

Date	Format	Contents	Materials	Est. Time
Upon registration and payment:		Participants receive a copy of the book Validation for Family Caregivers by post before the start of the course	Jana sends email: Welcome & Course Preparation	
Any time before Week 1		<p>Goals:</p> <ul style="list-style-type: none"> • Get comfortable with the technological aspects of the course • Understand the course structure and what is expected. • Get acquainted with your fellow participants by in the bulletin board to introduce yourself 		
	“Leave a Reply” section	<p>Organization & Introductions</p> <p>Action: Create a file folder for this course and save all down-loaded materials in this folder.</p> <p>Action: Download and read the Welcome & Course Preparation document if you have not already done this.</p> <p>Action: Download and save the course syllabus</p> <p>Action: Download the Power Point slides</p> <p>Action: Take the Pre-Survey and send it to jana@vfvalidation.org</p> <p>Action: Exercise in the “Leave a Reply” section https://vfvalidation.org/lesson/orientation-session/</p> <p>Introduce yourself to the others in the class. Please include your name, where you live and why you are taking this class.</p>	Course syllabus Pre-Survey Power Points	30 minutes
Week 1 June 29, 2019		<p>What is Validation and how can it help me?</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand Validation on a basic level • Understand the structure of the course and know what to expect in each block • Understand that it will take time to change behavior and learn how to use Validation 		

		<ul style="list-style-type: none"> • Set realistic goals • Start learning how to center 		
	<p>Internet Video 1</p> <p>Power Point slides 1-8</p> <p>“Leave a Reply” section</p>	<p>What is Validation and how can it help me?</p> <p>Action: Watch Video 1</p> <p>Action: Fill in Review of Knowledge 1</p> <p>Action: Practice centering</p> <p>Action: in the “Leave a Reply” section: Describe a situation when you feel stressed and maybe lose control or find difficult to handle.</p>	<p>Video 1</p> <p>Review of Knowledge 1</p>	
<p>Week 2 July 6, 2019</p>	<p>Interactive Webinar 1</p>	<p>Webinar 1</p> <p>Objectives:</p> <ul style="list-style-type: none"> • get to know each other and begin to build trust in the group • become a bit comfortable with conversing on ‘zoom’ • figure out technical problems with participating in webinars • understand how the 3 elements of the Validation triangle work together and know 3 realistic goals for this course. <p>Agenda: Introductions and get to know each other (test network connections and learn how to interact productively online) Review key concepts from video 1 using the Review of Knowledge 1 as a guide.</p>	<p>Zoom Webinar</p>	<p>1 hour</p>
	<p>Journal</p> <p>“Leave a Reply” section</p>	<p>Action: Start a ‘centering journal’</p> <p>Action: in the “Leave a Reply” section. Reflect on your situation with your relative and respond to the following two statements: 1) These comments or situations are difficult for me to handle. 2) These comments or situations make me feel good. Report to classmates one time when centering changed something either in you or in your everyday experiences</p>	<p>Personal centering journal</p>	<p>15 minutes</p>

Week 3 July 13, 2019		Dementia and Diagnosis Objectives: <ul style="list-style-type: none"> • Describe the difference between dementia and Alzheimer’s disease; know a few simple characteristics of the different forms of dementia and how late onset Alzheimer’s disease is diagnosed. • Identify the characteristics of your relative who is living with dementia • Know what aspects of Validation will be helpful in enhancing communication with your relative 		
	Self-paced Taped Session Power Point slides 9-24 “Leave a Reply” section Personal Centering Journal	Video 2a and 2 b: Dementia and Diagnosis Action: Watch Video 2a Action: Watch Video 2b Action: Read <i>Validation Techniques for Dementia Care</i> , pages 5-14, 30-38 Action: Fill in Review of Knowledge 2 Action: Using the information in the book, try to identify the stage of resolution your relative is in. Use the Checklist if it helps. Action: Practice centering and continue journal Action: in the “Leave a Reply” section: Post a message to your peers: According to my assessment, my relative has.... Describe the type of dementia and phase of resolution. The characteristics that I see/hear/feel that contributes to this assessment are....	Video 2a Video 2b Review of Knowledge 2 Checklist to determine phase	
Week 4 July 20, 2019	Interactive Webinar 2	Webinar 2 Objectives: <ul style="list-style-type: none"> • review the information covered in Videos 2a and b • exchange experiences and problems with the material learned in an atmosphere of trust Agenda: <ul style="list-style-type: none"> • Review of Knowledge 2 can be used as a guideline • Discussion of situations that are difficult to handle and those that feel good. 	Zoom Webinar	

