



VALIDATION METHOD

EMPATHY | COMMUNICATION | DIGNITY

The Validation method is a way of caring for and communicating with older adults diagnosed as having Alzheimer's-type dementia. Learn how to foster trust, improve quality of life and bring dignity.

**VALIDATION
ASSOCIATE COURSE**

Summer 2019 Course
(4 class dates total)

Course Instructors:
Jessica Harstad, MS, CVT & Betsy Horsch, CTRS, CVT

SPONSORED BY:

CENTRACARE
✦ St. Benedict's
Senior Community

Partnering with VOA



Directions

St. Benedict's Senior Community
1810 Minnesota Boulevard S.E.
St. Cloud, MN 56304

From U.S. Highway 10

Traveling south on Highway 10: Drive two miles past the Highway 23 exit to Minnesota Highway 301. Turn right. Drive one mile. St. Benedict's Senior Community (SBSC) will be on your left.

From Interstate 94

Traveling west on I-94: Exit 94 at County Roads 7 and 75 (Exit 171). After 1.6 miles, turn right onto Clearwater Road. Proceed 3.7 miles to University Drive. Turn right. Continue on University Drive over the University Bridge to 15th Avenue Southeast (2.2 miles). Turn right. Drive .5 mile to Minnesota Boulevard. SBSC will be directly in front of you.

Traveling west on I-94 alternate route: Exit 94 at Clearwater onto county Road 24 (Exit 178). Turn right. Follow County Road 24 through Clearwater and Clear Lake to Highway 10. As you approach St. Cloud, turn left onto Minnesota Highway 301. Drive one mile. SBSC will be on your left.

Traveling east on I-94: Use Exit 167B onto Highway 15. Proceed to Second Street South/County Road 75 (4 miles). Turn right. Drive 1.5 miles to Cooper Avenue/University Drive. Turn left. Continue on University Drive over the University Bridge to 15th Avenue Southeast (2.2 miles). Turn right. Drive .5 mile to Minnesota Boulevard. SBSC will be directly in front of you.

From Minnesota Highway 23

Traveling east on Highway 23: Drive 4 miles through downtown St. Cloud across the Mississippi River to Highway 10. Exit right (St. Paul exit). Drive 2.4 miles to Minnesota Highway 301. Turn right. Drive one mile. SBSC will be on your left.

Traveling west on Highway 23: Exit right (St. Paul exit) onto Highway 10. Drive 2.4 miles to Minnesota Highway 301. Turn right. Drive one mile. SBSC will be on your left.

For a map, visit www.centracare.com.

FOR REGISTRATION INFORMATION:

Contact CentraCare Health Education & Professional Development at (320) 255-5642 or e-mail cch.education@centracare.com.

Target Audience

This program is intended for health care providers, community members and direct care providers who are caring for people with dementia.

Program Objectives:

- Identify the steps to becoming a truly empathetic listener and how to have a validating attitude when working with disoriented elderly adults
- List methods of building a trusting relationship with the disoriented elderly—bringing them peace, connectedness, and improved quality of life
- Discuss the four phases of disorientation and the basic human needs experienced by the elderly
- Practice communication techniques to use when working with disoriented adults

Contact Hour Information

Participants earn:

21.25 MN Board of Nursing contact hours

21.25 MN Board of Social Work contact hours

This education offering has been designed to meet the Minnesota Board of Nursing continuing education requirements for 21.25 contact hours for the full course (4 class dates total).

St. Cloud Hospital has been approved as a provider by the State of Minnesota Board of Social Work - CE Provider Approval Number CEP-77. Participants will earn 21.25 contact hours for the full course (4 class dates total).

It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by the licensing organization.

To earn contact hours, participant must attend the entire course (4 class dates total) and complete an evaluation

Registration

Pre-registration is required for this event.

Registration is limited and taken on a first-come, first-served basis. Please complete the registration form or contact CentraCare Health Education & Professional Development at (320) 255-5642 or e-mail cch.education@centracare.com

Summer 2019 Course (4 class dates total)

July 9, 2019	9:00am - 4:00pm
July 19, 2019	9:00am - 4:00pm
August 5, 2019	9:00am - 4:00pm
August 27, 2019	9:00am - 1:00pm

Cancellations must be made by phone or mail by:

Monday, July 2, 2019

Additional Information

- Tuition includes lunch, contact hour certificate and program materials.
- It is difficult to maintain room temperature for the comfort of all. Please dress in layers.
- In accordance with the Americans with Disabilities Act Amendment Act of 2008, please advise the CentraCare Health Education Department at 320-255-5642 when registering if you have any disability that requires special materials and/or services so that appropriate personnel can be advised.
- For more information on the course, or if you have special needs or requirements, contact Diane Andersen Sibley at 320-252-0010 ext. **30342** or email Diane.AndersenSibley@centracare.com

REGISTRATION FORM Validation Associate Courses

St. Benedict's Senior Community - Bonn Great Room
1810 Minnesota Boulevard S.E.
St. Cloud, MN 56304

Name _____

Title _____

Department _____

Organization _____

Home Address _____

City _____ State _____ ZIP _____

Home Phone _____

Work Phone _____

E-mail _____

PROGRAM FEE

SBSC Employees: \$0

CCH Employees: \$175

Others: \$350

CHECK PROGRAM ATTENDING:

Summer Course: July 9, July 19, August 5, August 27, 2019

METHOD OF PAYMENT

Check enclosed payable to CentraCare Health

Credit Card (Visa, MasterCard, Discover)

Card # _____

Exp. Date ____/____ V-Code _____

(3 digit code on back of card)

MAIL OR FAX REGISTRATION TO:

CentraCare Health Education & Professional
Development Department
1406 Sixth Avenue North, St. Cloud, MN 56303
Fax: (320) 656-7012

Registrations cannot be accepted or processed unless accompanied by appropriate tuition payment.