MINDFULNESS BASED INTERVENTION FOR EARLY STAGE DEMENTIA:
A GRANT PROPOSAL

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INTRODUCTION

- The Alzheimer’s Association (2018, Facts and Figures) reports that 5.7 million Americans are living with Alzheimer’s Disease (AD) or other forms of dementia.
- AD is currently the sixth leading cause of death in the U.S.
- Alzheimer’s is the most costly disease in the U.S. The Alzheimer’s Association (2018) reports that current costs exceeded $277 billion.
- Persons with dementia are subject to behavioral or psychological disturbances over the course of the disease.
- The use of Mindfulness Based Interventions (MBI) has been gaining increased support in the literature.
- The objective of Mindfulness Based Intervention program will be to reduce the associated BPSD that include stress, anxiety, fear, loss, rumination and depression ultimately contributing to an individuals overall well being and health.
According to the NASW *code of ethics* (2017), social workers primary goal is to help those in need and to address social problems.

AD is more than a medical problem; it is also a social problem.

Losses associated with dementia are loss of self, independence, physical abilities or even the loss of a home. T

Such losses are not limited to the person with dementia (PWD), but also impact the family and the community.

Social workers understand the importance of maintaining the autonomy of the older adult and must work hard to implement interventions to prevent premature institutionalization.
CROSS-CULTURAL RELEVANCE

- AD and other forms of dementia affect people of all demographics
- Rovner, Casten and Harris (2013) found that African Americans are more at risk to AD than White, European Americans.
- Despite being at higher risk for AD, minority and ethnic populations do not always recognize the symptoms of dementia.
- Additionally, for those who are aware of the disease, the stigma associated with dementia often prevents them from seeking medical help.
METHODS

➢ The intended targets for Mindfulness Based Therapy program is for adults recently diagnosed with Alzheimer’s disease or another form of dementia and are in the “normal” cognitive functioning range as demonstrated by the Mini Mental Status Exam (MMSE) scoring tool.

➢ John A. Hartford Foundation, Alzheimer’s Foundation of America and Archstone Foundation were reviewed as potential funders.

➢ In evaluating the three foundations, the mission statements, values, available funding, and demographic location were considered.

➢ Ultimately, the Archstone Foundation was chosen because of its priority on enabling older adults to remain in their own home or communities and improving the quality of life for older adults suffering from depression.
METHODS

- Potential sources of information include data from peer-reviewed articles such as *Journal of Gerontological Social Work, National, The Journal of the American Medical Association, and Journals of Gerontology.*
- Budget would be towards staffing that includes a Program Director and LCSW as well ad Direct Program Costs.
- Direct Program Costs include Mindfulness workbooks, rent, utilities, art supplies etc.
- Total amount requested of the funder projected to be $61,245.00.
The primary goal of this program is to improve the well-being of individuals diagnosed with Alzheimer’s disease or other dementias.

The intended target for Mindfulness Based Therapy Program is for adults that have been recently diagnosed with Alzheimer’s or other dementias.

The proposed Mindfulness Based Intervention (MBI) program is designed to provide services for adults who are in the early stages of Dementia.
The goals and objectives of this program are to decrease anxiety and improve their relationship with others.

Evaluations will be based on the objectives. (1) 90% of patients will demonstrate a reduction in anxious thoughts and behaviors as reported by caregiver.

(2) 90% of patients will demonstrate significant improvement in their ability to get along with others.

To measure the outcomes of these objectives, caregivers will complete a rating scale of the patient’s anxiety and ability to get along with other pre-MBSR and post-MBSR.
LESSONS LEARNED/ IMPLICATION FOR SOCIAL WORK

- While working at a dementia specific adult day healthcare program, the grant writer observed individuals in early stages of dementia often exhibited psychological distress pertaining to the progression of the disease.

- Traditionally, individuals with dementia have been devalued due to stigmas surrounding old age and memory loss.

- The world economic forum estimates that the impact of mental health care and treatment totaled $2.5 trillion dollars in 2010 and projected to be $6 trillion by year 2030 (Insel, 2015).

- Obtaining funding for MBT program could prevent the premature institutionalization of many individuals, thus allowing for individuals to remain living at home as long as possible.
REFERENCES


