

Welcome to the Heritage Senior Care Inc. Newsletter, we are so excited to share this newsletter with our clients, their families and the community.

Heritage Senior Care Inc. has been serving the needs of seniors for over 36 years. Our mission is to help seniors who wish to stay in their homes, but may require assistance with activities of daily life, transportation and companionship.

Contact Us

Heritage Senior Care, Inc.
2755 Jefferson Street, #101
Carlsbad, CA 92008

1-(800)-562-2734
info@heritageseniorcare.com
www.heritageseniorcare.com

CA HCO# 374700058

Validation Therapy for Dementia



BY SOLANA SLOAT

When we speak to a client with Dementia, whether the response is a verbal or non-verbal, the goal is to create a conversation that is mutually beneficial for both caregiver and their loved one. When providing non-medical home care for our client's with dementia our caregivers aim to promote independence, preserve dignity and celebrate each client's individuality. In the early stages of assessing a client, we attempt to identify all aspects of your loved one with dementia; by identifying their habits, daily routine, temperament and what we can learn to help bridge communication between the caregiver – establishing trust and fostering a connection.

This Month we will spotlight some techniques that highlight the effectiveness of Validation Therapy when caring for a family member with dementia by offering some scenarios and possible interventions:

Scenario #1. Janice, who has dementia, always enjoyed putting together puzzles, her daughter Alicia noticed that lately she has difficulty putting the puzzle pieces together.

Question: If Janice was to do strange things with the puzzle instead of connecting the pieces — should you as a caregiver or family member demonstrate to Janice how to correctly connect the puzzle pieces?

The philosophy of Validation Therapy would encourage the caregiver/family member to utilize their imagination; by asking Janice, “How do you put the

Do Not Ask Me to Remember

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.
Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.
- Owen Darnell



puzzle pieces together?” It’s helpful to display an eagerness to learn by asking “How do you build the puzzle? Can you teach me?” By communicating in this manner with someone with dementia, who is currently confronting a loss of control and abilities, it allows someone like Jan to feel they are being acknowledged and helps establish trust. Additionally, by Alicia’s willingness to learn Janice’s way of assembling the puzzle reassures that Jan is capable of her hobby that she loves, and she has something valuable to offer to her caregiver Alicia.

Scenario #2. Bob has been fidgeting his hands more often, which is a symptom related to his Dementia — his wife Nancy wanted to occupy Bob’s hands to help reduce his non-stop fidgeting, so Nancy came up with an idea. Nancy recollects how Bob enjoyed working in his shop with his tools, you see he used to be a carpenter and built his own dining set and hutch. Nancy found a toy at a thrift store, that was designed for children, a small wooden box covered with locks and latches. Bob’s wife wants to occupy his hands so she can minimize his urge to rub his hands together. Upon engaging her husband in this activity, he takes to it right away, he seems to be reminiscing on a time where he was providing use In his craft as a carpenter.

When discussing the benefits of Validation Therapy, we at Heritage Senior Care Inc. must give credit to Naomi Feil, who pioneered this technique in the early eighties when she launched her first publication, titled: Validation, “The Feil Method in 1982.” Naomi describes her childhood when grew up around seniors with Dementia in a Board and Care ran by her father, Fell describes in the “Amsterdam- TED Presentation,” (the link is listed at right) that it was in listening- not communicating, that she expressed validation to those with Dementia that needed this level of understanding. Another important aspect of

validating one’s feelings with dementia, is not to fabricate or what they call a “therapeutic lie.” For example:

Scenario #3. John has dementia and lives with his son and his three grandchildren, he has had a rough day and is in a panicked state looking for his wife who has been deceased for 3 years. Should John’s son offer a therapeutic lie, by telling his Dad, “Mom went outside for a little bit, she will be back,” so that John doesn’t have a breakdown in front of his grandkids. According to Feil you don’t argue with someone with dementia. It i better to validate by saying, “Are you thinking of Mom right now Dad, I know you have great memories with her. Remember when we all went to the Grand Canyon and got lost, we still had a great time.” According to Feil, John, deep down inside, is aware that his wife is dead, but slowly and surely, he needs to come to his own conclusion — this is a better solution than arguing with a person with dementia who is visibly upset.

Naomi Feil has available resources and tips to help family members, spouses or even young children to understand how to communicate with their loved one with dementia. There is even an online course available for spouses, family members and caregivers that want to better understand the application of Validation Therapy.

For more information regarding Validation Therapy please visit the resource links below:

https://www.youtube.com/watch?v=ESqfW_kyZq8&feature=youtu.be

<https://vfvalidation.org/how-do-i-validate-when-i-am-a/>

<https://www.alzsd.org/services/support-discussion-groups/>



SOLANA SLOAT is a Business Development Representative and Care Manager for Heritage Senior Care Inc. Sloat is committed to serving seniors with the attention and care they deserve. Sloat has a B.A. in Human Development with an emphasis in Gerontology from California State University, San Marcos.