

Action Pact's One Day Training Workshops 2010



A Tale of Transformation

Can skilled health care be successfully provided only in an institutional environment? Across the nation, people are discovering that skilled nursing care can be provided in an environment which also offers all the comforts of home: privacy, choice, autonomy, a sense of well-being, and pleasures in daily living. Learn how in this one day workshop presented by Action Pact.

At the end of the day, you will be able to:

- Know the history of culture change in long term care
- Identify the four stages of Culture Change with the five attributes for each stage
- Describe multiple facilities on the journey
- Identify approaches to shared leadership, and where your facility is in the Stages language
- Learn Action Steps your facility can take to begin (or continue) the journey

The session begins at 8:30am and continues until 4:00pm. Lunch will be provided. Registration is \$120, or multiple participants can attend from the same facility at only \$99 each.

For more information, call (414)258-3649 or email brendan@actionpact.com or visit:

<http://www.culturechangenow.com/workshop-tot.html>

6 CEUs for NAB



Food For Thought

is for everyone no matter where you are in your culture change journey. Are you a traditional facility, or have you already begun your transformation into a person-centered organization? Whether you're well along on your journey or just thinking about beginning it, this presentation will show you further opportunities to enhance the dining experience for your residents.

This session challenges the entire team to maximize choice and individuality for residents through innovations which focus on the residents' needs and preferences and gives the feeling of "true home" in dining.

With this information, you will be able to evaluate the merits of 5-meal plans (and 4-meal plans), open dining, buffet, restaurant or family style meals, and the dozens of examples of ways to bring simple pleasures to residents through choice and accessibility. Led by Linda Bump, a Registered Dietitian and licensed Nursing Home Administrator, this workshop will be submitted for prior approval for 6 hours of continuing education credit.

Pricing: A single registration is \$120. If sending more than one person from the same organization, registration is \$99 per attendee. Send 5 people and receive a free DVD [Nourish the Body and Soul](#) (a \$100 value). For more information, call (414)258-3649 or email brendan@actionpact.com or visit: <http://www.culturechangenow.com/workshop-fft.html>

6 CEUs for RD, DTR, CDM and NAB



Unlocking The Life Within: The Key to Elder Wellness: Accentuating the Positive

A one-day workshop by Action Pact, Inc. coming in 2010

Can people living in skilled health care environments truly be happy? When we peel back the oppressive layers of institutional living with person centered care, we discover doors the elders themselves may have forgotten existed. This approach to wellness focuses on abilities, and seeks to find ways to refuel the positive life force that each individual has within them.

Upon completion, participants will be able to:

- * Know the history of Culture Change and how institutional environments suppress wellness
- * Identify the 6 realms of wellness and the 5 avenues that get us there
- * Describe successful practices others are using
- * Identify person centered care approaches that promote wellness
- * Discover action steps you and your Culture Change Steering Team can take to imbed wellness into daily life

Reach into Action Pact's famous 'bag of tricks' for wellness and get started! The elder's life will change, the caregiver's life will change - your life will change.

For more information, call (414)258-3649, email brendan@actionpact.com or visit: <http://www.culturechangenow.com/workshop-well.html>

CEUs applied for.



Honoring Personhood

We are all entitled to achieve our maximum potential in body, mind and spirit. That potential, our personhood, or sense of self, seems like a given state for adults. And yet, it turns out that institution as a way of life, can have a profoundly detrimental affect on personhood.

Each of us deserves the opportunity for a good life every day that offers meaning and support of who we are. How can we help our residents continue to be who they are? How do we create environments where people thrive, no matter what frailness they live with?

Study with an experienced facilitator to grow new eyes in seeing, new thoughts in understanding what we must know, how we must interact, and ways of behaving that reinforce each individual's sense of self.

After this workshop participants will be able to

- identify a variety of attributes of self
- recognize interactive approaches that either support or detract from personhood
- discuss how important elements of the environment are to sustaining self (people; tone/energy; place; opportunities within)

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CEUs applied for.