



Validation Training Institute, Inc.

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

Vicki de Klerk

vdeklerk@vvalidation.org

April 2020

Tips from VTI for caregivers of people living with dementia V

VTI 给予失智老人照料者的建议 V

REDUCE ANXIETY WITH YOUR BREATHING AND TOUCH

通过呼吸及抚摸降低焦虑情绪

When a disoriented older adult is expressing (verbally or non-verbally) anxiety, you can help.

First, adjust your breathing to match the rhythm of the other person.

Second, place your (gloved) hand on the sternum of the other person.

Third, name the emotion you sense in the other person like this:

“You look like you are scared.”

当定向障碍的老年人表达焦虑情绪时（通过语言或非语言的方式），你可以帮助他们。

首先，调整你的呼吸至与对方呼吸的节奏一致。

然后，把你（戴着手套）的手放在对方胸骨的位置。

最后，像下面这样，把你感受到的对方的情绪说出来：

“你看起来很害怕。”

ISOLATION CREATES MORE WITHDRAWAL

孤立会导致更严重的退缩

Contact with others is a basic human need; humans are social animals. When older adults who are already disoriented are placed in isolation, you can expect that they will withdraw inward. It is critically important that you have person to person contact with this vulnerable group of people. Use touch and singing to make contact and encourage communication.

Validation Training Institute, Inc.
P.O. Box 871
Pleasant Hill, OR
97455

info@vvalidation.org
vvalidation.org

Executive Director
Vicki de Klerk-Rubin

President
Frances Bulloff

Founder:
Naomi Feil

Secretary
Kevin Carlin, MS

Treasurer
Edward G. Feil, Ph.D.

与他人接触是人类的基本需求；人是社会性动物。当定向障碍的老年人被孤立时，你可以预期到他们会退缩到自己的内心世界当中。与这些弱势群体进行面对面的交流是至关重要的。用抚摸和唱歌来与他们进行沟通，鼓励他们与外界交流。

AND REMEMBER – CENTER YOURSELF

依然需要记住-集中自己的注意力

Putting aside your own thoughts and feelings for the 3-5 minutes that you validate is vitally important. Otherwise you might project your feelings onto the other person. So choose the way that works for you. Take 3 deep breaths and imagine a tree with strong roots and lots of leafy branches – or a beach with the warm sun and golden sand under your bare feet. Whatever works for you is great. There are three centering exercises you can try out on the [VTI YouTube channel](#) – for free.

把自己的想法和感受放在一边，花 3-5 分钟的时间来认可，这是非常重要的。否则你可能会把自己的感觉投射到对方身上。所以你需要选择适合自己集中注意力的方式。做 3 次深呼吸，想象一棵有强壮树根、枝繁叶茂的树，或者阳光温暖，金色沙子在你赤脚下的海滩。任何适合你的方式都是好的。

YouTube VTI 频道上有三个免费的集中注意力练习，你可以试下。

