

TEEPA SNOW'S POSITIVE APPROACH® TO CARE



PAC Certified Independent Coach/Trainer Manual

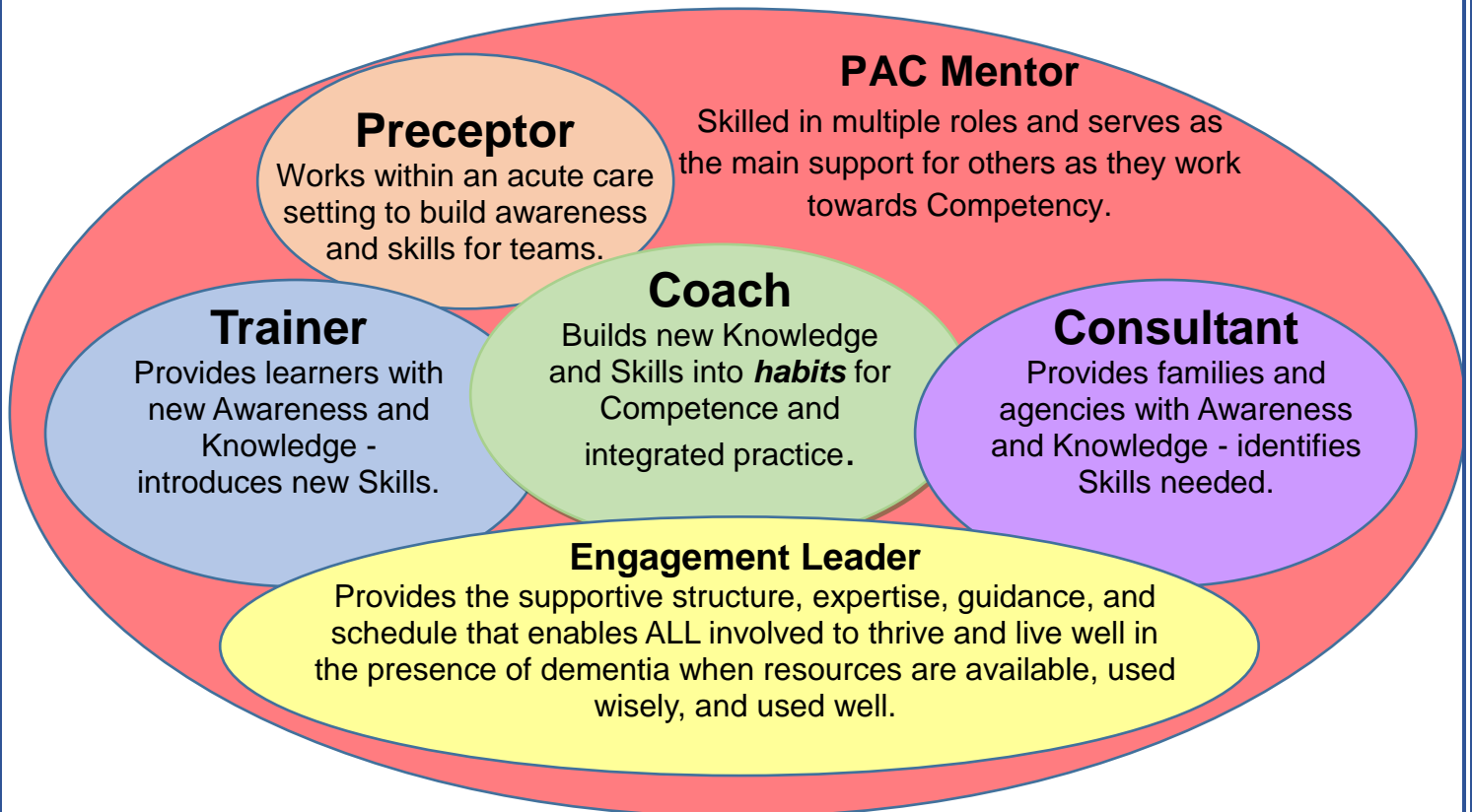
2019

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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Positive Approach to Care Philosophy

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



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 Certified Coach/Trainer Resources:

PAC Training: www.teepasnow.com

The PAC training are of our 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 our website, PAC Certified Coach/Trainers are able to:

- Review video content online
- Submit videos (under 20 minutes) for PAC Mentor review
- Obtain PowerPoint slides for use with any PAC Training
- Find valuable information, with deeper knowledge, from Teepa and the PAC Team
- Upon Certification, receive outlines for Workshops B and C
- Get linked to our blog for Certified Learners and social media connections
- Complete the Recertification process yearly

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 Certified Independent Coach/Trainer 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 Aware
- Our monthly online dementia journal, free!
- 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 Trainer/Coach discounts.

