

PAC Changes in 2018!

By Amanda Bulgarelli, PAC Mentor

PAC is going through some exciting changes in 2018 that will allow individuals to build a deeper and stronger knowledge and skillset with Teepa's content and approach



It's hard to believe, but Positive Approach[®] to Care (PAC) just turned TEN!

In ten years, the Positive Approach to Care (PAC) team has grown exponentially and has touched thousands of lives affected by dementia. Leading this PACk, Teepa Snow has worked for 40 years with intensity and purpose to develop, and then spread awareness of the potential that her strategies and techniques have to change the culture of care and the delivery of services for people living with dementia.

Through hours of one-on-one work and personal development with Teepa, PAC now has a team of Accomplished and Master Mentors, Trainers, Coaches, Speakers, Engagement Leaders, Preceptors, and Consultants stepping up and stepping out to help spread her message even further.

The Positive Approach to Care Team and Teepa are offering some really new and different things in 2018. Here are the three areas where these changes will happen:

[Teepa's Knowledge Intensive Events](#)

[PAC Independent Trainer Certification Courses](#)

PAC Champion Local Courses (Coming Soon!)

Here is a bit more about each of the three areas mentioned above...

What is new in 2018?

[2018 Teepa Knowledge Intensives](#)

This year PAC will offer, for the very first time, three different **PAC Knowledge Intensives** conducted by Teepa Snow and her Accomplished Team of Mentors.

Each workshop will fill a day. They are packaged in two-day sets, though people can attend either day or both days.

In each workshop learners will be guided to develop deeper levels of awareness and knowledge related to the specific topic of the day. Learners will also have opportunities to try out skills specifically related to the topic for that intensive.

The day will be filled with active learning experiences, fun, fellowship, and opportunities to take what you learn and begin to apply it to what you do every day!

The purpose of these workshops is to take what you already KNOW and improve your depth and breadth for a more complete understanding and improved ability to offer better training and learning opportunities to improve support and care for people living with dementia.

Any individual can attend one or all of these workshops. What you take away will depend on both what you bring with you and what you do while you are in the workshop.

WORKSHOP 1: I Am Who I Was, But I'm Different! *Caring for the Person Living with Dementia in the Here and Now by Building and Using a Quick Reference Visual Communication Tool that is Person-Centered*

WORKSHOP 2: Creative Solutions to Challenging Situations: *Let Go of the Drugs and Change Resistance with Support, Skill, and Options that WORK!*

WORKSHOP 3: Keep People Moving and Doing What Matters: *Appreciating components that are needed to reduce fall risk and enhance person-centered programming in early to mid-stage dementia by making use of what remains and changing our behaviors and approaches*

WORKSHOP 4: Promoting High Quality Life and Care Support in the Later Stages of Dementia: *Understanding what is really needed to provide care, programming, and support that reduces fall-related injury risk, improves engagement, and increases comfort during care routines.*

[Click here to view the dates and locations of these events.](#)

Single Day Attendance: \$250 per person
Two Day Attendance: \$400 per person

This fee includes:

- One six-hour training day
- Morning snacks and drinks, lunch, and afternoon break snacks and drinks
- Social hour – Networking time with snacks at the end of day 1
- Materials for the Course
- Certificate of Attendance – 6 contact hours per day

2018 PAC Independent Trainer Certification Courses

With Teepa diving deeper into her Knowledge Intensives, she has passed the torch to her Master Team of Mentors to lead the PAC Trainer Certification Courses for 2018. Over the past three years, she has prepared a small, but elite, group of PAC Lead Mentors to offer our PAC Trainer Certification content, without her physical presence. Our Lead Mentors have supported and led countless certification events with Teepa's oversight and approval. The Trainer Certification will continue to provide the *just right* challenge and support in content, practice opportunities, and excitement that is built into the program. It will also continue to prepare those who complete the certification to offer what others need to change how they think and behave when providing support and care for people living with dementia.



During this transition year, PAC has reduced the PAC Trainer Certification course cost by \$200. This may allow for savings to help fund a *Teepa Intensive* Knowledge or Skill Session later in the year or next year. All processes, materials, licenses, mentoring support, and content of the Trainer Certification course will stay the same and our discounts for multiple certifications still apply here, too! If you truly want to spread Teepa's messages alongside PAC while working to master Teepa's methods of training, this course will provide an extremely satisfying experience.

Become a PAC Skills Champion

You watched the videos and YouTubes.

You came to Teepa's public programs.

You work in the field, maybe even have friends or family with dementia.

You KNOW what to do, you even know how to do it!

The Real question is:

Do **you** want to provide **Skillful Support and Care** or just *know* that it is *needed*?

If you provide support and care to someone living with dementia and want to develop your interaction skills to make a positive difference in both of your lives, come to one of our PAC Champion courses.

During this day, you will work with an Accomplished Lead Mentor from PAC to develop your ability to deliver:

- **Positive Physical Approach™** Skills to begin interactions with less distress
- **Positive Personal Connections** to ensure that you lead with a relationship not an agenda for greater success
- **Positive Action Starters** that being the task or interaction you are seeking and that results in a better outcome
- **Hand-under-Hand®** guidance and assistance techniques that foster shared engagement and sustained abilities for people living with dementia

What is unique and special about this course, is that you will receive direct support and feedback on your skill development during the day, but also in follow up rehearsal and mentoring on-line to help ensure that the skills actually become part of your skill tool box, and that you have successfully taken the first step in becoming a **PAC Skills Champion**. These Level 1 - 4 courses are currently offered in the areas of Orlando, FL, Detroit, MI, and Atlanta, GA. Please keep an eye out for more cities and dates in the near future on the [Events page](#).