



[www.TeepaSnow.com](http://www.TeepaSnow.com)

## Grab-a-Hand and Hang On!

*Join the Community Care Circle*

*by Corrie L. Phillips,  
PAC Team Member*

The **vision** of Teepa Snow's **Positive Approach® to Care** (PAC) is to enhance the life and relationships of those living with brain change by fostering an **inclusive global community**. We strive to do this by using our talents and abilities to develop awareness, knowledge, and skill **with** all people, that will transform what exists into a more positive dementia care culture.

It's not just about what we do at PAC. This mission really takes a village! Especially in today's climate where COVID-19 has impacted the lives of everyone around the globe. For this reason, we are inviting you to become a part of our **Community Care Circle**.

We salute you and want to shine a light on care partners, people living with dementia, professionals, families, and organizations for all the hard work that you are doing to make life better for all of us.

We often hear Teepa talk about how important it is to build a support team when someone is living with dementia. Having a support team is also important for us as a community. If you look around, you may notice the team is already in place. Now it's time for us to take action!

What does that mean? It means reaching out to the community on all levels. Here are a few examples of how you can contribute to the **Community Care Circle**:

- Share your story or give a shout-out
- Become an advocate
- Start a blog
- Record and share a video on social media
- Reach out to local organizations to partner with them
- Volunteer your time
- Make a donation
- Thank a care partner with a note or kind gesture
- Think outside the box
- Create art, write a song, and/or volunteer to collaborate with others
- Join a support group
- Become a mentor
- And more...

Teepa teaches people about dementia every day and people listen, but when she shares stories of those with lived experience, people seem to take even more notice. The stigma of dementia is perpetuated by limited information in the media. Our hope is that people living with dementia can truly partner with organizations and care partners to bring the idea of living well with dementia to the forefront, erasing the stigma. We believe that in order to become effective partners, we need to listen well, get curious, get to know each other more intimately, and develop authentic relationships where everyone is valued.

In our **Community Care Circle**, we encourage you to become a voice for dementia care locally and around the world. Share your insights. Be a voice for those who cannot speak. Inspire others to take action!

Show us what you are doing to make a difference in the lives of those around you when getting connected is a challenge. Let's lift each other up!

Share out your message and tag us on social media:

[Facebook](#)

[Twitter](#)

[Instagram](#)

[LinkedIn](#)

[YouTube](#)

[Pinterest](#)

Use **#communitycarecircle** in your posts to let folks know you support the full circle of community care and that we are all in this together.

If you have questions or would like some support, please let us know by calling or sending us an [email](#) and we can work together to get your message out.