
CONSCIOUS CARE & SUPPORT



Summary

The Five Stage CCS Process

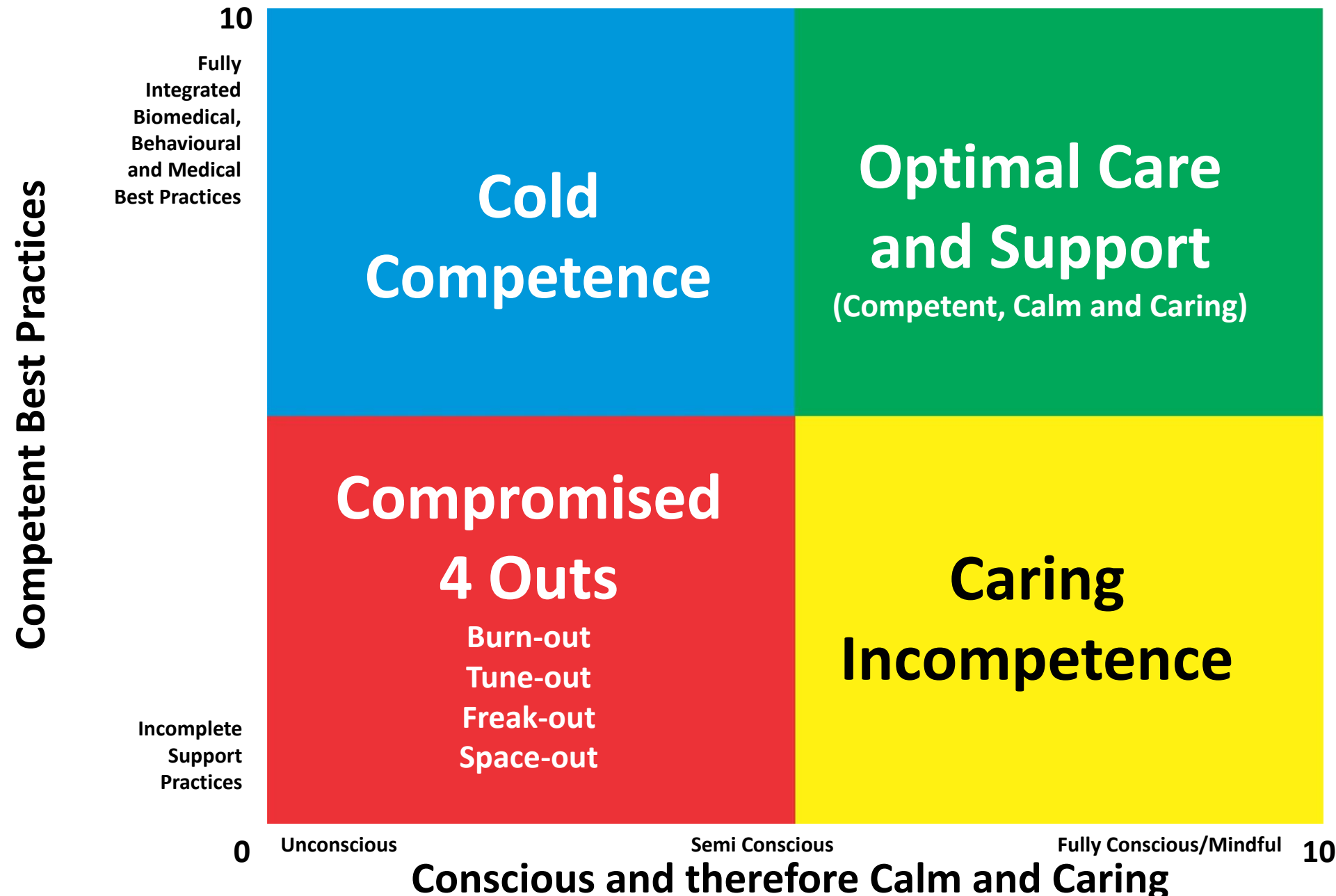
Session 8 – Resource 3

A More Complete Understanding of Optimal Care and Support

Optimal Care and Support = Competence x Mindful/Conscious Compassion

“We don’t have to feel it to be it”

