

TEEPA SNOW'S POSITIVE APPROACH® TO CARE



PAC Certified Independent Coach Manual

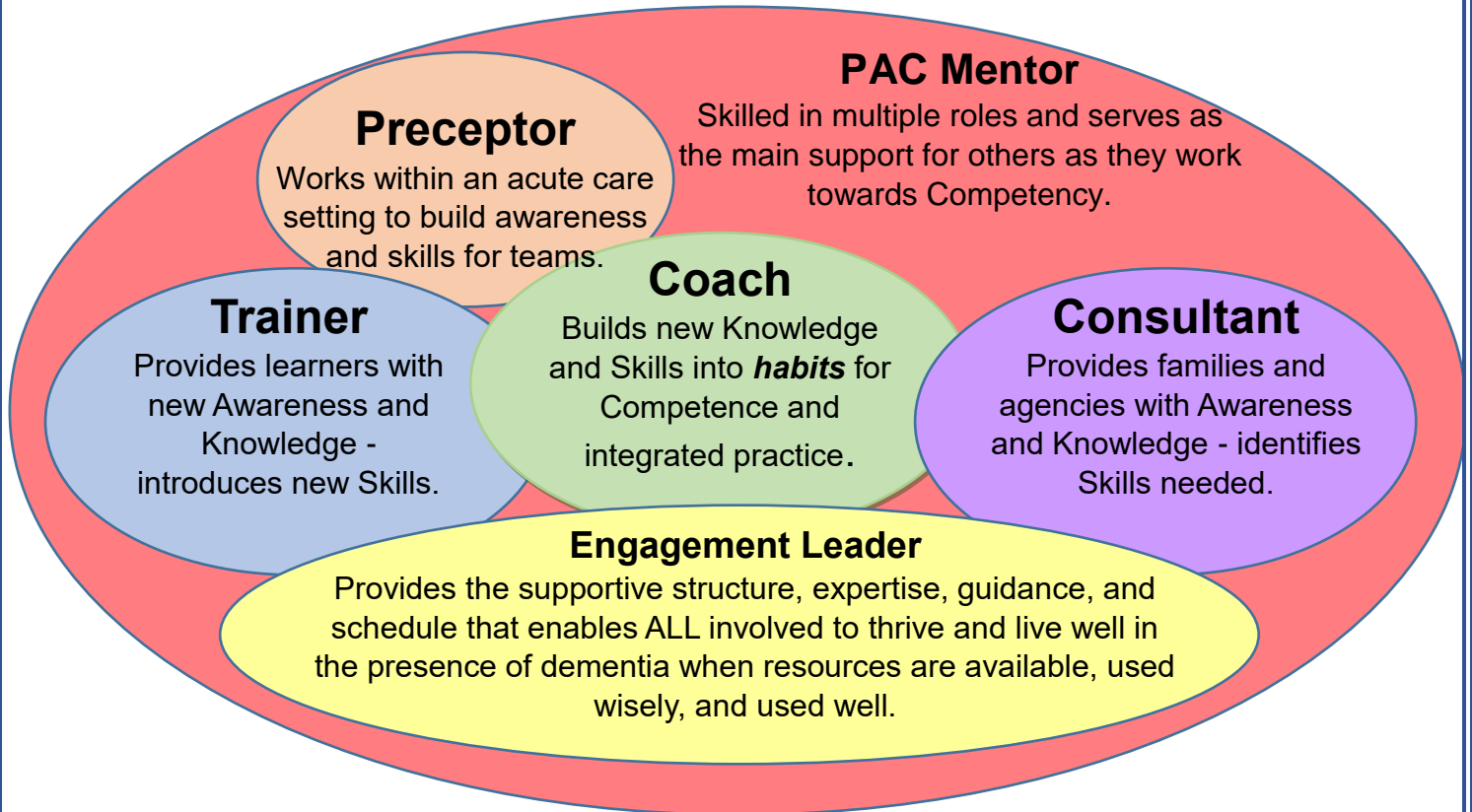
2019

Name: _____

Date: _____

PAC Certifications and Levels

What are they and how do they relate?



Certified Individuals will move through the following levels within PAC:

Unaware – Novice/Aware – Proficient – Accomplished – Master

To help others move through the following levels in dementia care:

Awareness – Knowledge – Skill – Competence

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Table of Contents

PAC Philosophy.....	1
PAC Coach Resources.....	2
PAC Certification Requirements.....	3
PAC Mentor and Peer Information	5
Notes Pages	6
TAB 1 Coach PAC Skills Day	
PAC Skills Day Agenda and Philosophy.....	1
PAC Skills Day Philosophy.....	2
Dementia Knowledge	6
PPA™	18
TAB 2 Tools to Use as a PAC Certified Independent Coach	
Coaching Cycle and Cheat Sheet	1
Coaching Cycle Scripts.....	2
Coaching Huddle Scripts.....	6
Teepa's Five Apologies.....	10
Living GEMS® Descriptions	12
Teepa's Six Pieces of the Puzzle	16
PAC Personality Traits.....	18
PAC Multiple Intelligences	20
Teepa's Dementia Umbrella + Four Truths.....	22
Teepa's Coaching Song	24
TAB 3 PAC Coach Certification Training Day	
Agenda and Objectives.....	1
Video Clips for Coaching	3
What is a PAC Coach?.....	4
Coach Competencies and Criteria Scales	8
Personal Emotional Scales and States.....	15
PAC Coach Checklists	17
Coaching Communication.....	19
Reflection Guide.....	34
TAB 4 Scenarios for Practice	
Coach Practice Scenarios.....	1
Planning and Reflection Guide.....	11
TAB 5 Supplemental Resources	
PAC Skills Checklists for Coaches.....	1
Peer Practice Checklists for PPA™	6
Practical Tips from Teepa.....	7
PAC Communication and Feedback Tips	9
Teepa's PAC Songs.....	12
TAB 6 Course Evaluations	

Positive Approach to Care Philosophy

*This philosophy is the foundation for the workshops you will provide
as a PAC™ Certified Independent Coach:*



PAC Mission:

Use our talents and abilities to develop awareness, spread knowledge, and teach skills to transform what exists into a more positive dementia care culture.

