

iIntegrated GPA

Independent eLearning & classroom session



Gentle
Persuasive
Approaches

Upon
completion of
iGPA, participants
receive a
Certificate &
wallet card

Online
Tech Support
for eLearning

A dementia care blended learning initiative by:

AGE

**Advanced Gerontological
Education**

To learn more about AGE
visit ageinc.ca

What is Integrated GPA?

Integrated GPA (**iGPA**) is a unique two-part dementia care education initiative that blends individual eLearning (Part 1) with a classroom session (Part 2), facilitated by a GPA Certified Coach. iGPA is equivalent to the standard full-day (4 modules, 7.5 hours) GPA Basics education session. iGPA is cost-effective and convenient for post-secondary institutions and large organizations who want to train large groups efficiently and quickly, ensuring swift transfer of knowledge into practice at the point of care. iGPA is multidisciplinary by design, which makes it ideal for healthcare staff across disciplines.

Part 1 Independent eLEARNING

GPA eLearning is an adapted version of our standard GPA Basics curriculum. Participants learn at their own pace, at times that are personally convenient. They are guided to better understand responsive behaviours associated with dementia in order to interact effectively, respectfully and safely at the point of care. GPA eLearning includes key content from our 4-module (7.5-hour) GPA Basics education session, delivered via short video tutorials. Learning is based on adult learning principles and designed to be engaging and motivating, enriched through vibrant graphics and professional narration. A GPA e-Manual is included.

Session Objectives

At the end of the session, participants will be able to:

- ✓ Recognize persons with dementia as unique human beings who can display an emotional response to stimuli.
- ✓ Understand that behaviour is related to brain function and that it is critical to apply strategies that maximize remaining strengths and compensate for losses.
- ✓ Use caregiving strategies that support persons at risk for delirium.
- ✓ Choose strategies that prevent and defuse responsive behaviours.
- ✓ Apply suitable and respectful physical techniques to situations of risk at the point of care.



What's Required? PC or Mac. For the best experience, the Chrome browser is recommended. Internet speed 400 Kb/s. Headphones (*not included*) will ensure a good audio experience.

Session Time: 2.5 to 3 hours.

TIP! AGE recommends that eLearning be completed in one sitting to ensure learning continuity and strong knowledge retention.



Part 2

CLASSROOM Session

In the classroom session, facilitated by a GPA Certified Coach, participants review and apply the GPA principles, strategies and techniques from their eLearning (Part 1) by participating in partner and small-group activities, creative solution finding and role playing/practice scenarios.

TIP!

AGE recommends that participants take the classroom session (Part 2) no more than 2 weeks after their eLearning (Part 1) to ensure learning continuity and strong knowledge retention.

Session Objectives:

At the end of the session, participants will be able to ...

- ✓ Recall and apply key GPA principles with hands-on activities.
- ✓ Demonstrate safe and respectful physical techniques.
- ✓ Apply GPA therapeutic approaches in a care scenario.

Classroom Ratios: 1 Coach / 10 participants (*maximum*).
2 Coaches / 20 participants (*maximum*).

What's required? GPA eManual (downloaded in Part 1). iGPA Guided small-group activities will require organizations to purchase a GPA Activities Learning Package for every 3 to 4 students (*shown right*, \$50.00 plus taxes).



GPA Activities Learning Package

Session Time: 3 hours.

IMPORTANT: The Classroom Session (Part 2) requires an in-house GPA Certified Coach. To certify a Coach, please contact us at info@ageinc.ca

Common QUESTIONS about iGPA

Is iGPA equivalent to a GPA Basics Session?

Yes! iGPA covers the same crucial knowledge and provides opportunity for knowledge application that participants receive in a full-day (7.5-hour) GPA Basics education session. AGE recommends that students take the Classroom Session (Part 2) no more than 2 weeks after their eLearning (Part 1) to ensure learning continuity and strong knowledge retention.

Is iGPA right for my organization?

Are you an organization or post-secondary institution that wants to train large groups, ensuring swift transfer of knowledge to the point of care? If so, then iGPA could be right for you:

- **iGPA is Convenient.** Online eLearning (Part 1) can be done at any time convenient to the participant. Classroom learning (Part 2) takes place at your site.
- **iGPA is Cost Effective.** iGPA's 2-part structure helps organizations reduce backfill costs and alleviate the logistics of scheduling for full-day replacement of staff.
- **iGPA Ensures Swift Knowledge Transfer.** Training large groups means organizations benefit from wide and rapid knowledge transfer into practice at the point of care. In their placements, students are more knowledgeable and therefore more confident in their interactions with older adults living with dementia.
- **iGPA is Multidisciplinary.** Suitable for everyone who interacts with older adults.

How do we sustain our investment in GPA?

The GPA In-House Champion Model

A critical component of GPA sustainability includes the in-house GPA Certified Coach (CC). These individuals are selected by their organizations to serve as practice change champions beyond the classroom setting at the point of care. AGE promotes GPA CCs to engage in case-based discussions, behavioural team facilitation and on-the spot mentoring by awarding credit for these coaching hours towards GPA CC Annual Maintenance Requirements. For more information on the selection and maintenance of the Coach role [click here](#).) Although the commitment to sustainability ultimately rests with the organization, our GPA Recharged (GPA-R) program supports GPA sustainability (*see more info below*).

What is GPA-Recharged (GPA-R)?

GPA-R is a 2-hour interactive group session, facilitated by your GPA Certified Coach at your site. It is designed to recharge staff's knowledge of GPA principles and skills. Sessions are tailored to meet the learning needs of

participants, based on current clinical issues and/or identified themes in the care setting. It is an unparalleled opportunity for group discussion on current care situations and a chance to engage in small-group solution finding for some of the complex scenarios that take place in dementia care. As part of group learning, staff are encouraged to share individual and team experiences as well as strategies and outcomes derived from using GPA at the point of care.

TIP!

AGE recommends that all staff take part in a GPA-Recharged session every two years.

Organizational Considerations

For their initial session, a GPA CC will require preparation time to review the GPA eLearning program, iGPA Coach Guide, Tutorial & supplementary materials. As the material becomes familiar, Coach prep time will decrease.

iGPA PRICING*

*Pricing includes independent eLearning & classroom session only. Cost of training a GPA Certified Coach is not included.

Number of Participants	Cost Per Participant
0 - 24	\$99
25 - 99	\$84.50
100 - 199	\$74.50
200 - 399	\$64.50
400 - 499	\$50.00
500 - 999	\$35.50
1,000+	\$25.50

HOW TO ACCESS iGPA

Contact us to register a group for iGPA and/or to discuss training your own in-house GPA Certified Coach:

Paula DiLoreto, AGE Operations Manager
paula@ageinc.ca
or info@ageinc.ca