

Teepa Snow's Positive Approach to Care (PAC) Workshop Saturday May 11th, 2024



COURSE DESCRIPTION

This educational course, Teepa Snow's *Positive Approach to Care™*, will teach practical hands-on care skills that will empower practitioners to do things *with* a patient instead of *to*, allowing practitioners to form a genuine partnership with patients that is proven to reduce friction and increase positive care outcomes with improved personal connection with patients to encourage participation in various care tasks or situations. With over 40 years of experience and the one of the world's leading dementia care educators, Teepa Snow and the PAC Team can help providers overcome challenges when working with patients with dementia. At the conclusion of this workshop, practitioners will be certified in PAC Champion 1-4- courses.



SPEAKER BIOS

Stephanie "Teffie" Landmann, COTA/L

Teffie is a Certified Occupational Therapy Assistant, PAC Certified Independent Trainer, Coach, Consultant, Engagement Leader, and full time PAC staff. Teffie holds a bachelor's degree in Micro-Biology from University of Akron and worked in management for over 10 years. She later pursued and earned her associate degree in occupational therapy in Wilmington, NC. Teffie's work experience includes working in skilled nursing facilities, assisted living and memory care organizations as a travel therapist, as well directing and managing rehab programs, and has trained others in directorship.

Dr. Beth Nolan, Ph.D.

Dr. Nolan is a Lead Mentor and Trainer at PAC and serves as the Director of Research and Policy. She received her Ph.D. in applied gerontology from the University of Kansas, holds master's degrees in human development and applied Behavior Analysis and completed her post-doctoral training in geriatric psychiatry at Western Psychiatric Institute and Clinic. She held roles as Assistant Professor and the Senior Associate Director for the Evaluation Institute at the University of Pittsburgh's Graduate School of Public Health, where she worked with a variety of human services agencies.

Kasey Bealer, M.A.

Kasey Bealer holds a bachelor's degree in psychology from the Louisiana Scholars' College at Northwestern State University and a Master's in counseling from the University of Texas at San Antonio, where she focused on supporting older adults at Air Force Village. Her passion for over 20 years has been providing social support and engagement for people living with dementia. As a certified Independent Dementia Trainer and Consultant through Positive Approach to Care, Kasey has conducted staff interactive in-service trainings, hands-on educational workshops, and therapeutic engagement in the New Orleans area. Recently, as the Director of the Aden Program, a day program providing respite for people living with brain change, Kasey empowered participants, volunteers, and care partners to see beyond the diagnosis by creatively engaging in opportunities that brought value and purpose to all. Kasey now uses those skills as a full time Support Mentor and Customer Relations Administrator with Positive Approach to Care.

COURSE LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

1. Demonstrate successful application of Positive Physical Approach (PPA) with someone in an Emerald State who is standing, seated, or approaching you.
2. Execute getting into Hand-under-Hand® (HuH®) from a handshake as a form of getting permission to touch someone.
3. Role play using cues in the order of visual cues first, add in verbal cues that match, and then touch, if needed, to accurately deliver a message to someone
4. Demonstrate adapted PPA with someone who does not accept the handshake offered.
5. Facilitate adapted PPA with someone who is sleeping.
6. Role play HuH for someone in a Ruby State for the five following uses; comfort, mobility, initiating, supporting the sequence of a task, and directing focus or attention.
7. Identify characteristics of the abilities at each GEMS State.
8. Role play and adapt PPA for someone in each of the following GEMS States; Diamond State, Emerald State, Amber State, Ruby State, and Pearl State.
9. Identify the four truths of dementia and how progression can be matched to the GEMS.
10. Distinguish, with dynamic assessment, the appropriate PPA for each GEMS State
11. Facilitate PPA to identify and approach someone in each of the following GEMS States; Sapphire State, Diamond State, Emerald State, Amber State, Ruby State, and Pearl State.

PROGRAM

WHEN: Saturday May 11th, 2024

LOCATION: Dan Abraham Healthy Living Center, Subway level, room 200.

Speakers: Stephanie ("Teffie") Landman, O.T.A., Beth Nolan, Ph.D., and Kasey Bealer. M. A.

Title: PAC Champion Course 1

Session Name	Start Time	End Time	Hours	Session Description
Welcome and introductions	7:45 am	8:00 am	0	Attendance and tech support
Describe the term “agenda” and discuss knowing the agenda without showing the agenda.	8:00 am	8:15 am	.25	Participants will use PAC language to start an interaction with someone living with dementia.
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.	8:15 am	9:00 am	.75	Participants will observe and practice the steps of (PPA™) to connect and build a relationship.
Use at least one positive personal connection statement before initiating a task.	9:00 am	9:15 am	.25	Participants will observe the 5 positive personal connectors and practice use of one positive personal connector.
Correctly gain Hand-under-Hand™ within PPA™	9:15 am	9:30 am	.25	Participants will observe to steps to get into Hand-under-Hand™, then demonstrate understanding by practice with a person in their space or with a prop.
Demonstrate the correct order to use visual, verbal, and touch cues for someone living with dementia.	9:30 am	9:45 am	.25	Participants will practice the ability to show a visual matched to a verbal cue before using touch cues.
Understand the six GEMS® states along with 1-2 probable changes to expect in each state.	9:45 am	10:00 am	.25	Participants will learn the 6 GEMS® states by active listening and observation.
Total Content Hours:			2.00	

