

# Mind-Body Interventions to Support People with Dementia and Their Caregivers

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Take a deep breath



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# Mindfulness and Stress Management

- Can be as simple as deep breathing exercises
- Can also involve:
  - Meditation and prayer
  - Yoga and tai chi
  - Mindfulness-based stress reduction classes

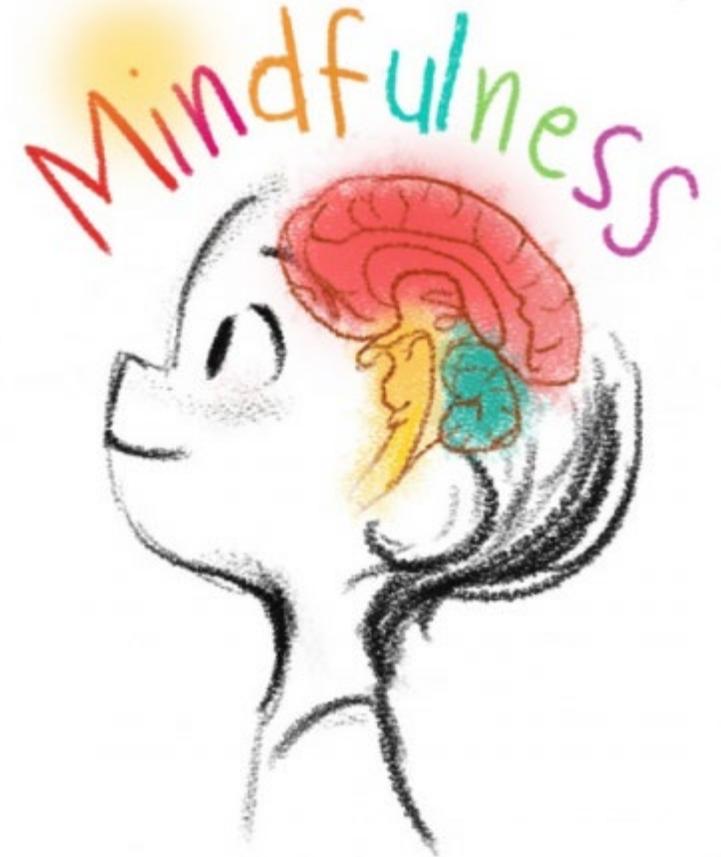




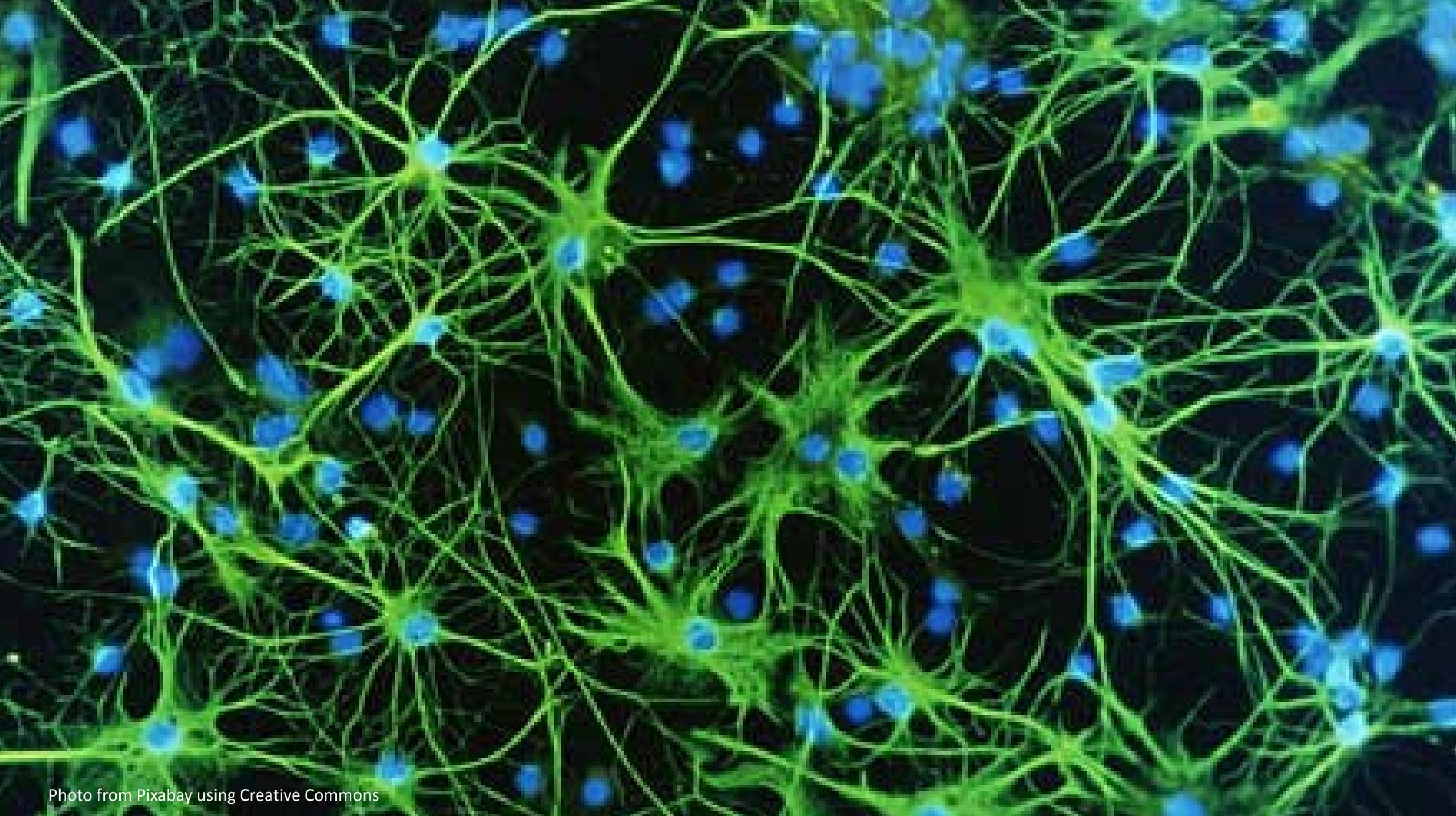
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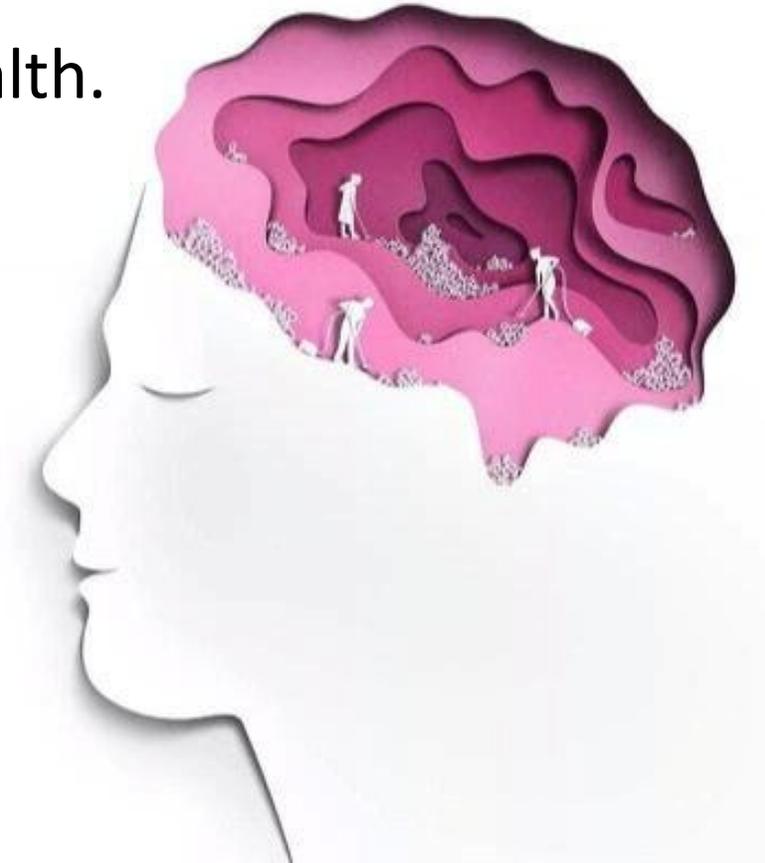


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# Sleep and the Glymphatic System

- The glymphatic system is only active during sleep.
- Adequate and restful sleep is essential to our health.



