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# Teepa Snow's Positive Approach to Care®



## PAC Certified Independent Coach Manual

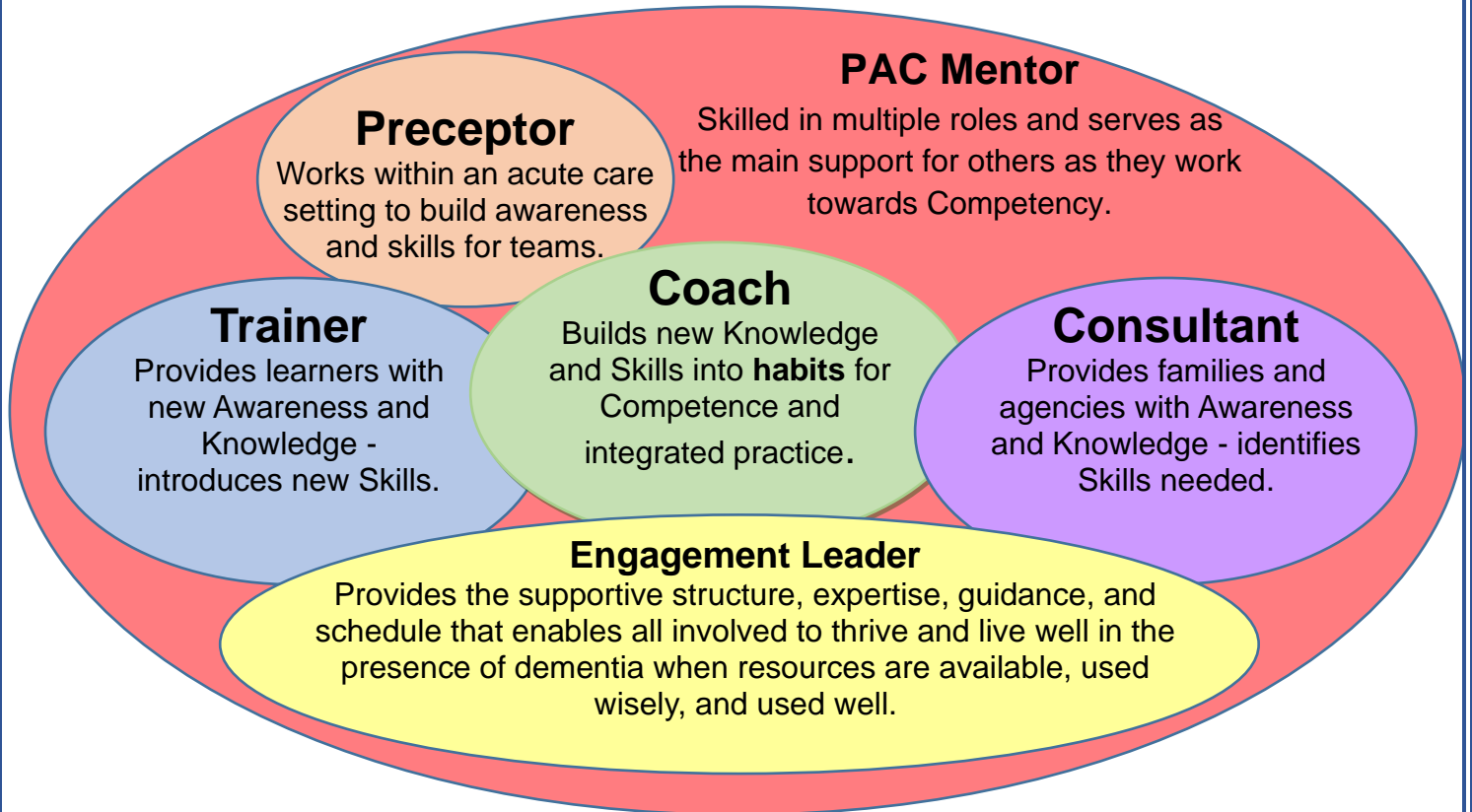
2021

Name: \_\_\_\_\_

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# PAC Certifications and Levels:

What are they and how do they relate?



**Certified Individuals will move through the following levels within PAC:**

**Unaware – Aware – Proficient – Accomplished – Master**

**To help others move through the following levels in dementia care:**

**Awareness – Knowledge – Skill – Competence**

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\*\*The GEMS classification model and Positive Approach to Care techniques, strategies, and overall approach to care were created, developed and are copyrighted by Teepa Snow and Positive Approach to Care®.

