

Program Snapshot

MINDFULNESS-BASED DEMENTIA CARE

WHAT IT IS



Mindfulness-Based Dementia Care is a dementia caregiving program that offers eight in-person, group mindfulness practice sessions.

PROGRAM FOCUSES ON



Coping practices



Role play



Meditation

PROGRAM FRAMEWORK DRAWS ON



- ▶ Mindfulness-Based Stress Reduction (MBSR)
- ▶ Cognitive Behavioral Therapy (CBT)
- ▶ Acceptance and Commitment Therapy (ACT)

READY TO ADOPT

Mindfulness-Based Dementia Care is proven, vetted and ready for implementation by organizations that serve dementia caregivers and their care recipients. Program includes:



Training



Manuals



Consultation assistance

Learn More

Mindfulness-Based Dementia Care is one of more than 40 dementia caregiving programs found in Best Practice Caregiving (bpc.caregiver.org), a free, online database that helps organizations identify, compare and adopt best-fit programs for their clients and community.

DIRECT LINK: bpc.caregiver.org/#programDetails/mindfulness-dementia-care