



**HQS PROFESSIONAL DEVELOPMENT**

PRESENTS

# TEEPA L. SNOW, MS, OTR/L, FAOTA

## BEST PRACTICES IN DEMENTIA CARE: KNOWLEDGE & SKILLS TO BE LEADING CARE PARTNERS

Tuesday  
May 5<sup>th</sup>, 2026

8:00 am to 4:00 pm

Canad Inns Destination Centre  
Polo Park  
1405 St. Matthews Avenue  
Winnipeg, MB R3G 0K5



**HQS PROFESSIONAL DEVELOPMENT**  
IS COMMITTED TO ORGANIZING QUALITY CONFERENCES AND  
CONTRIBUTING TO THE PROFESSIONAL DEVELOPMENT  
OF HEALTH CARE PROVIDERS IN OUR COMMUNITY

[www.hqs-pd.ca](http://www.hqs-pd.ca)

## DESCRIPTION OF WORKING SESSION

**TEEPA SNOW** and her Positive Approach to Care® or PAC team, are internationally recognized and respected dementia care experts who are actively and radically transforming the experience of dementia, at every level. They provide valuable training and support to professional organizations, caregivers and people living with dementia, based on their PAC model. HQS Professional Development is pleased to welcome her back to Winnipeg to present the most up-to-date, best practises in dementia care. Ms. Snow has greatly reduced her in person workshops, and we are one of twelve, full-day workshops she will deliver in 2026. Past Winnipeg workshops have sold out so register early.

“Until there’s a cure,  
there’s care™.”

- Teepa Snow,  
Dementia care Specialist

## For More Information

**HQS PROFESSIONAL DEVELOPMENT**

Ph: 204-228-6530 • Email: [LEIGH@HQS.CA](mailto:LEIGH@HQS.CA)

VISIT OUR WEBSITE AT

[www.hqs-pd.ca](http://www.hqs-pd.ca)

## AGENDA

7:00 am - 8:00 am	Registration
<b>8:00 am</b> - 11:30 am	Morning Session (Break 9:45 – 10:00)
11:30 am - 12:45 pm	Lunch (on your own)
12:45 pm - <b>4:00 pm</b>	Afternoon Session (Break 2:15 – 2:30)

### ■ Morning Session:

#### Welcome. Present essential information about dementia:

- Discuss four truths about all types of dementia
- Describe structural changes in the brain
- Describe dementia changes in sensory processing and other functional changes
- Discuss differences among the most common forms of dementia
- Highlight differences between typical and atypical aging

#### Describe the importance of reducing stigma surrounding dementia:

- Present the concept of *care versus abuse versus neglect*, and respect for autonomy
- Discuss the concept of shifting the narrative of dementia being *disease state to a life condition*
- Describe the importance of shifting away from an “us versus them” mentality

### ■ Afternoon Session:

#### Best practice techniques for supporting those living with dementia:

- Positive Physical Approach™
- Hand-under-Hand® support
- Visual-Verbal-Touch sequence of cueing
- The GEMS® States of Brain Change
- Communication strategies

#### Discuss strategies for managing challenging care situations:

- Describe the six major factors that may be used to determine the causes of challenging situations in dementia care
- Highlight the importance of watching for signs and signals of unmet needs to prevent escalation of distress
- Demonstrate techniques for managing challenging situations scenarios using role play

#### Concluding Remarks

### LEARNING OBJECTIVES:

This in-depth intensive workshop will enhance participants’ dementia knowledge and teach effective strategies for helping people living with dementia or other forms of brain change.

The overall goal of this workshop is to help care givers better manage resistance to care, foster participation and use of preserved skills for those living with brain change.

At the end of this workshop participants will be able to:

1. identify the different types of changes in brain structure and function during the condition of dementia.
2. describe effective combinations of multi-modal helping techniques for supporting individuals living with dementia, emphasizing use of preserved abilities.
3. discuss several important steps that can be taken to help reduce stigma surrounding dementia
4. describe the six key components to consider when managing challenging situations in dementia care.
5. identify a structured and organized approach to recognize and cope with challenging situations in dementia care by meeting needs and intervening early and often.
6. demonstrate verbal and nonverbal techniques to help de-escalate situations when someone living with brain change is in a state of distress.

### METHODS:

Ms. Snow will use a combination of lectures, discussion, role play, group interaction, case discussion, and problem-solving so as to actively engage learners in the content. Video clips, PowerPoint presentations, and role playing will be used throughout the workshop.

