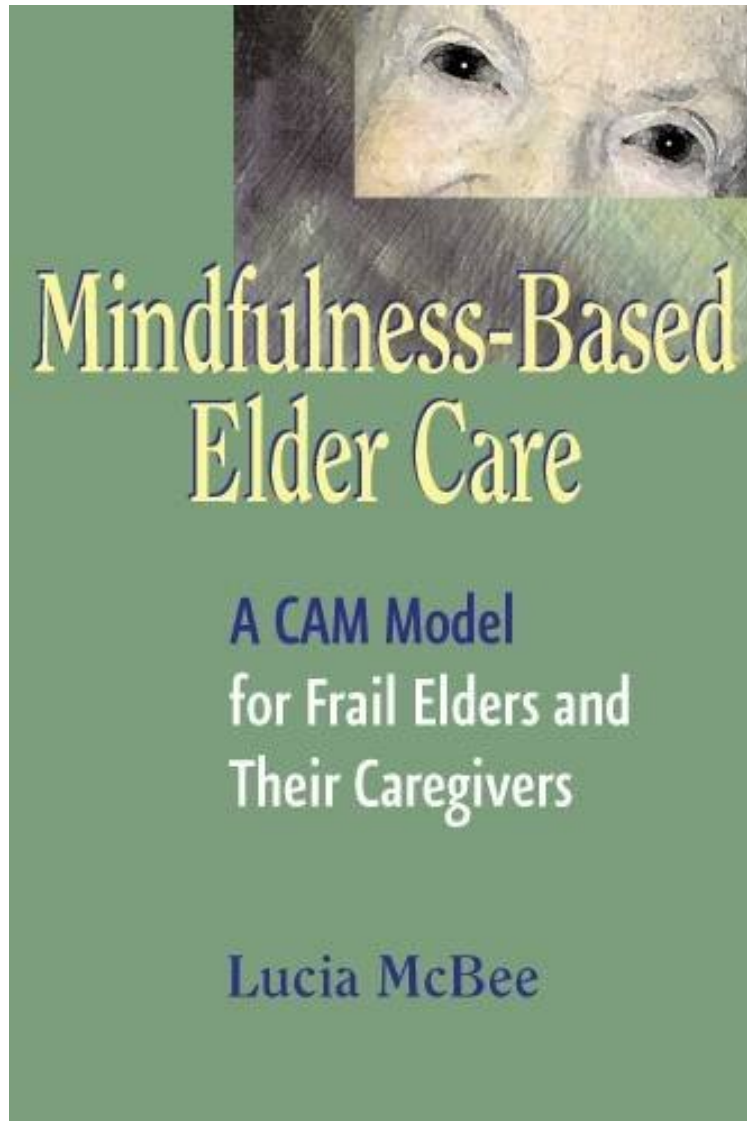


# Mindfulness-Based Elder Care: A Cam Model for Frail Elders and Their Caregivers

*Lucia McBee LCSW MPH*

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#1614205 in Books McBee Lucia 2008-03-21Original language:EnglishPDF # 1 9.00 x .60 x 6.00l, #File Name: 082611511X240 pagesMindfulness Based Elder Care A CAM Model for Frail Elders and Their Caregivers | File size: 39.Mb

**Lucia McBee LCSW MPH : Mindfulness-Based Elder Care: A Cam Model for Frail Elders and Their Caregivers** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindfulness-Based Elder Care: A Cam Model for Frail Elders and Their Caregivers:

1 of 1 people found the following review helpful. Great book!By Jennifer etnyreI really enjoyed this book and it was

very useful! I work as a recreation therapist with geriatric patients at a state hospital. This book made a big difference in incorporating a mindfulness class with my patients. It gave me new ideas to start my program!

1 of 2 people found the following review helpful. Eldercare readBy Music SparksWe all deserve people being fully present with us. It is so easy in healthcare taking care of all the requirements, it is easy to be mindful with the clients let alone ourselves. The materials to fuel staff inservices is helpful.

2 of 2 people found the following review helpful. An Essential Guide for Relieving Caregiver StressBy Martha StettiniusWhen I started caring for my mother, Judy, in 2005, I never paid much attention to mindfulness practices (such as meditation, yoga, and breathing exercises) to reduce stress. As I juggled dementia caregiving with my job and family, my own health took a back seat. If Lucia McBee's book Mindfulness-Based Elder Care had been available when I began my caregiving journey, I might have figured out much earlier than I did that caregiving can be more enjoyable if you take it one moment at a time, concentrating on being with a person, not just running around doing things for them.

The essential practice of mindfulness, McBee writes, involves being present in each moment. Striving toward compassion for ourselves and others, and letting go of judgment and self-judgment, are also important parts of mindfulness. This compassion for ourselves as caregivers is especially important, as we often feel as if we are not doing enough or not doing it correctly.

With over 25 years of experience as a geriatric social worker and mindfulness-based stress reduction practitioner, McBee, LCSW, MPH, walks the reader through specific mindfulness exercises for each of the book's three intended audiences: elders, family caregivers, and professional caregivers. She weaves these mindfulness exercises, and background information about the history of mindfulness-based elder care and culture change movements in elder care, with short anecdotes about elders and caregivers who have tried mindfulness groups. She also includes some excellent chapters on mindfulness exercises for people with mild to severe dementia; yoga exercises for people who are wheelchair- or bed-bound; and helpful tips such as mini relaxation exercises for when you're standing in line at the check-out counter or stuck in traffic. However, since this book has three intended audiences, there is some repetition. Chapters near the end of the book, for example, repeat similar exercises for different groups, but you can always skip to the chapters that are most relevant to you as a reader.

Mindfulness groups encourage caregivers—whether professional caregivers or family caregivers—to react more thoughtfully in stressful situations and to take breaks from caregiving to care for themselves. Participants often sleep better, and they feel more satisfaction in their caregiving role. Caregivers could be in the moment with their loved one, rather than worrying about the past or future. As McBee writes, the experience of caregiving can be stressful, but also an opportunity to deepen the relationship between caregiver and care provider.

All members note simple but powerful changes in their quality of life. I have taken classes on mindfulness based stress reduction, and the techniques did help me slow down and be with my mother in the moment. As her dementia progressed, I learned to communicate with her through body language instead of words, to listen mindfully when she did try to speak, and to appreciate simple pleasures that we could share, such as sitting outside in the sun, listening to music, or holding hands. I encourage people who are living with the early stages of dementia, and their care partners, to read this book and try some of the mindfulness exercises. The only downside to this book is its cost (on the high side for most family caregivers).

-- author, "Inside the Dementia Epidemic: A Daughter's Memoir"

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.

From the Back Cover""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

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