

"Sheri did a phenomenal job! The coaching and presentations will impact how I provide care, help guide staff, improve patients stay, and help with better transitions to home or facilities. She made it easy to learn and I loved the analogies. This was the best education that I have received as a nurse." ~Tracy Weber



Meet Your Dementia Guide

Sheri Fairman

Founder of Dementia Care Solutions & Current of Care

Master of Social Work, Mentor with Teepa Snow's Positive Approach to Care®, Certified Montessori Dementia Care Professional (CMDCP)

Sheri Fairman is a nationally recognized dementia educator, speaker, and care partner advocate dedicated to transforming how we support people living with dementia. With more than a decade of experience working alongside people living with dementia and their care partners, she has seen firsthand both the challenges of dementia care and the transformational power of the right approach. **Sheri's work focuses on compassionate communication, understanding the changing brain, and creating environments where people living with dementia can thrive.**



Dementia Care Solutions equips families, care partners, and organizations with practical tools to improve communication, reduce frustration, and create meaningful connections through:

- Workshops
- Training
- Coaching
- Community Presentations
- Consulting



Current of Care™, is a virtual community offering The Fish Approach™ model in a self-paced course format. It brings innovative dementia care education to family care partners and professionals worldwide. Utilizing online group coaching sessions, learners have access to practice the skills they've gained from completing core course.

"I didn't know there were people like Sheri. She's been a godsend for my family. Now that we know how to get in the water with my mom, we can care for her better." ~Diana

Learn more or connect with Sheri:

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PROFESSIONAL WORKSHOPS

For Care Partners of People Living with Brain Changes

Each course is 2 hours but can be adjusted as needed.

THE FISH APPROACH WORKSHOP *One of our most popular requests!*

This interactive workshop focuses on communication strategies that build trust, understanding, and improves relationships between care partners and people living with brain changes. *Let's get in the water!* Explore "communication snags" that get us stuck in the weeds and how to adjust our responses by "getting in the water". Dive in and experience the world through the reality of the person living with dementia.

Check out
The Fish Approach™
Academy, our in-depth,
on-demand, virtual
workshop option
available through
www.currentofcare.com

CREATING ENGAGEMENT OPPORTUNITIES

Offering engaging experiences for people living with dementia can be challenging as they each retain different skills. This workshop guides the learners through recognizing what people with dementia CAN STILL do and adjusting experiences to meet these abilities. Learners will walk away with an Adult Art Project Manual they can use to lead their own experiences.

CHAMPION COURSES *Best paired with Coaching services!*

The four 2-hour Champion workshops build upon one another to deepen understanding and strengthen hands-on dementia care skills. Participants begin with brain awareness and foundational approach skills, then progress into practicing Teepa Snow's Hand Under Hand® technique, applying the GEMS® State Model, and using dynamic assessment to accurately identify and respond to a person's retained abilities. Each session layers new learning onto the last, building confidence and practical skill through guided practice and real-time application.

Workshops in this series can be scheduled together or separately, in two-hour blocks.



COACHING *Ask about our coaching tool used to provide accountability for staff to demonstrate their skills.*

On-Site Coaching: Workshops help care partners shift their thinking, but meaningful change takes practice. Pairing these with coaching provides hands-on support where staff receive guidance to strengthen new skills and approaches. Coaching reinforces a shared commitment to improving dementia care and helps create accountability as staff demonstrate their learning.

Round Table Coaching: Put learning into action together. In this collaborative, think-tank style session, teams explore challenges, adjust approaches to better meet needs, and update care plans. The result is a more united team, consistent strategies, and better moments for everyone.

Dementia Care Pathways

Day of Training (6 hours, with breaks)

Knowledge, Skill, & Drill

These intensive trainings blends Champion Courses, Fish Approach, and Gear Days into a progressive learning journey designed to build knowledge, strengthen care partner skills, and to practice skills to support culture change.

Each pathway layers new concepts with practical application, helping participants develop confidence in providing relationship-centered care and incorporates Round Table Coaching, a commitment to Culture Change, and a Coaching Plan. *It is encouraged to follow the flow below, but it is not required.*

Choose Your Path:

- 1. Approach with Confidence:**
Build on physical approach and communication strategies.

