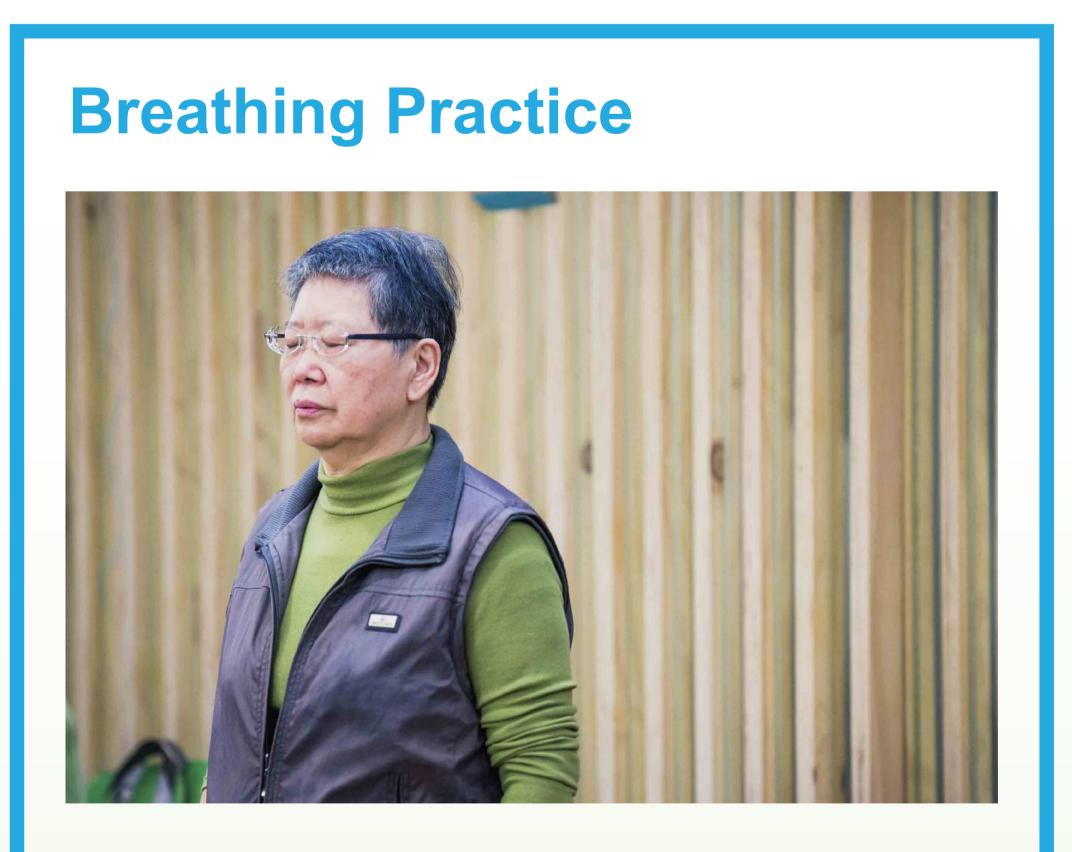
Mindfulness-Based Program Enhance the Quality of Life for Older Adults in Taiwan

OBJECTIVES

This study aimed to evaluate the impact of an eight weeks mindfulness-based program on the quality of life and cognitive states for older adults from community population.

