**Benefits of Validation**

Disoriented old-old people respond to Validation. Change in behavior is slow and fluctuates from day to day, but permanent change does occur.

**Here are some of the results that you can expect:**

**Older adults living with cognitive decline:**

* sit more erect
* keep their eyes open more
* display more social controls
* cry, pace and pound less
* express less anger, fear and other painful emotions
* communicate more verbally and non-verbally.
* often move better and more often.
* withdraw less.
* experience an improved sense of self-worth.
* may assume familiar social roles in groups.
* develop an improved awareness of reality, even though this is not a goal of Validation.
* find their sense of humor

**Caregivers, both at home and in care communities experience:**

* a decreased need for chemical and physical restraints
* morale is increased and burn-out is decreased
* a greater sense of fulfillment at work
* competence when handling difficult situations

**Families experience:**

* more joy with their loved ones
* improved relationships
* better communication
* greater understanding, less anxiety, guilt or anger

**Validation Statistics:**

* Over 400,000 people have attended Validation workshops.
* Over 8,000 people have been certified in Validation
* Validation books and videos are translated and used in: the US, Canada, Australia, Austria, Belgium, China, Denmark, Finland, France, Germany, Holland, Israel, Italy, Japan, Norway, Slovakia, Spain, Sweden and Switzerland.
* There are Authorized Validation centers in the United States, Austria, Belgium, China, France, Germany, Israel, Italy, Japan, Slovakia, Spain, and Switzerland.
* Over 40 scholarly articles on Validation are available online on our website.
* Over 200,000 Validation books have been sold.
* In the past 40 years, Naomi Feil has given over 900 workshops in the United States, 1000 workshops in Europe, Africa and Asia plus 50 television interviews.

This post is also available in: [French](https://vfvalidation.org/benefices-de-la-validation/?lang=fr) [German](https://vfvalidation.org/ergebnisse-von-validation/?lang=de) [Italian](https://vfvalidation.org/benefici-di-validation/?lang=it)