

*Quarterly Seminar offered by
LeadingAge South Carolina*

LeadingAge®
South Carolina
the voice of aging services

Shining Through Change: A Positive Approach to Dementia Care

*Presented by Julie Gala, HealthPRO Heritage
Positive Approach to Care (PAC)
Certified Independent Trainer*

Thursday, June 5, 2025
Still Hopes Episcopal Retirement Community
Registration Deadline: May 28, 2025

Shining Through Change: A Positive Approach to Dementia Care

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AGENDA

8:30am	Registration Opens
9:00am	Workshop A: “Normal Aging/Not Normal Aging”
11:00 am	Break
11:15am	Workshop B: “Positive Physical Approach (PPA) and Hand Under Hand (HUH)”
12:15-1:15pm	Lunch Onsite
1:15pm	Workshop B <i>(will conclude after lunch)</i>
2:15pm	Break
2:30pm	Workshop C: “Teeps’s GEMS™: Using Skills that Make a Difference”
4:30pm	Adjourn

Please note: LeadingAgeSC has applied for 6 CEU Hours to SC LLR (via CEBroker)

PRESENTER

Julie Gala is a Positive Approach to Care Certified Independent Trainer with a passion for changing the culture of dementia care. She is a speech-language pathologist with over a decade of geriatric care experience in long term, post-acute and residential living experience. In her current role at HealthPRO Heritage, Julie channels her passion for clinical development, strategic program design, and education



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Workshop Outlines and Objectives

Workshop A - “Normal Aging/ Not Normal Aging”

This workshop helps learners understand and recognize the differences in “normal” and “not normal” aging. The learner will develop better observational skills to recognize and intervene effectively when behavioral challenges occur. Learners will also develop new skills related to approach, cueing, and ability to connect with people affected by dementia. The workshop emphasizes the value of matching helping behaviors to the person’s needs and retained abilities to promote a sense of control and self-direction. The workshop will also address typical issues that occur from early stages of the condition, through mid- disease, and into the final care concerns that are part of the progression.

Workshop Objectives:

1. Compare and contrast “normal” aging versus “not normal” aging related to various cognitive functions.
2. Describe the five sensory input and processing systems, highlighting the dominant role of vision, and the major differences between protective and discriminating sensation in each.
3. Discuss the impact of changing sensory awareness and processing as dementia progresses

Workshop B – “Positive Physical Approach™ (PPA) and Hand Under Hand™ (HUH)”

This workshop focuses on Positive Approach to Care "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 behaviors" to creating a positive and caring environment. Learners develop observational skills needed to recognize signals of “unmet needs and growing distress” in the person they care for and respond in a way that reduces anxiety and improves quality of life.

Workshop Objectives:

1. Apply Positive Physical Approach™ (PPA) and Hand Under Hand™ (HUH) in everyday situations.
2. Describe the importance of doing "with", not "to".
3. Demonstrate observational skills necessary to recognize and address unmet emotional and physical needs.
4. Describe and demonstrate ways to help the person being cared for feel productive and valued.

Workshop C - “Teepa’s GEMS™; Using Skills that Make a Difference”

The GEMS™ workshop offers an overview Teepa Snow’s dementia classification model (developed from the basic structure of Allen Cognitive Disability Levels). The GEMS model compares different states of being and ability to the characteristics of precious jewels. This dignified metaphor defines normal aging as well as the many appearances, behavioral changes, skill sets and needs of those living with the effects of neurocognitive failure (dementia) or other brain changes. They should be considered indicators and a guide toward understanding an individual's current state of ability and brain function. Understanding them will lead to an adjustment of expectations, modification of cues and support, and more accurate communication and 'hands-on' care behaviors to better meet ever-changing needs. The GEMS™ advocate that people living with dementia, when done with rather than done to and provided with the just right care and setting, can still shine.

Workshop Objectives:

1. Discuss normal aging and stages of dementia, and the correlating GEM for each (sapphire, diamond, emerald, amber, ruby, pearl).
2. Use the GEMS™ to facilitate positive, supportive communication between the care giver and the person being cared for.
3. Analyze and respond to unmet needs that lead to distress or challenging behaviors as the disease progresses.
4. Describe effective combinations of multi-modal helping techniques, emphasizing use of preserved abilities.

Registration Form

Thursday, June 5, 2025

LeadingAgeSC Member Registration fee.....\$ 95.00

Non-Member Registration fee\$125.00

- **Please EMAIL your registration to bbouknight@leadingagesc.org** to reserve your spot
- You may request an invoice to pay online. Email Beth at bbouknight@leadingagesc.org
- All questions should be directed to Beth Bouknight
- All checks payable to LeadingAge South Carolina
- **Registration Deadline is Thursday, May 28, 2025**

Name of Facility/Organization _____

Address _____

City, State, Zip _____

Telephone () _____ FAX () _____

NAME	POSITION	EMAIL	LTHCA LIC#	COST
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____
TOTAL PAYMENT:				\$ _____

Registration Deadline is **Thursday, May 28, 2025.**

Please email form to bbouknight@leadingagesc.org while payment is being processed to reserve your spot.
You may request an invoice from Beth Bouknight at bbouknight@leadingagesc.org

Make Checks payable to LeadingAge South Carolina and Mail to:

LeadingAge South Carolina
3022 South Morgan Point Road #250, Mt. Pleasant, SC 29466

Email: bbouknight@leadingagesc.org or Website: www.leadingagesc.org

Still Hopes Episcopal Retirement Community

**1 Still Hopes Drive
West Columbia, SC
(803) 796-6490**

<https://www.stillhopes.org/directions>

FROM CHARLESTON:

1. Take I-26 Westbound to Columbia
2. Take Hwy #378 - Exit #110
3. Top of ramp you want to go right towards West Columbia and not towards Lexington and away from the Hospital
4. You will travel on Highway 378 about 4 miles - you will go through a stoplight which is the intersection of #378 and 12th Street
5. Continue straight for a short distance and turn right on 9th Street - no light at this intersection but is a major road
6. You will travel through a residential area and through a 3-way stop
7. Shortly after the 3-way stop you will see a sign on your left for "Still Hopes Rear Entrance". You may enter here for parking.

FROM GREENVILLE/SPARTANBURG:

1. Take I-26 Eastbound to Columbia
2. Stay on I-26 Eastbound towards Charleston
3. Take Hwy #378 - Exit #110
4. Top of ramp you want to go left towards West Columbia and not towards Lexington and away from the Hospital
5. You will travel on Highway 378 about 4 miles - you will go through a stoplight which is the intersection of #378 and 12th Street
6. Continue straight for a short distance and turn right on 9th Street - no light at this intersection but is a major road
7. You will travel through a residential area and through a 3-way stop
8. Shortly after the 3-way stop you will see a sign on your left for "Still Hopes Rear Entrance". You may enter here for parking.