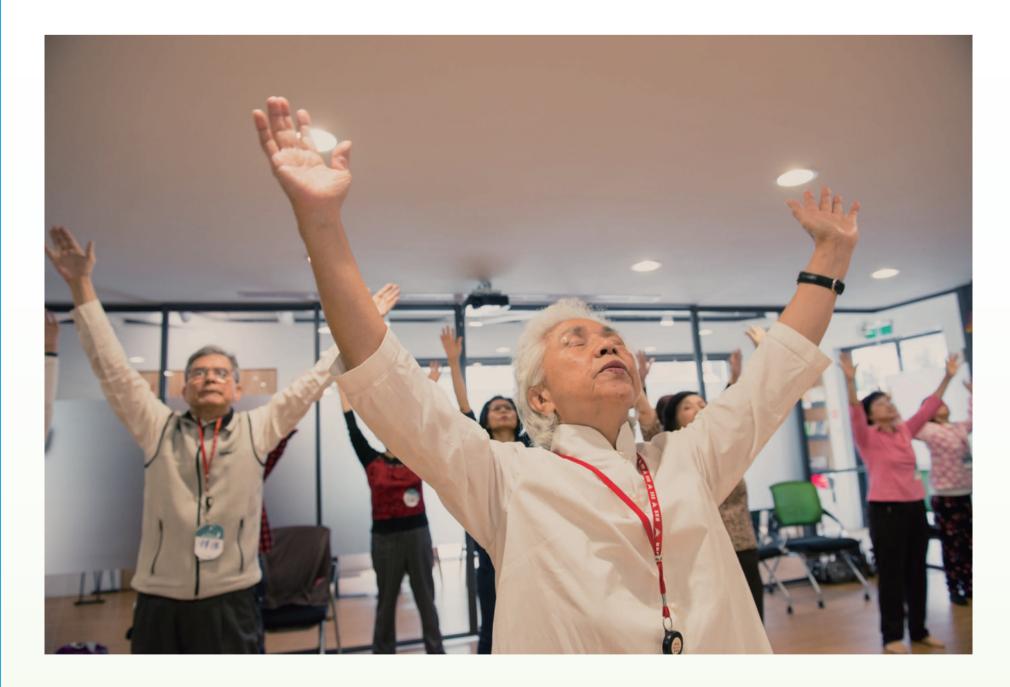
METHODS

The benefits of mindfulness research on human well-being have accumulated much empirical evidences. Several studies have also indicated that mindfulness training enhances cognitive functions. However, it is unknown whether the positive effect can be generalized to older adults. An eight-weeks mindfulness-based program which was modified from Mindfulness-based Cognitive Therapy (MBCT) that involve mindfulness practice, self-awareness through the practice of body stretch, sitting meditation, body scan, and breathing. Role play, clam jar and ten-finger appreciation activities were also included to enrich the social element of the program. It is noteworthy that this program is easy-to-implement for older adults. Eighty-nine older adults recruited from a community center



- Introduce an easy to implement 4-7-8 breathing practice technique.
- Explain sympathetic and parasympathetic nervous system and their relation to sleep quality and digestion.

Body Stretch



 Do the body stretch by focusing on the awareness and feelings of the body that you are going to stretch, instead of focusing on the technique of it.

volunteered for the present study. All participants were over 60 years old, and the mean age was 71.88 years old (SD = 5.92). The changing of the quality of life, depression, cognitive states was measured by visual analogue scale, Taiwanese Geriatric Depression Scale-5, and modified Chinese Mindfulness Awareness Attention Scale (mCMAAS), respectively.

RESULTS

The results showed that the quality of life was enhanced after the program, t(88) = 3.15, p < .01. Both the depression state and cognitive state were remained the same (p = .841 for depression, p = .633 for cognitive state).

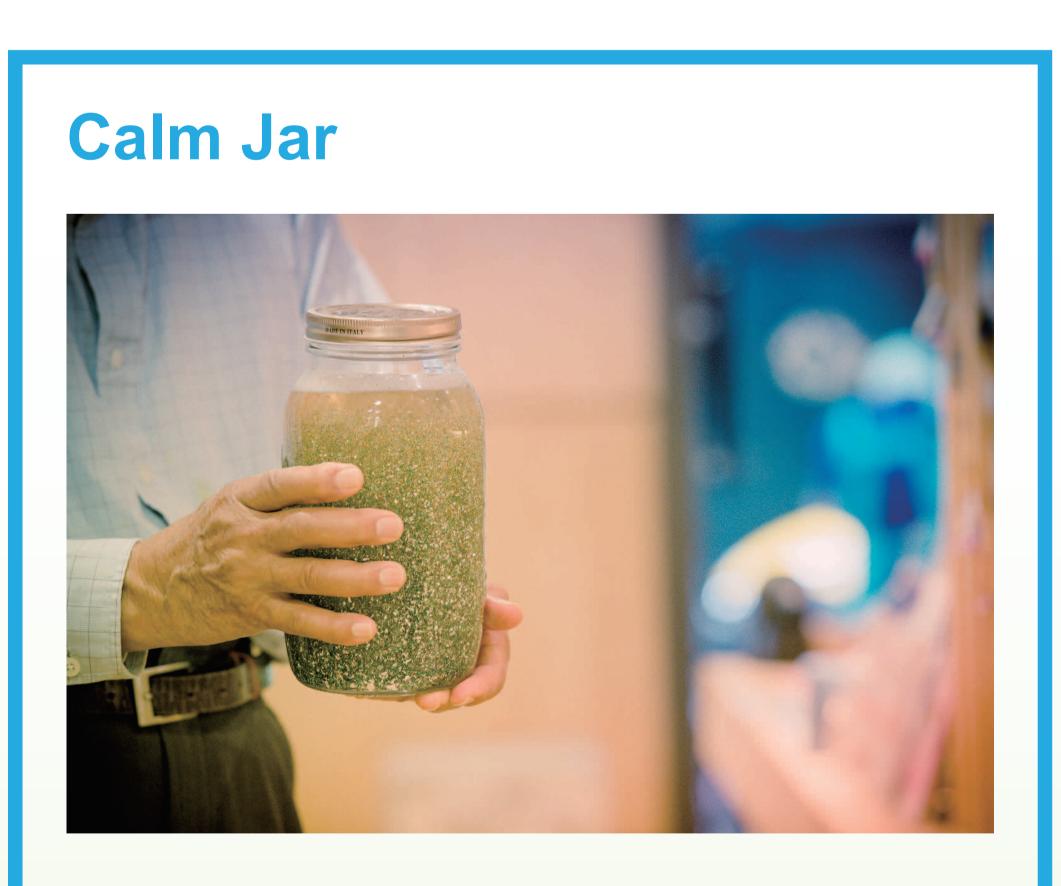
CONCLUSIONS

It is an exciting finding that the quality of life was significant improved after this program for older adults. It is likely that the mood and cognitive measures reached the ceiling so that they were insensitive to changes. The impact of a long-term training program and more sensitive measures should be further examined.

