

Positive Approach to Care® (PAC) Champions

Champion Courses 1-4



PAC Champions stand up alongside those living with dementia to offer relationships that are authentic, empowering, compassionate, and curious. PAC Champion skills begin with the initial approach and connection to build a relationship for care. You must *know* your agenda, but not *show* your agenda. Positive Physical Approach® (PPA™) is an assessment of the other person's willingness, comfort, and ability to engage and interact.

At the edge of personal space, PPA begins by showing an open right hand near the face, and once observed, offering it outward in a traditional western-American culture hand-shake is our way of announcing our heritage and background. Acceptance of the hand-shake allows touch with permission using the right hand only. A PAC approach gives respect to the person and allows for him or her to be in charge of the interaction, no matter the skills or abilities that remain, as this type of dynamic assessment allows for all five of the senses to be alert and aware.

It is then our responsibility to notice the other person's reaction or response to that offer. It turns out there are a multitude of physical greeting behaviors that vary by cultural heritage. If we have had the luxury of having prior knowledge or information about the person and their cultural background, we might prepare ourselves to pause, if the American handshake is not being accepted, enjoyed, or noticed. We might then offer something that attempts to approximate that person's cultural greeting pattern or remain out of personal space to interact and see if their response or reaction changes. It is our responsibility to be flexible and adapt the steps for each person and each interaction.

We might also take a minute to observe the person prior to an interaction. If the person is an elder of a culture that shows respect and honor by using an alternate greeting, such as bowing, dropping one's eyes, or offering a verbal honorific, then perhaps we might use that opening to our approach. If someone has experienced trauma or abuse at the hands of someone else, offering more space and time before touch is offered may help to build a stronger connection. Given that dementia is constantly progressing and changing, every new moment brings a possibility of surprise and a need for flexibility.

The ultimate goal of any approach is to move from a public space, to a personal connection, into a relationship that has value and purpose. Our willingness and ability to be flexible and responsive is the key to optimizing the possibilities, in my mind. PAC Champions begin and end every interaction with a relationship focus.

PAC Skills Pins:



Champion 1



Champion 2



Champion 3 + 4

While these courses will provide you with the tools and practice to try your PAC skills with others, in order to receive PAC Skills Pins for your demonstration of PAC Skills, you will need to book a 1:1 virtual PAC Mentor session.



****Coming Soon**** Teepa Snow leads courses to become a **PAC Detective**: Putting the six pieces of the puzzle together to reframe challenging behaviors into solvable challenging situations

Champion 1 (2 hours)

Overview: Learners will observe and practice the steps of Positive Physical Approach™ (PPA™) with someone in an Emerald GEMS® state (early to mid-state dementia) to connect and build a relationship before beginning a task. In each scenario, the person being approached will be in a relatively calm state, have binocular visual field, and will be able to take turns in conversation without grasping the full meaning of the words offered.

Learners will observe and practice:

1. PPA with someone in an Emerald state who is seated
2. PPA with someone in an Emerald state who is standing
3. PPA when someone in an Emerald state is approaching you
4. Getting into Hand-under-Hand® (HuH®) from a handshake as a form of getting permission to touch someone
5. Using cues in the order of visual + verbal that match and then touch, if needed, to accurately deliver a message to someone

Champion 2 (2 hours)

Overview: Learners will observe and practice adapting the steps of Positive Physical Approach™ (PPA™) with someone who is sleeping or not accepting of a handshake. Learners will also observe and practice the five uses of Hand-under-Hand® (HuH®) in a Ruby GEMS® state (mid to late-state dementia) to stay connected and supportive through the initial approach and completion of a task. The state of the person being approached will shift in order to support the practice of adapting PPA.

Learners will observe and practice:

1. Adapted PPA with someone who does not accept the handshake offered
2. Adapted PPA with someone who is sleeping
3. HuH for comfort with someone in a Ruby state
4. HuH for mobility support with someone in a Ruby state
5. HuH for initiating tasks with someone in a Ruby state
6. HuH for supporting the sequence of a task with someone in a Ruby state
7. HuH for guiding and directing focus or attention with someone in a Ruby state

Champion 3 (2 hours)

Overview: Learners will observe and practice being flexible and in a Sapphire GEMS state to skillfully adapt the steps of Positive Physical Approach™ (PPA™) for each of the GEMS® states in order from early to late-state dementia. These GEMS® are Diamond, Emerald, Amber, Ruby, and Pearl and are demonstrated by Teepa and the PAC Mentors for practice.

Learners will observe and practice:

1. Identifying characteristics of the abilities at each GEMS state
2. Adapted PPA for someone in a Diamond state
3. Adapted PPA for someone in an Emerald state
4. Adapted PPA for someone in an Amber state
5. Adapted PPA for someone in a Ruby state
6. Adapted PPA for someone in a Pearl state

Champion 4

Overview: Learners will observe and practice being flexible and in a Sapphire GEMS state to observe and identify the current GEMS® state of the person being approached through Positive Physical Approach™ (PPA™) as a dynamic assessment tool. The GEMS® that will be demonstrated by Teepa and the PAC Mentors for practice and identification are Diamond, Emerald, Amber, Ruby, and Pearl.

Learners will observe and practice:

1. Observation and dynamic assessment through PPA for GEMS state
2. Use PPA to identify and approach someone in a Diamond state
3. Use PPA to identify and approach someone in an Emerald state
4. Use PPA to identify and approach someone in an Amber state

5. Use PPA to identify and approach someone in a Ruby state
6. Use PPA to identify and approach someone in a Pearl state