

“Positive Approach to Care®” Workshops



offered by the Alzheimer Society of Brant, Haldimand Norfolk and Hamilton Halton

These workshops draw on the work of **Teepa Snow**, one of North America’s leading educators on dementia.

Certified Independent Trainers of Teepa Snow’s Positive Approach® to Care (PAC) can provide educational workshops to both professionals and family members to teach foundation facts such as what dementia is and what it isn’t, and what happens when someone is living with dementia. Because dementia changes everything eventually, in order to be helpful, supportive and effective communities, family members and care partners will need to change too. These education workshops provide dementia knowledge and exposure to a variety of skills, care partner tasks expectations and environmental support modifications that will impact quality of life, safety and future direction and guidance to all those in relationship to people living with dementia. Using the Adult Experiential Learning Cycle, workshops are presented in a way that get the message across and better prepare someone to take in the awareness, knowledge or skill that we are trying to deliver.

These workshops show how to approach an individual living with dementia in such a way that you have their visual attention & regard first, so as not to startle them (which puts you and the individual at risk of being hurt). The workshops provide the techniques to enable you to connect with an individual living with dementia in a way that you “do with the individual not to the individual”. These workshops also help you understand the person living with dementia’s current ability and brain function. Understanding them will lead to an adjustment of expectations, modifications of cues and support and more accurate communication and ‘hands-on’ care behaviors to better meet ever-changing needs.

All workshops are 3 hours, and cost \$30/person

Workshop A – “Normal Aging / Not Normal Aging”

This workshop helps learners understand and recognize the differences in “normal” and “not normal” aging. The workshop emphasizes the value of matching helping behaviours to the person’s needs and retained abilities to promote a sense of control and self-direction, and addresses typical issues that occur throughout the progression of dementia.

Workshop B – “Positive Physical Approach™ (PPA) and Hand-under-Hand™ (HUH)”

This workshop focuses on Positive Approach to Care’s 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 behaviours” to creating a positive and caring environment.

Workshop C – “Teepa’s GEMS®; Using Skills that Make a Difference”

The GEMS workshop offers an overview Teepa Snow’s dementia classification (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 towards 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 behaviours 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.

All workshops are 3 hours, and cost \$30/person

To arrange one of these workshops, please call your local Alzheimer Society:

Hamilton: (905) 529-7030

Halton: (289) 837-2310

Brant (519) 759-7692

Haldimand (905) 768-4488

Norfolk: (519) 428-7771

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