



How the Mindfulness Concept could Benefit the Caregiving of Older Adults?

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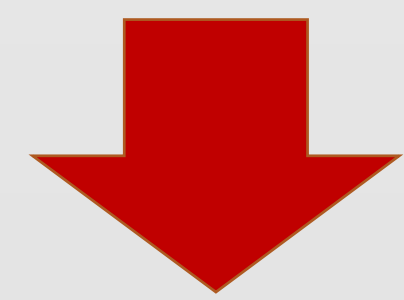
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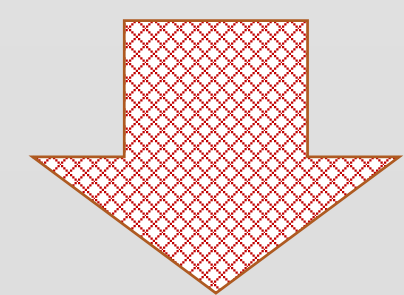


Context

- Very old age (85 and more) and age-related diseases such as Alzheimer's disease or related dementia are associated with several changes (e.g. cognitive, behavioural) that make the support of the person by familial or professional caregivers more and more needed.
- Taking care of a person requires management of several tasks and parameters in addition to the caregiver's own daily tasks.
- Studies suggest that mindfulness benefits perceived well-being, cognition, and physical health in adults and older adults.



How the mindfulness concept could benefit the caregiving of older adults?



The MinD project

- MinD = "Designing for people with dementia: Designing for mindful self-empowerment and social engagement"
- 4-year project (2016-2020) funded by the EU H2020 RISE programme
- A multidisciplinary team of academics, health caregivers, designers, architects, etc. (designingfordementia.eu)



What is mindfulness?

Two major theoretical frameworks:

- Meditation (Jon Kabat-Zinn) as paying attention in a purposeful manner, in the present moment, and non-judgmentally: without moral and emotional assessments
- Information processing (Ellen Langer) as the process of not relying on automatic categorisations from the past but actively making new distinctions about a situation and its environment

Mindfulness: Psychological process of **bringing one's attention to the present moment** (internal and external experiences)

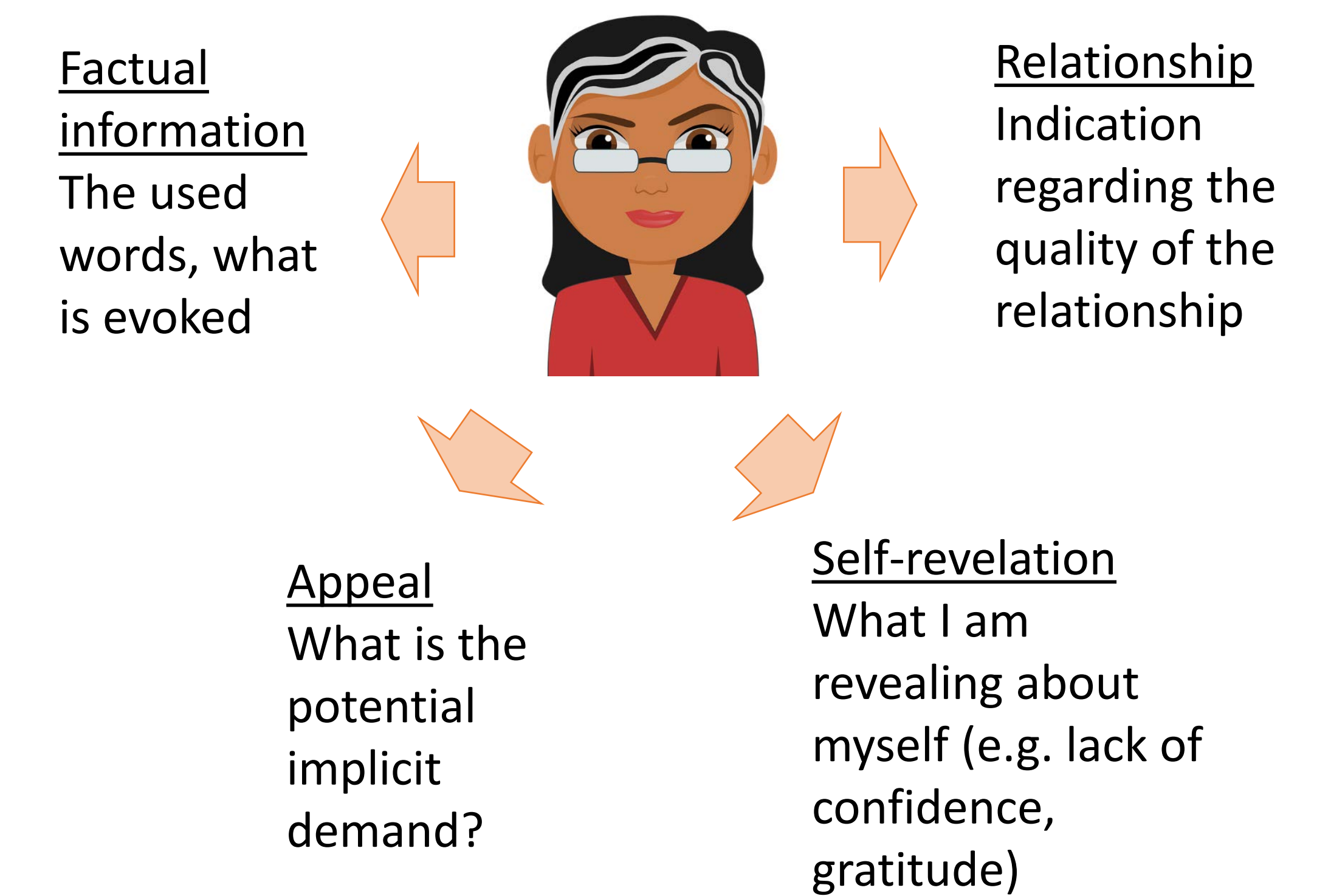
- **less information to process** linked to the past and the future
- **less negative emotions/ruminations** linked to the past and the future

Which benefits?

- Positive effects on adults
 - of anxiety, depression, pain
 - of sleep quality and memory (Goyal et al., 2014; Winbush et al., 2017; Gard et al., 2014)
- Positive effects on older adults
 - Without cognitive impairments:*
 - of wellbeing, cognitive functioning and sleep
 - of pain (Chiesa et al., 2011; Morone et al., 2009)
 - With mild cognitive impairments or mild dementia:*
 - of quality of life and cognitive flexibility
 - of depressive symptoms (Paller et al., 2015)

Communication between the Cared-for person and Caregivers

Active listening is a complex task... (Schulz von Thun, 1999)



Verbal (words), **paraverbal** (sound, speed, etc.) & **non verbal** (body position, space, etc.)

Which kind of interventions?

Format: meditation exercises, breathing exercises, mindfulness design, etc.
Aims: help the cared-for person and caregivers to become more available and attentive to verbal, paraverbal, and non-verbal communication

In staying more in the present moment:
 to refer less to past difficulties/conflicts and to anticipate less potential limitations/problems
 → Reduce unnecessary negative affects and autonomy limitation

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