Approach with Confidence for Leaders - Guide the Way:

Designed for Leadership, adopt the approach skills above, with an emphasis on how to support staff growth.

- 2. Create Connections:**
Focus on relationships-first and get hands-on support using HuH® skills.
- 3. Shift Care:** Strengthen how to adapt support based on the progression of dementia.
- 4. Aim for Quality:** Explore engagement opportunities with a goal of independence.

For the greatest impact, pair these with on-site coaching on the following day to reinforce learning and support real-time application.

Contact us to learn more.

This two-hour practice session focuses on deeper skill building.



GATHER YOUR GEAR - Let's Dive in Deeper!

Gear Day is a two hour intensive practice session where we focus on continuing to build on skills specific to a variety areas of dementia care. You can select the one(s) you want, pair them with each respective Champion Course, or work on a unique situation to you. Some topics covered include:

» GEAR DAY 1 // Hardwire the Skills

Learners will have opportunities to practice to hardwire the skills taught in Course 1, so they feel more confident in skillfully approaching people living with brain change.

» GEAR DAY 2 // Practice HUH™

Focus on the skills learned in Course 2, and utilize Teepa Snow's HUH™ approach to care. Practice ways to support people living with dementia to walk, eat, brush their teeth, and more.

» GEAR DAY 3 // Advanced Care Approaches

Dive into the skills learned in Course 3 to shift how we approach people based on where they are in the disease progression. Let's pick apart the challenging situations you are facing and focus on skill building to support the person living with dementia (anger, agitation, physical aggression, needing to leave, crying, etc.)

» GEAR DAY 4 // Determine the Progression

Assess and respond, based on progression with the skills learned in Course 4, to better understand what skills remain. Look at visual field, verbal abilities and comprehension skills, physical skills and pace. By getting this right, it helps us determine how we approach and care.

» GEAR DAY 5 // Fish Approach

As Care Partners, our reality (land) is very different than someone living with dementia. Getting into their reality (water) will help to avoid communication snags. Learn how to dive in and respond, de-escalate, and to adjust your pace to match the person living with brain change.

» GEAR DAY 6 // Lead The Way

Designed for the leadership team, dedicate the first hour to practicing the approach(es) and then learn how to effectively support your staff with the skills learned.

» GEAR DAY 7 // Round Table Coaching

Let's take what we've learned and put it into action-together. In this team-focused, think-tank style coaching model, we explore challenges, shift approaches to better meet needs, and make thoughtful updates to the care plan. The result? A united team, consistent strategies, and better moments for everyone.

» PICK YOUR ADVENTURE

What particular challenges are you going on for YOU right now? Let's put our heads together and problem solve, practice possible solutions and create a plan for success!



Unlocking the Doors to a Better Dementia Care Experience.



Hi, I'm Sheri -
YOUR DEMENTIA
CARE GUIDE!

SHERI FAIRMAN / Consultant

Owner of Dementia Care Solutions, LLC

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www.DementiaCareSolutions.org

Understand & Navigate Dementia

Tips and strategies tailored to each unique person or organization who is caring for someone living with dementia.

Perfect For

- Spouses
- Family / Care Partners
- Friends
- Professionals

CONSULTING

With the right combination of tools and guidance, you will find that we can better support people with dementia throughout the disease.

The Dementia Care Solutions consultant will guide you through the dementia related situations that arise and help build your toolbox for success. People with dementia and their care partners deserve the best quality of life.

Working together, we can meet your goals.

SUPPORT

Looking for more help connecting to resources?

Needing extra support is normal when working through the day to day care of a person with dementia. Whether you need extra tips, suggestions, ideas or a knowledgeable ear to be there for you, the Dementia Care Solutions Consultant is here.

Getting help with navigating the resources, setting up the support and following through can make all the difference.

You're in good hands with Dementia Care Solutions.

“
Absolutely awesome. Informative, helpful, encouraging, and hopeful. Thank you!”



