

## TANDEM Project Synopsis for ICM-2018

“Training attention for people with dementia and their caregivers”

[in Dutch: Training AaNdacht voor mensen met DEmentie en Mantelzorgers – TANDEM]

TANDEM set out in 2016 with the aim to develop a mindfulness-based training for people with dementia (in an early phase of the disease) and their caregivers. The project is executed at Maastricht University, with financial support of [Alzheimer Nederland](#) and the [Fred Foundation](#). It is part of the activities of the [Alzheimer Centrum Limburg](#).

[Recent research](#) has shown that mindfulness may contribute to the wellbeing of individuals with dementia and their caregivers. Mindfulness may be characterized as present moment awareness, without being judgemental or inclined to change what is going on right now. Cultivation of mindfulness may help in coping with difficult daily life experiences, such as changes in health, pain or sorrow. A training in mindfulness may provide a new perspective on sickness and health that may improve the quality of life, for example because it may resolve rumination about past or future events.

In the first phase, the training was tailored using the existing MBSR format as an outline, with input from experts in the field of dementia and professional mindfulness trainers, and incorporating the insights from scientific research to date about application of mindfulness in people with cognitive disorders and in caregivers (see Berk et al., 2017a, 2017b, 2018). Currently, in the 2nd phase the effect of the training in dyads (person with dementia + caregiver) is being investigated, primarily using qualitative research methods.

The results of the TANDEM project will be made available to the public in the fall of 2018. A trainer guide, participant workbook and accompanying materials (in Dutch) will be made available to the professional training community via the Dutch [TANDEM-website](#) and through collaborating stakeholders of the project, including [Alzheimer Nederland](#) and the Society for Mindfulness in Belgium and the Netherlands ([VMBN](#)). The trainer guide and workbook can be purchased at production cost price, as long as supplies last.

### References

- Berk, L., Hotterbeekx, R., van Os, J., & van Boxtel, M. P. J. (2017a). Mindfulness-based stress reduction in middle-aged and older adults with memory complaints: a mixed-methods study. *Aging and Mental Health*, 20(9), 1–9.  
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- Berk, L., van Boxtel, M. P. J., & van Os, J. (2017b). Can mindfulness-based interventions influence cognitive functioning in older adults? A review and considerations for future research. *Aging and Mental Health*, 0(0), 1–8.  
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- Berk, L., Warmenhoven, F., van Os, J., & van Boxtel, M. P. J. (2018). Mindfulness Training for People With Dementia and Their Caregivers: Rationale, Current Research, and Future Directions. *Frontiers in Psychology*, 9, 123–10.  
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### More information

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