

Validation News

A Newsletter from the Validation Training Institute

Validation is a method of communicating with and helping disoriented very old people. It is a practical way of working that helps reduce stress, enhance dignity and increase happiness. Validation is built on an empathetic attitude and a holistic view of individuals.



Validation in China

by Kevin W. Carlin, MS
Principal and EVP of Operations
Meridian Senior Living

In August, world-leading dementia expert and creator of the Validation Method, Naomi Feil made her first presentation in mainland China. What started as an idea in January for a possible intimate visit to introduce the concept to an Assisted Living Community in Beijing blossomed into two presentations that put Validation on the map in China. It truly was a historical event.

The culmination of the week took place in Renmin University in Beijing. There was a sold out audience of over 900 people and unfortunately, 100's more had to be turned away. The room was filled with prominent physicians, government officials, students, professors, and caregivers. One prominent Chinese official talked before Feil's speech about his challenge and frustration with his parents who are in their 90s. Throughout the presentation, he studiously took notes.

On the first day of her presentation, Naomi worked her magic by teaching a group of about 100 caregivers and professionals at an Assisted Living Community in Beijing. As she carried on a role-play with the translator, I watched the participants react in the same ways I had seen in various U.S. Workshops. Another highlight was when Naomi was role-playing and began to sing a song in Chinese with a member of the audience and the entire auditorium began singing the lullaby.

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Validation Training Institute

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After the first day, people started to use WeChat (similar to Facebook but bigger) to share what they had seen, and what was supposed to be a simple newspaper interview turned into a media frenzy. We walked into the media room, and to our surprise there were approximately 20 reporters and four news stations including CCTV (the largest TV station in the entire world).

I have had the pleasure of knowing Naomi for about a decade, and it is always a pleasure to watch her work her magic. I have seen Validation change people's lives, and witness firsthand her influence on caregivers and seniors in a country that is hungry for ways to impact their aging populations' lives. I watched people moved to tears when they realized that there were techniques that could help improve their lives. I sat in awe, as I have in all of the 15-20 workshops that I have attended, but I got to witness it for the first time in China. Thank you, Naomi, for your gift to the world.

I was just on the phone the other day with our partners in Beijing and they said "we knew this was important, but we didn't know how important this would be."



They have since scheduled a Validation Worker course (level 1) in Beijing and their goal is to have the first AVO in China. They are also working with Naomi, and will have one of the Validation books translated into Chinese.

A special thanks to my partners at Meridian Senior Living, Sino-Oceanland, Senior Living L'amore, Alzheimer's Disease China, and the China/US embassy, who all had a role in making wonderful event happen.

I know this is just the first brick in the process but the Great Wall was also built one stone at a time.

Validation @ TEDx by Lena de Klerk



Technology, entertainment, design. Some of you might be familiar with these three words. I know I was when I submitted my grandmother, Naomi Feil, for a TED event at the end of last year. I had been watching TEDTalks and listening to the TEDRadio Hour for a while and strongly believed (and still do) that Validation would fit perfectly in with this eclectic and revolutionary community of information exchangers. On the 29th of May 2015, in the Okura Hotel in Amsterdam, Naomi Feil presented a short and powerful talk about Validation https://youtu.be/ESqfW_kyZq8. So powerful in fact that she was one of the few presenters to receive a standing ovation! The theme of the TED event, hosted by TedX Amsterdam Women, was how women contribute to global change. I am sure that many of you can attest to the fact that Validation, founded by Naomi, a strong female member of our global community, has contributed to global change.

Watching a TED event from the first row is quite a different experience compared to watching from home or being somewhere in the middle of a throng of professional women of all ages and ethnicities and dressed to the nines. It was thrilling to feel the energy of the women behind me and to see Naomi present her life's work within this vibrant context. Along with about 15 others, among them politicians, medical professionals, artists, royalty, architects, public speakers, business executives and athletes, Naomi took to the stage to share her knowledge. Naomi was by far the most senior individual presenting at the conference and this allowed for some very touching



moments. For example, during one of the breaks TEDxAms had organized a Q&A session and Naomi was the only presenter who was given a chair. This allowed for a very touching image as people of various ages, all younger than Naomi, came to speak with her and eventually ended up sitting in a circle around her. This informal setting gave the audience the opportunity to ask more personal questions about Validation ("my mother has Alzheimer...") and to voice their interest in Validation from a more corporate direction ("I work at a nursing home..."). I found this experience very powerful.