For any 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 after day one of the course 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 PAC Trainer-Coach Certification:

The Independent Certified Positive Approach® to Care (PAC) Trainer and 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. The following steps will enable you to earn your Independent PAC Certified Trainer or Independent PAC Certified Coach designation. You will work with a PAC Mentor to complete the process. **This requires timely follow up on your part and completion of the steps below within 8 weeks of your classroom training.**

An Independent PAC Trainer will follow up with their PAC Mentor to complete the following skill-building plan in partnership with their Independent PAC Coach(es):

Pre-work for Week 1:

- Submit a video of you demonstrating PPA™ and HuH® with your **Coach** partner

Week 1:

- Post-class **Mentor call**, review material
- Review and self-evaluate your video demonstration of your PPA™ and HuH® skills

Week 2:

- Review and practice the trainer script for **Workshop A1: Normal Aging**
- Schedule training at your community for **Workshop A1**

Week 3:

- Practice, conduct, and record **Workshop A1**
- Coordinate with your **Coach** partner(s) to review objectives achieved during the workshop

Week 4:

- **Mentor call** to review and self-evaluate your training from **Workshop A1**
- Schedule next training for **Workshop A2: Intro to Hand-under-Hand®**

Week 5:

- Practice, conduct, and record **Workshop A2**

Week 6:

- **Mentor call** to review and self-evaluate your training from **Workshop A2**
- Schedule next training for **Workshop A3: Curiosity and Safety Awareness**

Week 7:

- Practice, conduct, and record **Workshop A3**

Week 8:

- Final **Mentor call** to review and self-evaluate your training from **Workshop A3**
- Discuss and role play at least 1 **use of the AELC in-the-moment** to respond to a learner question to demonstrate/practice Trainer skills Goal set for your own skill-building, training plan, and graduate

An Independent PAC Coach will follow up with their PAC Mentor to complete the following skill-building plan in partnership with their Independent PAC Trainer:

Pre-work for Week 1:

- Submit a video of you demonstrating PPA™ and HuH® with your **Trainer** partner.
- Submit of video of you coaching your **Trainer** partner on their PPA™ and HuH® (1. Record your **Trainer** partner doing PPA™ and HuH®, then 2. Record yourself using the coaching cycle to help your Trainer partner)

Week 1:

- Post-class **Mentor call**, review material
- Review and self-evaluate your demonstration of your PPA™ and HuH® skills and 1st coaching video with your **Trainer** partner

Week 2:

- Review and practice the Coach script for **Huddle A1: Normal Aging**
- Schedule your Coaching Huddles with learners for after the trainer workshop

Week 3:

- Coordinate with your **Trainer** partner to either attend or huddle after training to review objectives achieved during the workshop
- Practice, conduct, and record your Coaching Huddles with the learners from **Huddle A1**

Week 4:

- **Mentor call** to review and self-evaluate your Coaching Huddles from **Huddle A1**
- Schedule your Coaching Huddles with learners for after **Workshop A2**

Week 5:

- Practice, conduct, and record your Coaching Huddle with the learners from **Huddle A2: Intro to Hand-under-Hand®**

Week 6:

- **Mentor call** to review and self-evaluate your Coaching Huddles from **Huddle A2**
- Schedule your Coaching Huddles with learners for after **Workshop A3**

Week 7

- Practice, conduct, and record your Coaching Huddle with the learners from **Huddle A3: Curiosity and Safety Awareness**

Week 8

- Final **Mentor call** to review and self-evaluate your Coaching Huddles from **Huddle A3**
- Discuss and role play at least 1 **Coaching-in-the-Moment** situation where you use Coaching skills.
- Goal set for your own skill building, huddles plan, and graduate

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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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, page 2.**

