

NSM SGS Course Descriptions

Seniors' Mental Health©

Days 1 & 2: An evidence-based, interactive curriculum open to all healthcare providers who support older adults. The focus is on increasing learners' knowledge, while providing care strategies related to dementia, delirium, anxiety, depression, psychotic disorders, and personality disorders.

Day 3: Offered to regulated health care professionals, focusing on assessment (e.g., mental status, screening tools, and the SGS antipsychotic toolkit) and practical application.

Prerequisite: Day 1 & 2

Gentle Persuasive Approaches® Basics

GPA® Basics is an innovative dementia care education curriculum based on a person-centred care approach. Designed for interdisciplinary point of care staff across healthcare sectors, GPA® Basics is delivered as four modules over a 7.5-hour day. The session is evidence-based, interactive, and practical.

PIECES™ Learning and Development Program

PIECES™ learners are health professionals with a responsibility and accountability to engage and guide the Team, beginning with the Person and Care Partner, in shared assessment and collaborative care planning.

U-First!®

A training program designed to help frontline staff (unregulated) develop a common knowledge base, language, and approach to caring for people with Alzheimer's and other forms of dementia.

SF-Care Learning Series™

A one-day training curriculum utilizing the SF-Care Learning Series™ modules and knowledge of our local healthcare system. SF-Care focuses on seven clinical areas that support resilience, independence, and quality of life.

Positive Approach to Care™ (PAC)

PAC by Teepa Snow, is a one-day certificate workshop focusing on normal and not normal aging behaviour. You will learn about the physical changes that occur as dementia progresses and practical applications to assist with dining, bathing, and sitting/standing.