All in all I believe this event was a great success and a boost to Naomi and to Validation, especially from a PR perspective. Although Validation received quite some Internet recognition

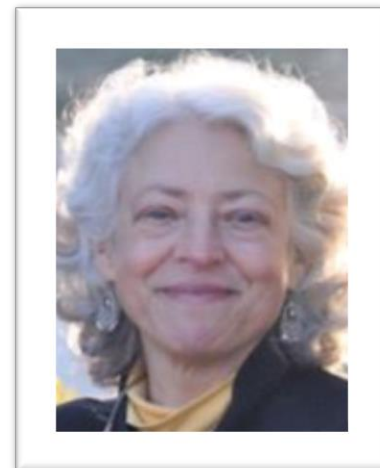
through a BUZZFeed article from a few months ago, I would love to see Naomi present at another TED event, maybe in the in the USA or elsewhere. If you would like to see her present at another TED event closer to home and to help spread Validation around the globe YOU can help by submitting Naomi and Validation for a TED event on the TED website! Here is the link for the website: <https://www.ted.com/about/conferences/speaking-at-ted>

and here is the speaker nomination link: <https://speaker-nominations.ted.com/>

Let's make this happen

Congratulations!

The Validation Training Institute would like to congratulate Vicki de Klerk on her appointment as Executive Director. Vicki has been instrumental in the development of Validation in the US, Asia and Europe. She was a founding member of the European Validation Association (1993) and active VTI Board participant since the 1980's. In addition to her current duties as a certified Validation Master teacher and AVO coordinator, she will actively work towards executing a business plan that will allow the VTI to grow and expand into a more professional worldwide organization dedicated to bringing better care to all elders in need of Validation and their caregivers. Her current projects include completing an internet-supported training just for family caregivers and a Modular Learning curriculum to help memory care communities implement Validation throughout their staff.



Plans for Expanding the VTI

Validation began as the personal practice of a brilliant individual, Naomi Feil in the mid-1960s. With the help of a few supporters she created the Validation Training Institute (VTI) as a vehicle for spreading information, training practitioners and trainers. Since 1981 Naomi has been the Executive Director of VTI, driving forward its mission to help elderly people around the world.

Over the past 25 years, VTI has created and delivered constantly evolving training programs in 23 countries, published 4 books in 12 languages, created films and built an international network of affiliated organizations. There are over 350 certified Validation teachers and a growing number of Master teachers to mentor and support them.

Now, Validation, once a maverick concept, is comfortably in synch with contemporary thinking about Alzheimer's care and the number of people who need Validation training is rapidly growing. VTI cannot support much more expansion or new program development with the current lack of staff, and growth is necessary to both its survival and the fulfillment of the mission to bring Validation to more people.

VTI developed a 5-year strategic plan to guide this expansion: from mom 'n pop shop to professional organization. We need to raise seed money to kick this off this transformation. We are looking for individual supporters to help us reach our initial goal. With \$50,000 we can hire a part-time grant writer, who will begin to build long-term sources of funding for VTI. With more steady sources of funds, we can hire additional staff; create marketing strategies, and annual development plans.

Most importantly, by building VTI's organizational capacity, we ensure that those who need Validation - get it.

There are so many programmatic outcomes that can only be realized by expanding our professional staff: training for family caregivers, training for first-responders, in-home coaching, affordable training for nursing home staff, coaching over the internet, widespread dissemination of resources, and more.

Help us help those who need and want to learn Validation.

Help us reach our goal of \$50,000 by the end of this year.

Do you know someone with resources who has been helped by Validation?

Do you know of an organization who might be interested in partnering with VTI?

Please let me know.

Sincerely,

Vicki de Klerk-Rubin

Newly appointed Executive Director for Validation Training Institute

vdeklerk@vfvalidation.org

News from the Executive Director

AVO NEWS – Germany

If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea. (Antoine de Saint-Expery)

Under this guiding principle, the nursing staff of Pflegeimpulse Inc has continuously trained staff in the basics of validation by Naomi Feil for more than four years. Not only management, but also the staff of Pflegeimpulse determines the topics for continuing education. Future training is based on the needs and topics suggested by staff. An important item was and remains, Validation by Naomi Feil.

I am very happy to announce that, as of July 1, 2015, Pflegeimpulse has become the Authorized Validation Organization for the German states of: Bremen, Hamburg, Lower Saxony, Schleswig-Holstein, Saxony and Saxen-Anhalt.

Under this new patronage, a Level 1 Validation Worker course was started which will be followed by a basic course for family caregivers in both Bremen and Celle as well as a Level 2 Validation Group Practitioner course in Bremen.

Pflegeimpulse is expanding its work through coaching and counseling for family caregivers of people with a form of dementia as well as classes and coaching for professionals and non-professionals who want to practically integrate Validation in daily activity and develop their Validation skills further.

