

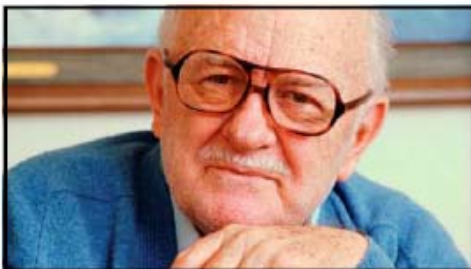


What is Validation?

Developed from 1963 to 1980 by Naomi Feil, M.S.W., A.C.S.W., it is a tested method that helps elderly, disoriented people to reduce stress and to enhance dignity and happiness. It is accepting the feelings of another person. It is reaching out with empathy to the person with memory impairment. It is a technique which may help to restore dignity.

Who is it for?

Individuals diagnosed with Alzheimer's and related disorders who are disoriented in the later stages of life.



Why Learn Validation?

Validation is a method of communicating with and helping disoriented, very old people. It is a practical way of working that helps reduce stress, enhance dignity and increase happiness. Validation is built on an empathetic attitude and a holistic view of individuals. When one can "step into the shoes" of another human being and "see through their eyes," one can step into the world of disoriented very old people and understand the meaning of their sometimes bizarre behavior.

Validation theory explains that many very old disoriented people, who are often diagnosed as having Alzheimer type dementia, are in the final stage of life, trying to resolve unfinished issues in order to die in peace. Their final struggle is important and we, as caregivers, can help them. Using Validation techniques, we offer disoriented elderly an opportunity to express what they wish to express whether it is verbal or non-verbal communication. Validation practitioners are caring, non-judgmental and open to the feelings that are expressed. When disoriented elderly can express the things that have often been suppressed for many years, the intensity of the feelings lessen, people communicate more and are less likely to withdraw into further stages of disorientation.



ABOUT
THE
Certified
Validation
Teacher

**Evy Cugelman
RN, BA, CVT, QTTT, CEAT**

Evy is a graduate of York Regional School of Nursing in Toronto, Ontario and McMaster University in Hamilton, Ontario. She has more than 35 years of nursing experience, including 32 years in gerontology specializing in Dementia and education. She is a Qualified Therapeutic Touch Instructor as well as a Certified Eden Alternative Educator. Evy studied Validation under Naomi Feil in the early 1990's and with Rita Altman, a Validation Master. Currently she is a Culture Change Specialist at Piñon Management, consulting and educating in Long-Term Care Homes as they journey to Person-Directed Care in a Culture Change Model.

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About Piñon Management

Piñon Management has been providing management and consulting services to owners, managers and developers of long-term care facilities in Colorado and New Mexico since 1979. Nationally recognized as leaders and innovators in the long-term care arena, Piñon delivers solutions proven to energize staff and to enrich quality of life for residents.

Piñon Management is deeply committed to Culture Change, a revitalizing force that renews facilities by empowering both residents and staff. Everyday things that most of us take for granted have been denied to long-term care residents for years because of impersonal, regimented environments. Culture Change brings humanity and life to long-term care by giving residents control of their lives and providing staff with the freedom and motivation to accommodate their wishes. Piñon's Principles of Excellence include a holistic and wellness approach to care: medical and psychosocial care is intertwined to treat the resident as a whole person instead of as an illness.

Piñon Management's Commitment to Validation Education: Certified Validation Worker & Group Worker Courses and Validation Seminars & Workshops

Piñon's philosophies and principles embrace Validation as developed by Naomi Feil and the Validation Institute. Our goals are to reach out to ensure health care providers have a way of reaching disoriented elders in a way that promotes dignity and reduces stress.

Piñon Management offers The Certified Validation Worker Course and The Certified Group Worker Course, as well as providing seminars in Validation to meet the needs of Colorado and surrounding states.

The Certified Validation Worker Course will enable the practitioner to practice individual Validation, give short presentations of Validation for small groups and provide support to interested people. The Group Worker Course will enable the practitioner to hold Validation Groups in many settings, to provide purpose, friendship and joy for our disoriented very old people.

Validation Statistics

- Over 10,000 Agencies in the US, Canada, Europe and Australia use Validation.
- Over 88,000 people have attended Validation workshops.
- In addition to the US and Canada, Australia, Austria, Belgium, Denmark, Finland, France, Germany, Holland, Italy, Norway Sweden and Switzerland have translated and used Validation films and books.
- There are Validation centers that teach Validation method in the US, Australia, Holland, France, Denmark, Finland and Belgium.
- Over 80,000 Validation books have been sold.
- Naomi Feil has given over 50 television interviews about Validation.



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