




WORKSHOPS

Positive Approach to Care

The **Positive Approach** to Care (PAC) is a program that offers training in Dementia knowledge and care skills for people living with dementia and those who care for them. Created by Occupational Therapist, Teepa Snow in her mission to change the culture of Dementia care and decrease the stigma around Dementia through affordable and positive educational training. PAC serves **ALL** the people connected to those living with brain change and Dementia. We truly believe that everyone is doing his or her best, and that when we know better, we do better.



Until there
is a cure, there
is care

PAC VISION

Positive Approach to Care enhances life and relationships of those living with brain change by fostering an inclusive global community.

Workshop A

Normal aging/not normal aging

(2 hour maximum, 12 in person participants or a maximum 24 virtual participants)

This workshop helps learners understand and recognize the differences in “normal” and “not normal” aging. The learner will develop better observational skills to recognize and intervene effectively when behavioral challenges occur. Learners will also develop new skills related to approach, cueing, and ability to connect with people affected by dementia. The workshop emphasizes the value of matching helping behaviors to the person’s needs and retained abilities to promote a sense of control and self-direction. The workshop will also address typical issues that occur from early stages of the condition, through mid-disease, and into the final care concerns that are part of the progression. This workshop is intended for anyone who wants a deeper understanding of what is changing for a Person Living with Dementia (PLwD) from family members to Care Partners to professionals.

Workshop B

Positive Physical Approach™ (PPA) and Hand Under Hand™ (HUH)

(2 hour and a maximum of 12 participants)

Virtual format recommended to attend with a partner.

This workshop focuses on positive approach to care “care partnering” techniques, including Positive Physical Approach™ (PPA) and Hand Under Hand™ (HUH). These newly learned skills enable care partners to shift from simply “dealing with the behaviors” to creating a positive and caring environment. Learners develop observational skills needed to recognize signals of “unmet needs and growing distress” in the person they care for and respond in a way that reduces anxiety and improves quality of life.

PAC MISSION STATEMENT

Using our talents and abilities to develop awareness, knowledge, and skill with all people, that will transform what exists into a more positive dementia care culture. Presented by Jennifer Roach, PAC Certified Independent Trainer and sponsored in support by Arjo Canada Inc.

Workshop C

Teepas GEMS™; seeing more than loss

(2 hour and a maximum 12 in person participants or a maximum 24 virtual participants)

The GEMS™ workshop offers an overview Teepa Snow’s dementia classification model (developed from the basic structure of Allen Cognitive Disability Levels). The GEMS model compares different states of being and ability to the characteristics of precious jewels. This dignified metaphor defines normal aging as well as the many appearances, behavioral changes, skill sets and needs of those living with the effects of neurocognitive failure (Dementia) or other brain changes. They should be considered indicators and a guide toward understanding an individual’s current state of ability and brain function. Understanding them will lead to an adjustment of expectations, modification of cues and support, and more accurate communication and ‘hands-on’ care behaviors to better meet ever-changing needs. The GEMS™ advocate that people living with dementia, when done with rather than done to and provided with the just right care and setting, can still shine.

Certification of attendance
included in each workshop.

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Bundle workshops A, B & C
into one day of training.