

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

Can people living in skilled health care environments be truly happy? Even in the newest of buildings designed to be as close to home as possible staff are discovering that there is still something missing. 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. This exciting approach describes the potential and shares 'how-to' stories.

Real Life Examples:

- * Giving activities aides a whole new approach to their daily work
- * Culture Change Steering Team developing a dining experience with an 'all hands on deck' wellness framework

AGENDA / OBJECTIVES

- * Introductions
- * What Stands In The Way
- * Exploring The Research
- * Understanding the Realms Of Wellness and Avenues to get There
- * Person-Centered Care Approaches That Promote Wellness
- * What Are We Already Doing Well?
- * What Can We Do To Continue Making Progress?
- * Who Can Make It Happen?
- * What Resources Are There To Support Our Efforts?
- * Final Learning Circle

Upon completion, participants will:

- * 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 use
- * Identify person centered care approaches that promote wellness
- * Discover action steps you and your Culture Change Steering Team can take to embed wellness into daily life



ABOUT THE PRESENTER: *In 15 years as an administrator, Glenn Blacklock led his organization through their culture change and pioneered many initiatives for elders in the facility that challenged what it means to be "frail." Now an Action Pact Consultant, Glenn encourages his clients to look at their environments through residents' eyes – where a good life every day is still within their reach.*

COST: \$120 for one Registration; \$99 each when registering 2 or more from same facility

This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Examiners of Long-term Care Administrators for 6 CEUs.

www.culturechangenow.com

ACTION PACT

414-258-3649

www.CultureChangeNow.com

Mail to:

Action Pact
7709 West Lisbon Avenue
Milwaukee, WI 53222

REGISTER your team for this workshop. This is for everyone. Also send caregivers, housekeepers, dining folks, Administrators and Nurses. Together you will be creating a good life for the residents.

Tuition: \$120 for one Registration
\$ 99 each if 2 or more from same facility

Wellness -- 12/4/14,2014

HOW TO REGISTER: Best: Register online and pay with credit card at www.culturechangenow.com
Fax or scan and email this form to 414-444-8815 / marsha.poulsen@actionpact.com (you will be invoiced).
Or mail check with this registration form to:

Action Pact, 7709 West Lisbon Avenue, Milwaukee, WI 53222

Questions? Call 414-258-3649 or send email inquiry to: marsha.poulsen@actionpact.com

Name of Attendee #1: _____ E mail: _____

Facility Name: _____ Phone: _____

Address: _____

City, State, Zip: _____

Credit Card Info: MC _____ Visa _____ Am EX _____

Card # _____ Exp. date: _____

Additional Attendee Names and Email Addresses

#2 _____

#3 _____

#4 _____