

WINTER NEWSLETTER

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A Non-Profit Agency devoted to wise aging

21987 Byron Road
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Editor: Naomi Feil

CLINICAL COLUMN

Q. WHEN DO YOU USE THE VALIDATION TECHNIQUE, MIRRORING?

A. Use Mirroring when very old disoriented people (called Alzheimer's or with related disorders): 1. shut out present reality; 2. lose their eyesight, hearing, recent memory, speech, reflective self-awareness, logic, commonly understood dictionary words and social controls; 3. word-doodle; 4. feelings become incontinent. To mirror, first observe their physical characteristics. Match their breathing, facial muscles, lower lip, arm movements, leg movements, and body rhythms. Dance to their tempo. Eye-contact must be on an equal plane. Move with the person. With genuine empathy, mirror their hand-movements. Genuinely match their feelings. Using short words, say their gut emotion out loud. If they do not respond with dictionary words, sing a culturally meaningful song that matches their emotions. Link their behavior to the unmet human need. (love, safety, work, usefulness, genuine expression of human emotions.) Validation Practioners find that Mirroring can result in increased verbal communication, relaxed gait, breathing becomes more even and anxiety lessens. The Validation Team can indicate which behaviors to mirror, how often to mirror, and which staff members are comfortable in mirroring, using the Validation Treatment Plan. To succeed, the staff members must be consciously aware of their own feelings, to put their own feelings in the closet, so that they can tune into the strong emotions of the disoriented very old person.

ATTENTION VALIDATION TEAM! The New VALIDATION® TREATMENT PLAN, on the next page is ready for your use. Incorporate this plan in your facility for best results.

NEWSLETTER© 1988, Naomi Feil.

INDIVIDUAL VALIDATION® TREATMENT PLAN*

DATE:

V/WORKER:

Resident's Name: _____

Stage: (Maloriented) (Time Confused) (Repetitive Motion) (Combination)

Contact Time: _____ Minutes Per Day _____ Minutes per Week

SELECT AND APPLY APPROPRIATE VALIDATION TECHNIQUE FROM
COLUMN TWO:

(Write in letter or Validation Technique)

VERBAL VALIDATION:

Topic to Discuss: _____

Unfinished Life Task: _____

Preferred Sense: _____

Validation Technique: _____

NON-VERBAL VALIDATION:

Task-Oriented Movements: (baking, folding, mixing, writing, counting, pounding, serving, napkin stacking, etc.)

Repetitive Movements to Match and Mirror: Pacing, patting, clucking, swaying, dancing, praying, rhyming, painting, humming, playing musical instrument, ball throwing, singing, chanting, poetry, etc.)

Song Titles to Sing: _____

Appropriate Touch: _____

Validation Technique: _____

Sit Resident next to: _____

Encourage them to (sing, talk about, move, touch, etc.)

Equipment Needed: Bean bag, ball, rhythm instrument, food to serve neighbor, paper, pencil, poem, paints, dough, pots to wash, linen to fold, yarn, purse, elastic or parachute, other work materials or music tapes _____

COLUMN TWO

VALIDATION® TECHNIQUES:

I. VERBAL VALIDATION

- A. Observe their Physical Characteristics (eyes, skin tone, muscles, hands, breathing, etc.)
- B. Listen to the words the person uses
- C. Match their preferred sense *
- D. Ask: Who? What? Where? When? How? (avoid Why)
- E. Repeat their key words. Paraphrase. Summarize.
- F. Ask the extreme. (How bad? Worse? Best? etc.)
- G. Reminisce: (How did it used to be before . . .)
- H. Imagine The Opposite: (When are things better? Is there a time when your clothes are NOT STOLEN . . etc.)
- I. Can we find a creative solution together? What did you do when this happened before? Tap an earlier coping method that worked.

II. NON-VERBAL VALIDATION

- A. Center. Put your Own feelings in the closet.
- B. Observe their gut emotion.
- C. Say the emotion out loud with emotion. Match the emotion.
- D. Mirror their movement. Pick up their breathing. Match rhythms.
- E. Link their behavior with the unmet need: love, safety, to be useful, to express gut emotions and to be validated.
- F. Touch: (their cheek with the palm of your hand; the back of the head, the jaw line, the shoulder, the upper arm, etc.)
- G. Maintain genuine eye contact.
- H. Ambiguity. Use a vague pronoun (he, it, someone, that, etc.) when you cannot understand the word-doodles.
- I. Sing familiar songs that match their feelings.

*** Preferred Sense Words:**

Visual: Look, picture, see, notice, watch, clear, bright, etc.

Hearing: Sounds like, loud, scratchy, noisy, clear, still, etc.

Feeling: Feel, hits, strikes, hurts, scary, touches, hard, heavy, etc.

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VALIDATION NEWS AROUND THE WORLD

Joy Goodwin, CVT, Social Service Director, The Baptist Home, Ironton, Mo. is our first Validation® Proctor. She will administer Validation tests. The Validation® Board in Cleveland will grade the tests and award the diplomas. Joy has completed her study, "WHAT IF IT'S NOT ALZHEIMER'S". Her findings show that Validation does improve behavior of residents who have been diagnosed, " Alzheimer's Disease." Joy concludes..."The study has emphasized the need to create a greater awareness of other reasons for disorientation, many of which are reversible."

Dr. Colin A. sharp. 2/28 Caroline St., Hawthorne, 3123, Victoria, Australia, is completing a GOAL ATTAINMENT SCALE to evaluate his Validation Project.

Jo Campbell is teaching Validation throughout Southern Australia.

Validation articles have been translated into Portuguese, Dutch and Spanish.

The Validation Training Institute's New Videos (also available in 16mm. movie film), MARGE, THE BLAMER and MURIEL, THE WANDERER, part of a series entitled, ACT YOUR AGE!, are being used world-wide. Naomi will present MURIEL, THE WANDERER, in Zurich, Switzerland for the Federation of Women's Clubs Overseas, and In Australia in April for the Community Aged Care Resource Center. Write THE NEWSLETTER to preview the videos.

Adeline Summach, CVT, Bev Hillman and Marnie Fisher have presented their Validation Program to the Canadian Association of Gerontology in Halifax. Their Validation Program has been highly successful with both residents and their families.

ANSWER TO OPEN ENDED QUESTION

A survey taken by Naomi Feil in 50 homes throughout the U.S. and Canada indicates that most disoriented residents respond to being called by their full name. Feelings of self-respect and life reviews occur.

1989 Validation Workshops will be held in: New York, Montana, Indiana, Minnesota, West Virginia, Ohio, Texas, New Jersey, Louisiana, Illinois, Vienna, Southern Australia, Zurich, Alberta, Canada, Michigan, Oregon, North Dakota, Ontario, Canada, Pennsylvania, California, Iowa, and Idaho.

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