

*"... a rare book written with empathy
for the caregiver."*

—Naomi Feil, MSW, ACSW, LISW, BCD,
founder of the Validation method



Validation Techniques for Dementia Care

The Family Guide to Improving Communication



Vicki de Klerk-Rubin

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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 tested Validation techniques and enjoy resulting benefits like * reduced challenging behavior * improved conversation * lower levels of stress and anxiety in both caregivers and older adults * more satisfying relationships In addition to background information regarding dementia and the principles behind Validation, the book contains complete, illustrated explanations of specific verbal and nonverbal communication techniques. The Validation approach's caring, empathetic methods have been used and valued by specialists and families all over the world to aid meaningful communication and conversation with people who have memory impairments. Written especially for family members and friends caring for people with dementia, this useful guidebook offers a remedy to commonly faced communication and relationship difficulties. Caregivers who adopt Validation will learn to break through the silence and pain of withdrawal and connect to their cherished one with higher respect and compassion. Reasonable case research demonstrate the approach in action in many different relationships, including husband/wife, parent/kid, and grandparent/grandchild. Start re-establishing connections and enhancing interactions today with *Validation Approaches for Dementia Care*.



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Exceptional presentation of validation therapy. It really is a good way to communicate with people who have Dementia/Alzheimer's. I have already been thinking that I can help fix things when in reality, after reading this book I today understand I have to concentrate on the emotions and needs of the person I look after and share people that have them. Here we can find a conference place where we are able to enjoy being together with out a large amount of the frustration I have already been trying to overcome. By traveling with a loved one into the overdue to their time confusion, I've now discovered a way to become with them in today's in a meaningful method that benefits both of us. The validation technique is dependant on supporting the emotional realty of these who have problems with dementia, finding the relevance and meaning of the emotions. It is a bit strong on "centering" which we don't care for, but we decided not to throw the infant out with the bath water, as they say.. I wish I would have discovered this reading sooner nevertheless, I'll recommend it to others whenever I have the opportunity so they can reap the benefits of its valuable information. Helpful Material We purchased this reserve to help us understand what is going on with a family member who has Parkinson's and the early signs of dementia connected with that. It was very useful for all of us to read. Scanning this book has assisted me to find peace in accepting the cherished one with dementia even though this very long good-bye will still be painful and tough. There are practical illustrations of how exactly to apply the validation technique which you can use without getting in to "centering." We have been pleased we read it. Communication tool for caregivers A must have for a caregiver of somebody with dementia. I think the techniques described in the book may help me get more info from my cherished one. Learning how to communicate with my husband .. This publication has provided equipment I could use to be effective in this healing process. Great help. Learning how exactly to communicate with my husband who is in the midst of Alzheimer's, has made such a difference. We've a relationship once again, albeit a different one than we'd, nevertheless we are close again. I highly recommend this approach. We'd dropped that for some time. Finally, tools I could use to relate with someone you care about with dementia I have been struggling to comprehend how I could best relate to a loved one who has dementia. Excellent presentation of the subject by the "godmother" of validation therapy and how it helps people living with dementia. Informative and helpful thoughtful information and approaches for giving loving dementia care Five Stars Well packaged and informative. Good suggestions on communication This book gives clear recommendations on what to say and how to say it, when communicating with anyone who has memory loss. Great help. Great stories to relate to the phases of validation Great tales to relate with the phases of validation. Succinct description for utilizing the "Validation" with Alzheimers Individuals. We've noticed a transformation in relatives since applying the methods. This is helping me as I connect with my aging mom in her exit out of this life. This was clear to see and follow the steps for utilizing the technique with patients. I know the condition are certain to get worse, not really better so I am eager to make the best of the time we have now.



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