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## Mechanism of Action for Nonpharmacological Therapies for Individuals With Dementia: Implications for Practice and Research

Sandy C. Burgener, PhD, RN, FAAN; Ying-Ling Jao, PhD, RN; Joel G. Anderson, PhD, HTP; Ann L. Bossen, PhD, RN

**Research in Gerontological Nursing.** 2015;8(5):240-259 <https://doi.org/10.3928/19404921-20150429-02>

Posted May 11, 2015

ABSTRACT

FULL TEXT

FIGURES/TABLES

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### Abstract

The current review addresses the need for increased use of evidence-based, nonpharmacological therapies for individuals with dementia. To facilitate understanding of the potential efficacy of nonpharmacological therapies on cognitive functioning for individuals with dementia, the mechanisms of action for selected therapies are described, including the assessment method used to identify the mechanism. The strength of evidence supporting each therapy was evaluated, with some therapies demonstrating strong support and others only moderate support for their effectiveness and mechanism of action. Therapies with the strongest support include (a) cognitive training/stimulation, (b) physical exercise, and (c) music. Therapies with moderate support include (a) biofield, (b) meditation, (c) engagement with a naturally restorative environment, and (d) social engagement. Although the strength of evidence varies, together these therapies offer treatments designed to improve cognitive functioning, have low risks and adverse effects, and have the potential for widespread accessibility, thereby increasing the potential range of therapies for individuals with dementia. **[Res Gerontol Nurs. 2015; 8(5):240–259.]**

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## Mind–Body Therapies in Individuals With Dementia: An Integrative Review

Joel G. Anderson, PhD, CHTP; Carol E. Rogers, PhD, RN; Ann Bossen, PhD, RN; Ingelin Testad, PhD, MNSc, RPN; Karen M. Rose, PhD, RN, FGSA, FAAN

Research in Gerontological Nursing. 2017;10(6):288-296 <https://doi.org/10.3928/19404921-20170928-01>

Posted November 22, 2017

ABSTRACT

FULL TEXT

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### Abstract

Mind–body therapies frequently derive from Eastern philosophies and are becoming increasingly popular. These therapies, such as meditation, yoga, tai chi, qigong, biofield therapies, and guided imagery, have many reported benefits for improving symptoms and physiological measures associated with various chronic diseases. However, clinical research data concerning the effectiveness of these practices in individuals with dementia have not been evaluated using a synthesis approach. Thus, an integrative review was conducted to evaluate studies examining the efficacy of mind–body therapies as supportive care modalities for management of symptoms experienced by individuals with dementia. Findings from the studies reviewed support the clinical efficacy of mind–body practices in improving behavioral and psychological symptoms exhibited by individuals with dementia.

[Res Gerontol Nurs. 2017; 10(6):288–296.]

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# Reflective Exercise

- Exercises include:
  - Yoga
  - Tai chi
  - Qigong
  - Meditative movement
- Research demonstrates improvements in cognition and physical and emotional wellbeing



# Reflective Exercise

- Movements provide motor training that improves cognition
- Cognitive stimulation includes focused attention, postural control, verbal cues, and visual imagery



# Meditation and Mindfulness

- Practices include:
  - Insight meditation
  - Zen meditation
  - Mantra-based mindfulness
  - Mindfulness-based stress reduction
- Research demonstrates improvements in memory, sleep, mood, and brain volume



# Guided Imagery

- Involves mental visualization of persons, objects, or feelings
- Stimulates various senses and triggers psychological processes
- Limited research in people with dementia





# Natural Restorative Environment



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Caregiver-focused interventions using mind-body therapies decrease stress, improve mood, and increase quality of life.



Take another deep  
breath



Tusen  
takk!

Photo by Joel Anderson

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