	Personal Centering Journal “Leave a Reply” section	Action: Read <i>Validation Techniques for Dementia Care</i> , pages 14-17 Action: Practice centering, see page 114 in the book, keep journal Action: in the “Leave a Reply” section: Post how you used centering in a way that helped you.		
Week 5 July 27, 2019		Tools for thinking differently: Validation Principles and Prerequisites Objectives: <ul style="list-style-type: none"> • Describe at least 3 principles that relate to the basic attitude • Describe the prerequisites to Validation techniques • Describe how you are able to view your relatives in a positive light: as a person in the final stage of life striving to die in peace; every behavior has a meaning and purpose; should be accepted as they are because they cannot change. 		
	Self-paced Taped Session Power Point slides 25-33 “Leave a Reply” section Digital Centering Journal	Video 3a and 3b: Tools for thinking differently: Validation Principles and Prerequisites Action: Watch Video 3a: Principles that have to do with changing attitudes Action: Read pages 17-30 Action: In the “Leave a Reply” section: identify a difficult situation with your relative. Describe the behavior and what you think could be the reason behind this behavior. <i>Example:</i> my mother steals towels from hotels; she grew up in a war situation and her family was very poor and she’s reliving...’ Action: Watch Video 3b: Principles having to do with how we approach maloriented and disoriented people: Action: Practice centering and use the Personal Centering Journal Action: Fill in the Review of Knowledge 3 Action: Using your Personal Centering Journal, imagine one difficult moment with your relative. Really try to picture it, hear it and feel it. Write in your journal what you think your relative is feeling or needing at that moment.	Video 3a Video 3b Review of Knowledge 3	

<p>Week 6 Aug 3, 2019 9am-10am Mountain time</p>	<p>Interactive Webinar 3</p>	<p>Webinar 3 Objectives:</p> <ul style="list-style-type: none"> • exchange experiences and problems with what was learned in Videos 3a and b in an atmosphere of trust • Name 3 things you want to do differently with your family member (and your plan for beginning to change this) • Identify some actions or behaviors that seem to have deeper meaning and purpose <p>Agenda:</p> <ul style="list-style-type: none"> • Review of Knowledge 3 can be used as a guideline • What can you do differently that might enhance your communication with your relative? 	<p>Zoom Webinar</p>	<p>1 hour</p>
	<p>Digital Centering Journal</p>	<p>Action: Read pages 39-46 Action: Practice centering and maintain Journal Action: Fill in observation form</p>	<p>Observation Form</p>	
<p>Week 7 Aug 10, 2019</p>		<p>Basic Attitude Objectives:</p> <ul style="list-style-type: none"> • Describe the Validation basic attitude • Begin to apply the basic attitude to problem situations you are having: make eye contact, get in front of my relative, pay attention to my voice tone, pay attention to how close or far away I am from my relative • List at least 5 things you can do to help yourself so you can you're your relative: • Become aware of the emotions and needs of older people with dementia. Gain understanding in your automatic reactions that are less useful. 		
	<p>Self-paced Taped</p>	<p>Video 4: Basic Attitude Action: Watch Video 4</p>	<p>Video 4</p>	

	<p>Session</p> <p>Power Point slides 34-37</p> <p>“Leave a Reply” section</p> <p>Digital Centering Journal</p>	<p>Action: Fill in Review of Knowledge 4</p> <p>Action: in the “Leave a Reply” section</p> <p>List 3 things you do for yourself that give you new energy and make you feel good.</p> <p>Action: Practice centering every day and maintain your Journal</p>	Review of Knowledge 4	
<p>Week 8</p> <p>Aug 17, 2019</p> <p>9am-10am</p> <p>Mountain time</p>	<p>Interactive Webinar 4</p>	<p>Webinar 4</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Identify at least 3 things you can do practically that integrate the basic attitude • Identify at least 3 things you can do that give new energy <p>Agenda:</p> <ul style="list-style-type: none"> • Use Review of Knowledge 4 as a guideline • How did the ‘Emotions’ exercise help you? • What elements of the basic attitude were easy to use? And which ones were difficult? • What could you do for yourself to give new energy? 	Zoom Webinar	
	<p>Digital Centering Journal</p> <p>“Leave a Reply” section</p>	<p>Action: read pages 47-60 from Validation Techniques for Dementia Care</p> <p>Action: Write down what you think your relative is feeling or needing during one day. Use your personal journal.</p> <p>Action: Keep journaling your daily centering</p> <p>Action: in the “Leave a Reply” section:</p> <p>How were you able to use what you learned about voice tone, distance and observing your relative in the past week? What worked?</p>		
		Week off		

