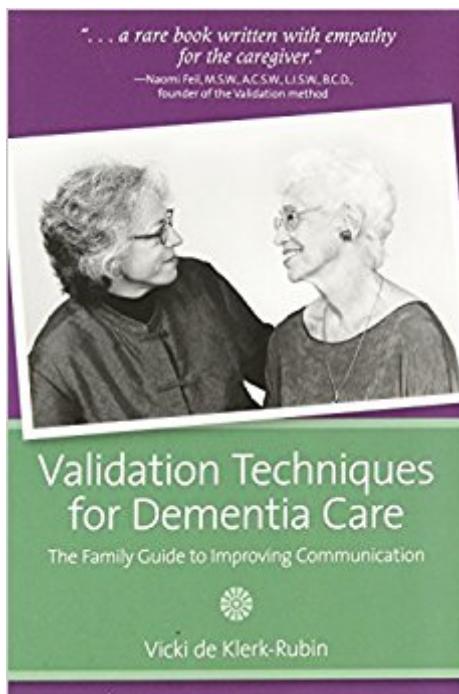


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# Validation Techniques For Dementia Care



## **Synopsis**

Written especially for family members and friends caring for people with dementia, this practical guidebook offers a solution to commonly faced communication and relationship difficulties. The Validation approach's caring, empathetic techniques have been used and valued by professionals and families around the world to support meaningful communication and interaction with people with memory impairments. Adapted from the best-selling book for professionals, *The Validation Breakthrough*, this hands-on resource gives family caregivers all the information and guidance they need to successfully implement proven Validation techniques and enjoy resulting benefits like \* reduced challenging behavior \* improved communication \* lower levels of stress and anxiety in both caregivers and older adults \* more satisfying relationships In addition to background information about dementia and the principles behind Validation, the book includes detailed, illustrated explanations of specific verbal and nonverbal communication techniques. Realistic case studies demonstrate the approach in action in many different relationships, including husband/wife, parent/child, and grandparent/grandchild. Caregivers who adopt Validation will learn how to break through the silence and pain of withdrawal and interact with their loved one with greater respect and compassion. Start re-establishing connections and improving relationships today with *Validation Techniques for Dementia Care*.

## **Book Information**

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## **Customer Reviews**

"Validation Techniques for Dementia Care is a rare book, written with empathy for the caregiver à |

Bringing 20 years of experience as a Validation presenter, practitioner, and teacher, [the author] offers families step-by-step ways of communicating, with a multitude of examples and exercises." Institute, Inc., Cleveland, Ohio 2001-01-01)"Validation Techniques for Dementia Care â | uses a combination of narrative and step-by-step guidelines to help readers truly integrate Validation techniques into their interactions with loved ones â | Reading this book will build mindfulness and empathy in caregivers, teaching them simple methods that can help them explore and support that emotional reality of aging persons and find relevance and meaning in their experiences." (Peter Whitehouse, M.D., Ph.D., and Danny George, M.Sc., authors of *The Myth of Alzheimer's: What You Aren't Bei* 2001-01-01)"How I wish I'd had this book when I was caring for my parents, both suffering from Alzheimer's disease. Through trial and error, I eventually learned to just forget about logic and reason and used what I called 'Go-With-The-Flow,' never realizing I was using a Validation technique. How much easier it would have been and how much time and heartache it would have saved to have instructions on how to manage the myriad of odd behaviors that occur in those with dementia." (Jacqueline Marcell, author of *Elder Rage* and radio host of *Coping With Caregiving* 2001-01-01)"This book contains controversial, yet highly enlightening, concepts that will aid family members in their quest to communicate with and find meaning in their relationship with their loved ones." (John C. Colletti, Psy.D., Licensed Clinical Psychologist; Certified Validation Teacher; President Chapman Senior Care, Richmond, VA 2001-01-01) --Naomi Feil, M.S.W., A.C.S.W., L., Executive Director, Validation Training"This book gives family members, friends, and others the keys to unlock the doors to continued relationships and opportunities for positive interactions with loved ones. Ms. deKlerk-Rubin presents the principles of Validation, gives meaningful guidance in negotiating the role of caregiver, provides techniques and approaches that have been proven to be useful, and gives excellent examples in the form of stories to guide application. An important contribution to the caregiving literature. --Harvey L. Sterns, Director, Institute for Life-Span Development and Gerontology and Professor of Psychology, The University of Akron"Vicki de Klerk-Rubin has penned a powerful complement to Naomi Feil's earlier works.â | Clear-cut examples from real life situations are offered as insights into effective verbal and nonverbal communication techniques to be used with someone who suffers from disorientation or dementia.â | Readers are left with concrete methods and a sense of hope as they toil through very difficult times." --Sandy Ransom, R.N., M.S.H.P., Director, Texas Long Term Care Institute 2001-01-01

