



# FORMAT OPTIONS

## Comparison Chart

Click on  
format links  
to learn even  
more!

There's more than one way to do GPA. Choose the format that best fits your needs.

Format	Components	Facilitation	Certificate
<a href="#">GPA Basics</a> In-Person or Virtual.	Four modules delivered consecutively over a 7.5-hr. day. Module 4 includes facilitation & demonstration of respectful self-protective & gentle redirection techniques for use in situations of risk.	Requires 1 – 2 GPA Certified Coaches (CC).  Ratio: 1 CC to 10 participants ensures participants learn competencies.  <i><a href="#">*Learn more about GPA CCs.</a></i>	Certificate of Participation.
<a href="#">Integrated GPA (iGPA)</a> Blended learning.  Part 1: GPA eLearning. Part 2: In-person or virtual — no more than 10 days after Part 1 to ensure learning continuity. Equivalent to GPA Basics.	PART 1: 2.5 – 3 hrs.  PART 2: 3 hrs. Participants review & apply GPA principles, strategies & techniques from their eLearning via small-group discussions & activities.	Part 2 requires 1 – 2 GPA Certified Coaches (CC)*.  Ratio: 1 CC to 10 participants ensures participants learn competencies.  <i><a href="#">*Learn more about GPA CCs.</a></i>	Two Certificates of Completion; one for each part.
<a href="#">GPA eLearning</a> Independent online learning. Ideal for healthcare students.	2.5 – 3 hrs. (Not intended to replace GPA Basics, the preferred model of delivery).		Certificate of Completion.
<a href="#">GPA-Recharged (GPA-R)</a> In-person. Recommended annual GPA knowledge & skills refresher.  <a href="#">GPA Renewal Schedule.</a>	2 hrs. For staff who have completed GPA Basics or iGPA. Supports GPA sustainability & promotes practice change.	1 – 2 GPA Certified Coaches (CC)* Ensures participants continue to provide compassionate person-centred and self-protective care.	Participation Wallet Card ( <i>personalized on completion.</i> )



\* **GPA CERTIFIED COACHES (CC)** are staff members chosen by their organizations to be trained by AGE Inc. to facilitate GPA Curricula for their colleagues, following completion of a GPA Certified Coach (CC) Workshop. If you would like a staff member(s) to become a GPA CC, scan the code to find an upcoming Workshop or email [info@ageinc.ca](mailto:info@ageinc.ca) or call 905.521.3950 ext. 1000. Visit us at [www.ageinc.ca](http://www.ageinc.ca)

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