



# Mindfulness-Based Elder Care

**A CAM Model**  
for Frail Elders and  
Their Caregivers

**Lucia McBee**

# Mindfulness Based Elder Care

**J Spring**



## **Mindfulness Based Elder Care:**

**Mindfulness-Based Elder Care** Lucia McBee, 2008-03-21 She shares with us her gold the conception trial and error implementation and initial scientific investigation of a new educationally oriented treatment approach that she has named mindfulness based elder care MBEC from the Foreword by Saki Santorelli EdD MA Associate Professor of Medicine Executive Director Center for Mindfulness in Medicine Health Care and Society University of Massachusetts Medical School Drawing on years of experience as a geriatric social worker and mindfulness based stress reduction practitioner the author has taken Jon Kabat Zinn s Mindfulness Based Stress Reduction program and adapted it to the particular needs of elders their families and professional caregivers Mindfulness practices focus on abilities rather than disabilities in order to provide paths to the inner strengths and resources that we all possess McBee s Mindfulness Based Elder Care conveys the benefits of mindfulness through meditation gentle yoga massage aromatherapy humor and other creative therapies to this special population She provides clear concise instructions for her program as well as a wealth of anecdotal and experiential exercises to help readers at all levels of experience Hers is the first book to fully explore the value of mindfulness models for frail elders and their caregivers Features of this groundbreaking volume include Valuable tips for establishing programs to address each population s specific needs and restrictions Designed for short classes or 8 week courses Detailed experiential exercises for the reader Replete with case studies Clear easy to follow instructions for elders and caregivers at all levels This innovative book is suitable for use with a variety of populations such as nursing home residents with physical and cognitive challenges community dwelling elders direct care staff and non professional caregivers **Mindfulness-Based**

**Interventions for Older Adults** Carla Martins, 2014-01-01 The first research based book on the efficacy of Mindfulness Based Stress Reduction for older adults presenting academics students and professionals with robust new evidence to support MBSR s positive impact on older people s wellbeing and valuable guidance on how to tailor MBSR programmes to meet the particular needs of this group **Nigerian Journal of Social Work Education** ,2014 **The Gerontologist** ,2008 **Mindfulness-Based Interventions for Older Adults** Carla Martins, 2014-07-21 The first research based book on the efficacy of Mindfulness Based Stress Reduction for older adults presenting academics students and professionals with robust new evidence to support MBSR s positive impact on older people s wellbeing and valuable guidance on how to tailor MBSR programmes to meet the particular needs of this group *The 5 Resets: Rewire Your Brain and Body for Less Stress and More Resilience* Dr Aditi Nerurkar, 2024-01-18 Discover how to rethink your relationship with stress and overcome burnout depression and anxiety with this accessible health meets self help guide **Bellefonte, State College and Nearby Points Telephone Directory** ,2002 **Shambhala Sun** ,2002 *Dissertation Abstracts International* ,2008 **The Mindful Caregiver** Nancy L. Kriseman, 2014-02-27 Caregiving can be enormously challenging terrifically rewarding and potentially draining Caregivers often wonder how they will navigate the tumultuous waters of caregiving and not lose

themselves completely The Mindful Caregiver highlights two major approaches to help transform the journey adopting a practice of mindfulness which helps caregivers become more self aware and fully present with the person with whom they are caring and honoring the spirit side of caregiving which offers new ways of connecting to one another These approaches take into account not just the needs of the care recipient but also the needs of the caregiver and other people in his her life Remembering to care for oneself when someone else is in great need can be difficult but with the suggestions and tips in this book any caregiver can cultivate routines and practices that benefit everyone Solutions that caregivers can use in their day to day routines are provided so caregivers who use them can feel more empowered and hopeful Using real stories throughout Nancy Kriseman offers self care exercises and addresses a wide variety of subjects such as setting realistic expectations making the best possible decisions advocating effectively and evaluating available resources and services The Mindful Caregiver provides inspiration encouragement and guidance for finding ease in the caregiving journey By emphasizing both mindfulness and the spiritual dimension caregivers can reap the gifts of caregiving appreciate the special moments and find strength during the challenging times

**Journal of the Society of Christian Ethics** ,2007      **Gerontologic Palliative Care Nursing** Marianne Matzo,Deborah Witt Sherman,2004 Older adults afflicted with progressive eventually fatal chronic illness have care needs and personal priorities that tend to focus on living well despite the disease At this phase of life the wish is for symptom relief maintenance of activities concern for family and preparation for death and bereavement When progressive disability marks the last months and years the patient should remain focused on living life as fully as possible until its end Major advances in enabling function and managing symptoms have taken place in the past decade or two People who once would have suffered terribly from pain can now expect to be comfortable with aggressive pain and symptom management The challenge in today s nursing practice is that nurses work in a care system that was not designed to deal with the challenges posed by large numbers of persons coming to the end of life at the same time Nurses are not adequately prepared to provide quality compassionate care for persons who are old sick and eventually dying Matzo and Sherman s new book provides a valuable resource for practicing nurses at all levels in the health care continuum who care for older adults at the end of life The goal of the book is to enhance quality of life for older adult patients and families who have progressive incurable illnesses Focuses on quality end of life nursing care and its impact from a palliative care perspective Addresses active and compassionate care therapies to enhance physical psychological social and spiritual domains of life Explores the spiritual social and psychological aspects of key nursing competencies at the end of life and progresses to the more evidence based information and interventions related to pain symptom management disease progression and care of the dying elder Includes Case Studies which help put the content into a more humanistic perspective Provides Evidence Based Practice boxes that apply current research to findings

[Social Sciences Index](#) ,2000      **The Four Foundations of Mindfulness** Sīlānanda (Sayadaw U),1990 A clear explanation of the Buddha s fundamental teaching on meditation helpful to meditators

from all traditions      **Coping and Caring** Susan Hillier Parks,1988      **Tricycle** ,2007      **Omega** ,2007      *Holistic Nursing* ,2007      *The Mindful Caregiver, 2nd edition* Nancy L. Kriseman,2025-09-18 The Mindful Caregiver was first published in 2014 Since then the caregiving landscape has changed dramatically creating cascading effects and increased challenges for caregivers Caregivers are having to care for elders who are now living into their 80 s and beyond often with multiple health issues Many caregivers are baby boomers which as a generation is getting older and facing their own health problems Additionally many are staying in the workforce longer which requires them to balance or even set aside their own needs to care for their elder family members On top of that many baby boomers are caring for ill or frail spouses partners or even raising their grandchildren In the second edition of The Mindful Caregiver existing chapters will be updated and two new chapters will be added One new chapter will focus on resistance which manifests in many different forms for the care recipient and for family members Examples include an elder with dementia that refuses to give up driving or siblings that disagree about moving a family member from their home This chapter will provide ideas and examples of how to work with resistance The second new chapter will focus on resilience and self care Caregivers will learn how to nurture resilience so that they can cope more effectively both emotionally and spiritually Armed with this information my hope is that caregivers can become mindful caregivers and feel more empowered supported and equipped to be the best caregiver they can be Sustaining oneself throughout the caregiving journey takes tremendous courage patience and strength My hope is that the new edition of The Mindful Caregiver will inspire caregivers to find meaning in their caregiving experience      **Brief Review** Gordon Korman,2004

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