



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

VTI 给予失智老人照料者的建议

At this strange time, filled with great difficulties for many people, it's important to remember
这样的特殊时期对于许多人来说充满了巨大的困难，重要的是要记住

CENTERING

集中注意力

- Centering will help you not hook into the anxiety that is prevalent by helping you find your own emotional center.
- 集中注意力能帮助你找到自己情绪的中心，从而避免陷入普遍存在的焦虑当中。
- Centering will help you put aside your own feelings for the moments you want to connect with older adults.
- 当你想要与老年人交流时，集中注意力能帮助你把自己的感受放在一边。
- Centering will help you find empathy.
- 集中注意力能帮助你找到同理心。
- Centering can also be 3 minutes of self-care.
- 集中注意力也可以作为 3 分钟自我照护。

[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.

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YouTube 中的 VTI 频道对每个人来说都是可用的免费资源。里面包括英语、意大利语、法语、德语、瑞典语和中文的“如何集中注意力”的视频。你可以把这些视频发给你认识的每一个能从中受益的人。如果这些视频没有你能听懂的语言，请联系我，我们将努力把所有 6 个‘How-to...’视频翻译成你所用的语言。

SELF-CARE

自我照护

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.

这并不是一件奢侈的事情，即使它未出现在马斯洛的列表当中，但这是人类的基本需求。如果你没有能量(生理或心理方面)，你就无法给他人提供好的照护。自我照护意味着找到能给你带来能量的东西。洗个澡？花半小时读一本书？听听你喜欢的音乐？在客厅伴着摇滚的音乐跳跳舞？每天花些片刻时间让自己充满能量。这样可以防止你筋疲力尽，把更多快乐带入生活当中。记住：认可疗法应该给你和你所关心的人带来欢乐。

MEANINGFUL ENGAGEMENT

有意义的互动

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

当你选择与失智老人进行深层次交流时，请记住：

- 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.
- 老年人经常会回到过去，经历与现在感受相同的事件。所以，当他们听到危机、流行病的发生，甚至只是感觉到周围的焦虑，他们可能会觉得这是战争时期，旧的创伤可能会出现。



- 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.
- 这些痛苦的感受需要被释放，而不是被压抑。老人需要向他们信任、不会去评价、纠正或试图纠正这些感受的人表达出来这些感受。老人只是情感上需要有人和他们在一起。
- Engagement does not mean always being happy, sometimes it's sharing unhappiness, pain or fear (basic human emotions).
- 互动并不意味着总是快乐，有时它需要分享苦恼、痛苦或恐惧（人类的基本情感）。

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

那些亲密的时刻和人与人之间的接触创造了快乐和幸福。

Wishing you all moments of joy,

愿你时时刻刻幸福快乐！

Vicki

