

Lydia is a recent graduate from the University of Alabama at Birmingham with a B.S. degree in Psychology as well as a minor in Sociology. She first began spending time with individuals with Autism through volunteering as a camp counselor at Camp Winnataska. Upon entering college, she began work at United Cerebral Palsy- Hand in Hand helping children with disabilities live fulfilling lives. She is thrilled to continue living and working in Birmingham as an Employment Specialist and is a huge fan of local music, exploring new restaurants, and all things UAB!