



Validation Techniques for Dementia Care

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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