

Gentle Persuasive Approaches in Dementia Care

GPA Q&As

July 2011



Training Program for People Who Care for Older Adults with Dementia

What is GPA ?

- GPA is a 7.5 hour evidence-based training program designed for people who care for older adults with dementia and their challenging responsive behaviours.
- Learners complete 4 modules that include interactive exercises and gain purposeful knowledge and develop skills that can be used immediately in dementia care.

Why is GPA important?

Successfully Diffuse Escalating Care Situations

- Persons with dementia have behavioural expressions that if unmet can escalate to distressing behavioural responses, aggressive interactions and workplace injuries.
- Communicating with people who have dementia and understanding their unmet needs are necessary skills to promote successful care interactions.
- Learning to confidently intervene and successfully diffuse escalating care situations with compassionate, person-centered, self-protective and non-violent techniques is best practice in dementia care.

Why is GPA unique?

Learn GPA Techniques

- Over 60,000 people and 900 GPA-trained coaches in health care across Canada and the United States have benefited from learning GPA techniques and are confident in escalating care situations and caring for older adults with dementia by:
 - Learning about brain changes that can lead to responsive behaviours;
 - Knowing and focusing on the person behind the disease;
 - Learning how to interpret aggressive behaviour as a behavioural response to an unmet need;
 - Identifying triggers and communication strategies that are respectful in diffusing challenging behaviours;
 - Understanding personal responses; and
 - Practicing personal and team de-escalation techniques that are compassionate, respectful, person-centered, safe, and self-protective.



GPA

Gentle Persuasive Approaches

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Who learns GPA ?

People who care for or work with older adults with dementia

Personal Support Workers	Nurses
Nurse Practitioners	Physicians
Health Care Aides	Managers
Directors of Care	Students
Housekeepers	Administrators
Social Workers	Dietary Aides
Occupational Therapists	Clergy
Physical Therapists	Educators
Dental Hygienists	Dentists
Paramedics	Others



*"Excellent program!
Very resourceful and improved my
knowledge on caring for elderly with dementia."*
GPA-health care provider

*"The course reminds me that patience,
compassion, and patient focus
is most important"*
GPA-health care provider

Where can GPA be used ?

Long-Term Care
Retirement Homes
Residential Care
Home Care
Community Care
Hospitals

Certified college/university health care programs

Other settings where people may interact with older adults with dementia

*"This was an excellent workshop.
I feel better prepared to deal with situations
where actions become escalated."* GPA-health care provider

*"This course definitely educated me and provided me
with lots of tools and skills to interact with those
with dementia."*
GPA-health care provider



Gentle Persuasive Approaches

Basic Training Program (8 hours)

Recognizing and responding respectfully and safely to catastrophic behaviours

Module 1: Introduction to GPA and Person-Centered Care

Module 2: Brain and Behaviour

Module 3: Interpersonal Environment-Communication Strategies

Module 4: Gentle Persuasive Techniques

GPA Program Benefits

- GPA Coach Certification 2-Day Training Program
- Pre-packaged learning and teaching materials
- Program Evaluation and Competency Certificate
- GPA Website with resources and online ordering
- Network of GPA Coaches
- Research opportunities

For more information about GPA

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GPA is an evidence-based training program from

AGE

Advanced Gerontological
Education