Solo Pleasures
by Teepa Snow, MS, OTR/L, FAOTA

So how do you like to have fun BY YOURSELF?

What types of activities, places, experiences, sensations, times of day, spaces, and lengths of time work best for you to really enjoy yourself without anyone else around or involved?

For some of us, these type of activities may be quiet, passive, and simple; while for others they may be incredibly demanding, extremely complicated, or intensely intricate. The one thing they will all have in common, is that when we are doing them just right and we find our flow or get in our zone, they transform us in some way. We are fulfilled and enhanced in a special and remarkable way. Being able to continue to experience such moments of ecstasy or nirvana, provides a person with a potent defense against boredom, disengagement, and purposelessness.

Read or download the complete article

The Art and Challenge of Learning to be a Care Partner
by Kay Adams, LCSW, PAC Certified Independent Consultant

One of my professional heroes is Brene Brown. She is a researcher, storyteller, and best-selling author. She
has written a great deal about vulnerability, connection, and resilience - topics I believe relate well with learning how to be a care partner for someone living with dementia. Brown has been quoted as saying that “vulnerability is basically uncertainty, risk, and emotional exposure.” Sounds a lot like the journey of caregiving in a nutshell to me!

An important finding in Brown’s research is that: “A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically and spiritually wired to love, and to be loved, and to belong. When those needs are not met, we don’t function as we were meant to. We break. We fall apart... We get sick.” Although Brown was not specifically addressing dementia in her book, I think her words apply beautifully to both the person living with dementia, as well as to the care partner who is frequently trying to provide care with limited skills, knowledge, and support in the process. Love and belonging are important ingredients to both parties, but not always easy to consistently access for either.

Read or download the complete article

Music, Prayer, and Mr. Bobbie
by Mary Anne Oglesby, Director - The Veranda Ministries, PAC Certified Independent Consultant and Coach

As a little girl in rural Arkansas, my fondest memories are singing in school plays, church, and especially Christmas programs. Music was always, and still is, the core of who I am. Not just from the fact I was one who liked to entertain, but because music brought joy to my heart. That joy still brings a smile to my face when I hear those songs I sang as a child. It takes me back to a place of pure happiness, a place where I can close my eyes and feel a calm come over me, and a peace that passes all understanding. Good memories are stored for my use today.

Music is the highlight of the day in the respite program I direct. It’s amazing how music can be a common thread between fifteen to twenty people of diverse backgrounds. They patiently wait their turn for their song to be front and center.

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Tips for How to Help your Loved One Manage Their...
Money
by Rosanne Burke, PAC Certified Independent Trainer

Do you remember your first job? Do you remember earning your first pay check? Did you promptly deposit it into a bank account or did you buy yourself something special?

Most people can answer those questions without too much hesitation. Going to work is a milestone in life that represents a certain level of competence and maturity. Many people begin to work at a young age and continue to work for the next several decades. If you are lucky, you have a fulfilling career and are compensated fairly for your contributions in the workforce.

Read or download the complete article

It Started Raining Earlier than Anticipated
by Brenda Roberts, PAC Certified Independent Trainer

Most Americans try to plan for their retirement as well as save for a rainy day. When my husband, Mark, was diagnosed with young-onset dementia it started raining earlier than we had anticipated and our financial forecast drastically changed. Of course, at first we were very scared. We had both planned to work until at least full retirement age, if not longer. This plan came to a screeching halt when Mark received his diagnosis. Our income, during what was supposed to be Mark's prime earning years, was suddenly reduced to 60% of his earnings. In addition, we had to begin paying our full health insurance premium. Changes and adjustments had to be made in our saving and spending. More importantly, changes and adjustments had to be made to our thoughts and attitudes about money. In PAC we often talk about the need to "let it go." We had to let go of our previous plans and dreams for our financial future and face a new reality.

There are two major factors that helped me make a positive attitude adjustment regarding our finances. The first is the realization that we are only guaranteed this very moment in time. Like my husband, I am learning to live in the moment. I strive to balance our finances for living in the moment as well as our future needs.

Read or download the complete article
A New Way of Being

A Meditation

by Reverend Linn Possell, PAC Lead Mentor Coach

A person living with dementia expresses themselves differently in the world. However, their souls continue to find expression; they are capable of experiencing peace, and they remain open to joy. When these individuals are treated as if their souls can no longer be expressed and others believe that they have lost their ability to connect, their life begins to fade. Dementia does not rob a person living with dementia of their life, their soul, and their spirit. What robs them is when we fail to give them the grace to find new expression and when we stop looking for new ways to help them connect with life. The essence of life continues to move toward growth and awareness. What is eternal is the spirit and the soul. Therefore, when someone is living with dementia, their spirit and soul continue to be. We can facilitate this growth and awareness when we set aside our preconceived ideas about dementia and give them the grace to find new expression, continue to stay connected and celebrate their...Beautiful Spirit.

Read or download the complete article

Keeping Pathways Open and Active

Highlighting the Work of Dr. Jennifer Bute

by Teepa Snow, MS, OTR/L, FAOTA

During our first ever International Symposium in London on August 22nd, Dr. Jennifer Bute, who is living well with dementia, shared her work about keeping her mind sharp and active while helping so many others to do the same. Her determination to not give up or give in, while acknowledging the need for changing her living situation and routines, has prompted her to live well for many years.

