

Dustin Prestridge

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PROFILE

Psychology student at Seattle Central College (4.0 GPA) and research assistant in the CREATIV Lab at the University of Washington, studying loneliness, caregiving, and late-life mental health. Author of two sole-authored manuscripts under review and public scholarship for the American Society on Aging and the National Council on Aging. Transferring in Fall 2027 to complete a bachelor's degree in psychology and pursue research on aging and mental health.

EDUCATION

Seattle Central College

Seattle, WA

Associate of Arts, In Progress | GPA: 4.0/4.0

60 quarter credits completed, 25 in progress Fall 2026 | Expected Graduation: Spring 2027

Intended Transfer: Bachelor's in Psychology

RESEARCH INTERESTS

Caregiver burden, loneliness, and depression in older adults with chronic illness; paid caregiver interaction and psychosocial support in home care; behavioral activation interventions for late-life depression.

RESEARCH EXPERIENCE

Research Assistant

Spring 2026–Present

CREATIV Lab, University of Washington (PI: Patrick Raue, PhD) | Seattle, WA

- Enter and quality-check participant feedback data in REDCap for an active study on loneliness and depression in older adults
- Support study coordination by assisting with informed-consent procedures and maintaining research records
- Built and maintain the lab website, including its intake and contact forms
- Produced an annotated bibliography, a research summary for the lab website, and an inventory of measures used across studies

PUBLICATIONS AND MANUSCRIPTS

Scholarly manuscripts under review

Prestridge, D. (2026). Beyond physical care: Paid caregiver interaction as an underused resource for reducing loneliness in home care. Commentary under review, *Journal of Aging & Social Policy*.

Prestridge, D. (2026). Reporting is not conversation: The relational gap in federal home health aide training standards. Manuscript under review, *Modern Psychological Studies*.

Conference abstracts

Prestridge, D. (2026). Paid caregiver interaction: An underused resource for reducing loneliness in home care. Poster abstract submitted, Gerontological Society of America Annual Scientific Meeting (November 2026).

Prestridge, D. (2027). Beyond physical care: Paid caregiver interaction as an underused resource for reducing loneliness in home care. Abstract submitted, National Conference on Undergraduate Research, Grand Rapids, MI (April 2027).

Public scholarship

Prestridge, D. (2026, August 17). Loneliness is a care need: Why human connection should be part of home care. National Council on Aging.

Prestridge, D. (2026, July 28). We didn't mean to design conversation out of home care. *Generations Now*, American Society on Aging.

Creative publications

Prestridge, D. (forthcoming). The Shoe I Kept. *Hippocampus Magazine*.

Prestridge, D. (2026). The Shoe I Kept. In *League for Innovation in the Community College Literary Anthology*.

HONORS & AWARDS

- League for Innovation Student Literary Competition — International 1st Place, Personal Essay, “The Shoe I Kept” (2026); read by curator invitation at Hugo House, Seattle (July 2026)
- Costco Scholarship, Seattle Colleges Foundation — \$5,000 (2026)
- Phi Theta Kappa Honor Society — Alpha Chi Zeta Chapter, Member (2026)
- President's List — Seattle Central College (Spring and Summer 2026)
- Dean's List — Seattle Central College (Winter 2026)

TEACHING & MENTORSHIP

Individual Project in Psychology — Teaching Assistant, *The Art and Science of Losing* Fall 2026
Seattle Central College | Seattle, WA

- Support a 10-credit interdisciplinary learning community integrating psychology and literature, taught by Krystle Balhan and John Horton; selected by faculty
- Design and lead active-learning activities and structured peer-mentor sessions for first-year students
- Co-evaluate student work and deliver clear, actionable feedback

Individual Project in Theater — Co-Director, *Full Circle* Spring 2026
Seattle Central College | Seattle, WA

- Co-directed Charles Mee's *Full Circle* with a cast and crew of 50; designed sets, costumes, and props

ESL Tutor Spring 2026–Present
Seattle Central College | Seattle, WA

- Support English language learners through one-on-one and small-group sessions

CAMPUS LEADERSHIP

Seattle Central College | Seattle, WA

- Psi Beta chapter (National Honor Society in Psychology) — Founder and President (2026)
- Psychology Club — Founder and President; grew membership to 52 students (2026)
- Drama Club — Founder and President; 37 members, one full production (2026)
- Delta Alpha Pi (National Honor Society for Students with Disabilities) — Founder (2026)
- Alpha Sigma Lambda (National Honor Society for Adult and Nontraditional Students) — Founder; chapter in development (2026)

PROFESSIONAL EXPERIENCE

Founder 2024–Present
Wellbrella (a caregiving company) | Seattle, WA

- Built and trained a team of 17 caregivers in behavioral pattern recognition and response to neurological change
- Established individualized care partnerships with 42 families navigating Parkinson's and related conditions
- Transitioned day-to-day operations to a managing partner to focus on full-time academic study, retaining a founding and advisory role

Director of Training / Compliance / Vendor Relations

2003–2023

Apple Inc. | Seattle, WA

- Designed and led training programs for 1,500+ people across 3 regions
- Managed third-party vendor partnerships, overseeing contracts valued at \$500M

COMMUNITY INVOLVEMENT

- Parkinson's Foundation — Ambassador & Community Volunteer (2018–Present)
- American Parkinson Disease Association (APDA) — Volunteer Patient Programs Coordinator (2018–Present)
- Michael J. Fox Foundation – Team Fox — Fundraising Member (2018–Present)
- American Red Cross — Regional Volunteer Recruitment Member (2026–Present)

SKILLS & CERTIFICATIONS

- **Research & Academic** — REDCap; JASP; Excel; literature searching and synthesis; APA 7; human-subjects research; CITI certified (GCP)
- **Licenses & Certifications** — Home Care Aide (HCA), Nursing Assistant (NA), CPR and First Aid Certified
- **Professional Memberships** — American Psychological Association, Gerontological Society of America, and American Society on Aging