Vicki de Klerk-Rubin, R.N., M.B.A., is the European manager of the Validation Training Institute and a certified Validation Master. She is the co-author of the 1992 revision of *Validation: The Feil*

Method and the 2nd edition of The Validation Breakthrough: Simple Techniques for Communicating with People with "Alzheimer's-Type Dementia." Ms. de Klerk-Rubin holds a bachelor of fine arts from Boston University and a master's of business administration from Fordham University, and is a Dutch-trained registered nurse. Since 1989, she has given Validation workshops, lectures, and training programs in Austria, Belgium, Denmark, England, Finland, France, Germany, Italy, Japan, Luxemburg, the Netherlands, Sweden, and the United States of America. She also has worked in numerous nursing facilities in Amsterdam, leading Validation groups and training staff. Ms. de Klerk-Rubin, a native New Yorker, is married to a Dutch diplomat and has 2 daughters who were born in Vienna, Austria. Together they have spent the last 20 years living in Amsterdam, Vienna, Bonn, and The Hague.

I have been struggling to understand how I can best relate to a loved one who has dementia. I know the condition will get worse, not better so I am eager to make the best of the time we have now. I have been thinking that I can help to fix things when in reality, after reading this book I now understand I need to concentrate on the feelings and needs of the person I care for and share those with them. Here we can find a meeting place where we can enjoy being together without a lot of the frustration I have been trying to overcome. By traveling with a loved one into the past due to their time confusion, I have now discovered a way to be with them in the present in a meaningful way that benefits both of us. The validation method is based on supporting the emotional reality of those who suffer from dementia, finding the relevance and meaning of the emotions. Reading this book has assisted me in finding peace in accepting the loved one with dementia even though this long good-bye will continue to be painful and difficult. This book has provided tools I can use to be productive during this healing process. I wish I would have discovered this reading sooner however, I will recommend it to others whenever I have the opportunity so they can benefit from its valuable information.

"Validation Techniques for Dementia Care" was recommended to me by a close friend who has implemented these communicating techniques in caring for his wife who is in stage two of Alzheimer's disease. I am glad I took his recommendation. The author builds on the principles and techniques developed by Naomi Feil as explained developed and described in her book "The Validation Breakthrough." The principles are practical, workable, and effective. The step by step guidelines are integrated with background narrative and illuminating information. "Validation Techniques for Dementia Care" is a valuable resource for family members, caregivers, and health

care professional. Highly recommended.

Excellent presentation of this subject by the "godmother" of validation therapy and how it helps people living with dementia.

Well packaged and informative.

We purchased this book to help us understand what is going on with a family member who has Parkinson's and the early signs of dementia associated with that. It was very helpful for all of us to read. It is a bit strong on "centering" which we don't care for, but we decided not to throw the baby out with the bath water, so to speak. There are practical examples of how to apply the validation technique that can be used without getting in to "centering." We are glad we read it. We've noticed a change in family relations since applying the techniques.

Great help. Learning how to communicate with my husband who is in the midst of Alzheimer's, has made such a difference. We have a relationship again, albeit a different one than we had, nevertheless we are close again. We'd lost that for a while. I highly recommend this approach.

Great stories to relate to the phases of validation. This is helping me as I relate with my aging mom in her exit from this life.

thoughtful information and techniques for giving loving dementia care

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