



Alport Connect Teen Program **Saturday October 7, 2023**

*Please note all times are listed in Pacific Time (local event time)
and all sessions are subject to change.*

8:30 – 9:15 AM

Check-in and light breakfast items served

9:30 AM

Introductions

Program facilitators and participants make personal introductions; introduce Alport experts the group will meet with throughout the day and start compiling lists of questions for the experts.

10:00 AM

Patient Panel

Teen program facilitators will briefly share their own Alport syndrome experiences and answer questions from the group.

-15 min. break

10:45 AM

Renal Diet and Nutrition

Brief presentation by a renal dietician focused on best nutrition and habits for all stages of kidney disease, followed by Q&A.

-15 minute break

11:30 AM

Caring for Your Kidney Health

A pediatric nephrologist provides an overview of Alport syndrome, explaining what is happening in the body and the purpose of medications, followed by a Q&A session with the group.

12:00 PM

Collective Creative Project

12:30 PM

Lunch and Learn

Boxed lunch will be provided. Teens can choose to eat lunch with their families or with each other. University of San Diego Student Game room upstairs (same building) will be accessible.

1:30 PM

TEEN PROGRAM SPLITS INTO TWO GROUPS

Ages 12-14

1:30 - 2:00 PM

Emotional Health Discussion

Ages 15-18

1:30 - 2:00 PM

Demystifying Transplant/Post-Transplant

2:00 - 2:30 PM

Games w/ Facilitators

2:00 - 2:30 PM

Emotional Health Discussion

JOINT TEEN PROGRAM RESUMES

2:30 PM

Understanding Genetics (with a Certified Genetic Counselor)

3:00 PM

Alport Syndrome Jeopardy

3:30

Complete Collective Creative Project and Final Q&A with all Teen Program Facilitators

4:30 PM

Social Reception and Teen Hangout Hour

5:30 PM

Conclusion of Saturday Programming