

**Compassionate Touch® Coach Training**  
**Objectives and Content Outline**  
**Six-hours: 9:00 a.m. – 4:00 p.m.**

<b>LEARNER OBJECTIVES</b>	<b>CONTENT</b>
1. Articulate what Compassionate Touch® (CT) is as it relates to person-centered dementia care.	1. Define CT: What it is and is not.
2. Relate why touch matters in senior care today.	2. A) Touch deprivation in old age is real. B) Touch is not all the same. C) Touch is good medicine. D) Why touch matters to elders in LTC. E) Why touch matters to the family of an elder living with dementia. F) Why touch matters to YOU, the care-partner. G) Why touch matters to Providers. H) Why touch matters to society.
3. Perform CT skilled touch techniques, demonstrating application of guidelines.	3. Focused touch; hand massage; slow-stroke back massage; foot massage. Protocols for the busy care-partner. How to carry out a six-minute CT session: A) How to initiate the session/ permission. B) Technique instruction and demonstration. C) Partner practice. D) Safety precautions. E) Debriefing
4. Establish a means for tracking CT clinical outcomes.	4. Impact of CT on: A). Physical behaviors. B) Mood or expression. C) Resistance to care. D) Staff/ family satisfaction. E) Tracking tool and procedure.
5. Determine how to engage the care-team and family care-partners.	5. Steps and tips for engaging staff: A) Suggested 1 ½ hour outline B) Roll-out strategy C) Program visibility: pins, certificate, banners; stories. How to involve families and why: A) Action plan and resources worksheet B) Small group activity C) Debriefing.
6. Explore a plan for CT community outreach.	6. Orientation to CT Community Outreach Facilitator Guide.
7. Recognize the role of a CT Coach.	7. A) Expectations of a CT Coach B) Next steps C) ATI support and resources.
8. Closing	8. A) CT Comes Alive slide show B) Sharing circle C) 9. Course evaluations and certificates of attendance.
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