



Validation Training Institute, Inc.

Connecting heart to heart with older adults
a non-profit, tax exempt company

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Tips from VTI for caregivers of people living with dementia II,

VTI 给予失智老人照料者的建议

Building off of our first 3 tips, here are some next steps:

以前面 3 个建议为基础，下面是接下来的一些步骤：

EXPLORE RATHER THAN TELL 探索，而不是告知

Disoriented older adults are often in a personal reality rather than our reality. Let your goal be: I want to know more about their world. Use open questions to find out more. Ask questions that begin with: who, what, where, when, how but don't ask why. Why questions ask for insight into reasons that are more cognitive than emotive. Many disoriented older adults need to express emotions. By engaging in their reality, you validate them as people.

定向障碍的老年人往往活在自己的现实中，而不是我们所认为的现实。把自己的目标设定为：我想要更多地了解他们的世界。使用开放性问题来了解更多信息。问一些以“谁”、“什么”、“在哪里”、“什么时候”、“怎么样”开头的问题，但不要问“为什么”。问“为什么”更多是要从认知层面深入了解原因，而不是关注于感受。许多定向障碍的老年人需要表达感受。通过与他们的现实进行互动，你就会把他当作一个人去认可。

TRY EMPATHY INSTEAD OF DIVERSION OR LYING 试着利用同理心，而不是转移注意力或撒谎

When a person is expressing a lot of emotion (like anger, sadness or fear) it does not help to say, “Don't feel that way.” You know that from your own experiences. When someone says, “Don't be angry,” how does that make YOU feel? More angry perhaps? Or maybe you intuitively understand that the other person doesn't understand or want to understand and it would be better to simply swallow your emotion. That is exactly what

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happens with older adults! You don't need to use your intellect, use your heart. Connect with the emotion the other person is expressing and match it. This will bring you closer to the other person and create a bond.

当一个人表达了很多情绪（如愤怒、悲伤或恐惧）时，说“别那么想”是没用的，这根据自己的经验就可以知道。当有人说“不要生气”，你会有什么感受？也许更生气？或者凭自己的直觉，你会理解为对方不理解或者不想理解，所以你最好还是收起自己的情绪。老年人对此的感受也是一模一样的！你不需要用你的智慧，而是用自己的心去和对方沟通。感受对方所表达的感受，并与之匹配。这会让你和对方更亲近，建立起一种联系。

APPROACH THE OTHER PERSON WITH RESPECT 带着尊敬接近对方

Make sure you are on eye-level (that means kneeling or bending if the older adult is sitting).

确保你们视线持平（意味着如果老年人坐着的话，你需要蹲下或弯腰）。

Be aware of the distance between you and look for signs that you are too close or too far away.

注意你们之间的距离，看看你们之间是否太近或太远。

A person will 'retreat' by pulling back his shoulders or crossing his arms (for example) when you are too close.

当你离他太近的时候，他会“后退”，比如肩膀往后撤或交叉双臂。

A person will not acknowledge you if you are too far away.

如果你离他太远，他不会理会你。

It's a smart idea to get eye contact first – then start talking.

先获得眼神交流，再开始沟通，这是比较明智的做法。



At this strange time, filled with great difficulties for many people, it's important to remember

CENTERING

- Centering will help you not hook into the anxiety that is prevalent by helping you find your own emotional center.
- Centering will help you put aside your own feelings for the moments you want to connect with older adults.
- Centering will help you find empathy.
- Centering can also be 3 minutes of self-care.

[VTI's YouTube Channel](#) is a free resource for everyone. It includes 3 'How-to... center' videos in English, Italian, French, German, Swedish and Chinese. Feel free to send these to everyone you know who would benefit from it. If they are not in your language, please contact me and we'll work on getting all 6 'How-to...' videos up in your language.

SELF-CARE

This is not a luxury item, this is a basic human need even though it doesn't show up on Maslow's list. If you don't have energy (physically or psychologically), you can't give good care to others. Self-care means finding the things that GIVE you energy. Is it a bath? ½ hour reading a book? Listening to your favorite piece of music? Dancing to rock n' roll in the living room? Allow yourself moments during each day to charge your batteries. This prevents burn-out and brings more joy in your life. Remember that Validation should bring joy to both you and the people you care for.

MEANINGFUL ENGAGEMENT

When you choose to engage on a deep level with people living with dementia remember:

- Often older adults will travel back in time to events that FEEL the same as what is going on in the present. So, when they hear of a crisis, a pandemic or even just feel the anxiety around them, they may feel like it's war-time. Old traumas may come up.
- These painful feelings need to be released, not bottled up. People need to express these feelings to someone who they trust, who does not judge or correct or try to fix it. They just need someone to be with them in their emotions.
- Engagement does not mean always being happy, sometimes it's sharing unhappiness, pain or fear (basic human emotions).

Those moments of close, human to human contact, create joy and well-being.

Wishing you all moments of joy,

Vicki