BREAK 10:00-10:15 am

Title: PAC Champion Course 2

Session Name	Start Time	End Time	Hours	Session Description
Adapted PPA with someone who does not accept the handshake offered	10:15 am	10:30 am	.25	Participants will learn how to get connected with someone living with dementia that does not offer their hand before initiating a task.
Adapted PPA with someone who is sleeping	10:30 am	11:00 am	.50	Participants will observe and practice how to wake someone living with dementia without startling them.
Hand-under-Hand™ (HuH™) for initiating tasks with someone in a Ruby state	11:00 am	11:30 am	.50	Participants will observe and practice positive action starters for task initiation.
HuH™ for supporting the sequence of a task with someone in a Ruby state	11:30 am	12:00 pm	.50	Participants will learn the use of HuH™ to do with someone living with dementia rather than doing to.
HuH™ for mobility support with someone in a Ruby state	12:00 pm	12:15 pm	.25	Participants will observe and practice the steps to help someone living with dementia to guide and assist using HuH™.
Total Content Hours:			2.00	

Lunch Break: 12:15pm – 12:45pm

Title: PAC Champion Course 3

Session Name	Start Time	End Time	Hours	Session Description
Adapted Positive Physical Approach™ (PPA™) for someone in a Diamond state.	12:45 pm	1:00 pm	.25	Participants will observe and practice the steps of PPA™ for someone living in a Diamond or Early State of dementia
Adapted PPA™ for someone in an Emerald state.	1:00 pm	1:30 pm	.50	Participants will observe and practice the steps of PPA™ for someone living in an Emerald or Moderate State of dementia
Adapted PPA™ for someone in an Amber state.	1:30 pm	2:00 pm	.50	Participants will observe and practice the steps of PPA™ for someone living in an Amber or Moderate Severe State of

				dementia
Adapted PPA™ for someone in a Ruby state.	2:00 pm	2:30 pm	.50	Participants will observe and practice the steps of PPA™ for someone living in a Ruby or Severe Change of dementia
Adapted PPA™ for someone in a Pearl state.	2:30 pm	2:45 pm	.25	Participants will observe and practice the steps of PPA™ for someone living in a Pearl or Profound Change of dementia
Total Content Hours:			2.00	

BREAK 3:00-3:15 pm

Title: PAC Champion Course 4

Session Name	Start Time	End Time	Hours	Session Description
Observation and dynamic assessment through Positive Physical Approach™ (PPA™) for GEMS state	3:00 pm	3:15 pm	.25	Participants will observe and practice assessing visual regard, verbal cues, and pace of person living with dementia.
Use PPA™ to identify and approach someone in a Diamond state	3:15 pm	3:30 pm	.25	Participants will use observation skills to characteristics of someone living with dementia in a Diamond State.
Use PPA™ to identify and approach someone in an Emerald state	3:30 pm	4:00 pm	.50	Participants will use observation skills to characteristics of someone living with dementia in an Emerald State.
Use PPA™ to identify and approach someone in an Amber state	4:00 pm	4:30 pm	.50	Participants will use observation skills to characteristics of someone living with dementia in an Amber State.
Use PPA™ to identify and approach someone in a Ruby state	4:30 pm	4:45 pm	.25	Participants will use observation skills to characteristics of someone living with dementia in a Ruby State.
Use PPA™ to identify someone in a Pearl state	4:45 pm	5:00 pm	.25	Participants will use observation skills to characteristics of someone living with dementia in a Pearl State.
Total Content Hours:			2.00	

FINACIAL and NON-FINANCIAL DISCLOSURES

The instructors of this course are employees of *Positive Approach to Care™*. Instructors are compensated through a contract with Mayo Clinic.

INTENDED AUDIENCE

The intended audience includes occupational therapists, occupational therapy assistants, physical therapists, and physical therapist assistants.

EDUCATION LEVEL

Intermediate.

PREREQUISITES

Course participants must complete the following learning modules in MedBridge prior to attending workshop. MedBridge content includes:

- Dementia Care: Communicating When Someone has Dementia, 1hr
- How to Communicate When Someone is Living with Dementia, 3hr
- Dementia Care: Using GEMS State Model for Personal Care Tasks, 1hr

NOTE: MedBridge courses have AOTA credit. Minnesota PT credit is being added and will be available beginning April 11th, 2024 (one month before the workshop).

COURSE DIRECTORS

Danielle Anshus, M.S., O.T., O.T.D., Meghan Rysavy, O.T., O.T.D., and Leah Struss, M.A, O.T., Ed.D.

CREDIT

Physical therapy credit: Sponsored by the Program in Physical Therapy, College of Medicine, Mayo Clinic. This course meets the criteria for up to 8.00 category I Continuing Education Units per Minnesota Physical Therapy Rules 5601.2400, 5601.2500.

Occupational therapy credit: Mayo Clinic - Rochester Campus is an approved provider of continuing education by the American Occupational Therapy Association #5660. PD Activity Approval number: 08991. This live PD Activity is offered at up to 0.8 AOTA CEUs, educational level; Intermediate. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. At the conclusion of this live workshop, participants will be awarded a certificate for up to 8.0 contact hours or 0.8 AOTA CEUs.



General credit: At the conclusion of this conference, participants will be awarded a certificate for up to 8.0 contact hours maximum based on actual contact hours. Please see your state specific requirements for licensure credits.

ACCOMMODATIONS

This conference is live, in-person. If you need accommodations, please email PMRConf@mayo.edu.

CANCELLATION POLICY

This course is provided at no cost and only to Mayo Clinic employees. If the PM&R Education Committee determines the need to cancel or reschedule the course, we will provide as much advanced notice as possible to learners, via internal email.