Optimal Care and Support



We Don't Have to Feel It to Be It

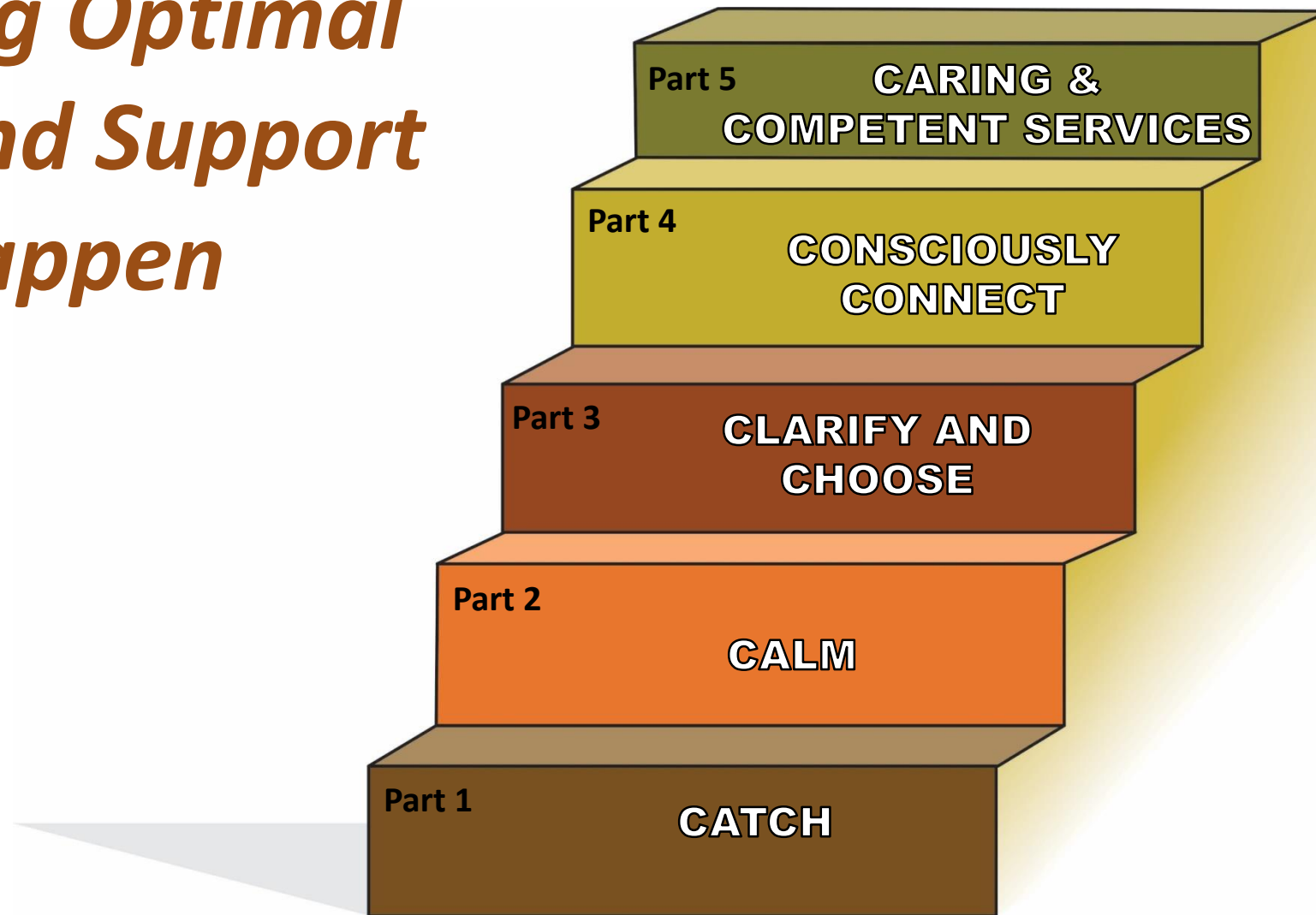
*"I have supported a man for several years. He is a very unlikeable, demeaning and unappreciative person. Honestly, I could not stand him. I tried to like him but he was so mean and self centred. I talked to myself every day, reminding myself that it is his disabilities that are causing his negative behaviour, but still I couldn't stand him. **Then during my CCS training I learnt that liking is not a necessary part of being a compassionate supporter.***

Liking is not the same as being competent and conscious. Liking is a feeling that may or may not happen in support relationships. Compassionate care is the 'by product' of being competent with best practices and being more conscious/mindful and skillfully allowing of internal/subjective B-FIT resistance.

