
Normal Aging vs Not Normal Aging

This workshop helps participants understand and recognize the differences in "normal" and "not normal" aging. The workshop emphasizes the value of matching helping behaviours to the person's needs and retained abilities to promote a sense of control and self-direction, and addresses typical issues that occur throughout the progression of dementia.



Positive Physical Approach™ & Hand-under-Hand™

This workshop focuses on Positive Approach to Care's care partnering techniques including Positive Physical Approach (PPA) and Hand-under-Hand (HuH). These newly learned skills enable care partners to shift from simply "dealing with the behaviours" to creating a positive and caring environment.

Teepa Snow's GEMS®

The GEMS workshop offers an overview of Teepa Snow's dementia classification (developed from the basic structure of Allen Cognitive Disability Levels). Understanding the various GEMS will lead to an adjustment of expectations, modification of cues and support, and more accurate communication and 'hands-on' care behaviours to better meet ever-changing needs. The GEMS advocate that people living dementia, when done with rather than done to and provided with the just right care and setting, can still shine.

