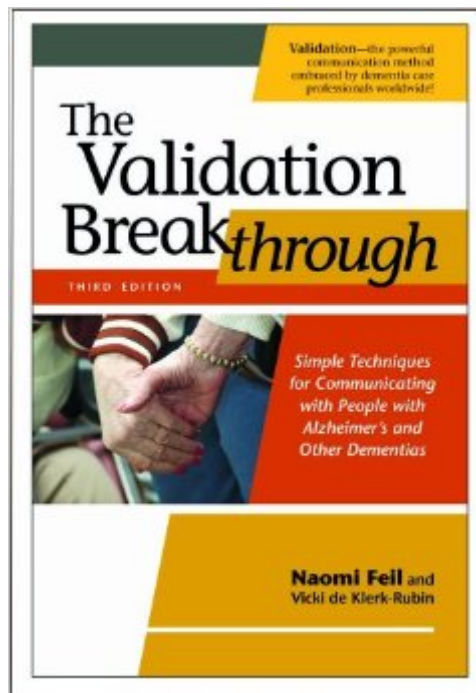


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# The Validation Breakthrough: Simple Techniques For Communicating With People With Alzheimer's And Other Dementias



## 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

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.

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.

...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.

This approach is not revolutionary. It takes up the ball where the book entitled "Extraordinary Results from Ordinary Teachers" leaves off. It approaches the Alzheimer's Patient or any patient from the human love stand point and gives the caregiver insight about how they may feel. This is something the new caregiver will find revolutionary in creating a home for a loved one.

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.

I wish I had heard of Validation Therapy years ago. My Mother has Alzheimer's and I've begun to use the techniques described in the book. They have worked well. I recommend you read this book if you unfortunately have a loved one with any form of dementia. It also gives a great deal of insight

into the mind of someone with dementia.

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.

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.

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