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# Positive Approach to Care Philosophy

This philosophy is the foundation for the workshops you will provide as a Positive Approach to Care® Certified Independent Coach



## **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 to Care® 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 the PAC Team**

# PAC Certified Independent Coach Resources:

**PAC Coach Training:** [teepasnow.com/course/coach-post-course-work/](https://teepasnow.com/course/coach-post-course-work/)

The training section of the PAC 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 Coaches are able to:

- Review video content online
- Submit videos (under 20 minutes) for PAC Mentor review
- Obtain PowerPoint slides to help coach PPA™ and HuH®
- Find valuable information, with deeper knowledge, from Teepa and the PAC Team
- Get linked to our blog for certified learners and social media connections
- Complete the annual recertification process

**Positive Approach to Care Website and Store:** [www.teepasnow.com/store/](https://www.teepasnow.com/store/)

The PAC website will be updated with your name and location upon becoming a PAC Approved Coach 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!
- A monthly webinar series with Teepa and access to the recordings
- 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 Coach 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, you will be asked for preferences while you are on the course.

# Next Steps: Earning Your Certification

## A PAC Certified Independent Coach displays:

- Ability to grow personal skills and knowledge of Positive Physical Approach™ (PPA™) related to learners and those living with dementia
- Ability to adapt PPA™ to meet the needs of others
- Willingness to make mistakes, admit them, and learn from them
- Self-awareness as well as self-assurance
- Emotional intelligence
- Ability to recognize GEMS® States and willingness to assist at any level
- Ability to authentically apologize for situations in which someone perceives you to be at fault
- Equal commitment to process and product
- Agenda awareness and agenda flexibility
- Ability to find balance between encouragement and holding people accountable

In addition to the training curriculum and classroom training, you are required to complete the following steps to earn your PAC Coach 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 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:
  - **Coaching Cycle**
  - **Coaching Huddles**
  - **Multiple Intelligences and Personality Traits**
  - **PAC Skills Practice**
- Submit at least **two** videos of scheduled Coaching sessions
- Submit videos of your PPA™ and HuH® practice
- Role-play at least **one** scenario with your PAC Mentor
- Schedule and complete calls with your PAC Mentor to discuss your session and criteria scale

**All Certification steps must be successfully completed within 12 weeks of training in order to become a PAC Certified Independent Coach.**

## 2020 PAC Mentors:

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

Abby Snow – [abbys@teepasnow.com](mailto:abbys@teepasnow.com)

Allison Groves – [allisong@teepasnow.com](mailto:allisong@teepasnow.com)

Amanda Bulgarelli – [amandab@teepasnow.com](mailto:amandab@teepasnow.com)

Amanda Mullen – [amandam@teepasnow.com](mailto:amandam@teepasnow.com)

Beth Nolan – [bethn@teepasnow.com](mailto:bethn@teepasnow.com)

Beth Tesfay – [betht@teepasnow.com](mailto:betht@teepasnow.com)

Carolyn Lukert – [carolynl@teepasnow.com](mailto:carolynl@teepasnow.com)

Cheryl Buchholtz – [cherylb@teepasnow.com](mailto:cherylb@teepasnow.com)

Dana Leavitt – [danal@teepasnow.com](mailto:danal@teepasnow.com)

Dawn Wiggins – [dawnw@teepasnow.com](mailto:dawnw@teepasnow.com)

Deirdre Thornton – [deirdret@teepasnow.com](mailto:deirdret@teepasnow.com)

Dorothy Colby – [dorothycolby@teepasnow.com](mailto:dorothycolby@teepasnow.com)

Helen Lambert – [helenl@teepasnow.com](mailto:helenl@teepasnow.com)

Jessica Pelkey – [jessicap@teepasnow.com](mailto:jessicap@teepasnow.com)

Kathleen Landel – [kathleenl@teepasnow.com](mailto:kathleenl@teepasnow.com)

Kathryn Quinlan – [kathrynq@teepasnow.com](mailto:kathrynq@teepasnow.com)

Linn Possell – [linnp@teepasnow.com](mailto:linnp@teepasnow.com)

Loy Campbell – [loyc@teepasnow.com](mailto:loyc@teepasnow.com)

Matthew Bunn – [matthewb@teepasnow.com](mailto:matthewb@teepasnow.com)

Matthew Christopher – [matthewc@teepasnow.com](mailto:matthewc@teepasnow.com)

Mary Donnelly – [maryd@teepasnow.com](mailto:maryd@teepasnow.com)

Melanie Bunn – [melanieb@teepasnow.com](mailto:melanieb@teepasnow.com)

Rebekah Wilson – [rebekahw@teepasnow.com](mailto:rebekahw@teepasnow.com)

Sharon Jackson – [sharonj@teepasnow.com](mailto:sharonj@teepasnow.com)

Staci Sokol – [stacis@teepasnow.com](mailto:stacis@teepasnow.com)

Teffie Landman – [stephaniel@teepasnow.com](mailto:stephaniel@teepasnow.com)

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 time frame for you to complete your Certification is twelve weeks after the Certification course. If you require an extension, you will need to contact your assigned Mentor to make this request.

**\*\*In the case that there needs to be an 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 1.**

## PAC Peers:

It is great to connect with others from your course to team up or just offer support as you work to complete your Certification. Please note names, phone numbers, and email addresses of those in your course that you would like to stay in touch with.

Name	Phone	Email



**Notes:**

**Notes:**

Lined writing area with 20 horizontal lines.

