

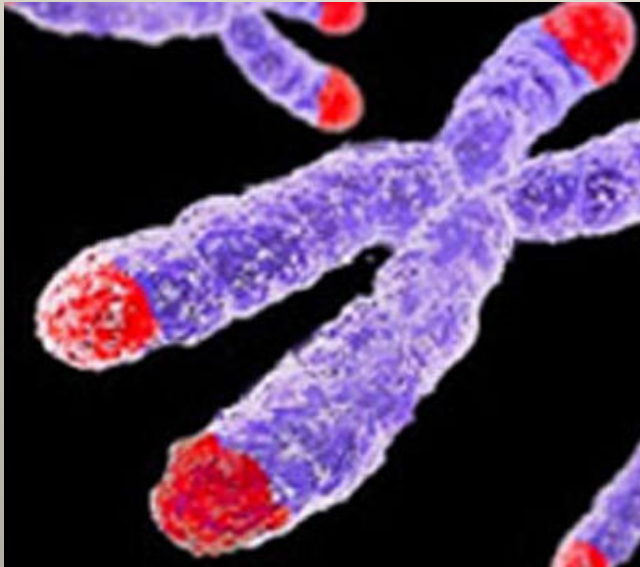


Mindfulness-Based Dementia Care (MBDC)

40% dementia caregivers suffer from depression.

60% rate the emotional stress of caregiving as high or very high.

Source: Alzheimer's Association,
2014 Facts and Figures



Telomere research shows:

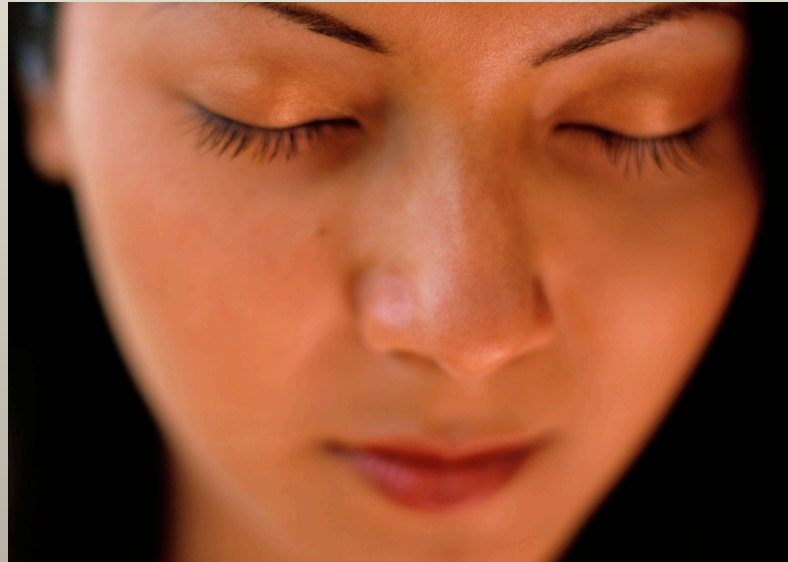
1. Chronic stress from long-term dementia caregiving leads to premature cellular aging.
2. Mindfulness practice has the opposite effect.

Source: Can meditation slow rate of cellular aging? Cognitive stress, mindfulness, and telomeres. Blackburn, Epel, and al. 2009

*Mindfulness is paying attention
to the present moment, on purpose,
and without judgment.*

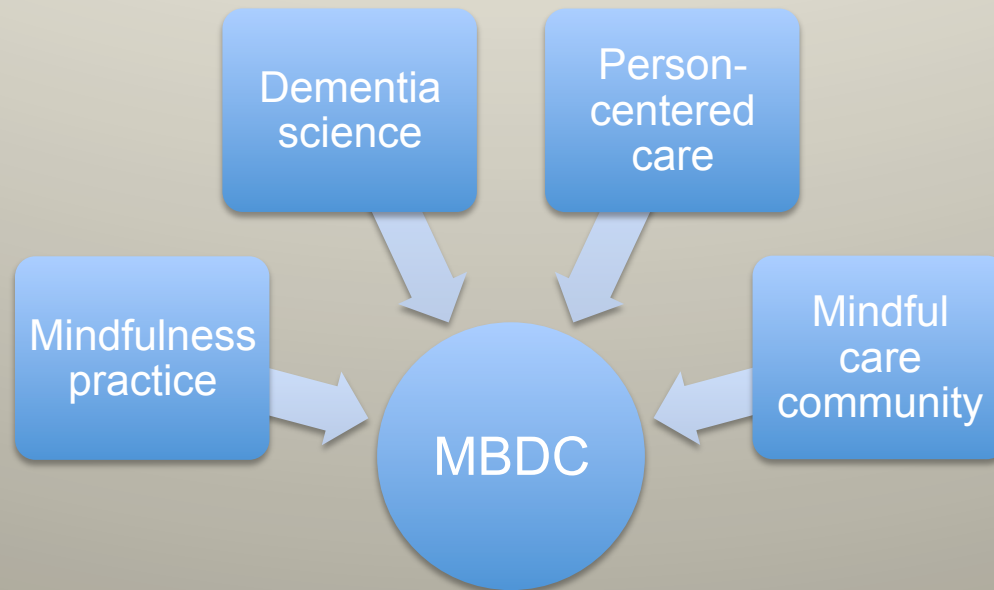
Source: Full Catastrophe Living. Jon Kabat-Zinn

