

# Positive Approach to Care® (PAC) Workshops for **FAMILY CARE PARTNERS**

These workshops intend to empower participants and aid family caregivers:

- Discovering an appreciation for what happens when a brain is changing due to some form of dementia rather than normal aging or high stress lifestyles.
- Understanding what happens to the brain in development and in dementia, we can begin to understand not only what is lost, but what is retained, to provide that 'just right' support
- Introducing the GEMS® State model of the progression of dementia, and how we can adapt our approach to create positive relationships
- Effectively connecting with individuals in various stages of dementia, it is crucial to utilize visual, verbal, and touch cues through the Positive Physical Approach®.
- Learning how we as care partners can become advocates for people as relationships and tasks of daily living are impacted



1

## What is Dementia, Really?

*May 7th | 6:30-8 pm | ZOOM*

This session is designed to help attendees develop a basic appreciation for what happens when a brain is changing due to some form of dementia, versus other factors, such as normal aging or a high-stress lifestyle.

2

## What Brain Changes and Shifts in Ability are Noticed When Dementia Happens?

*May 21st | 6:30-8 pm | ZOOM*

This session is designed to help attendees understand what happens to various parts of the brain when someone is developing and living with dementia. They will recognize the importance of knowing what is lost or impaired and what is retained, along with an introduction of supportive responses.

3

## Looking at Progression and Seeing More than Loss: The GEMS® States Model

*June 4th | 6:30-8 pm | ZOOM*

This session focuses on appreciating the changes that are part of dementia. Attendees will see what is changing and see the value in what remains as the condition progresses

4

## The GEMS® State Model: In the Right Setting with the Right Care, all GEMS Can Shine

*June 18th | 6:30-8 pm | ZOOM*

This session highlights ways in which the care partner's approach impacts the person living with dementia. By changing our approach, we can create positive relationships.

5

## New Skills for Helping and Supporting

*July 9th | 6:30-8 pm | ZOOM*

This session gives participants the opportunity to learn and practice skills to create positive relationships with persons living with dementia.

6

## Being an Advocate and Building a Support Team

*July 23rd | 6:30-8 pm | ZOOM*

This session gives participants an understanding of the role and responsibilities of an advocate. It also allows exploration of where support will be needed as the condition progresses and relationships and tasks of daily living are impacted.

**Workshops are held online via Zoom.**

\$15 each class or purchase a package, all 6 for \$75