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| **Date** | **Format** | **Contents** | **Materials** | **Est.**  **Time** |
| Upon registration |  | Participants receive a copy of the book Validation for Family Caregivers by post before the start of the course plus an email Welcome letter with login information | Jana sends email: Welcome & log- in |  |
| Any time before Week 1 |  | **Goals:**   * Get comfortable with the technological aspects of the course * Understand the course structure and what is expected. * Get acquainted with your fellow participants and using the bulletin board by introducing yourself |  |  |
| “Leave a Reply” section | **Organization & Introductions**  **Action:** Create a file folder for this course and save all down-loaded materials in this folder.  **Action:** Download and read the Welcome & Course Preparation document if you have not already done this.  **Action:** Download and save the course syllabus  **Action:** Download the Power Point slides  **Action:** Take the Pre-Survey by clicking on this link: when you are finished, click submit.  **Action:** Exercise in the “Leave a Reply” section  Introduce yourself to the others in the class. Please include your name, where you live and why you are taking this class. | Welcome & Course Preparation doc  Course syllabus  Pre-Survey  Power Points  Tips for Zoom | 30 minutes |
| Week 1  Sept 6, 2020 |  | **What is Validation and how can it help me?**  **Objectives:**   * Understand Validation on a basic level * Understand the structure of the course and know what to expect in each block * Understand that it will take time to change behavior and learn how to use Validation * Set realistic goals * Start learning how to center |  |  |
|  | Internet Video 1  Power Point slides 1-8  “Leave a Reply” section | **What is Validation and how can it help me?**  **Action:** Watch Video 1  **Action:** Fill in Review of Knowledge 1  **Action:** Practice centering  **Action:** in the “Leave a Reply” section:  Describe a situation when you feel stressed and maybe lose control or find difficult to handle. | Video 1  Review of Knowledge 1 |  |
| Week 2  Sept. 12 | Interactive  Webinar 1 | **Webinar 1**  **Objectives:**   * get to know each other and begin to build trust in the group * become a bit comfortable with conversing on ‘zoom’ * figure out technical problems with participating in webinars * understand how the 3 elements of the Validation triangle work together and know 3 realistic goals for this course.   **Agenda:**  Introductions and get to know each other (test network connections and learn how to interact productively online)  Review key concepts from video 1 using the Review of Knowledge 1 as a guide. | Zoom Webinar | 1 hour |
| Journal  “Leave a Reply” section | **Action:** Start a ‘centering journal’  **Action:** in the “Leave a Reply” section.  Reflect on your situation with your relative and respond to the following two statements:  1) These comments or situations are difficult for me to handle.  2) These comments or situations make me feel good.  Report to classmates one time when centering changed something either in you or in your everyday experiences | Digital centering journal | 15 minutes |
| Week 3  Sept 20 |  | **Dementia and Diagnosis**  **Objectives**:   * Describe the difference between dementia and Alzheimer’s disease; know a few simple characteristics of the different forms of dementia and how late onset Alzheimer’s disease is diagnosed. * Identify the characteristics of your relative who is living with dementia * Know what aspects of Validation will be helpful in enhancing communication with your relative |  |  |
| Self-paced  Taped  Session  Power Point slides 9-24  “Leave a Reply” section  Personal Centering Journal | **Video 2a and 2 b: Dementia and Diagnosis**  **Action:** Watch Video 2a  **Action:** Watch Video 2b  **Action:** Read *Validation Techniques for Dementia Care*, pages 5-14, 30-38  **Action:** Fill in Review of Knowledge 2  **Action:** Using the information in the book, try to identify the stage of resolution your relative is in. Use the Checklist if it helps.  **Action:** Practice centering and continue journal  **Action:** in the “Leave a Reply” section: Post a message to your peers:  According to my assessment, my relative has….  Describe the type of dementia and phase of resolution.  The characteristics that I see/hear/feel that contributes to this assessment are…. | Video 2a  Video 2b  Review of Knowledge 2  Checklist to determine phase |  |
| Week 4  Sept 27 | Interactive  Webinar 2 | **Webinar 2**  **Objectives:**   * review the information covered in Videos 2a and b * exchange experiences and problems with the material learned in an atmosphere of trust   **Agenda:**   * Review of Knowledge 2 can be used as a guideline * Discussion of situations that are difficult to handle and those that feel good. | Zoom Webinar |  |
| Personal Centering Journal  “Leave a Reply” section | **Action:** Read *Validation Techniques for Dementia Care,* pages 14-17  **Action:** Practice centering, see page 114 in the book, keep journal  **Action:** in the “Leave a Reply” section: Post how you used centering in a way that helped you. |  |  |
