

Family Caregiver Course

Welcome & Course Preparation Page

**Welcome** to this course on Validation for Family Caregivers.

Knowing that the needs of family caregivers are special, VTI has developed this unique course geared towards those needs. We want you to develop new skills and insights to enhance your relationship and communication with your relative who is living with dementia.

**Overview of this course:**

Making minimal demands on your already busy time schedule, you will learn by watching videos whenever you want, joining other participants at scheduled on-line webinars using a skype-like computer program and then practicing skills in a 2-day, in-person training at:

Alzheimer’s Association of Colorado

455 North Sherman St., 5th Fl Suite 500, Denver, CO

We have also set up a discussion board that is private, only for participants of this course, where you will have specific exercises to do and can network with each other.

You will also have the opportunity later on in the course, to video tape your Validation sessions and share them in the group for supervision and feedback. These should be recorded in a digital format. You can use your smart phone and it is suggested that you use a tripod. Instructions on how to upload your video will be given during the course.

Your teachers are Vicki de Klerk-Rubin



Vicki is a Certified Validation Master and has been teaching Validation since 1990. She developed this Family Caregiver curriculum based on her book, *Validation Techniques for Dementia Care: a Family Guide*. Vicki has relatives with late onset Alzheimer’s disease and brings that personal experience into the learning process.

Carmen Bowman

Carmen Bowman is a consultant, trainer, author and owner of *Edu-Catering: Catering Education for Compliance and Culture Change* turning her former role of regulator into educator.  She is Certified Validation Presenter.  She enjoys teaching how meaningful life can be the focus for persons living with dementia via the practices of culture change and the practices of Validation developed by Naomi Feil.

**Family Caregiver Course Schedule**

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| Week 1 starts  March 16, 2019 | Introductions  Video 1 |
| Week 2 starts  March 23, 2019  9am – 10am MST | Webinar 1 |
| Week 3 starts  March 30, 2019 | Videos 2a and 2b |
| Week 4 starts  April 6, 2019  9am – 10am MST | Webinar 2 |
| Week 5 starts  April 13, 2019 | Videos 3a and 3b |
| Week 6 starts  April 20, 2019  9am – 10am MST | Webinar 3 |
| Week 7 starts  April 27, 2019 | Video 4 |
| Week 8 starts  May 4, 2019  9am – 10am MST | Webinar 4 |
| **Week Off** | |
| Week 9  May 18 & 19, 2019 | **Live, in-person class** |
| Week 10  May 25, 2019  9am – 10am MST | Webinar 5 |
| Week 11  June 1, 2019 | Video 5 |
| Week 12  June 8, 2019  9am – 10am MST | Webinar 6 |
| Week 13  June 15, 2019  9am – 10am MST | Webinar 7 |
| Week 14  June 22, 2019  9am – 10am MST | Webinar 8 |
| ***3 week interval: Practice skills and exchange ideas*** | |
| Week 18  July 20, 2019  9am – 10am MST | Webinar 9 |

**To prepare for this course:**

**In order to access the website pages for this course, you need a password. If you have not done this already, please email** [**jana@vfvalidation.org**](mailto:jana@vfvalidation.org) **to get your password.**

**Web pages:** There are 3 web pages that will be used  
  
The course syllabus, notices, power point slides, discussion board and video viewing can be found at: <http://vfvalidation.org/new/course/family-caregiver-course/>.

Live, interactive webinars will be hosted at <https://zoom.us/j/859659154>

Should you wish to share videos, they will be uploaded via a secure and HIPAA compliant website <https://vfvalidation.sharefile.com/login.aspx?cmd=f&id=foa9e701-5b05-4861-931c-388ce647fdb1>.

Note:  
Please use Chrome Browser!  
Download <http://www.google.com/chrome/>. Students have had many problems with Internet Explorer so give Chrome a try.

**Before March 16, 2019**, please go to the course web page:

Download the [Syllabus](http://vfvalidation.org/documents/telecourse/Syllabuschicago2015.pdf) and complete all the actions listed as “Anytime before Week 1.”

* Create a file folder for this course and save all down-loaded materials in this folder.
* Download the Power Point slides
* Take the Pre Evaluation and send to your teacher: (add email address)
* Practice using the Discussion Board
* Introduce yourself to the others in the class. Please include your name, where you live and why you are taking this class.

Between March 16, 2019 and March 23rd:

Follow the instructions on the syllabus which are repeated on the webpage for Week 1

**Before March 23rd:**

Go to the Zoom website listed above. You will need to download that program. Practice “joining a meeting” and test your audio and video as directed on the Zoom site. If you are having difficulties, take a look at the following video:

[**https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-**](https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-)