

Validation: Helping the maloriented

by Jan Ray, CSW

Second in a series of five articles.

One of the greatest challenges for family members is how to communicate with a loved one with dementia. With validation there are four stages of dementia identified. The first stage is called maloriented.

Is your loved one generally oriented to reality? That is, does she usually know where she is, who she is, who you are, what time it is, etc.? Is she, however, dysfunctional in an aspect of her personality? Does she cling to what she has, fearful of losing more? Have the normally occurring changes that happen as people age become an unacceptable infringement on her identity, honor and self worth? Does she use denial, repression, blame, and sometimes even hopelessness to the extreme? Does she accuse others of stealing things that she has misplaced, or given to others and not remembered? Is she impatient and or critical of others? Does she misinterpret what others say to her? Does she become angry when you try to explain things that she has misinterpreted?

Maloriented people accuse others of stealing, poisoning and spying in order to relieve themselves of anger, hurt or fear.

Techniques

When visiting a maloriented person, clear your mind of the worries and distractions that occupy your mind. In validation this is known as centering, something that you may want to do several times during your visit if you are feeling stressed. One centering technique is to breathe deeply in through your nose and out through your mouth while visualizing the color blue. Repeat breathing 10 times.

When visiting use words that will gather the facts of an event. Maloriented people do not care why something happened nor, do they want to explore their emotions about what happened. When talking with the maloriented ask “who,” “what,” “where,” “when” and “how” questions. Validate feelings only when the maloriented person expresses them.

Another technique that is beneficial for a maloriented person is to be able to reminisce about a past event and to recall past ways that they coped. This can be used to survive a present day situation.

Hopefully these techniques will enhance your visit with your loved one. If you would like some other techniques please stop by or call Melissa Fry or myself.

Next month, Melissa will talk about some of the techniques to use with loved ones in the second stage of dementia.

CAFE UPDATE...



**The Cafe is now open
MONDAY - FRIDAY**

11 am - 1 pm

Food & Nutrition report

Federal guidelines bring changes to Crest View

Baking season is upon us. It's always wonderful when you bring in treats for your loved ones; it brightens the day of everyone who gets to enjoy those goodies.

In order to keep everyone safe and ensure that Crest View is keeping up with the federal guidelines, we have to make a few changes to the way we share treats in our home.

If a resident, patient or family member wants to bring a food item in to share with other residents, it must come from an approved/licensed source. For example, if you bring in a birthday cake for your loved one and you want to share the cake with other residents, the food item must be prepared by a licensed source (facilities that have been inspected by the Food and Drug Administration), such as Sysco, Rhinehart or the grocery store. This doesn't mean that you cannot bring goodies from home, it simply means that those treats can't be enjoyed by any resident other than the actual resident in which it was intended.

We encourage you to keep sharing treats with the residents, we just ask that you help us follow the newest set of federal guidelines.



Recreation Announcements

Winter Gear Drive

For the month of October we will be accepting gently used winter gear (coats, hats, scarves, gloves, boots). Items donated will help keep those in need warm this winter. Please drop off items to the Recreation Department or the main desk. Contact Lorraine in Recreation with questions at 608-562-7256.

Good-bye to a good friend

Tara, our pet therapy dog, will no longer be visiting Crest View. For five years she and Nancy, a volunteer, have been visiting us. Tara is getting older and it's harder for her to provide visits. She will miss the residents and many residents will miss her. Nancy hopes to still visit and may some day have another dog to visit with us. If anyone has a nice dog that they would like to bring in to visit with the residents please see Lorraine in Recreation or call 608-562-7256.



UPCOMING EVENTS AT CREST VIEW IN OCTOBER

- 5** CBRF open house, 1-3 pm.
Tour the facility, meet the staff, enjoy refreshments!
- 7** Camp Douglas Senior Band, 2 pm
- 9** October birthday party, 2:30 pm
Music by Harmony Express
- 10** Music by Ernie Droessler, 2 pm
- 24** Music by Skip Jones, 3 pm
- 22** Resident council
CBRF at 1 pm, nursing home at 3 pm

If anyone is interested in receiving a monthly activity calendar please contact Lorraine in Recreation.

