

Mindfulness-Based Dementia Care Partner Program to Reduce Depressive Symptoms



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“Mindfulness has the potential to reduce stress and symptoms of depression in care partners of people living with dementia.”

RATIONALE: While caregiving and being a care partner to a person living with Alzheimer’s disease or related dementia (PLWD) can be rewarding, care partners often feel high levels of stress and burden, have low mood, and poor health.

OBJECTIVE: To test the feasibility of implementing a mindfulness program to reduce stress and symptoms of depression in care partners. We will pilot test a new way to collect real-world outcomes on care partners through an administrative set of data collected by a community non-profit organization that trains the program instructors.

SETTING: Three memory care clinics located in Minnesota, Michigan, and California.

POPULATION: Approximately 120 care partners of PLWD.

INTERVENTION: The intervention is an adaptation of Mindfulness-Based Stress Reduction for care partners of PLWD called Mindfulness Based Dementia Care (MBDC). Developed by the Presence Care Project (www.presencecareproject.com), a community-based non-profit organization, MBDC offers a bridge between mindfulness practice and the dementia care exchange.

OUTCOMES: The primary clinical outcome is symptoms of depression, and the secondary clinical outcome is care partner burden. Implementation outcomes will measure the feasibility of implementation including the rate of program registration and completion, number of sessions attended, acceptability of virtual instruction, and completeness of data collection.

IMPACT: Findings from this pilot study will guide the design a large real-world trial to test the potential benefits of MBDC. Mindfulness has the potential to reduce stress and burden in care partners, reduce symptoms of depression, and ultimately improve overall health.