<p>Week 9 Aug 23 & 24, 2019 at Alzheimer Association of Colorado From 9am to 5:00pm Each day</p>	<p>Live, in-person class 9am – 5pm Dates: Location: 455 N. Sherman Street Suite 500 Denver, CO</p>	<p>Practical skills and meet in person</p> <p>Agenda:</p> <ul style="list-style-type: none"> • Practice all skills relating to the basic attitude using exercises • Practice all verbal and non-verbal techniques using exercises and role plays • Practice videotaping and uploading to the secure website • Exchange problems and solutions to daily issues <p>After this 2-day lesson, participants are invited to video tape ‘Validation sessions’ with their family member and post them to a secure website in order to get feedback and share their development. The Teacher will review these sessions and give verbal feedback through interactive webinars.</p>		<p>14 hours</p>
<p>Week 10 Aug 31, 2019</p>	<p>Interactive Webinar 5</p>	<p>Webinar 5</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Get feedback and supervision on your integrating Validation skills into daily life. • Exchange problems and solutions with other participants <p>Agenda:</p> <ul style="list-style-type: none"> • How is it going? What went well and what was difficult? • If there are individual videos or audio tapes, we will review them and give validating feedback <p>Action: in the “Leave a Reply” section: Share your learning. What was the most meaningful experience in Validation this week?</p>	<p>Zoom Webinar</p>	
<p>Week 11 Sept 7, 2019</p>	<p>Self-paced Taped Session “Leave a</p>	<p>Additional information and issues</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand the pros and cons of using psychotropic and sedative medications • learn about other methods that can be used 	<p>Video 5 Review of Knowledge 5</p>	

	Reply” section Digital Centering Journal	<ul style="list-style-type: none"> • know where to find additional information, training and support <p>Video 5: Additional information and issues Additional information and issues Action: Watch Video 5 Action: In the coming 2 weeks, try one new activity with your relative Action: in the “Leave a Reply” section: What new activity worked for you? What happened? Action: fill in Review of Knowledge 5 Action: keep centering every day and tracking it in your Journal</p>		
Week 12 Sept 14, 2019	Interactive Webinar 6 “Leave a Reply” section	<p>Webinar 6 Objectives</p> <ul style="list-style-type: none"> • Get feedback and supervision on your integrating Validation skills into daily life. • Exchange problems and solutions with other participants <p>Agenda:</p> <ul style="list-style-type: none"> • How is it going? What went well and what was difficult? • If there are individual videos or audio tapes, we will review them and give validating feedback <p>Action: in the “Leave a Reply” section: Share your learning. What was the most meaningful experience in Validation this week?</p>	Zoom Webinar	
Week 13 Sept 21, 2019	Interactive Webinar 7 “Leave a Reply” section	<p>Webinar 7 Objectives</p> <ul style="list-style-type: none"> • Get feedback and supervision on your integrating Validation skills into daily life. • Exchange problems and solutions with other participants <p>Agenda:</p> <ul style="list-style-type: none"> • How is it going? What went well and what was difficult? 	Zoom Webinar	

		<ul style="list-style-type: none"> If there are individual videos or audio tapes, we will review them and give validating feedback <p>Action: in the Discussion Board: Share your learning. What was the most meaningful experience in Validation this week?</p>		
Week 14 Sept 28, 2019	Interactive Webinar 8 “Leave a Reply” section	<p>Webinar 8 Objectives</p> <ul style="list-style-type: none"> Get feedback and supervision on your integrating Validation skills into daily life. Exchange problems and solutions with other participants <p>Agenda:</p> <ul style="list-style-type: none"> How is it going? What went well and what was difficult? If there are individual videos or audio tapes, we will review them and give validating feedback <p>Action: in the “Leave a Reply” section: Share your learning. What was the most meaningful experience in Validation this week?</p>	Zoom Webinar	
Weeks 15, 16 & 17		Continue exchanging ideas and getting support on the “Leave a Reply” section.		
Week 18 Final lesson Oct 26, 2019	Interactive Webinar 9	<p>Webinar 9 Objectives</p> <ul style="list-style-type: none"> Feel supported and able to use Validation with your relative Can describe one new positive outcome Know where you can find help and support in the future Feel a sense of closure after this final meeting <p>Agenda:</p> <ul style="list-style-type: none"> How is it going? What went well and what was difficult? 	Zoom Webinar	Participant

		<ul style="list-style-type: none">• What do you need at this point? <p>Action: download the Participant Evaluation sheet and Post Survey document. Send both completed documents to: jana@vvalidaton.org no later than July 22, 2019</p>	Evaluation Post Survey	
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