| Week 5  Oct.4 |  | **Tools for thinking differently: Validation Principles and Prerequisites**  **Objectives:**   * Describe at least 3 principles that relate to the basic attitude * Describe the prerequisites to Validation techniques * Describe how you are able to view your relatives in a positive light: as a person in the final stage of life striving to die in peace; every behavior has a meaning and purpose; should be accepted as they are because they cannot change. |  |  |
| Self-paced  Taped  Session  Power Point slides 25-33  “Leave a Reply” section  Digital Centering Journal | **Video 3a and 3b: Tools for thinking differently: Validation Principles and Prerequisites**  **Action:** Watch Video 3a: Principles that have to do with changing attitudes  **Action:** Read pages 17-30  **Action:** In the “Leave a Reply” section: identify a difficult situation with your relative. Describe the behavior and what you think could be the reason behind this behavior.  *Example:* my mother steals towels from hotels; she grew up in a war situation and her family was very poor and she’s reliving…’  **Action:** Watch Video 3b: Principles having to do with how we approach maloriented and disoriented people:  **Action:** Practice centering and use the Personal Centering Journal  **Action:** Fill in the Review of Knowledge 3  **Action:** Using your Personal Centering Journal, imagine one difficult moment with your relative. Really try to picture it, hear it and feel it. Write in your journal what you think your relative is feeling or needing at that moment. | Video 3a  Video 3b  Review of Knowledge 3 |  |
| Week 6  Oct 11 | Interactive  Webinar 3 | **Webinar 3**  **Objectives:**   * exchange experiences and problems with what was learned in Videos 3a and b in an atmosphere of trust * Name 3 things you want to do differently with your family member (and your plan for beginning to change this) * Identify some actions or behaviors that seem to have deeper meaning and purpose   **Agenda:**   * Review of Knowledge 3 can be used as a guideline * What can you do differently that might enhance your communication with your relative? | Zoom Webinar | 1 hour |
| Digital Centering Journal | **Action:** Read pages 39-46  **Action:** Practice centering and maintain Journal  **Action:** Fill in observation form | Observation Form |  |
| Week 7  Oct 18 |  | **Basic Attitude**  **Objectives:**   * Describe the Validation basic attitude * Begin to apply the basic attitude to problem situations you are having: make eye contact, get in front of my relative, pay attention to my voice tone, pay attention to how close or far away I am from my relative * List at least 5 things you can do to help yourself so you can you’re your relative: * Become aware of the emotions and needs of older people with dementia. Gain understanding in your automatic reactions that are less useful. |  |  |
| Self-paced  Taped  Session  Power Point slides 34-37  “Leave a Reply” section  Digital Centering Journal | **Video 4: Basic Attitude**  **Action:** Watch Video 4  **Action:** Fill in Review of Knowledge 4  **Action:** in the “Leave a Reply” section  List 3 things you do for yourself that give you new energy and make you feel good.  Action: Practice centering every day and maintain your Journal | Video 4  Review of Knowledge 4 |  |
| Week 8  Oct 25 | Interactive Webinar 4 | **Webinar 4**  **Objectives:**   * Identify at least 3 things you can do practically that integrate the basic attitude * Identify at least 3 things you can do that give new energy   **Agenda:**   * Use Review of Knowledge 4 as a guideline * How did the ‘Emotions’ exercise help you? * What elements of the basic attitude were easy to use? And which ones were difficult? * What could you do for yourself to give new energy? | Zoom Webinar |  |
| Digital Centering Journal  “Leave a Reply” section | **Action:** read pages 47-60 from Validation Techniques for Dementia Care  **Action:** Write down what you think your relative is feeling or needing during one day. Use your personal journal.  **Action:** Keep journaling your daily centering  **Action:** in the “Leave a Reply” section:  How were you able to use what you learned about voice tone, distance and observing your relative in the past week? What worked? |  |  |
|  |  | Week off or not??? |  |  |
| Week 9  Oct 30  9am – 1:30pm | Zoom Webinar | **Practical skills**  **If the in-person meeting is not possible – Plan B**  **Day 1 – Part 1**  Goals: Participants:   * are able to use at least 4 verbal Validation techniques and 4 non-verbal techniques * anchor the basic attitude into their behavior   Exercises and role plays will be the most important teaching methods used so you begin to integrate the basic attitude and start learning simple Validation techniques you can use with their family member or loved one.  Doing this online instead of in-person is more difficult so we have divided the program into four 4-hour sessions. The Day 1 material will be covered in two half days.  You are then asked to video tape (using your phone or a camera) a Validation interaction with your relative. The following two half days will be spent giving feedback and coaching to each of you.  (add Zoom link information) | Zoom Webinar |  |
| Oct 31  9am -1:30pm | Zoom Webinar | **Practical skills continued**  **Day 1, Part 2**  Continuation of exercises and practice of techniques |  |  |
| Week 10  Nov 7 | Webinar | **Practical skills continued**  **Day 2, Part 1**  Goals: Participants are   * becoming increasingly comfortable with using the validation attitude * becoming increasingly comfortable with using validation techniques * gaining new insights into their relative and more joy in communicating with them   Video sessions are reviewed by everyone. Ideas, tips and validating feedback is given to every person. | Zoom Webinar |  |
