Learning the Art of the Ask  
by Teepa Snow MS, OTR/L, FAOTA

When told that you will be living with dementia, you may choose to retreat. Decide to pull away and hide. Find yourself hiding in a private, dark, and lonely cave. Each person is unique, and yet many people find themselves unable or unwilling to come out, to re-engage with the life they had before the announcement, to start a new life after the words were said.

How can those around them help? How can they provide the just right support to engage this hurting human being, in living? Where is the boundary between their right to solitude and your responsibility to offer a way forward?

Read or download the complete article

Lauren with a Side of Lewy  
Perspectives of Living with Lewy Body Dementia  
by Lauren U, PAC Core Team

I like kids. Babies, toddlers, school aged, teens, and young adults, I like them all. I think assisted living communities, day programs, memory care settings, and adult socialization efforts should include, or at
least consider, visits, interactions, and friendships between adult participants and young people. I am lucky to have some of these opportunities. The relationships that have grown out of these bring me joy. Children are more accepting of differences. Even adolescents, who are generally considered quite opinionated, are open to relationships with people who treat them well.

For a few years I've participated in a bi-weekly program that includes children, teens, and young adults. Being around these young people makes me happy. I want to know about them and they want to know about me. Most of them are students, from grammar school through college, some enrolled in post graduate study. As with any group of folks, relationships are formed more strongly with some than others.

Read or download the complete article

Summer is the time to head to the beach for some rest and relaxation. But some of you are just trying to keep your head above water in the sea of dementia care.

Join us for the last Consultant Certification of 2018 and score skills for smoother swimming!

September 27-28, 2018
Richmond, VA

Gain awareness and knowledge about your resident's needs and how to work cooperatively with them and their family members.

You will:

- Navigate the new Medicare guidelines
- Learn how to coordinate a team approach to person centered care
- Learn communication strategies for challenging situations

Watch as Teepa demonstrates how a PAC Certified Independent Consultant uses the Six Pieces of the Puzzle to help families and care staff determine what changes they can make to

Coping with Diamond Distress (early stage dementia)

Recognizing the signs of Diamond distress and offering the right responses and support can make the difference between a successful interaction and one that blows up or fizzles out. In this session, we explore the impact of awareness and personality as we address common challenges.

Creating Pleasure with Diamonds (early stage dementia)

This session focuses on the resources and skills needed to provide Diamonds with a sense of pleasure and satisfaction in their lives. We use Me Sheets to help determine opportunities to explore while integrating changing abilities and probable changes into the mix.

Alzheimers Young Onset: What Is It and How to Help

This session focuses on the various forms of young onset dementia (first symptoms occur prior to age 65-70.) We discuss some of the situations and challenges that exist and explore alternatives that could help.

Click here to view the library of on-demand webinars

PAC's 2018 UK Journey

by Teepa Snow MS,
PAC Consultants Use the Six Pieces of the Puzzle

The course is ideal for Geriatric Care Managers, Care Coordinators, Executive Directors, Marketing Directors, Social Workers, Senior Living Advisors, Marriage and Family Therapists, Gerontologists, Certified Case Managers, Clergy members, and Elder Law Attorneys.

We Have a Choice

August Meditation
by Reverend Linn Possell,
PAC Lead Mentor Coach

There are some instances in life where it feels as if we do not have a choice. Having choices can make us feel empowered and hopeful. When someone we know and love is living with dementia, we have choices to make, and these choices can make a huge impact on the life of someone living with dementia. As I work on a new project for PAC on spirituality, I have had the honor of interviewing some of our friends living with brain change. When they tell me about the times that have caused them the greatest pain or joy, it always has to do with relationships. My friends on the interviews tell me about times when they have felt like they don't exist because no one knows how to talk to them when they get their diagnosis, and the message from these individuals is, "please come visit me, talk to me, and see me."

Read or download the complete article

Upcoming Events

August 22, 2018
PAC Trainer Certification
Sherwood Park, AB

August 28, 2018

OTR/L, FAOTA

What an amazing too few days for some and two weeks for others!

We met so many terrific and inspiring people as we went from London to Derby to Wales! And some of us to places and spaces beyond those locales!

