Validation
Training Institute

Family Caregiver Course
Internet-Supported Validation Training

vfvalidation.org

Course Benefits

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

- Knowing what to do when faced with challenging behaviors
- Having moments of joy with their 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

Internet-Supported Validation Training

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.

> "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

Course Leader

Heather Easterling is a Certified Validation Teacher and memory care specialist for over a decade. She is also the primary caregiver for her father who is living with Vascular dementia.

Course Details

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.

1 **5 on-demand videos**
Conclude with exercises that reinforce ideas or skills

2 **10 interactive webinars**
One-hour each, led by a certified Validation Teacher

3 **4 skill-building sessions**
4-hours each, using Zoom

4 **Secure online discussion board**
For participants to share emotions, events and network with classmates to combat feelings of isolation and build confidence

Cost: $200.00

Schedule

Times:
- 10am Mountain time
- 12pm Eastern
- 6 pm CET
- 8 pm Arabia Standard Time

Webinar Dates:

Starts August 17th

Specific webinar dates TBD

SIGN UP HERE: https://vfvalidation.org/product/family-caregiver-course-2/