

## Certified PAC Trainer Workshop Outlines and Objectives



### **Video and Training Materials developed by:**

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### **Workshop A - “Normal Aging/ Not Normal Aging”**

This workshop helps learners understand and recognize the differences in “normal” and “not normal” aging. The learner will develop better observational skills to recognize and intervene effectively when behavioral challenges occur. Learners will also develop new skills related to approach, cueing, and ability to connect with people affected by dementia. The workshop emphasizes the value of matching helping behaviors to the person’s needs and retained abilities to promote a sense of control and self-direction. The workshop will also address typical issues that occur from early stages of the condition, through mid-disease, and into the final care concerns that are part of the progression.

### **Workshop Objectives:**

1. Compare and contrast “normal” aging versus “not normal” aging related to various cognitive functions.
2. Describe the five sensory input and processing systems, highlighting the dominant role of vision, and the major differences between protective and discriminating sensation in each.
3. Discuss the impact of changing sensory awareness and processing as dementia progresses.

### **Methods of teaching:**

The workshop includes a combination of lecture, discussion, role play, group interaction, case discussion, and problem-solving among learners to actively engage learners in the content. Video training, handouts, power point presentation, and role playing may be used throughout the session. The workshop facilitator is a Certified Positive Approach to Care Trainer and is qualified to facilitate workshops and train others in the PAC philosophy.

## **Workshop B – “Positive Physical Approach™ (PPA) and Hand Under Hand™ (HUH)”**

This workshop focuses on Positive Approach to Care "care partnering" techniques, including Positive Physical Approach™ (PPA) and Hand Under Hand™ (HUH). These newly learned skills enable care partners to shift from simply "dealing with the behaviors" to creating a positive and caring environment. Learners develop observational skills needed to recognize signals of “unmet needs and growing distress” in the person they care for and respond in a way that reduces anxiety and improves quality of life.

### **Workshop Objectives:**

1. Apply Positive Physical Approach™ (PPA) and Hand Under Hand™ (HUH) in everyday situations.
2. Describe the importance of doing "with", not "to".
3. Demonstrate observational skills necessary to recognize and address unmet emotional and physical needs.
4. Describe and demonstrate ways to help the person being cared for feel productive and valued.

### **Methods of teaching:**

The workshop includes a combination of lecture, discussion, role play, group interaction, case discussion, and problem-solving among learners to actively engage learners in the content. Video training, handouts, power point presentation, and role playing may be used throughout the session. The workshop facilitator is a Certified Positive Approach to Care Trainer and is qualified to facilitate workshops and train others in the PAC philosophy.

## **Workshop C - “Teepa’s GEMS™; Using Skills that Make a Difference”**

The GEMS™ workshop offers an overview Teepa Snow’s dementia classification model (developed from the basic structure of Allen Cognitive Disability Levels). The GEMS model compares different states of being and ability to the characteristics of precious jewels. This dignified metaphor defines normal aging as well as the many appearances, behavioral changes, skill sets and needs of those living with the effects of neurocognitive failure (dementia) or other brain changes. They should be considered indicators and a guide toward understanding an individual's current state of ability and brain function. Understanding them will lead to an adjustment of expectations, modification of cues and support, and more accurate communication and 'hands-on' care behaviors to better meet ever-changing needs. The GEMS™ advocate that people living with dementia, when done with rather than done to and provided with the just right care and setting, can still shine.

### **Workshop Objectives:**

1. Discuss normal aging and stages of dementia, and the correlating GEM for each (sapphire, diamond, emerald, amber, ruby, pearl).
2. Use the GEMS™ to facilitate positive, supportive communication between the care giver and the person being cared for.
3. Analyze and respond to unmet needs that lead to distress or challenging behaviors as the disease progresses.
4. Describe effective combinations of multi-modal helping techniques, emphasizing use of preserved abilities.

### **Methods of teaching:**

The workshop includes a combination of lecture, discussion, role play, group interaction, case discussion, and problem-solving among learners to actively engage learners in the content. Video training, handouts, power point presentation, and role playing may be used throughout the session. The workshop facilitator is a Certified Positive Approach to Care Trainer and is qualified to facilitate workshops and train others in the PAC philosophy.