



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 IV,

VTI 给予失智老人照料者的建议 IV

Even with masks, gloves and other protective gear – you can make contact

即便戴着口罩、手套及其它保护装置-你也可以进行眼神交流

You express empathy with your eyes, hands and physical approach. Get down to eye level, approach the other person slowly, get eye contact and be aware that what they might see is scary. Be aware of your voice tone. Try to have a low, nurturing voice tone when the other person is in a neutral emotional state. When the other person is expressing a strong emotion, verbally or non-verbally, it is important to try to match that tone. You must do this honestly, not like an acting exercise. You need to find empathy. Empathy passes through masks, gloves and protective clothing.

通过眼睛、手和身体触摸的方式来表达你的同理心。慢慢地接近对方，蹲下到双方视线持平的高度进行眼神交流。需要注意的是，他们看到的東西可能是可怕的。注意你的语音语调。当对方的情绪处于中立状态时，试着用低沉、温柔的语音语调说话。当对方表达强烈的情绪时，不管这种情绪是语言上的还是非语言上的，重要的是你要试着匹配那种语音语调。你必须发自内心地去做这件事，不要像演戏一样。你需要找到同理心。同理心能通过口罩、手套和防护服传递。

Kissing with touch 通过触摸来“亲吻”

Many disoriented older adults want warmth and comfort. They want to be kissed. That's difficult to do these days so learn how to 'Kiss with your hands'. With gloved hands, a gentle use of the 'mother touch, can feel like a kiss.

许多定向障碍的老年人想要获得温暖和舒适。他们想要被亲吻。疫情期间很难做到这一点，所以要学会“用手亲吻”。戴着手套的手通过温柔地使用“母亲式的抚摸”，能给他们带来就像吻一般的感受。

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Using Music 使用音乐

Singing or humming a tune that the other person knows well can help build trust and begin communication. Often people who can't speak or don't want to speak will sing a song that they know from long ago. Find *THEIR* songs and sing them.

唱歌或哼唱对方熟悉的歌曲有助于建立信任和开始交流。通常那些无法说话或不想说话的人会唱一首他们很久以前就知道的歌。找到他们熟悉的歌并唱出来。

Remember [Naomi and Gladys!](#)

记住 [Naomi and Gladys](#) 的视频！

