



vvalidation.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. Register today and receive a copy of the 132-page book, "Validation Techniques for Dementia Care," written especially for family caregivers.

The Family Caregiver Course includes 1 hour of work per week for 18 weeks plus 4 skill-building classes. 25 people can enroll to ensure quality and personal attention.

- 5 videos to watch "on-demand" that conclude with exercises that reinforce ideas or skills
- 10 interactive webinars, one-hour each, 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.

Times: 9 am Pacific, Noon Eastern, 6 pm CET

Dates:

June 5, 12, 19, 26

July 3, 10, 17, 24

August 14, 21, 28

September 4, 11, 18 and 25

October 2 and 9

Intensive training on July 31st and August 1st, 7th and 8th
9am-1pm Pacific, Noon-4pm Eastern, 6pm-10pm CET

[Learn More and Register Now](#)