

## **PAC Reaches into the Virtual World to Help Support Care Partners**

*by Deb LeBlanc, PAC Certified Independent Trainer*

Imagine the luxury of learning from Teepa Snow and sharing connections with other family care partners without ever having to leave your home, or even take off your comfy slippers. Does this feel like a dream that is too good to be true? Well, you do not need to pinch yourself, because Positive Approach® to Care (PAC) offers an online Care Partner Support Series that lets you do just that!

PAC realizes that not everyone is able to leave a loved one to attend education sessions or support groups. To make it easier for people, the **Care Partner Support Series - Five Sessions to Change (CPSS)** was born in 2016. Using the free Zoom videoconference platform, an internet connection, and a webcam (or tablet/smartphone), groups of family member and non-professional care partners have been able to meet in the virtual world while also remaining in the comfort of their own home. The program is a five-week education group that meets for 1.5 hours each week to watch educational content from Teepa and then have discussions that are facilitated by PAC Trainers and Consultants.

The video content was made possible by a partnership with the Lewis-Mason-Thurston Area Agency on Aging, with the goal of generating awareness, providing knowledge, and stimulating discussion. The series is progressive and includes such topics as *Facing Dementia*, *Skills and Coping*, *The Long Haul*, *Taking Stock – Taking Care of You*, and *Putting it All Together*.

Past participants have provided great feedback that has allowed PAC to adjust the program to best meet the needs of each group. Some comments from past participants include:

*"I want to thank you for providing a thoughtful and enlightening program which offered helpful strategies."*

*"I really appreciate this series and I appreciate the ability to unite with other care givers and still be in the comfort of my own home where I might have been needed that day."*

*"It is important as a care partner to someone living with dementia to spend time with other care partners who can listen and will understand and won't judge you for what you say....That is definitely something I got out of attending the Care Partner Support Series."*

The next online Care Partner Support Series will be starting on January 17, 2018. We are also excited to be growing this program in 2018 and will be offering many more sessions. For more information, please visit our [website](#).