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Bee L.M. (2009) Mindfulness-Based Elder Care: Communicating Mindfulness to Frail Elders and Their Caregivers. In: Didonna F. (eds) Clinical Handbook of Mindfulness. Springer, New York, NY. <https://doi.org>

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Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction, defines mindfulness as “the awareness that emerges through paying attention on purpose, in the present moment, and non-judgementally to the unfolding of experience moment by moment” (Kabat-Zinn, 2003).

Why Mindfulness Can Empower Elderly People - Home Care

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Cam Model for Frail Elders ... And

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.

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Elders and Their Caregivers. January
2009; DOI:
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book: Clinical Handbook of
Mindfulness (pp.431-445)

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McBee brings mindfulness into elder care with a wholistic approach which is not often found in nursing homes and assisted living environments and in general in how many of us deal with older people.

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Corrie McKeague (left) of Dunfermline,
Fife, was 23 when he vanished in the
early hours of September 24 2016
after a night out in Bury St Edmunds,
Suffolk. No trace of him has been
found but ...

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