



**VALIDATION  
The Feil Method**

**Breaking through the Barrier of Dementia**

**ASSOCIATE COURSE**

**Sponsored by Volunteers of America**

**Course consists of one Two-Day Session and two One-Day Sessions**

*Validation makes my job uplifting again. Reminds me of why I do this job. After five minutes of conversation (using Validation techniques) I learned more about this person than I've known for three years. – Pam, Associate Course participant*

**What is Validation?** Validation is a tested method of communication created by Naomi Feil. Validation techniques help caregivers connect to disoriented elderly people in a way that helps reduce stress and enhances dignity and happiness. It is accepting the feelings of another person and reaching out to them with empathy.

**Who needs Validation?** Individuals diagnosed with Alzheimer's and related disorders who are disoriented in the later stages of life.

**From this Associate Course you will be able to:**

- Identify the steps to becoming a truly empathetic listener for the elderly
- List methods of building a trusting relationship with the disoriented elderly-- bringing them peace, connectedness, and an improved quality of life
- Discuss the four phases of disorientation and the basic human needs experienced by the elderly
- Demonstrate a validating attitude toward cognitively impaired elders

**For more information and a schedule of upcoming classes please contact  
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**Visit [www.voavalidation.org](http://www.voavalidation.org) for more information on Validation  
Volunteers of America is an Authorized Validation Organization (AVO)**

