

What is Mindfulness?

Mindfulness is a skill that involves training your brain to pay attention to the present moment with nonjudgmental awareness, acceptance, openness and curiosity of “what is.”

What is MBDC?

MBDC is an 8 week innovative, mindfulness-based program created specifically for dementia caregivers.

What Participants Say...

“You will be rewarded with a transformative experience.”

“This knowledge and experience is really the only way to successfully travel through this journey of caregiving.”



Mindfulness-Based Dementia Care (MBDC)

A Program for Family Caregivers



What will you learn?

MBDC teaches new skills that can help you cope with the challenges and stresses of dementia care, which may greatly improve the quality of life for you and the person in your care.

Classes will be held at:



HealthPartners[®]
Neuroscience Center
295 Phalen Blvd
St Paul, MN 55130
(651) 495-6565



HealthPartners[®]
Center for Memory & Aging

Why Mindfulness for Caregivers?

Caring for someone with dementia can be challenging, but there are also moments of great compassion, love and fulfillment.

Mindfulness offers skills to cope with stresses and to recognize moments of joy.

Studies suggest that Mindfulness may:

- lower anxiety, stress, depression, and caregiver burden
- improve overall mental health
- increase self-compassion & serenity
- increase social support

Participant Requirements

Participants must be able to commit to:

- Attending a 2-hour class once a week for 8 weeks
- Practice between classes
- Attending a 6-hour Saturday retreat
- Completing an evaluation

Participants must also:

- Provide their own transportation
- Arrange for the care of the person with dementia, if needed, during class time (respite is not provided)

MBDC Fall 2019 Schedule

MBDC includes a series of classes over 8 weeks and a half-day retreat.

Classes will be held on **Wednesdays**:

September 11 to October 30

9:30 am – Noon (Class 1)

10:00 am – Noon (Classes 2-8)

Retreat will be held on **Saturday**:

October 19

9:45 am – 4:00 pm

Who Can Participate?

Any family member or friend currently supporting or providing care to someone with a diagnosis of Mild Cognitive Impairment (MCI), Alzheimer's Disease or other dementia.

During each session we will:

- Discuss and learn about mindfulness and applying new techniques to caregiving
- Practice skills to implement in your daily caregiving activities

Program Cost

The cost of the program is \$350 per participant for the 8-week program and includes a workbook, audio files, snacks and all other program materials.



Scholarships of \$100, \$200, or \$300 are available upon request thanks to generous donors to the Regions Hospital Foundation's Alzheimer's Fundraising Breakfast.

Preregistration Required

For more information, questions, or to register, please call Jan Karrmann @ 651-495-6565