Her ability to make use of her computer, tablet, internet, and a variety of tech devices fosters her daily function and enables her to continue her work in advocacy and outreach to support others. Her history as a medical practitioner provided her with one view of dementia, her father's journey offered a second perspective, and now her own voyage through this condition provides her with a deeper appreciation of...
the importance of changing our societal view of this phenomena and the support that is offered.

Read or download the complete article

What I have learned on the way to becoming a "Healthcare Hero"
by Deborah Selsavage, PAC Certified Independent Trainer

Even before I had the opportunity to study under Teepa Snow, I had become an advocate for person-centered compassionate care. I saw it work with my husband who died from dementia in 2010. After a series of difficult experiences that including his being kicked out of several communities, I found a couple who ran a six bed memory care facility who practiced compassionate care based on an abiding belief that love and respect was the basis for proper care, regardless of how challenging the person living with dementia might be.

After Albert's death, I became a licensed assisted living facility administrator, but eventually decided I could do more good by creating my own company to promote and train in techniques of compassionate care. So, in 2014 I formed Coping with Dementia LLC, earned my PAC Trainer certification, and become a Certified Dementia Practitioner.

Read or download complete article

How Tender Loving Care Can Impact Dementia
by Rosanne Burke, PAC Certified Independent Trainer

Last May, Karuna did something that many caregivers never do. She asked for help.

In a message to the teepasnow.com website, Karuna explained that her mother, Isabelle, had fallen eight times in the past six days and was admitted to hospital. She went on to say that her mother has advanced vascular dementia. Fortunately, she was medically stable and would be returning to the private retirement facility where she had been living for the past year. Karuna and her family decided that the philosophy of care going forward would be to provide simple quality of life experiences, staying care staff and educates resident families.

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close, and doing very little. She asked, "Is there anything else you can suggest to me as a devoted and loving daughter?"

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Meaningful Engagement When Your Loved One Has Dementia
by Nancy Kriseman, LCSW

As an eldercare Clinical Social Worker, I have worked with individuals who are living with dementia and those caring for them for over 35 years. Midway through my career, my mother was diagnosed with probable Alzheimer's at age 71 and died at 87. As mom's dementia progressed, she had to move into assisted living, and then later into a nursing home. I soon realized that spending time together without a specific plan was often unpleasant for us both. Meaningful engagement was up to me! I had to be mindful of her strengths and abilities and continually adapt to where she was cognitively, emotionally, and physically.

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Free Care Support at Home!
Provide the best possible care for a person 
living with dementia at home

A person living with dementia at home benefits tremendously from care provided by skilled and knowledgeable family caregivers. The Ceresti FAMILY program helps you become one of those skilled and knowledgeable caregivers by teaching you what you need to know in a ten week program supported by a professional caregiver coach.

At Ceresti, we work with you to understand your unique caregiving challenges and develop a personalized program that is tailored to your needs. Your FAMILY program includes:

- evidence-based curriculum
- access to community resources

Becoming Dementia Aware

Would you like to learn how to begin changing your approach and interactions to better serve those living with dementia?

Learn from the comfort of your own home! Sign up today to experience Becoming Dementia Aware. In this three hour online course, Teepa takes you through the areas of the brain affected by dementia and introduces skills and strategies for better ways to care.

The course is broken down into nine sections and includes the following topics: Diving Deeper into Dementia, Better Ways to Care, Seeing and Responding to the Changes, Greet Before You Treat, Positive Physical Approach (PPA), Skills In Depth, After PPA, Caring for All, and Content Review.

Whether you're a professional or family care partner, this content will help you begin to change your approach with people living with dementia.

Enrollment Fee: $100

After completing the course, you have the option of signing up for remote/virtual coaching with a PAC Mentor to help reinforce the newly learned content and practice Positive Physical Approach™ and Hand-under-Hand®.

Mentoring Fee: $65/hour

ENROLL
- tools for engaging your loved one

Click here to continue reading and learn more!

Hear ye, hear ye!

2018 Certifications Calendar Coming Soon
with exciting dates and locations across the US, Canada, the UK, and more!

Learn more about certifications!

In the mean time, there are a few certification events still left in 2017. Join us!

Become a PAC Certified Independent Trainer!

November 2-3, 2017
Vancouver, WA

Become a PAC Certified Independent Engagement Leader!

December 11-12, 2017
Phoenix, AZ

Teepa Snow
Today’s Voice for Dementia

Teepa is an advocate for those living with dementia and has made it her personal mission to help families and professionals better understand how it feels to be living with dementia related challenges and change. Her company, Positive Approach, LLC was founded in 2005 and offers education to family and professional care partners all over the world. Her goal? Making a difference...one mind at a time.

HELP OTHERS LIVE WELL

If you know someone working or living with dementia who might benefit from the teachings of Teepa Snow, please forward this to them now.

Be knowledgeable. Be prepared. Be positive.

If this journal was helpful to you, we would appreciate your feedback. Please share your comments and further interest with us.

Stay Connected!
Visit our [website](#) for resources and program offerings.

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