PAC Vision Statement:

Positive Approach® enhances the life and relationships of those living with brain change by fostering an inclusive, universal community.

We look forward to partnering with you on behalf of those living with dementia. In the meantime, if you have further questions regarding training logistics, please contact your PAC Mentor.

Thank you so much for your desire to learn and your commitment to making a positive difference!



Teepa and Team

PAC Coach Resources:

PAC Coach Training: www.teepasnow.com

The training section of the PAC website may only be used by those currently enrolled or certified through PAC. Please protect your username and password and do not share with others.

Through the website, PAC Coaches are able to:

- Review video content online
- Submit videos (under 20 minutes) for PAC Mentor review
- Obtain PowerPoint slides to help coach PPA™ and HuH®
- Find valuable information, with deeper knowledge, from Teepa and the PAC Team
- Get linked to our blog for certified learners and social media connections
- Complete the annual recertification process

Positive Approach to Care Website and Store: www.teepasnow.com

The PAC website will be updated with your name and location upon becoming a PAC Approved Coach and will remain on the site as long as your certification is maintained. We encourage you to utilize the website for additional resources and information and direct those you teach to the site for additional support.

This website also includes links to:

- Videos and modules of Teepa and the PAC Team
- Our online course series: Becoming Dementia
- Our monthly online dementia journal, free!
- A monthly webinar series with Teepa and access to the recordings
- Additional courses or products that will enhance your own knowledge and skill
- Partners and Sponsors that PAC works with to create a more positive dementia community

Please check with your PAC Mentor to find out about new products and PAC Coach discounts.

If you have questions regarding the website, please email techadmin@teepasnow.com.

PAC Mentors:

Within each certification course, you will be paired with a highly qualified PAC Mentor who will take you through the certification process. If you prefer to be paired with a specific PAC Mentor, please let the Lead Mentor for the course know at the end of day one.

Next Steps: Earning Your Certification

The Independent Certified Positive Approach® to Care (PAC) Coach course is designed to provide you with knowledge and skill that will allow you to build Teepa Snow's PAC philosophy, knowledge and skill use in others. **This requires timely follow up on your part and completion of the steps below within 8 weeks of your classroom training.**

An Approved PAC Coach displays:

- Ability to grow personal skills and knowledge of Positive Physical Approach™ (PPA™) related to learners and those living with dementia
- Ability to adapt PPA™ to meet the needs of others
- Willingness to make mistakes, admit them, and learn from them
- Self-awareness as well as self-assurance
- Emotional intelligence
- Ability to recognize GEMS® states and willingness to assist at any level
- Ability to authentically apologize for situations in which someone perceives you to be at fault
- Equal commitment to process and product
- Agenda awareness and agenda flexibility
- Ability to find balance between encouragement and holding people accountable

In addition to the training curriculum and classroom training, you are required to complete the following steps to earn your PAC Coach Certification. You will work with a PAC Mentor to complete the process.

Please note the steps below required to complete your Certification:

- Pre-course work: videos and quiz
- Attend the 2-day course
 - **Learn new PAC content or new ways to deliver the content that you know**
 - **Drill your skills with PAC Mentor coaching and feedback**
- Work with your PAC Mentor to review your
 - **Coaching Cycle**
 - **Coaching Huddles**
 - **Multiple Intelligences and Personality Traits**
 - **PAC Skills Practice**
- Submit at least **three** videos of scheduled Coaching sessions
- Submit videos of your PPA™ and HuH® practice
- Role-play at least **two** scenarios with your PAC Mentor
- Schedule and complete calls with your PAC Mentor to discuss your session and criteria scale

All Certification steps must be successfully completed within 8 weeks of classroom training in order to become a PAC Certified Independent Coach.

2019 PAC Mentors:

Lead Mentor Administrator: Alejandro DeJesus – alejandrod@teepasnow.com

Lead for the PAC Certified Community: Bonnie Tilley – bonniet@teepasnow.com

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Teffie Landman – stephaniel@teepasnow.com

Not listed - _____

**please take a moment to sign up for Zoom video conferencing at zoom.us

After the Certification course, please contact your assigned Mentor with questions or concerns. If you do not hear back from your mentor within forty-eight hours, then please contact Alejandro DeJesus (alejandrod@teepasnow.com).

Your certification fee includes up to three hours of Coaching follow-up with your Mentor to complete your Certification process. The timeframe for you to complete your Certification is eight weeks after the Certification course. If you require an extension to twelve weeks, you will need to contact your assigned Mentor to request the extension.

****In the case that there needs to be an additional extension beyond twelve weeks, there will also be a required Mentor session fee of \$75/hour. For details about the requirements for Certification, please see Tab 3.**

PAC Peers:

It is great to connect with others from your course to team up or just offer support as you work to complete your Certification. Please note names, phone numbers, and email addresses of those in your course that you would like to stay in touch with.

Name	Phone	Email

Notes Pages:

Lined writing area

A large rectangular area with a double-line border, containing 25 horizontal lines for writing.

Lined writing area with 20 horizontal lines.