



mindful hearts building project

The Winnifred Stewart Association's Mindful Hearts building project will be a supportive living facility to provide additional care for persons experiencing Alzheimer's and other dementias using the Mindful Hearts approach.

This facility will be the first of its kind in Western Canada and will serve not only clientele from Winnifred Stewart, but also persons with disabilities currently with other service providers or from the community. The facility may be considered a template for similar facilities elsewhere in Alberta.

The building will provide accommodations for approximately 40 residents, each with their own private room with ensuite bathrooms including a shower. Shared living includes dining, kitchen, and supportive daily living spaces. Each cluster will be self-contained in terms of meeting all of the day-to-day living needs of the residents.

The proposed site of the project will be on land adjacent to the Winnifred Stewart Association main building at 11130 131 Street, Edmonton, which is currently used as a parking lot.



mindfulhearts.ca

mindfulhearts
A WINNIFRED STEWART APPROACH

Ph 780 453 6707

11130 131 Street | Edmonton | T5M 1C1



what is mindful hearts, a winnifred stewart approach?

Mindful Hearts is a model of care offered by the Winnifred Stewart Association to train families and caregivers in how to provide “hands-on” care for persons with Alzheimer’s and other dementias. Mindful Hearts creates an atmosphere for clientele where they feel valued and understood; fear and anxiety will be successfully addressed and prevented, and the physical and emotional environment is calming and reflective of their life experiences to which they can easily identify.

Due to advances in medical science, people with developmental disabilities are living longer and are therefore experiencing aging issues, such as Alzheimer’s and other dementias. In 2011, the Winnifred Stewart Association realized the need to take a proactive approach to prepare to care for clientele with dementia. The Association investigated numerous models of care and care techniques. Best practices were combined to create Mindful Hearts, A Winnifred Stewart Approach.

Staff is able to customize the care of their clientele day-to-day or even hour-to-hour, depending on the requirements. There are no structured routines for the clientele unless they are able to manage them. The relationship between the clientele and staff will be one of high trust. The clientele trust that staff will keep the environment stable and safe and will listen to them when they are beginning to feel threatened and be there to comfort them and relieve the stress, anxiety, and fear.

mindful hearts training

The training program, Mindful Hearts, is intended for all caregivers caring for family members, seniors in supportive/continuing care, and other agencies providing support to clientele diagnosed with Alzheimer’s, or another form of chronic dementia in Alberta. Using training resources from around the world, Mindful Hearts is comprised of a number of techniques and care objectives to help caregivers serve their clientele.

Throughout the three day course, participants will learn more about Alzheimer’s and other dementias- what the symptoms and stages are, and about Alzheimer’s perceptions. Day two of the training will focus on dementia basics, supporting and communicating with clientele with dementia, hand-over-hand/ hand-under-hand care techniques, and Positive Physical Approach™. Finally, caregivers will learn more about “The Art of Caregiving” created by care expert Teepa Snow, how to prevent caregiver burn out, and will

review how to apply these new skills to their daily work.

With the training in Mindful Hearts, caregivers will feel that they can positively anticipate and address behaviors. Families will also notice how much happier and confident their family members appear. The clientele will have a sense of purpose within their abilities. Their levels of fear, anxiety and aggression will be greatly reduced and in most cases eliminated. Behaviors will be managed with minimal use of medications.