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Visit: www.DementiaCareSolutions.org

COMMUNITY PRESENTATIONS

For All Care Partners of People Living with Dementia

Contact Dementia Care Solutions to setup a presentation, to learn more, and to discuss opportunities for a series designed around your audience.

Each presentation is approximately one hour.

» **Our Aging and Changing Brains: What is Typical? When to be Concerned?**

What is typical and when should we be concerned? If thinking and memory problems arise, can it be something reversible? YES! Learn about the causes of these symptoms, what you can do to improve them, and how to know if it's something more serious.

» **The Changing Relationship When Dementia is in the Picture**

Relationships inevitably change as dementia progresses. This can be devastating and challenging as you roll through the stages of grief. The more prepared we are the more we can create a future of thriving and not just surviving.

» **The Language of Dementia: Finding Success: The FISH Approach**

As care partners, we can find ourselves in communication snags with our loved one with dementia. Together we will untangle these challenging situations and explore new tools to help in your caregiving journey.

» **Beyond Behaviors: Identifying and Meeting Unmet Needs**

A-B-C- "All Behavior is Communication"

We all express our needs through words or actions. When dementia is in the picture, it can be harder to find the right, or any, words to communicate unmet needs. As care partners, we need to get curious about what people living with brain change are trying to express. What unmet need can we help to meet? In this workshop we discuss the tools we need to better respond to expressions.

More presentations listed on back.



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COMMUNITY PRESENTATIONS CONTINUED

» **Progression of Dementia: What Skills Remain**

Often the progression of dementia is measured in stages and focuses on what skills are lost. This doesn't give us any tools to help provide care and support. There is a better way to understand the progression of the disease-by looking at what skills remain. With Teepa Snow's GEMS State Model, attendees will gain deeper insight into the experience of the person with brain changes and shift their support accordingly.

» **Approach Matters**

What are people with dementia experiencing through their senses? Why is it important for carepartners to better understand this? How can we use this information to change how we approach our loved ones? Get ready to upgrade your caregiving experience! Learn about more tools to help on your journey while practicing the skills taught.

» **Balancing Risk & Independence In Dementia Care**

When should they stop driving? How do I keep them from leaving home unexpectedly? When do I need to look for a facility? These questions and more are explored as we talk about maintaining independence and evaluating risk in the day to day for people living with dementia.



» **Caring for Yourself Through the Dementia Journey**

Oh the guilt! It can feel impossible to give yourself permission to do something enjoyable while a loved one is experiencing the brain changes related to dementia. How we care for ourselves will impact the person receiving our care. Let's talk about how to navigate this seemingly impossible situation. There is a better way.

» **Challenging Conversations With Someone with Brain Changes**

"My loved one is making decisions that worry me but when I try to talk to them, it goes all wrong." Discussing complex topics with someone experiencing brain change can prove to be very challenging. Learn some techniques to help smooth these rough patches.

THE FISH APPROACH MODEL™

People with dementia are like fish in the water.
The water is their reality.

Fish don't like to be out of the water.

They flip. They flop.

They get anxious and uncomfortable.

Pulling someone with dementia out of their reality and into ours can make a situation worse. We need to avoid communication snags and get in the water with them. This way, we can approach them from their perspective.

COMMUNICATION SNAGS

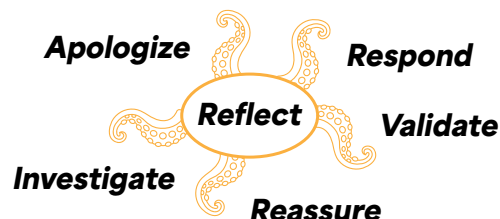
Avoiding these communication snags will help keep people with dementia from experiencing the stress of “being pulled out of the water.” It puts us in a position to be more understanding and empathetic to their point of view.



Reasoning
Explaining
Arguing
Orienting
Convincing

GETTING IN THE WATER

Stepping into the reality of the person with dementia can reduce anxiety and provide a supporting foundation to start improving the situation.



THE FISH APPROACH ACADEMY
Presented by Sheri Fairman
Learn more at www.currentofcare.com

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