

## Interview With Teresa Youngstrom

*A PAC Certified Independent Trainer*

*by Diane Slovin,*

*PAC US Public Certifications Program Director*

“It was so much more than I expected.” Those are the words Teresa Youngstrom, of Cincinnati, Ohio uses to describe the PAC Trainer Certification event she attended in Cary, NC. Teresa saw a “huge need in the community for people who were trained to care for folks with memory challenges.” Teresa had previously attended several PAC speaking events in Cincinnati and had watched numerous videos of Teepa online. Now she decided it was time to take her skills “to the next level.” “I was hungry for more information and Teepa’s information seemed to feed me the most.” Teresa knew that she was going to get a lot of information about dementia during the two-day training, but she was “blown away” to learn that PAC teaches a learning cycle, about different personality types and the fact that how we learn has anything to do with providing care and support for people living with dementia. Teepa was not leading the training that Teresa attended. Since the start of 2018, the Trainer Certification has been conducted by PAC Mentors who have trained extensively with Teepa and Teresa claims that the training was still “over the top wonderful.”

“I didn’t know that I was going to come away with a teaching style and then to have Alejandro work with me for eight weeks! What?” After attending a two-day PAC Trainer Certification event, learners are assigned a mentor who will work with them for up to eight weeks following the course to develop their skills. Teresa feels that this follow up time that PAC invests in its learners clearly separates PAC learners from the people who aren’t going to put in the time to work on their skills.” This isn’t a class where you just sit and listen.” PAC training is an interactive and hands-on approach to delivering knowledge, awareness, and introducing skills. Now Teresa totally understands why the PAC philosophy is taught the way it is taught. She understands the reasons for “Do this” and “Get a partner and try this.” “The way that PAC teaches helps people remember.”

Teresa learned that people who want to become PAC Trainers need to understand how to get learners engaged and to try different things. “We don’t learn it if we don’t try it.” As a PAC Certified Independent Trainer, Teresa learned how important it is to ensure that her learners are participating and engaged. Since becoming certified, Teresa has made use of additional resources that PAC provides to its Certified Community. She has attended PAC webinars, called in for additional information and utilized the workshops provided by PAC to lead her own trainings. Teresa sums it up best “This was so much more than I knew it was going to be.”

Thanks for your commitment and inspiration Teresa! Best of luck to you as you continue your PAC journey.