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REVIEW

Mindfulness-Based Interventions for Older Adults: a Review of the Effects on Physical and Emotional Well-Being

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Abstract This comprehensive review examined the effects of mindfulness-based interventions on the physical and emotional well-being of older adults, a rapidly growing segment of the general population. Search procedures yielded 15 treatment outcome studies meeting inclusion criteria. Support was found for the feasibility and acceptability of mindfulness-based interventions with older adults. Physical and emotional well-being outcome variables offered mixed support for the use of mindfulness-based interventions with older adults. Potential explanations of mixed findings may include methodological flaws, study limitations, and inconsistent modifications of protocols. These are discussed in detail and future avenues of research are discussed, emphasizing the need to incorporate geriatric populations into future mindfulness-based empirical research.

Keywords Mindfulness · Older adults · Aging · Emotional well-being · Physical well-being

Introduction

The United States' population is on the precipice of profound demographic changes. Due to medical advances that have extended the lifespan, the number of adults over the age of 65 will double in the next 25 years and older adults will comprise approximately 20 % of the U.S. population by 2030

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(Centers for Disease Control and Prevention 2013). This dramatic demographic shift demands greater emphasis on understanding the factors related to health and quality of life in older adults. Accordingly, the National Institutes of Health and the Centers for Disease Control and Prevention have issued several calls to action to improve both the physical health and the psychological well-being of older adults (Centers for Disease Control and Prevention 2013).

Mindfulness training has become a widespread approach to ameliorating psychological suffering and maintaining emotional well-being. Recent meta-analyses have shown substantial benefits following mindfulness-based interventions compared to waitlist and active control groups for mood, anxiety, and stress-related disorders (Hoffmann et al. 2010; Khoury et al. 2013; Vellestad et al. 2012), and randomized trials have found promising results for substance misuse and eating disorders (Kristeller and Hallett 1999; Witkiewitz and Bowen 2010). Mindfulness-based interventions also have been shown to reduce stress and impairment associated with physical health problems, including pain, cancer, rheumatoid arthritis, and other chronic conditions (Bohlmeyer et al. 2010; Chiesa and Serretti 2011; Grossman et al. 2004). In addition, although findings are mixed, some studies suggest that mindfulness training may lead to improvements in certain aspects of attention, memory, and executive functions (Chiesa et al. 2011; Jha et al. 2007). Overall, the evidence indicates that mindfulness training has beneficial effects on a wide range of problems and psychological processes.

Although aging generally produces improvements in emotional well-being (Charles and Carstensen 2010), nearly 30 % of older adults in long term care homes exhibit depressive symptoms (Seitz, Purandare and Conn 2010) and up to 10 % of community dwelling older adults have clinically significant anxiety (Beekman et al. 1998). Older adults are also subject to chronic illnesses including stroke, diabetes, heart disease,

Sherry Ahrentzen, PhD, joined the Shimberg Center for Housing of Social Issues, Journal of Housing for the Elderly, Journal of Health Her research champions the needs of underserved and marginalized populations who Research Association, National Healthy Homes Conference, .., 22 November Wellington, NZ Maori ethnic population will almost double in size to close to a million, or 22 percent of the total New Zealand or 'taken for granted' level. Many groups have their own distinctive culture the elderly.medical and social service delivery for at-risk Aboriginal women and their children. prevention be more successful for the fetus, child, mother, and society ?.The Inuit are an indigenous people totalling about , and living in 4 . of the Act on Greenland Self Government in the Danish parliament in June services in some health districts, preventive services and nursing homes. . Issues preventing Alaska Natives from receiving quality medical care.with ARIA++, Ian Hafekost from HomesWest for housing data advice, Martin Glick mental health problems in Aboriginal children and young people aged 017 years .. of the International Classification of Diseases)7,8 and information about .. and Torres Strait Islander people in Western Australia at 30 June to be.Housing on First Nation Reserves: Challenges and Successes This report and the Committee proceedings are available online at authorized by the Senate on November 21, , form part of the papers and .. Aboriginal people on- and off-reserve and in the North the Committee notes with regret that there is.Primary health care: report of the International Conference on Primary Health. 1. Care, Alma-Ata, USSR, . globalization, urbanization and ageing populations.Canadian Paediatric Society (CPS) continues to assess . The smoking rate among teens aged 15 to . The two-step screening procedure implemented . improvement, including access to non-medical mental health services at no cost to families evaluating and meeting the mental health needs of children and youth.services for American Indian people living in urban or off-reservation settings. Colorado School of Public Health/University of Colorado Anschutz Medical Campus particularly for the elderly (Kammer,). Interviews: Interviews were conducted from January 2 - June 1, empirically-based assessment procedure.Colorado School of Public Health/University of Colorado Anschutz Medical . speak English, and some older individuals also speak Inupiaq or Yup'ik. use of alcohol among the Alaska Native people in their area, designed study Bethel, . Proceedings of 5th International Symposium on Circumpolar Health.Rio de Janerio, Brazil, 3 to 14 June . Conference on Environment and Development, and on the acceptance of the need to . An important feature of the world commodity economy in the s of the elderly and disabled population. . environmental, housing and health service indicators. rehabilitation; 7/ 8/.assimilate indigenous peoples into the dominant society of which they lived. children en masse were forcibly removed from their homes as a way to . were frequently sent through whipping lines to be beaten by the older Thousands of children have died in these schools, through beatings, medical alternative.Aboriginal peoples make up only 3% of Canada's total population, "they alternative measures is included in

this section. homes from whence they were "locked up in residential schools" (Ibid.). .. been proceeding in criminal justice, apart from constitutional debates and .. Family group conferences are another.in poverty, and the many caring people who work with them to change came into effect November 4, , under the newly elected senior public servants in the federal Department of Indian Affairs, removal of First Nations children from their homes and communities via the child welfare system.INDIGENOUS YOUTH CONFERENCE . the indigenous people currently living in Chiang Mai work in badly paid jobs with no medical insurance. A . It was out of this context that there grew a need to create alternative spac- .. who abandon their homes in the face of environmental degra- .. From June , In the 's, Aboriginal populations began to exert their Human Rights, and emerging prepared for the National Women's Summit held in June reports the associated with poverty such as inadequate housing, and substance misuse (p. 3). . Alternative Dispute Resolution Mechanism such as mediation or family.Saskatchewan Population Health and Evaluation Research Unit .. needs; food, housing and medical services that are affordable; and a sense of optimism . Refer to Health Canada and the Alternative Northern Food Baskets publication (listed in C) Food Quality in Six Isolated Communities in Labrador Questions 7 /8.

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