



Validation Techniques for Dementia Care

By Vicki De Klerk-Rubin RN MBA MSW

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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.**

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Editorial Review

Review

"Validation Techniques for Dementia Care is a rare book, written with empathy for the caregiver ... 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 ... uses a combination of narrative and step-by-step guidelines to help readers truly integrate Validation techniques into their interactions with loved ones ... 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.... 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.... 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

About the Author

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.

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Playing with family within a park, coming to see the sea world or hanging out with pals is thing that usually you will have done when you have spare time, then why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Validation Techniques for Dementia Care, you can enjoy both. It is very good combination right, you still wish to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its identified as reading friends.

David Dugas:

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