

What You Can Do With the Strength of PAC

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The past three years have felt like I have been walking through a fog, looking for a light to guide me or a sign that I was headed the right way, feeling like I was missing something that could help to improve my skill set. Little did I know that the small light that was presented to me in the distance was going to become an inferno in my soul that would bring me to where I am today. Surrounding that inferno that I was drawn to was Positive Approach[®] to Care (PAC)!

I had been looking for a new direction, something that would give me new skills, and the tools to be able to put them to good use. When the company I work for came to me and asked if I would accept the task of becoming dementia certified to train our staff, little did I know that it was the flame I saw in the distance. After careful research, the clear and *only* choice was going to a Positive Approach to Care Trainer Certification course. When I arrived at the training, I could immediately feel the energy of the PAC Mentors, and the flame they all carried within would soon reach me, only needing something to stoke it.

After my two days of building PAC knowledge, skills, and awareness and having that crucial time with my PAC Mentor, the flame became an inferno. There was a clearing in the fog, and I was presented with a new skill set for interacting with not just the people living with dementia that I care for, but *everyone* I work with. One tool utilized by PAC Trainers, known as the Adult Experiential Learning Cycle (AELC), has allowed me to change the way I work with staff and help build knowledge and awareness. After receiving that surge and seeing how using the AELC with staff drastically changed outcomes that I believe I would not normally see, I knew I needed more. I looked into the Coach Certification course, and upon taking the advice of my PAC Mentor, I attended the Coach training. I received the same amazing energy from the PAC Mentors with the added lightning bolt strike of Teepa finishing out day two of our training. With the amazing guidance of my second PAC Mentor and now armed with the ability to run a Coaching Cycle, my skills were sharpened to a point that could pierce through the barriers that stopped me from reaching my full potential as a care partner and trainer. Using the powerful combination of the AELC and the Coaching Cycle, coupled with the internal flame lit by my PAC Mentors, I could now go out and show everyone just how amazing this approach is.

Since then, I have been spreading the PAC message of person-centered care. Through the use of AELCs, my colleagues in dementia care are gaining greater knowledge and awareness as they become active participants in their own learning and discovery. The fire is ignited as I challenge others to apply what they've learned. The flame is stoked as the Coaching Cycle is used to continue building skills. And the inferno grows as consistent practice provides the kindling to keep the PAC message ablaze.