



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 online course provides family caregivers with new ideas, practical skills, and techniques.

The Family Caregiver Course includes 1 hour of work per week for 18 weeks plus 4 skill-building classes

- 5 videos to watch "on-demand" that conclude with exercises that reinforce ideas or skills
- 10 interactive webinars led by a certified Validation Teacher
- Skills will be learned and practiced in four sessions that are 4-hours each, using Zoom.
- Secure online discussion board for participants to share emotions, events and network with classmates to combat feelings of isolation and build confidence.

25 people 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.

[For more information](#)