



Positive Approach to Care™ (PAC™) Training for staff working with people living with dementia

Background

Teepa Snow has developed the Positive Approach to Care™ concept to support people living with dementia by equipping both formal and informal carers with specific skills aimed at increasing understanding of what it is like to live with dementia. Her approach is focused on care delivery, rather than theories.

Positive Approach to Care™ training incorporates:

- **GEMS™** concept, where people living with dementia are viewed as precious gems (sapphire, diamond, emerald, amber, ruby and pearl) and the focus is on what skills remain, rather than what is lost. It explains the changes in the brain and why people living with dementia may behave in a certain way and supports the care giver to appreciate what it is like to live with dementia, to accept the person with dementia is unable to change but that the caregiver can be flexible in their approach to make care giving easier by matching the approach with the specific needs of the individual.
- **Positive Physical Approach™ (PPA™)**, including **Hand under Hand™ (HuH™)**, concept is a practical and physical method of working with the person with dementia to connect and deliver care on a variety of levels.

The training

The training is delivered by certified PAC™ trainers and is a face-to-face practical one-day course.

Learning objectives include:

1. Learn how to apply Positive Physical Approach™ (PPA) and Hand Under Hand™ (HUH) in everyday situations.
2. Learn the importance of doing "with", not "to" a person living with dementia.
3. Consider how brain changes impact on a person's function.
4. Develop understanding of stages of dementia, and the correlating GEM for each (sapphire, diamond, emerald, amber, ruby, pearl).
5. Learn to use the GEMS™ to facilitate positive, supportive communication between the care partner and the person being cared for.

Participants

Priority will be given to care homes with service users under the care of TEWW community teams/services

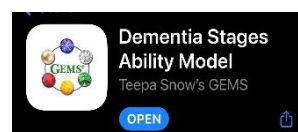
We recommend the care home manager/deputy and team leader to attend in the first instance.

Useful resources:

- Teepa Snow website

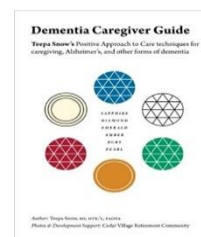
<https://teepasnow.com/resources/for-professionals/>

- Teepa's Gems (free app for smart phones and tablets)
- Teepa Snow's Positive Approach to Care YouTube channel



<https://www.youtube.com/channel/UCSXrEX7LkWOmfTaV6u1C7wQ>

- Dementia Caregiver Guidebook: Teepa Snow's Positive Approach to Care techniques for caregiving, Alzheimer's and other forms of dementia



https://www.amazon.co.uk/Dementia-Caregiver-Guide-techniques-caregiving/dp/0615890113/ref=sr_1_3?crid=1U34ZK3IQSFH5&keywords=teepa+snow+book&qid=1675079817&srefix=teepa+snow+book%2Caps%2C436&sr=8-3

Training dates and venue:

Scarborough, Whitby & Ryedale

30 March 2023	09.30am -4.30pm	Cross Lane Hospital, Scarborough
15 June 2023	09.30am -4.30pm	Cross Lane Hospital, Scarborough
6 July 2023	09.30am -4.30pm	Cross Lane Hospital, Scarborough
14th September	09.30am -4.30pm	Cross Lane Hospital, Scarborough
12th October	09.30am -4.30pm	Cross Lane Hospital, Scarborough
13th December	09.30am -4.30pm	Cross Lane Hospital, Scarborough

For queries, please contact:

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How to book:

Please submit the staff name, job title and email address of participants to the email above.