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Become a Champion and Master the Art of Responding, Not Reacting

*PAC Champion Courses are coming to your area
by Dawn Wiggins,
PAC Support Mentor*

What happens when care partners do not get proper training to support someone living with dementia?

Why are we surprised when staff members become burned out and label unmet needs by making assumptions and not doing an assessment?

Can you think of a time when you had to deal with a *responsible behavior* and didn't know what to do?

If you could learn how to become more skillful and competent, would you invest in training that teaches you the art of thoughtfully responding to these moments instead of reacting?

Teepa Snow, one of the world's foremost experts in Dementia Care, has developed an intensive, ground-breaking, six-hour course to help you start mastering the art of responding, not reacting! You will learn the skills to become a care *partner* instead of a care *giver*, as you support the Person Living with Dementia (PLwD) use the skills they still have while substituting your skill for what has been lost.

By attending the champion skills day you will...

Work with Teepa's team of accomplished Trainers on:

- Positive Physical Approach™ skills to begin interactions with less distress
- Positive Personal Connectors to ensure that you lead with a relationship, not an agenda, for greater success
- Positive Action Starters to begin the task or start the 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

Receive direct support and feedback on your skill development during the day, and, if you so choose, receive one-on-one follow up rehearsal and mentoring online. This mentoring helps ensure that your newly acquired skills actually become part of your skill tool box. You will also have successfully taken the first step in becoming a PAC Skills Champion.

The Level 1 PAC Skills Champion objectives are:

- Describe the agenda and how to know the agenda, without showing the agenda
- Complete all steps of Positive Physical Approach (PPA™) correctly with someone who is sitting down, someone who is standing up, and someone who approaches the seated learner
- Use at least one positive connection statement before initiating task
- Correctly gain Hand-under-Hand within PPA

If you are looking for a fun, interactive, super practical training that equips staff with the skills and competence to truly care for people living with dementia, then I suggest checking out the new Champion Course.

Remember Teepa's famous quote that melts my heart every time I read it or say it, "Until there's a cure, there's care."

[Click here](#) to view the PAC Calendar of public events and find a Champion Course in your area.

Dawn Wiggins: RPN, Certified Dementia Practitioner, Certified PAC Consultant, Trainer and Mentor. CEO of New Dementians Professional Dementia Consulting. She is a registered nursing professional in the province of Ontario, Canada, and has over 20 years of frontline healthcare experience.