



vfvalidation.org

"I believe if someone has limited time and the temperament to only learn one approach to being a better caregiver, THIS would be it."

- 2019 Family Caregiver Course Participant

In post-course surveys, participants expressed significant changes in:

- Knowing what to do when faced with challenging behaviors
- Feeling that you can express your own 'negative' emotions, and handle those of your relative
- Having moments of joy with your relative
- Knowing NOT to lie or use diversion with your relative, having alternative strategies
- Understanding the different forms of dementia
- Knowing the importance of empathy and how it's different from understanding

Time to change the way you interact, communicate, and maintain a loving relationship with a person living with Alzheimer's Disease and related dementias? This unique course blends online and face-to-face learning that provides family caregivers with new ideas, practical skills, and techniques.

The Family Caregiver Course includes 1 hour of work per week for 18 weeks and a two-day class:

- 5 videos to watch "on-demand" that conclude with exercises that reinforce ideas or skills
- 10 interactive webinars led by a certified Validation Teacher
- Secure online discussion board for participants to share emotions, events and network with classmates to combat feelings of isolation and build confidence
- A two-day, in-person class to practice skills that need to be integrated into new behaviors (online alternative available if necessary)

25 people total can enroll in this course to ensure quality and personal attention. Register today and receive a copy of the 132-page book, "Validation Techniques for Dementia Care," written especially for family caregivers.

This course is being offered free of charge in cooperation with NextFifty Initiative.

REGISTER TODAY!



INITIATIVE

This course is being offered **FREE of charge** to residents of Colorado, thanks to the generous contribution of NextFifty Initiative

REGISTER TODAY!



Validation Training institute is proud to partner with the Alzheimer Association of Colorado and Sunrise Senior Living to offer the Validation Family Caregiver Course.

Start date: September 6, 2020

1-hour webinars will be held on Sundays at 4pm MDT

The two day, in-person component will be held on October 30 & 31 from 9am to 5pm Mountain time at the Alzheimer's Association of Colorado, 455 N. Sherman St. Suite 500 Denver Co, 80203.

If, by end October, in-person meetings are not possible due to COVID-19 regulations, then the same information and skills will be delivered in 4 online 4-hour sessions, using Zoom. Dates for these online sessions are: October 30, 31, November 7 & 8 from 9am to 1pm MDT.



About the Speaker

Heather Easterling is Senior Director of Programming for Sunrise Senior Living, Certified Therapeutic Recreation Specialist, Certified Validation Teacher, and Certified Laughter Yoga Teacher. She is also a recipient of Sunrise Senior Living's prestigious Joy in Service Award. Heather was born and raised in the Blue Ridge Mountains of Virginia and currently lives in Denver Colorado with her husband, two cats and is a caregiver for her father.

Heather's career focus for the last decade has been to develop, adapt and utilize innovative and holistic modalities for older adults living with memory loss or cognitive impairment. She consults and trains care teams within Sunrise Senior Living, helping them to make the connection between person-centered programming as a non-pharmacological intervention, and uses Validation techniques to help residents feel purpose, listened to, safe and loved. Heather is an experienced public speaker and inspires others with her enthusiasm, knowledge and genuine passion to champion the quality of life for all seniors.