



## What is Validation?

The Validation method helps older adults be motivated to communicate more, relieve stress, enhance dignity and happiness in their final stage of life.

## Who can use the Validation Method?

Health care professionals, family caregivers, first responders - anyone who wants to improve their connection and better communicate with older adults living with Alzheimer disease and other dementias.

Validation Training Institute (VTI) provides education, quality standards and easy pathways for learning this evidence-based method for communicating with older adults. VTI is a nonprofit organization founded in 1982 by social worker and gerontologist Naomi Feil, whose concepts have inspired a generation of 'person-centered care'.

**Our mission** is to nurture respect, dignity and well-being in the lives of older adults experiencing age-related cognitive decline and their caregivers by advancing knowledge, values, education and research rooted in the Validation method.

**VTI's vision** for the future is that every caregiver and older adult experiencing age-related, cognitive decline will feel the joy and love of meaningful communication.

## Our History:

Validation began as the personal practice of a brilliant individual, Naomi Feil. Feil, as a 4-year-old refugee from Nazi Germany, grew up in the Montefiore Home for the Aged in Cleveland Ohio, where her father was the administrator and her mother, the head of the Social Service Department. The older adults were her direct neighbors and friends. This gave Naomi unique empathy and insight into the world of disoriented elders which became the foundation stones for the Validation method.

In 1982, with the help of a few supporters, she created the Validation Training Institute (VTI) as a vehicle for spreading information on the method, as well as training practitioners and trainers.

Over the past 40 years, VTI has created and delivered constantly evolving training programs, published four books in 13 languages, created films, online tutorials and built an international network of partnerships.

[www.vfvalidation.org](http://www.vfvalidation.org)  
**Contact : [info@vfvalidation.org](mailto:info@vfvalidation.org)**

## Facts and Figures

430 certified Validation Teachers  
17 Master teachers  
9000 certified in Validation  
500,000+ - attended a Naomi Feil workshop

## Results proven through research:

**Validation learners** feel more competent, know specific ways of handling challenging situations, and enjoy the connection and communication with older adults.

**Older adults** communicate more, feel increased self-worth, don't withdraw inward and enjoy the contact with the validating caregiver.

## Interested in learning more? Join our growing community!

Scan the QR code below to sign up for our newsletter to stay up to date with VTI. We send updates on events, complimentary resources, and much more!



The Validation Training Institute offers many ways to learn and develop new skills, according to your needs.

[www.vfvalidation.org](http://www.vfvalidation.org)

**Twitter:**  
@ValidationHelps



**Facebook/LinkedIn**  
Validation Training Institute

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## **Validation for Family and Friends**

[Beginning Validation Tutorial](#)

[Validation Skill Building Blocks](#)

[Naomi Feil in Workshop](#) (documentary film)

[Family Caregiver Course](#)

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## **Validation for Professional Caregivers**

[Beginning Validation Tutorial](#)

[Validation Skill Building Blocks](#)

[Validation for Activity Professionals](#)

[Practical Validation Training](#)

[Internet Supported Validation Worker Course](#)  
(certification Level 1)