| Nov 8 | Webinar | **Practical skills continued**  **Day 2, Part 2**  Additional goal: participants gain more healthy living/aging skills  Video sessions are reviewed by everyone. Ideas, tips and validating feedback is given to every person.  Alzheimer Association of Colorado will deliver their 1-hour program: Healthy Living, Healthy Aging | Zoom Webinar |  |
| Week 11  Nov 15 | Interactive Webinar 5 | **Webinar 5**  **Objectives:**   * Get feedback and supervision on your integrating Validation skills into daily life. * Exchange problems and solutions with other participants   **Agenda:**   * How is it going? What went well and what was difficult? * If there are individual videos or audio tapes, we will review them and give validating feedback   Action: in the “Leave a Reply” section:  Share your learning. What was the most meaningful experience in Validation this week? | Zoom Webinar |  |
| Week 12  Nov 22 | Self-paced Taped Session  “Leave a Reply” section  Digital Centering Journal | **Additional information and issues**  **Objectives:**   * Understand the pros and cons of using psychotropic and sedative medications * learn about other methods that can be used * know where to find additional information, training and support   **Video 5: Additional information and issues**  Additional information and issues  **Action:** Watch Video 5  **Action:** In the coming 2 weeks, try one new activity with your relative  **Action:** in the “Leave a Reply” section:  What new activity worked for you? What happened?  **Action:** fill in Review of Knowledge 5  **Action:** keep centering every day and tracking it in your Journal | Video 5  Review of Knowledge 5 |  |
| Week 13  Nov 29 | Interactive Webinar 6  “Leave a Reply” section | **Webinar 6**  **Objectives**   * Get feedback and supervision on your integrating Validation skills into daily life. * Exchange problems and solutions with other participants   **Agenda:**   * How is it going? What went well and what was difficult? * If there are individual videos or audio tapes, we will review them and give validating feedback   **Action:** in the “Leave a Reply” section:  Share your learning. What was the most meaningful experience in Validation this week? | Zoom Webinar |  |
| Week 14  Dec 6 | Interactive Webinar 7  “Leave a Reply” section | **Webinar 7**  **Objectives**   * Get feedback and supervision on your integrating Validation skills into daily life. * Exchange problems and solutions with other participants   **Agenda:**   * How is it going? What went well and what was difficult? * If there are individual videos or audio tapes, we will review them and give validating feedback   **Action:** in the Discussion Board:  Share your learning. What was the most meaningful experience in Validation this week? | Zoom Webinar |  |
| Week 15  Dec 13 | Interactive Webinar 8  “Leave a Reply” section | **Webinar 8**  **Objectives**   * Get feedback and supervision on your integrating Validation skills into daily life. * Exchange problems and solutions with other participants   **Agenda:**   * How is it going? What went well and what was difficult? * If there are individual videos or audio tapes, we will review them and give validating feedback   **Action:** in the “Leave a Reply” section:  Share your learning. What was the most meaningful experience in Validation this week? | Zoom Webinar |  |
| Week 16  Dec 20 | Self-paced | **Practice skills and exchange ideas via the discussion board**  Answer the following questions on the Discussion Board:  Which Validation technique comes easiest to you?  Which Validation technique is more difficult to put into practice?  Describe a moment when you used Validation with success. |  |  |
| Week 17  Jan 3, 2021 | Self-paced | **Practice skills and exchange ideas via the discussion board**  Homework assignment: fill in the History and Baseline Behavior form. After a Validation Session with your relative, fill in the Individual Weekly Validation Session Summary document.  Upload both to the teacher | Documentation Forms: History and Baseline Behavior form & Weekly Validation Session Summary |  |
| Dec 21-31 |  | **Vacation – time to practice your skills** |  |  |
| Weeks 18  Jan 10 | Interactive Webinar 9 | **Webinar 9**  **Objectives**   * Get feedback and supervision on your integrating Validation skills into daily life. * Exchange problems and solutions with other participants   **Agenda:**   * How is it going? What went well and what was difficult? * If there are individual videos or audio tapes, we will review them and give validating feedback | Zoom Webinar |  |
| Week 19  Final lesson  Jan 17 | Interactive Webinar 10 | **Webinar 10**  **Objectives**   * Feel supported and able to use Validation with your relative * Can describe one new positive outcome * Know where you can find help and support in the future * Feel a sense of closure after this final meeting   **Agenda:**   * How is it going? What went well and what was difficult? * What do you need at this point?   **Action:** download the Participant Evaluation and send the completed document to: [jana@vfvalidaton.org.](mailto:jana@vfvalidaton.org) Fill in the Post Survey online. | Zoom Webinar  Participant Evaluation  Post Survey |  |