

# Snoezelen

	Snoezelen	Validation
<b>Definition</b>	<p>Snoezelen is primarily aimed at making contact with old people with severe dementia through the senses and in a safe living environment. As with the validation method, snoezelen focuses on the inner world of disorientated people, in which their behaviour is not corrected.</p> <p>Disorientated very old people are given the opportunity to express their emotions and feelings through selective stimulation of the senses. The ultimate goal of snoozing is to optimize feelings of general well-being of each individual client.</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>
<b>Concept of humankind</b>	<p>Snoezelen is above all a philosophy and a form of approach. It is a tool to promote the interaction between the environment and the person in need of care so that he can find the feeling of security again. When people become old and disoriented, they fall back on what they learned in their childhood. In order to meet their basic needs, they need sensory stimuli in a safe and secure atmosphere.</p>	<p>Holistic vision of people: physical, psychological and social factors are all critical to how people age and if they become disoriented.</p>
<b>Goals</b>	<p>For the disoriented old person: Less use of sedative medication, decreasing restlessness (a relaxed atmosphere is created during daily care), decreasing aggression.</p> <p>For the caregiver: Experiencing the disoriented older adult's meaning of life and thus being able to build up a meaningful relationship.</p> <p>For the caregiver: A useful way to make contact with the disoriented very old person</p>	<p>For the older adult:</p> <p>Increased verbal and non-verbal communication;            Increased feelings of well-being and self-worth;            Expression of emotions and being actively listened to with empathy leads to less anxiety and stress;            Their process of resolving old issues is continually 'validated'            Validation prevents isolation and loneliness which prevents withdrawal inward to vegetation.</p> <p>For the caregiver (professional or layperson):            Less burnout            More joy and energy            Feeling more capable of handling difficult situations</p> <p>For family caregivers:            Improve communication with relatives living with dementia;</p>

		(Re)build a positive relationship; Older adults can stay in their own homes longer; Less burnout
<b>Basic Theory</b>	<p>Snoezelen is also defined as 'primary activation'. This means: the activation of the first primary senses such as smell, hearing, vision, taste and touch. Snoezelen promotes a dialogue between the caregiver, the environment and the client, so that an atmosphere of safety and security is created and behaviour can be positively influenced.</p> <p>Snoezelen is focused on basic needs, sincere attention, contact, warmth, love and security. We have all come into the world with these needs.</p> <p>With snoezelen, in psychogeriatrics, we see a number of principles of the validation method; namely that the inner world of the client is central and that the caregiver accepts this world, appreciates it and is willing to go along with it.</p>	<p>Based on 3 Main Elements:</p> <ul style="list-style-type: none"> <li>- <b>The Attitude</b> based on empathy.</li> <li>- Tailored communication <b>techniques</b>,</li> <li>- <b>Principles</b> 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...</li> </ul>
<b>Targeted population</b>	<p>Disoriented very old people with characteristics described in the fourth phase according to Naomi Feil. These people have greatly reduced verbal and intellectual functioning and it seems pointless to offer activities in which these functions are employed. This group of people is more focused on body language and physical contact.</p>	<p>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.</p>
<b>Techniques used</b>	<p>Snoezelen can be done individually and in groups. Individually, this is possible in a snoezel room equipped with a warm waterbed that gives the security of the mother's womb. Fragrances, touch, visual stimuli, music and also taste can be used to stimulate the senses. Snoezelen can also be used in daily care and during the bath. Here, the attitude of the caregiver is always in the foreground. Which type of stimulation to use can be determined in advance, although it is important to be able to deal with this flexibly in order to meet the needs of the disorientated very old person.</p>	<p>Individual Validation:</p> <ul style="list-style-type: none"> <li>- Prerequisites: centering, finding a trust-building physical position (eye contact and using an adult to adult voice tone).</li> <li>- Verbal techniques include: asking open questions and exploring the needs and emotions being expressed by the other person.</li> <li>- Non-verbal techniques include: anchored touch, singing songs familiar to the client, saying the emotion with emotion, mirroring the repetitive movements.</li> </ul> <p>Group Validation: 4-8 disoriented older adults form a weekly group that explore issues relevant to the group members using a fixed agenda,</p>

	<p>Snoezelen can also be done in a group by offering activities that stimulate the senses. In this way, people in phase three and four can also enjoy the activities, where they are in the moment.</p>	<p>seating order and social roles.</p>
<p><b>Developers</b></p>	<p>Snoezelen originated in the 1970s in the care for people with mental disabilities.  In 1974 Ad Verheul and his colleague Jan Hulsegge introduced the idea of snoezelen and applied it to persons with a deep intellectual disability. Other sources speak of a sensory cafeteria offered to wounded American soldiers during the Vietnam War.</p> <p>Then in 1980 this approach was applied to people in the third and fourth phase of disorientation in the Amsterdam nursing home, Bernardus.</p>	<p>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 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><b>Training</b></p>	<p>World Wide Snoezelen offers trainings all over the world.  There are also training centers per country.</p> <p><a href="http://www.worldwidesnoezelen.nl/en">http://www.worldwidesnoezelen.nl/en</a></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><b>Certification Courses</b></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:</u></p>

		<p><u>(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> 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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