## ABOUT THE PRESENTER



**Teepa L. Snow,**  
**MS, OTR/L, FAOTA**

**Dementia care  
and Training Specialist**

**Positive Approach to Care®**

**Teepa Snow** is an internationally acclaimed dementia care expert and one of the world's leading educators and advocates for anyone living with dementia or other forms of brain change. Ms Snow is an occupational therapist with over forty years of rich and varied clinical and academic experiences. Her philosophy and academic contributions are a consolidation of her education, work experience, medical research, and first-hand caregiving experiences. Her advocacy efforts led her to the development of the GEMS® State Model. This model helps caregivers focus on what a person can still do rather than their losses, which helps preserve dignity and a sense of purpose. Teepa Snow's company, Positive Approach to Care® (PAC), was founded in 2006. She and her team have been collaborating to improve dementia care in over thirty countries worldwide. PAC offers training, certification, consulting, online education, products and support for professionals, family caregivers and those living with dementia. In addition, there is a non-profit foundation associated with her work: the Snow Approach Foundation (based in Hillsborough, NC), led by Teepa Snow, to promote community-based inclusive support for people living with brain change. Ms Snow is known for her dynamic presentation style that is informative, engaging, humorous, and empathetic. Please join in her mission to improve the culture of dementia care, one mind at a time.

Please visit [www.teepasnow.com](http://www.teepasnow.com)  
for a wealth of information and helpful resources.

### Location / Hotel Discount

**CANAD INNS DESTINATION CENTRE POLO PARK**

**1405 St. Matthews**

**Phone for reservations: 1-888-332-2623**

When making hotel reservation please quote  
"group reservation number #838481" for room discounts.  
Rooms must be booked 30 days prior to conference.  
Reserve early as rates are based on availability

## REGISTRATION FEES

### EARLY REGISTRATION:

RECEIVED ON OR BEFORE APRIL 4<sup>th</sup>, 2026

SINGLE	Full payment must be received on or before April 4 <sup>th</sup> , 2026.
\$270.00	
GROUP	For groups of 3 or more, registration MUST be submitted together with full payment by April 4 <sup>th</sup> , 2026.
\$250.00	
PER PERSON	

### REGULAR REGISTRATION:

AFTER APRIL 4<sup>th</sup>, 2026

SINGLE	Full payment must be received prior to conference date.
\$290.00	
GROUP	For groups of 3 or more, registration MUST be submitted together with full payment prior to conference date.
\$280.00	
PER PERSON	
FULL-TIME STUDENTS	For students who are attending 3 or more university credit courses this academic term. Full payment MUST be received prior to conference date.
\$215.00	

**RECEIPTS WILL BE DISTRIBUTED  
MAY 5<sup>TH</sup>, 2026  
AT THE REGISTRATION TABLE**

**PARKING** There is plenty of FREE parking

### Cancellation / Refund Policy

If unable to attend, we will be happy to refund the full amount if notified IN WRITING or EMAIL 14 days prior to the conference date. OR a substitution may be made if notification IN WRITING or EMAIL is received prior to the conference.

Refunds will not be given to those participants who do not attend the conference and do not provide HQS with notice of their absence prior to the conference.

## "TEEPA SNOW"

### REGISTRATION FORM

NAME

OCCUPATION

AGENCY/COMPANY

ADDRESS

CITY

PROVINCE

POSTAL CODE

PHONE

EMAIL:

### METHOD OF PAYMENT • PLEASE CHECK THE BOX:

AMOUNT TO BE FORWARDED: \$ \_\_\_\_\_

☐ CHEQUE

☐ E-TRANSFER • EMAIL TO [leigh@hqs.ca](mailto:leigh@hqs.ca)

☐ AGENCY PAYMENT  
IF INVOICE IS REQUIRED PLEASE EMAIL  
INFORMATION TO [leigh@hqs.ca](mailto:leigh@hqs.ca)

☐ VISA ☐ MASTERCARD

CARD #

EXPIRY DATE

### TYPE OF REGISTRATION:

<input type="checkbox"/> ADVANCED SINGLE	\$270	<input type="checkbox"/> ADVANCED GROUP	\$250
<input type="checkbox"/> REGULAR SINGLE	\$290	<input type="checkbox"/> REGULAR GROUP	\$280
<input type="checkbox"/> FULL-TIME STUDENT	\$215		

PLEASE MAKE CHEQUES PAYABLE TO: HQS PROFESSIONAL DEVELOPMENT

### HOW TO REGISTER:

**ONLINE:** Register online at [www.hqs-pd.ca](http://www.hqs-pd.ca)

**PHONE:** 204-228-6530

**SCAN** and email to [leigh@hqs.ca](mailto:leigh@hqs.ca)

**MAIL TO:**

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East St. Paul, MB R2E 0N4