Practice mindfulness now



Listen to a 5-minute mindful check in:
<http://www.presencecareproject.com/podcasts/>

Mindfulness-Based Dementia Care is not just mindfulness



Dementia science



- There are many types of dementias. Each type affects different parts of the brain differently.
- Understanding the neuroscience of dementia can help us make sense of what we notice with mindfulness.

Person-centered care



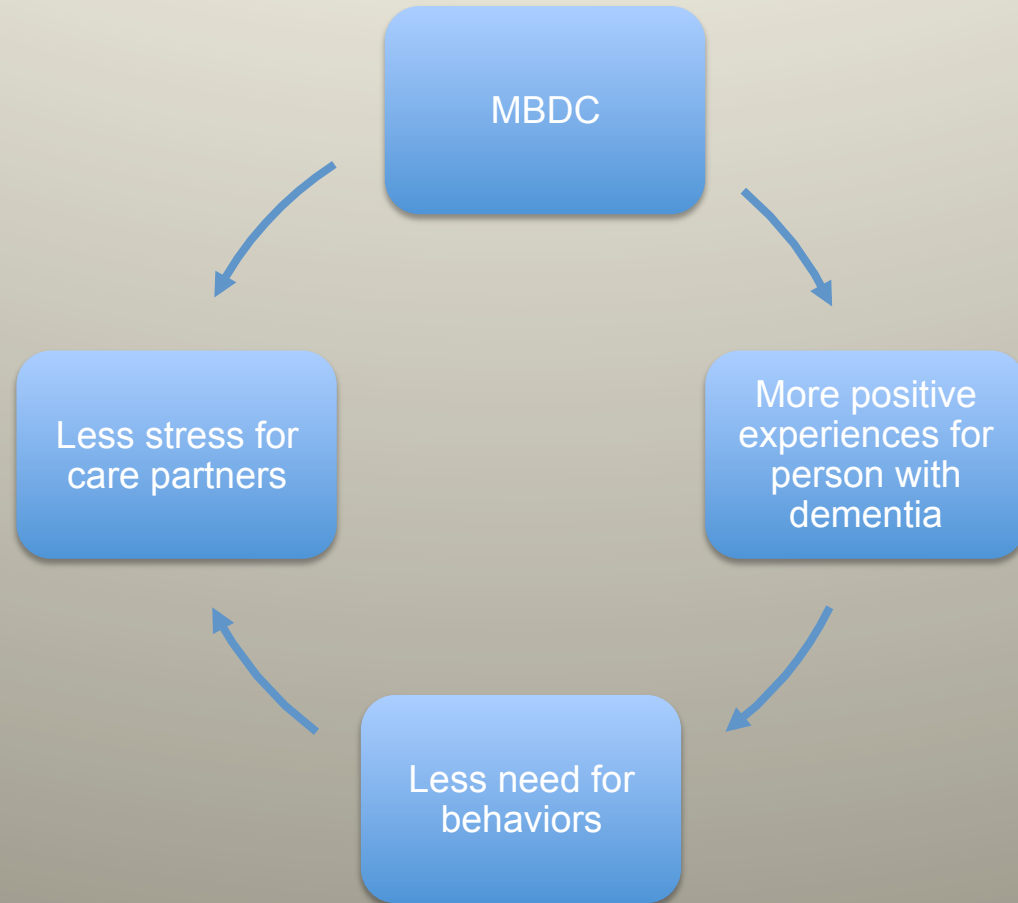
- The focus is on seeing all behaviors as manifestation of legitimate needs.
- The responsibility falls on the caregiver to understand and respond appropriately.
- Mindful role plays and other mindful enquiry practices can help gain insight.

Mindful care community



- MBDC can be best learned and sustained in community.
- MBDC classes offer such an opportunity.
- Similarly, care organizations can become mindful care communities.

MBDC model



MBDC

- 6 weeks, two-hour weekly classes
- Curriculum:
 - solo mindfulness practices, mindful care practices, mindful approach to communication, mindful response to behaviors, mindful engagement, being with grief, joint mindfulness practice . . .
- Live trainings in Ann Arbor, MI, and San Francisco, CA
- Online trainings for caregivers & professional coaching
- Organizational consults & academic research opportunities

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