

# Gentle Persuasive Approach (GPA) Workshop

## Overview



This is a one-day interactive, evidence-based workshop designed for delivery to staff from all departments.

The overall goal of this workshop is to educate staff to use a person-centred, compassionate and gentle persuasive approach when responding to challenging behaviours associated with dementia and delirium.

There are four modules including an introduction that covers the principles of person-centred care and the meaning behind behavior, the impact of dementia and delirium on the brain, effective communication strategies, and finally some suitable and respectful self-protective physical techniques and body containment strategies that can be used to manage more catastrophic behaviours. At the end of the day, staff receives a GPA certificate of participation.

This workshop is offered twice/month at the St. Peter's site and is open to all staff at HHS.

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### Registration

Log into the [HHS Learning Studio](#) and search the catalogue for "GPA".

Select: "Add to My Learning" button. Then select the date you prefer. Select: "Add this course to my courses" to register.

For further information contact: [HHS-Education@hpsc.ca](mailto:HHS-Education@hpsc.ca).

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