Group Validation is also being implemented in Pflegeimpulse's residential communities.

I feel honored to work with and assist this new AVO.

Heidrun Tegeler, CVM

China - After a successful series of workshops by Naomi last August in Beijing, VTI is now in the process of signing a new AVO contract with Sino-Ocean Senior Living Operation Management Co, Ltd. Sino-Ocean has already announced its first Level 1, Validation Worker course to begin in October 2015, taught by Validation Teacher Eric Portnoff. It's also pushing forward with the Chinese translation of Naomi's book: Validation: the Feil Method.

Sweden - In 2015 and 2016, the Karlskoga AVO is focusing on training Validation teachers. In March, Anna-Karin Bergsten (nursing assistant), Maria Hedman (Registered nurse) and Ann-Marie Englund (occupational therapist) were certified as Validation presenters. They are now doing the co-teaching requirements in order to become Certified Validation Teachers.

Maria Hedman is now co-teaching with Vicki de Klerk in Cork, Ireland in a Worker (level 1) course that started in April. Anna-Karin Bergsten is co-teaching with Rita Schwarz in Karlskoga in a course that started in August. Ann-Marie Englund is planning to be co-teacher to Rita Schwarz during a course which starts in 2016.

In Karlskoga, there is also a unit for people with dementia (where Anna-Karin Bergsten works) who are working towards the goal of becoming known as a "Validation home".

Italy - Fondazione Castellini (based in Milan) - in November we will conclude the second level course that is taking place in Melegnano, while the first level will end in December. A first-level course will be launched in early 2016 in Bolzano, and at the same time, it is also organizing another course in Melegnano.



Lt to Rt. Anna-Karin Bergsten, NA; Vicki de Klerk, CVM; Lisa Kihl (leader of elderly care and head of AVO Karlskoga, Sweden); Rita Schwarz (Validation Teacher, behind Lisa) Maria Hedman, RN; Ann-Marie Englund, OT

In Development

Modular Learning for staff in care-giving facilities of all kinds - day care, long term care, memory care units and so forth. These four 2-day modules offer in-house training for all professionals working in care-giving settings. Each module is self-standing and offers its own set of participant outcomes/skills learned. Each builds upon the previous module and participants who follow all 4 modules with continual practice of Validation skills in between modules, they are eligible for certification testing if desired. The full package includes: a detailed curriculum including exercises, video clips, handouts, power points and end-of-module evaluations. This package will be for sale only to Validation Teachers and AVOs. Facilities that wish this training can contact the VTI at info@vfvalidation.org for more information.

For **Family Caregivers** interested in taking an internet course, we are developing one for you. This course combines elements of taped videos that can be watched anytime with interactive webinars where family caregivers can exchange ideas and get specific suggestions from a skilled Validation teacher. There is also a 2-day live, in-person training session where participants practice new skills to help them maintain loving and positive relationships with their disoriented relatives through better communication. This training will become available through VTI. Please contact the VTI at info@vfvalidation.org for more information.

For **Validation Teachers**, a new publication will be coming out soon - *Validation Population and Dementia Diagnoses*. This booklet, written by Validation Teachers for Validation Teachers, explores how Validation can be used with people who do NOT fit into our usual group of clients, those who are in the Resolution stage of life. From their personal experiences, Teachers from around the world shared, discussed and analyzed their experiences of using elements of Validation with aging people with Down's Syndrome, fronto-temporal dementia, Lewy Body dementia, and even people in palliative care. This practical guide will prove useful to all Validation Presenters and Teachers because it includes teaching materials and helpful hints for handling this topic.

Secret project- Naomi and her son Ed will be creating short 'How-To' videos offering vfvalidation.org visitors tips for communicating better with people who have some forms of dementia.

Words of Wisdom and Laughter from Our Elders

I've Not Forgotten You

When I wake up today
I may not know who you are;
but I've not forgotten you.

When I ask for you
and you are right there, but I don't see you,
I've not forgotten you.

When I look at you
and ask who is this person with slightly grey hair
saying she is my daughter,
fret not, I've not forgotten you.

When I look for my child,
and I see an adult standing by me,
I've not forgotten you.

For my child,
I remember you as a child,
with all the love and caring as a parent,
I've not forgotten you.

So when I begin to call
your daughter by your name,
it just proves,
I've not forgotten you.

Poem by Doug Dollarhide 1995©:

We now have a LinkedIn page. Follow VTI on LinkedIn and Facebook. We'll be posting more often and giving you updates on all our new developments.

We want your feedback!

Validation Training Institute

Please email Newsletter Editor
jana@vfvalidation.org with any
questions, comments, or suggestions.
We accept submissions for further
newsletters.