each program focuses on providing care to elders in the hope of keeping them independent and in the community.

Ms. Parrilla has a Bachelor’s of Arts from Alvernia University in Pennsylvania where she majored in Psychology.