Mindful Eating



- Use raisons as the mindful eating practice through our five senses, including touching, seeing, smelling, listening, and tasting.
- Choose one daily routine event to apply for mindfulness concept, such as drinking water, taking shower, watering plants, and walking.



- Use colorful glitters as the metaphor of our unpleasant moments. Invite each participant to share an unpleasant story and pour those glitters into the jar
- Shake the "Clam Jar" to see how our mind is in turbulence when we are under stress or unpleasant moments.
- Allow ourselves couple minutes of breathing to let the spinning glitters gradually precipitate to the bottom and then a clear, transparent clam jar appears again.

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Feedback from Participants



willing to admit the unpleasant thoughts in their minds when occurred.



The participants were more prepared themselves to accept what it is.

- and sense of joy.
- This program increased my knowledge. I know how to adjust my living pace and get along with family, relatives and friends better. I feel relaxed and peaceful.
- After the program, I fall to sleep easier and feel more comfortable physically.
- to feel great in the last four weeks.

Role Play

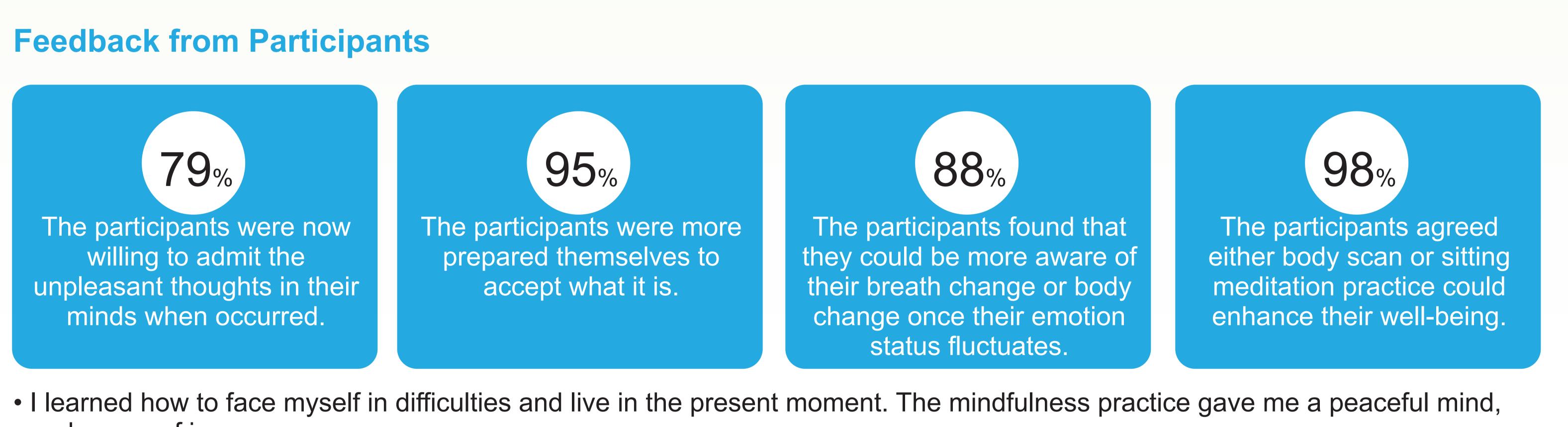


- Explain basic theory of cognitive therapy through role play activity.
- One person plays as "him/herself", and the other person plays as his/her emotions, such as anger, sadness, or disappointment.
- We are not our emotions and emotions are just part of us.

Sitting Meditation



- Facilitate 5-10-20 minutes sitting meditation gradually in the 8 weeks program.
- Q&A sections for discussion after in-class practices and home practices.



• I appreciate this program that it has improved my insomnia problem and learned how to take care of my inner feeling. Through the 4-7-8 breathing practice, I could make adjustment for my body and mind. Originally, I felt bored with this program, but started



Ten-Finger Appreciation

- Cultivate a compassionate and gratitude mind would provide us a different mindset and see things in different angles.
- Make a drawing of our ten fingers and deeply think ten persons or events or subjects you especially appreciate for.

Mini-Stone Meditation



- Use min-stone as the metaphor of 4 symbols, including flowers as fresh, mountains as grounded, lakes as reflection and sky as space.
- Do meditation by holding those 4 stones gradually and give us the peace and joy in our mind.