

Humanitude

	Humanitude	Validation
Definition	<p>Method of communication and stimulation of the elderly person.</p> <p>Goal: to accompany the resident with dignity to his right need.</p> <p>To consider him as a human being regardless of his pathology, his disorders.</p>	<p>This <i>method of communication</i> is based on building a relationship with older adults with cognitive decline. The aim is to accompany them while acknowledging ("validate") the emotions and needs being expressed, whether they still have the ability to speak or not.</p>
Concept of humankind	<p>Accompany the resident thanks to the pillars: the gaze, the touch, the speech, the verticality.</p> <p>Man is made to be and remain a standing man</p>	<p>Holistic vision of people: physical, psychological and social factors are all critical to how people age and if they become Mal or disoriented.</p>
Goals	<p>For the older adult:</p> <p>Increase verbal and non-verbal communication;</p> <p>Increase the feeling of well-being and self-esteem;</p> <p>Expression of emotions and being listened to</p> <p>Build 1 real support project. To allow the resident to be an actor in his life, his autonomy, his future. This is achieved through the implementation of customized help.</p> <p>For the speaker: professional:</p> <ul style="list-style-type: none"> -a real joy at work -results that are easy to quantify -Less burnout -a reduction in the workload <p>For family carers:</p> <ul style="list-style-type: none"> - a rediscovery of their loved ones' abilities. - a much more positive, caring and stimulating look. - family satisfaction expressed very clearly to employees. 	<p>For the older adult:</p> <p>Increased verbal and non-verbal communication;</p> <p>Increased feelings of well-being and self-worth;</p> <p>Expression of emotions and being actively listened to with empathy leads to less anxiety and stress;</p> <p>Their process of resolving old issues is continually 'validated'</p> <p>Validation prevents isolation and loneliness which prevents withdrawal inward to vegetation.</p> <p>For the caregiver (professional or layperson):</p> <ul style="list-style-type: none"> Less burnout More joy and energy Feeling more capable of handling difficult situations <p>For family caregivers:</p> <ul style="list-style-type: none"> Improve communication with relatives living with dementia; (Re)build a positive relationship; Older adults can stay in their own homes longer; Less burnout
Basic Theory	<p>Based on 3 General Elements:</p> <ul style="list-style-type: none"> - Basic Attitude and Empathy. 	<p>Based on 3 Main Elements:</p> <ul style="list-style-type: none"> - The Attitude based on empathy.

	<ul style="list-style-type: none"> - Communication and physical support techniques. - The Principles developed by Rosette Marescotti and Yves Gineste - Gaze: pay attention to the other. Create a preliminary step to emotional complicity. -Talk: to dress up the gestures. The tone should be melodious, gentle and musical. -Standing: to prevent some illness and encourage certain abilities. "Live and die standing". -Touch: to end the relationship. It has to be gentle, soft and charged with tenderness in order to be vast, enveloping and protecting. 	<ul style="list-style-type: none"> - Tailored communication techniques, - Principles developed by Naomi Feil in reference to human beings psychophysical and social developmental theories. She refers to humanistic authors such as E. Erikson, C. Rogers, J. Piaget, S. Freud, C.G. Jung, A. Maslow...
Targeted population	Older adults	Older adults with cognitive losses; those diagnosed with 'late onset Alzheimer's disease. Aspects of Validation (the validating attitude and some techniques) can be used with many different populations.
Techniques used	<p>Establishment of Humanity:</p> <ul style="list-style-type: none"> - Training of all staff. - Information provided to the resident and his family. - Very detailed and personalized analysis in a multidisciplinary team. - Creation for each resident of a human record in which the person's capacities, what he or she can and still wishes to do, the type of assistance he or she needs and how it should be done will be precisely notified. <p>Not to mention all the technical tools at his disposal.</p>	<p>Individual Validation:</p> <ul style="list-style-type: none"> - Prerequisites: centering, finding a trust-building physical position (eye contact and using an adult to adult voice tone. - Verbal techniques include: asking open questions and exploring the needs and emotions being expressed by the other person. - Non-verbal techniques include: anchored touch, singing songs familiar to the client, saying the emotion with emotion, mirroring the repetitive movements. <p>Group Validation: 4-8 disoriented older adults form a weekly group that explore issues relevant to the group members using a fixed agenda, seating order and social roles.</p>
Developers	The Principles developed by Rosette Marescotti and Yves Gineste Philosophy of care written in 1995	Naomi Feil Method created 1960s-1970s; first published in 1982. Over the course of 50 years, 2000 Naomi Feil Workshops have been held worldwide. At an average of 200 people

		<p>per workshop, that's 400,000 individuals who have experienced Validation from its founder.</p> <p>Validation is now further developed by 17 Masters who comprise the Education Committee of the Validation Training Institute. They also mentor over 430 Validation Teachers offering training in 12 countries with the support of 23 Authorized Validation Organizations. These organizations have certified over 925 group leaders and 6,500 workers.</p>
<p>Training</p>	<p>A symposium on non-drug approaches with the collaboration of the internet site agevillage.com. Provides an explanation of the HUMANITUDE method and informs about the research done by Yves Ginest in Japan.</p>	<p><u>Workshops/Presentations:</u> Offer an introduction to the method and a few basic skills</p> <p><u>Basic courses: (2-6 days)</u> Offer integration of basic attitude skills and a few techniques</p> <p><u>Targeted courses, seminars and workshops (1-3 days)</u> Offers an introduction to the method and some basic skills based on the needs of: Family caregivers Facility managers Volunteers Fire, police and ambulance workers Home healthcare workers ... and as requested</p>
<p>Certification Courses</p>	<p>Level 1, Humanitude Training: 4 continuous days in the facility for a dozen employees. This training, if well applied, allows the whole team to completely modify their skills and their coaching philosophy.</p> <p>Level 2, the Humanitude label. Certifying that the facility has been fully trained in this method and proving its effectiveness.</p> <p>Level 3, training for Humanitude trainers.</p>	<p><u>Level 1, Worker course: (certified)(10 days spread out over an average of 9 months)</u> Offers integration of basic attitude skills and all individual Validation skills</p> <p><u>Level 2, Group Practitioner course: (certified)(6 days spread out over an average of 9 months)</u> Offers further integration of individual Validation skills and adds Group Validation skills</p> <p><u>Level 3, Validation Presenter course: (certified)(5-6 days spread out over a minimum of 2 months)</u> Offers presentation skills and deepening of theoretical and pedagogic knowledge as applied to teaching Validation.</p> <p><u>Level 4, Validation Teacher</u></p>

		<p>Successfully co-teaching a Level 1 course with an experienced teacher leads to Teacher certification</p> <p><u>Level 5, Validation Master</u> Validation Teachers with a minimum of 5 years experience of teaching all certification levels may apply for this certification. Validation Masters become members of the VTI Education Committee and are responsible for the integral development of the Validation method contents and teaching materials. Masters are authorized to teach Level 3 courses.</p>
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