

Getting to Know Dementia: Community Training syllabus 2025



Chelsea
Retirement
Community

Instructor information

Instructor

Linda Mammel, PAC Trainer

Email

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Event Location

Chelsea Retirement Community
Towsley Village—All Seasons Room

General information

Description

For six consecutive 2-hour sessions, participants will start to appreciate 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. By learning about brain function and changes during dementia, we can begin to understand not only what is lost, but what is retained, to effectively provide that *just right* support. Utilizing Teepa Snow's Positive Approach to Care® (PAC), participants will be introduced to the GEMS® State model of the progression of dementia and learn how we can adapt our approach to create positive relationships. The concept of using visual, verbal, and touch cues to approach and connect with a person living in any state of dementia through the Positive Physical Approach™ will be demonstrated and practiced. Finally, we conclude by learning about how we, as care partners, can become advocates for people, as relationships and tasks of daily living are impacted. Participants can take a single class or attend all six in the series.

Audience

Anyone who is interested in learning more about dementia, such as family members, hands-on care aides or aide students, health care professionals, volunteers, faith communities, and the general public.

Course schedule

Date/Time	Topic	Description
Saturday January 25, 2025 10:00am–12:00pm	Part 1: What is Dementia, Really?	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.
Wednesday March 26, 2025 5:30pm–7:30pm	Part 2: What Brain Changes and Shifts in Ability are Noticed When Dementia Happens?	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.

Date/Time	Topic	Description
<p>Wednesday May 28, 2025 5:30pm–7:30pm</p>	<p>Part 3: Looking at Progression and Seeing More than Loss: The GEMS® State Model</p>	<p>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. The goal is to see that the person living with dementia is doing the best they can, rather than focusing on their losses or assuming they are <i>not trying or doing it on purpose</i>.</p> <p>Introducing the concept of the GEMS® State, rather than using existing rating scales, allows attendees to change their awareness and knowledge about brain change typical in most dementias. It may also change how attendees interpret responses from people living with dementia.</p>
<p>Wednesday July 23, 2025 5:30pm–7:30pm</p>	<p>Part 4: The GEMS® State Model: In the Right Setting with the Right Care, all GEMS Can Shine</p>	<p>This session highlights ways in which the care partner’s approach impacts the person living with dementia. By changing their approach, they can create positive relationships.</p>
<p>Wednesday September 24, 2025 5:30pm–7:30pm</p>	<p>Part 5: New Skills for Helping and Supporting</p>	<p>This session gives participants the opportunity to learn and practice skills to create positive relationships with persons living with dementia.</p>
<p>Wednesday November 19, 2025 5:30pm–7:30pm</p>	<p>Part 6: Being an Advocate and Building a Support Team</p>	<p>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 how relationships and tasks of daily living are impacted.</p>