

# TEEPA SNOW'S POSITIVE APPROACH® TO CARE

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## PAC Certified Independent Trainer Manual

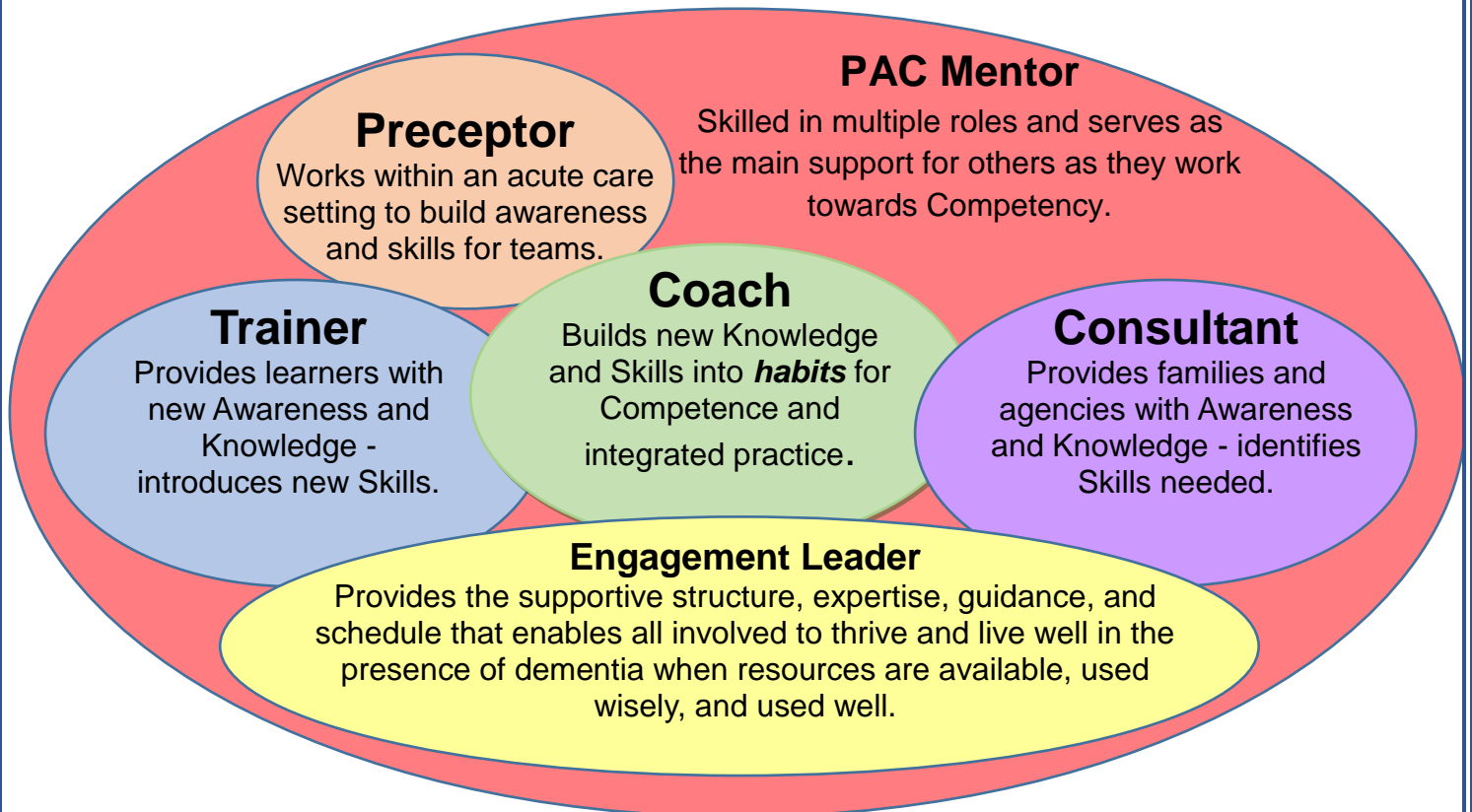
**2019**

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 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 Trainer Resources:

## **PAC Training:** [www.teepasnow.com](http://www.teepasnow.com)

The PAC training area of the 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 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](http://www.teepasnow.com)

The PAC website will be updated with your name and location upon becoming a PAC Certified Independent 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
- 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 discounts.

**If you have questions regarding the website, please email [techadmin@teepasnow.com](mailto: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

## A PAC Certified Independent Trainer displays:

- Knowledge of dementia, its symptoms, and of GEMS® states
- Knowledge of techniques to be used to optimize care for those with dementia
- Ability to use the Adult Experiential Learning Model
- Ability to use Positive Physical Approach™ and Hand-under-Hand®
- Belief that people with dementia are doing the best they can
- Belief that caregivers are responsible for changing their behavior to improve the care of people with dementia
- Belief that learners are to be involved in learning during and after sessions
- Organizational skills in preparing for the session
- Enthusiasm for content and teaching during session
- Application of the Adult Experiential Learning Cycle (AELC) in their workshop video

In addition to the training curriculum and classroom training, you are required to complete the following steps to earn your PAC Trainer 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
  - **Workshop Planning Guide**
  - **Adult Experiential Learning Cycle**
  - **Multiple Intelligences and Personality Traits**
  - **PAC Skills Practice**
- Facilitate one workshop using the **Workshop A: Normal Aging/ Not Normal Aging** outline
- Submit a 20-minute recorded segment of the workshop to be reviewed with your PAC Mentor
- Submit at least 3 surveys from your first workshop
- Schedule and complete calls with your PAC Mentor to discuss your session and the criteria scale

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

## 2019 PAC Mentors:

**Lead Mentor Administrator:** Alejandro DeJesus – [alejandrod@teepasnow.com](mailto:alejandrod@teepasnow.com)

**Lead for the PAC Certified Community:** Bonnie Tilley – [bonniet@teepasnow.com](mailto:bonniet@teepasnow.com)

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Not listed - \_\_\_\_\_

\*\*please take a moment to sign up for Zoom video conferencing at [zoom.us](https://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](mailto: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.**





**Notes:**





