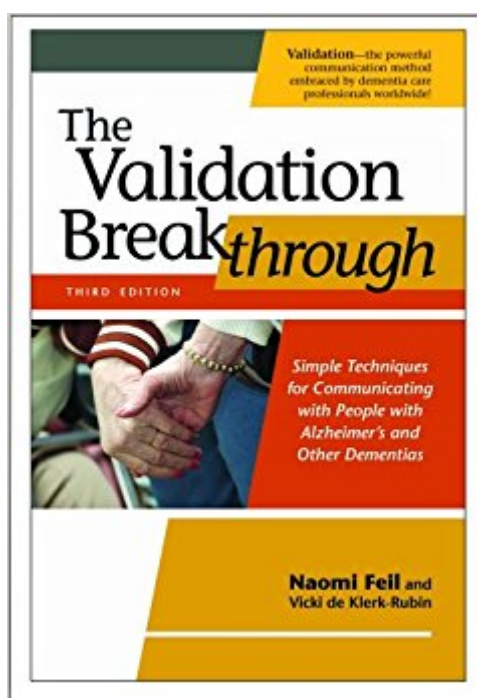


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# The Validation Breakthrough: Simple Techniques For Communicating With People With Alzheimer's And Other Dementias



## Synopsis

Validation is a practical way of communicating with and managing problem behavior in older adults with Alzheimer's-type dementia. It helps reduce stress, enhance dignity, and increase happiness. Since its inception in 1989, Validation has helped thousands of professional and family caregivers improve their relationships with residents and loved ones with dementia. Caregivers who use these techniques validate older adults' expressed feelings, rather than focusing on disorientation and confusion. In this Anniversary Edition of *The Validation Breakthrough*, you'll learn how to create relationships between confused older adults and their caregivers; be caring and non-judgmental; understand and handle challenging behaviors; interpret non-verbal cues in a way that promotes communication; and implement Validation in your own care setting through the experiences of Authorized Validation Organizations around the world. The Validation method is easy to learn and positive results can be seen in both caregivers and residents. Residents express less anger and anxiety, decreasing the need for chemical and physical restraints. Residents communicate more and exhibit an increased sense of humor. Residents often move better and experience an improved sense of self-worth. Staff members express a greater sense of fulfillment at work and feel better prepared for handling difficult situations. Staff members demonstrate a higher level of camaraderie. Families visit more often. *The Validation Breakthrough* is an essential resource for all settings providing dementia care including assisted living facilities, nursing homes, skilled nursing facilities, hospice, home health care, adult day services, family care settings, and more. Join the 10,000+ agencies in over 16 countries that are successfully implementing Validation in their organizations and start changing how you care for individuals with dementia today.

## Book Information

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## Customer Reviews

Naomi Feil has developed practical techniques to open doors previously shut, span bridges across vast communication divides, and bring comfort and joy to disoriented elderly, their caregivers and loved ones. -- --Fran Bulloff, J.D., President, Validation Training Institute  
Validation can and does help individuals with agitation and aggressive behavior. This book gives you the approach, the tools, and the opportunity for healing. I highly recommend it to my medical colleagues and all those caring for individuals with Alzheimer's or other dementias. --Craig P. Solberg, MD, HealthEast Medical Care for Seniors, St. Paul, Minnesota  
Validation is a moral imperative in our time. Read this book and learn how to communicate with people with and without dementia. On virtually every page is an insight that helps us break through the fears of aging, dependency, and death. --Michael Verde, Memory Bridge, Founder and President

Naomi Feil, M.S.W., A.C.S.W., is the Executive Director of the Validation Training Institute, in Cleveland, Ohio. She is the creator of Validation, currently recognized throughout the world as a state-of-the-art therapy for older people diagnosed as having Alzheimer's dementia or related disorders. Ms. Feil earned her master's degree of social work from Columbia University and studied at the New School for Social Research, Case Western Reserve University, and the University of Michigan. In 1963, she became dissatisfied with traditional therapies for older people with dementia and began to develop her own methods for helping older people cope with the disorientation that is sometimes part of the aging process. In addition to her earlier book on Validation, Ms. Feil has published numerous journal articles and has produced nine award-winning films on Validation. The first edition of *The Validation Breakthrough: Simple Techniques for Communicating with People with Alzheimer's Type Dementia* has sold 40,000 copies. She is internationally recognized for her work with older people and is one of the most sought-after trainers in the field. More than 30,000 facilities in the United States of America, Canada, Europe, and Australia have adopted Validation, and nearly 90,000 professional and family caregivers have attended her workshops in North America, Australia, and Europe. There are 16 Validation centers that teach Validation certification courses in 11 countries. In Switzerland, every agency that serves older people uses Validation.

Very disappointed as the title implies assistance with communicating with Alzheimer's patients. My wife has AD and I am always looking for guides or assistance to help ease some of her confusion. Once into the book, I found that the Validation technique is for dealing with what the author refers to as "old-old" patients (80+). And in these cases, the technique is "..... for older adults with Alzheimer's-type dementia who are struggling to resolve unfinished business before they die." The author further points out that "People who fulfill their life tasks at each stage achieve integrity in late life.....These people do not need Validation." Hello....what am I doing with this book? Maybe I didn't read the reviews clearly enough. My wife has had a fulfilling and comfortable life....what would I be trying to help her validate? This may be a great technique for the professional with difficult patients in a care setting, but I found no value helping me. I finally gave up as the volume of examples were not what I could relate to either by event or by age.... My wife is not "old-old" and is not trying to resolve some past issue (at least not that I'm aware of .....been married 50 years). I simply want to help her when she gets overwhelmed with confusion. I would be reluctant to recommend this book to the average caregiver of an Alzheimer's patient.....at least a spouse.

Good, good book on caregiving for elders with dementia. Am using the techniques outlined in this book with my husband. Validating him regularly, he has begun to trust me again. When I was using reality-based techniques, we were becoming enemies. It's still difficult living with someone with dementia, but so much better than it was before I read this book. I highly recommend it.

Without this book, I would not know how to react appropriately when faced with the sudden effusions of disorientation in time and place that disrupt conversations with my 92-year-old mother. This is a particularly useful combination of theory supplemented by many specific examples that illustrate how to respond. The ideas about the importance of validation for human beings also have a way of spilling over into your own life. Don't put off getting this book if you're dealing with this kind of problem.

My Mom has Alzheimer's and this book has helped me a lot. Being a Medical person I thought I knew all about this disease, well I was wrong. This book has so much good helpful info that I read the book in 4 days and now I am re-reading with underlining parts.

My mom is 80 years old and suffers from Alzheimer's related dementia. Everyday we go through her thinking someone has kidnapped 2 of her children. She trikes to go looking for them and gets angry

when we won't let her go outside and look for them. This book helped me know how to validate her fears and comfort her. She lost two children to death while she was at work. I am so thankful that now I know how to comfort her and get her through these terrifying times.

This is the best book dealing with dementia I've ever read. I highly recommend it to anyone working with dementia patients or family members of dementia patients. Practicing the principles in this book are revolutionary and I wish this book was mandatory reading for everyone in the medical profession from caregiver to physician.

This new version is excellent. The case studies that Naomi and other Validation workers tell really make you understand how validation can help. I read this version while taking the Validation Teachers course. I found together with the case studies it really helped put all the principles and techniques of Validation together.

...short chapter vignettes help you to deal with new everyday situations. You can't cure it. What you can do is do your best to ease their mind, and leave them in a pleased state of mind. This book helps, and I was told by nursing home staff that they use it too. This is my second copy purchase, a gift.

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