

VALIDATION THERAPY

PURPOSE:

1. To allow resident to express self in a non-judgmental environment.
2. To acknowledge resident feelings behind behaviors.
3. To reduce stress and enhance dignity.
4. To focus on empathy.

PROCEDURE:

1. Validate or accept the values, beliefs, and “reality” of the person with dementia even if it has no basis in your reality.
2. Avoid arguing with the resident.
3. Recognize that time has no continuity and may not be sequential.
4. Recognize that “reality” is defined by the person with dementia.
5. Avoid attempts to bring the resident into your reality.
6. Be aware of tone of voice and body language; communication depends less on what you say than how you say it.
7. Unless the behavior is unsafe, do not attempt to change it; accept the behavior as an attempt to communicate a need to be fulfilled.
8. Address the resident by name.
9. Explain procedures in simple terms.
10. Allow the resident to have input into the routine and follow the resident’s pattern as much as possible.
11. Recognize that behavior affects behavior and attempts to change the resident’s mind may result in increase in anxiety and agitation.