

Integrating Mindfulness into Working with Older Adults

Mindful Business Institute
Optimizing Success & Wellbeing

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Lets look at old Brain

Cognition declines due to normal aging – coordination is reduced in the large scale systems in the brain. (Jessica R. Andrews-Hanna1, 2, Abraham Z. Snyder3, 4, Justin L. Vincent1, 2, Cindy Lustig5, Denise Head3, 6, Marcus E. Raichle3, 4, Randy L. Buckner1, 2007)

- Age 65 and older is growing by almost 800,000 a month (Kinsella & Velkoff, 2001)
- Dementia affects 1 in 20 people over the age of 65; 1 in 5 over the age of 80
- Elders with dementia often manifest physical and verbal agitation, and behavior problems
- Complex, multiple, physical and cognitive disabilities, requiring a multifaceted approach.
- In a review of studies from 14 nursing homes, residents were found to have prevalence of pain from 27 to 83% (Fox, Raina & Jadad, 1999)
- Multiple losses of friends, family, home, and health can lead to despair and other emotional problems (Cohen-Mansfield & Marx, 1993; Parmelee, Katz, & Lawton, 1991)
- Major depression found in: 1–5% of community dwelling elders over 13.5% in elders who require home health care and 11.5% in elder hospital patients (Hybels & Blazer, 2003)

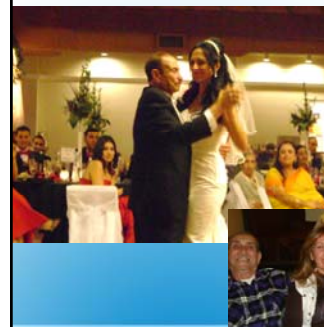
Research about Elderly who Need Care-givers

What else do we know about Grandma?

- She is fragile
- She is slow
- She is weak
- She needs time to remember
- She is scared
- She can't hear
- She is lonely
- She is worried
- She misses her food
- Her knees are bad
- Her back is weak
- What else?



We all have or had grandmas & grandpas we love.



My father is 85

Human Connection Is His Game.

To Expand their Strengths and Abilities.

To Include Them as Much or even Little as Possible.

To Allow Their Frailties Be and Help Them Accept With Joy & Equanimity.

The Goal Is

Focusing on cure is not always realistic or appropriate, especially for elders.

- Chronic conditions may not be cured, but may be managed
- Mindfulness practices can offer holistic relief
- Mindfulness practices remind practitioner of inner strengths & resource
- Mindfulness practices can provide a format for reconnecting with individual's spiritual practices to form new meaning & understanding
- Compassion for self and the elderly is Key

How Can Mindfulness Help?

Frequent Issues Facing Care-givers

- Most physically demanding and emotionally taxing jobs
- Feelings of helplessness and frustration
- Stress and stress related problems
- Often less satisfied with their jobs
- Can become judgmental and cold
- Often feel dis-empowered by conventional treatment models
- Come face to face with their own feelings about aging, illness and death

So, What About the Care-givers?

1. Mindfulness training targeting caregivers also benefit care receivers (Singh, Lanciaoni, Winton, Wahler, Singh, & Sage 2004)
2. Being present & accepting enables caregivers to create a relationship based on empathy and patience
3. Ongoing practice sessions prove highly effective

“The most important intervention we can offer is ourselves, who we are in each moment, being present with the other, feeling our connection, and verbally and non-verbally conveying this felt sense.” Lucia McBee

Mindfulness Training Can Help

Mindfulness is comprised of 3 intertwined elements:(Germer et al.,2005)

- 1) Awareness
- 2) Of present experience
- 3) With acceptance

The mindfulness-oriented care-taker may ask, moment to moment,“How do I cultivate awareness of present experience with acceptance, for myself and the person I care for? Lucia McBee

a simple definition

A more refined definition:

Mindfulness Awareness is the moment-by-moment process of actively and openly observing one's physical, mental, and emotional experiences. (what does this mean?)

Mindful Awareness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being.

UCLA - Mindfulness Awareness Research Center (MARC)

What is Needed to Cultivate Mindfulness?

A model offered by Ronald Siegel.

Diagram designed by Don McCormick, Professor at CSUN



Any Questions?

How do I deal with my own m



- The old woman (Walking and enjoying the spa)
 - Mental efforts didn't seem so
- The old man (in the supermarket)
 - Recognized feelings of disgust

Recent Personal Experience

Mindfulness Training Includes:

1. Deep diaphragmatic breathing
2. Formal Mindfulness practices - Guided Meditation
3. Gentle stretches
4. Informal mindfulness practices – eating, communication, etc.
5. Reading and group discussion and group support
6. Most importantly explaining what mindfulness is and how it benefit myself in my own daily life. Giving real examples

A three month ongoing Mindfulness class for cancer patients reduced stress, anxiety, depression, and negative thoughts and enhanced choice making & happiness (Motaghy, 2011)

Methods I Use for Cancer Patients

Lets Practice



Sit Up Right,...

