

WORKSHOP MENU



All workshops can be offered in person or virtually. They can be combined to create a 6-hour workshop or two consecutive 6-hour workshops. These can also be tailored to meet your needs in content and length.

1

Normal Versus Not Normal Aging *CEUs Offered

Normal aging does not include irreversible memory or cognition changes. What is normal and when should we be concerned? Find out this and more about dementia in this interactive workshop. Guided by Teepa Snow's Positive Approach to Care model, you will leave with a better understanding of what can be expected with aging and what symptoms of dementia can look like.

2

Using a Positive Approach *CEUs Offered

People with dementia experience the world around them differently than we do. Understanding their experience and allowing that to guide our approach can make all the difference when caring for a person with dementia. Guided by Teepa Snow's Positive Approach to Care, attendees will walk away with tools to aid in their caregiving for their loved one with dementia.

3

Seeing GEMS, Not Just Loss *CEUs Offered

Progression of dementia is often measured in stages and focuses on the skills that are lost. This approach doesn't give us the tools we need to 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 trademarked GEMS State Model, attendees will gain deeper insight into the experience of the person with dementia which can help guide the care provided.

4

Changing the Care as Dementia Progresses

What do we need to know when a person starts experiencing early memory loss? Does the way we interact with the person change as the disease progresses? The easy answer is yes, we have to change and this workshop will give you the tools to understand how the disease impacts the person with dementia and how you can best support them. We will focus on adapting our positive physical approach throughout the disease.

5

Relationship Changes and Dementia

Relationships inevitably change as the disease progresses. This can be devastating and challenging as you roll through the stages of grief. This workshop offers a conversation about relationship changes, what is normal, what can be better and how to take the next steps to a better quality of life for you and the person with dementia.

6

Communication Strategies for Success

Caring for a person with dementia is not a “common sense” task. When a person with dementia says, “I don’t know you,” it may seem natural to explain who you are. But this often makes the situation worse. Why? We will talk about the different communication strategies we can practice to help the person with dementia experience the best emotions possible in every situation.

7

Investigating Causes of Dementia Symptoms

People with dementia are not trying to be difficult. *They* are having a difficult time. Let’s dig deep into Teepa Snow’s 6 Pieces of the puzzle. When we investigate what the person with dementia is communicating, what their unmet needs are, we can find factors that are affecting their experience. Once we have a better understanding of what they are communicating, we can better care for them.

8

Saying I’m Sorry

“I’m sorry,” “I apologize, I did not mean to make you feel that way,” “That was my fault, for that I am sorry.” The power of the apology is real when working with people with dementia. But this can be hard to do when you know you’ve done nothing wrong. We will explore the person with dementia’s reality and how you can work your magic within their world.

9

Risk, Independence and Dementia

When should people with dementia stop driving? How long can they stay home alone without support? How do we keep them from leaving the home unexpectedly? When do we need to look at a facility? These questions and more are explored as we talk about maintaining independence and evaluating risk in the day to day world for people with dementia.

10

Caring for Yourself Through the Dementia Journey

Oh the guilt! It can feel impossible to give yourself permission to enjoy yourself while a loved one is experiencing the 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!