

Mindfulness-Based Dementia Care *for FTD Caregivers*

Mindfulness-Based Dementia Care (MBDC) for FTD Caregivers is a commitment to your personal health and well-being. This program teaches practical skills to help you cope with the stress and challenges of dementia care and the uncertainty of daily life.

Participants will:

- Learn practical mindfulness tools
- Build resilience and coping strategies
- Address grief and uncertainty
- Improve communication and daily interactions
- Connect with others who understand FTD caregiving

Spouses, partners, family members, or relatives currently supporting someone living with Frontotemporal Dementia (FTD) are eligible to participate. Participation in all sessions is strongly encouraged.



Program Details

When will MBDC take place?

- **Dates:** Fridays, October 16 – December 18
 - *No Session on November 27*
- **Time:**
 - 9–11 AM (PT)
 - 11 AM–1 PM (Central)
 - 12–2 PM (ET)
- **Extended Session:** Friday, December 4 (+2 *additional hours*)

Where will MBDC take place?

- **Format:** Live online via Zoom
- **Duration:** 20 hours over 9 weeks

Additional Details

- **Cost:** Free of charge
- **Requirements:** Computer access and ability to join Zoom video sessions

Registration

Limited spots available. To request a spot:

 **Email Angela Lunde at:** lunde.angela@mayo.edu

Priority is given to:

- Active caregivers of individuals living with FTD
- Those able to attend all sessions

A waitlist will be created for the 2027 offering once capacity is reached.

Class Themes

1. Introduction to Mindfulness
 2. Practicing with Attitudes
 3. Living Grief and Self-Compassion
 4. Coming to Our Senses
 5. Everyday Communication
 6. Being with Difficulty
 7. Deepening Practice (*Extended Session/Retreat*)
 8. Caring for Yourself
 9. Practicing Forward
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About the Instructor

Angela Lunde, M.A.

Associate in Neurology, Mayo Clinic, Minnesota

Angela Lunde leads outreach, engagement, and caregiver research at the Mayo Clinic Alzheimer's Disease Research Center. With extensive experience supporting individuals living with dementia and their caregivers, her work focuses on emotional well-being and quality of life. She is a co-author of *Mayo Clinic on Alzheimer's Disease and Other Dementias* (2020, revised 2025) and author of *Day-to-Day Living with Dementia: A Guide for Caregivers* (2022).

Angela has professional training in mindfulness-based therapies including Mindfulness Based Dementia Care (MBDC), Mindfulness Based Stress Reduction (MBSR), support group facilitation, grief and loss, Dignity Therapy®, self-compassion, and wellness coaching. She has taught the MBDC program for 9 years.