We took great friends and colleagues along with us and partnered with our fantastic friends in England, Scotland, Wales, and beyond to expand our Positive Approach to Care culture and message. We now have many more Trainers, Coaches, Mentors, and Champions! More people are Aware, more have Knowledge beyond what they had, and there were new skills practiced and tried out that may just change how interactions and care happen for people living with dementia!
PAC Program's Positive Impact

by Mandy Otto
PAC Certified Independent Trainer
Life Enrichment Director, Cambrian Senior Living

I earned my trainer certification from the Teepa Snow Positive Approach® to Care (PAC) program in January of 2016. Since that time I have been training the Cambrian Senior Living caregiving team on a regular basis during staff meetings, in addition to occasionally offering more extensive training sessions throughout the year. And, most recently, we began offering a 60 minute weekly training session that takes place over a seven-week timeframe.

We began the first seven-week program as a mandatory educational series to be completed by our memory care team in Tecumseh. Twenty-two staff have attended to date. I made the training available at three different times each week to insure all shifts had a convenient time to work it into their schedules. The times that worked best for our shift changes were at 1pm, 2pm and 10pm. I took the...
training information outlined by the PAC program and split it up to nicely flow from week to week. Each week I would open the class with an ice breaker that related to our topic, and asked questions such as “if you had dementia and could no longer share with others, what would you want someone to know about you?”

Read or download the complete article

Positive Approach is pleased to announce two new webinar series!

Click here to view the list of upcoming events

Free Ask Teepa Anything! Live on Facebook

September 12, 2018
7pm to 9pm EDT

Topic: What if it’s you!
Young Onset: Early signs and symptoms when you’re young

Click Here For Details

Healing Blankets
An Activity for All GEMS™ States
by Carolyn Lukert,
PAC Consultant and Support Mentor

Do you have a story to share?

Let us know how PAC has helped you!

This is an open invitation to all people living with dementia, care partners, and professionals. Your stories help us learn and grow. We cannot do what we do without you!

Contact us today if you would like to submit an article or video for the Online Dementia Journal.

Book your event today for staff training, family nights, professional referral source events, or refresher workshops.

Call 877-877-1671 or email us!
One of the biggest challenges of community life as a person who supports persons living with dementia, is finding activities that can be modified for differing abilities AND making those activities meaningful. Engagement in meaningful activity is so important, yet we find it challenging as our precious gems move into different GEMS states. Here is an activity I facilitated at a community in which I work. We called it “Healing Blankets.”

The activity involved tying two pieces of fabric together to create beautiful blankets, then donating those blankets to a local children’s hospital.

Read or download the complete article
We have thousands of thoughts streaming past us daily. What thoughts are you noticing right now? Which ones are you hanging on to? A thought is a thought, nothing more. It is given the weight we allow.

When we consider our thoughts, it is likely that many are about what happened in the past or what’s going to happen in the future. The past is the past and the future is yet to be. What we actually have is this one moment in time.

So how might we get to a moment? What happens in a moment? A breath? A smile? A sensation? How might we find one moment of joy?

New to Dementia?

How might we start a moment of joy?

For Better, For Worse... In Sickness and In Health

by Laura Case, Customer Service Support

Read or download the complete article

PAC Training increases awareness, knowledge, and confidence among care staff and educates resident families.

Call 877-877-1671 or email us!

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
As I decided to write this article about early onset dementia, two remarkable men came to my mind who were on this journey together with their wives. I met Roger and Mark when I worked at an assisted living community a few years ago. I was amazed at their dedication to their wives: daily visits, participating in activities such as exercises, singing, and outings, and spending time with their families during the holiday events. I recently sat down with Roger and Mark and asked them some questions about their journey and was in awe by their devotion to their wives. The words in the forefront of my mind, "for better, for worse...in sickness and in health" took on a whole new level of commitment.

From Crisis to Care Partners: The Story of Mom

by Anonymous

My parents had been living independently at their home for decades, albeit recently with a few non-normal aging issues. Then, nine months ago, Mom suddenly landed in the hospital for a week, with vague and unspecified complaints. After a variety of medical approaches and frightening days in the ICU, it was determined mom was near the end. The hospital released her, mostly nonresponsive and on morphine, to go home on hospice status.

I lived three states away, but had flown back at the dire news. As the oldest of three siblings, I took charge and jumped into action. After meetings and signing papers, hospice services were put in place. Hospice would set up the hospital bed and bedside commode at home. They would provide visits from a nurse one to two times a week, someone to give her a sponge bath and wash her hair three times a week, and have her medicines delivered to us.

Read or download the complete article