Click on the link below for a guided meditation

- Take a few breaths
- Notice any feelings and stay with them
- Often reactions to these feelings is the most harmful not the feeling itself
- Do your best to release any tension, the jaws, the shoulders, the back
- Acknowledging what you're feeling
- Acknowledging any reaction you have to the feelings, likes, dislike
- Letting the feeling be
- Often when we don't react to experiences, they rise and eventually fall.
- Our job is to stay with them like surfing, using the breath to stay
- See if you can be curious about them
instead of resisting or grabbing on to the feeling

Urge Surfing - for Home Reference

<http://depts.washington.edu/abrc/mbrp/recordings/Urage%20Surfing.mp3>

- CDs (audio) with guided instructions for body scan meditation have proven effective
- Deep breathing makes direct connection to being present and peaceful
- Opportunity for an ongoing one-hour class for staff can provide support to stress management
- Mini-breaks for a 15-20 minutes meditation have proven effective for nurses
- Yoga, Ti chi and other physical stretches promote a sense of presence with the body
- Taking deep breaths, meditate or do light stretch while waiting increases control over situations
- Focusing on abilities and not disabilities proves more useful

• Music, aromatherapy, play, mindful movements
Recommendations for Working With Elderly: (Lucia McBee)

- Walking is not always possible for elders - wheelchair meditation
- (imagining walking in places they like, while focusing on the

Anecdotal Reports Regarding Mindfulness Practice:

“I know how to control myself when I feel nervous and angry.”

“The deep breathing was so soul searching and relaxing. It makes me more aware of myself.”

“I appreciate taking the time during the day when it's stressful, to learn ways to come back to a state of equilibrium.”

“I am able to be with my loved one rather than in the future or the past.”

“I feel less anxious about stresses than I formerly did.”

“I think about ‘riding the waves’ instead of getting anxious about them or ‘fighting’ the waves.”

“I feel less responsible for my husband's well-being.”

“I am so much less frantic and more kind.”

It's an Amazing Work.

The Kind of Mindfulness Training We Provide:

1. Individual Coaching, Classes & Retreats
2. Executive Coaching and Employee Training
 - a) Strengths Finder 2.0
 - b) Communication & Team Work
 - c) Productivity
 - d) Resource Management
 - e) Time Management
3. Customized training upon request

Enhancing Personal &
Professional Outcomes

Modified (Mindfulness Based Stress Reduction) programs for the elderly proved:

- Distressed & agitated residents on a dementia unit appeared "peaceful and smiling" after their relaxation group. (Shalek and Doyle, 1997)
- 10 groups of residents reported feeling less sad and a trend toward feeling less pain as compared to a recreational activity pro-gram (McBee, Westreich, & Likourezos, 2004)
- A group of 34 depressed elders (60 and over) treated with dialectical behavior therapy with the core practice being mindfulness experienced a statistically significant remission of depression as compared to a group treated with medication only. (Lynch, Moresse, Mendelson, and Robins (2003)

Other Research:

- Introducing nursing home residents to relaxation training enhanced morale and decreased pain. (Moye & Hanlon, 1996)
- A three month ongoing Mindfulness class for cancer patients reduced stress, anxiety, depression, and negative thoughts and enhanced choice making & happiness (Motaghy, 2011)

Research on Mindfulness

Resources

- *Mindfulness Solution* - by Ronald Siegel, PsyD
- *Clinical Handbook of Mindfulness* – edited by Fabrizio Dedona
- *Full Catastrophe Living: Using Wisdom of Your Body* – Jon Kabat Zinn
- Beginner Starter Kit - www.mindfulvalley.org
- *Mindfulness In Plain English* – www.mindfulvalley.org
- *Mindfulness At Work Training & Workshops* - www.mindfulbusinessinstitute.com



Special thanks to Lucia McBee for her article and book:
Mindfulness-Based Elder Care

Simply Google Mindfulness

Today 25% Off on Upcoming Mindfulness Classes



Cultivating Mindfulness
6 weeks – Thursday March 1
7pm-8:30pm Chatsworth

Free Introductory Session
Thursday Feb 23, 7pm to 8:30pm
see me if you'd like to register for
any of these classes

Dr. Manijeh Motaghy, PsyD. OMC



Beginning Mindfulness
6 weeks – Sunday, January 29,
West Hills

C.O.R.E. Advanced Study Group
Sunday, Jan 22, West Hills

Daniel Davis, DPP

Thank you for Your Attention