When I learnt this and just started to apply my B-FIT Mindfulness skill while supporting this man, everything started to change. I lost my negativity toward him. He is even it seems, becoming a bit more likeable."

A Supporter

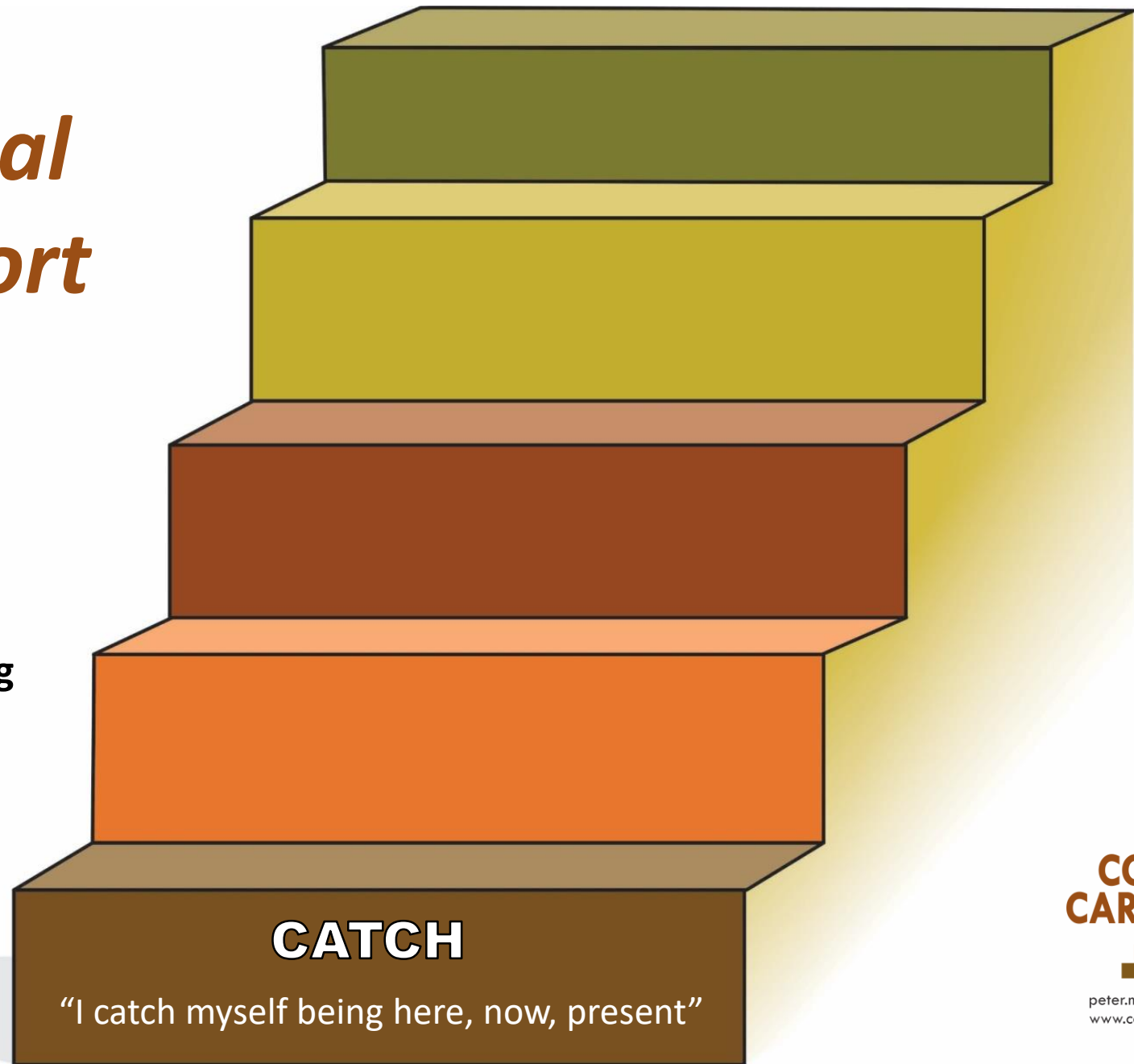
Making Optimal Care and Support Happen



Ben's story

Making Optimal Care and Support Happen

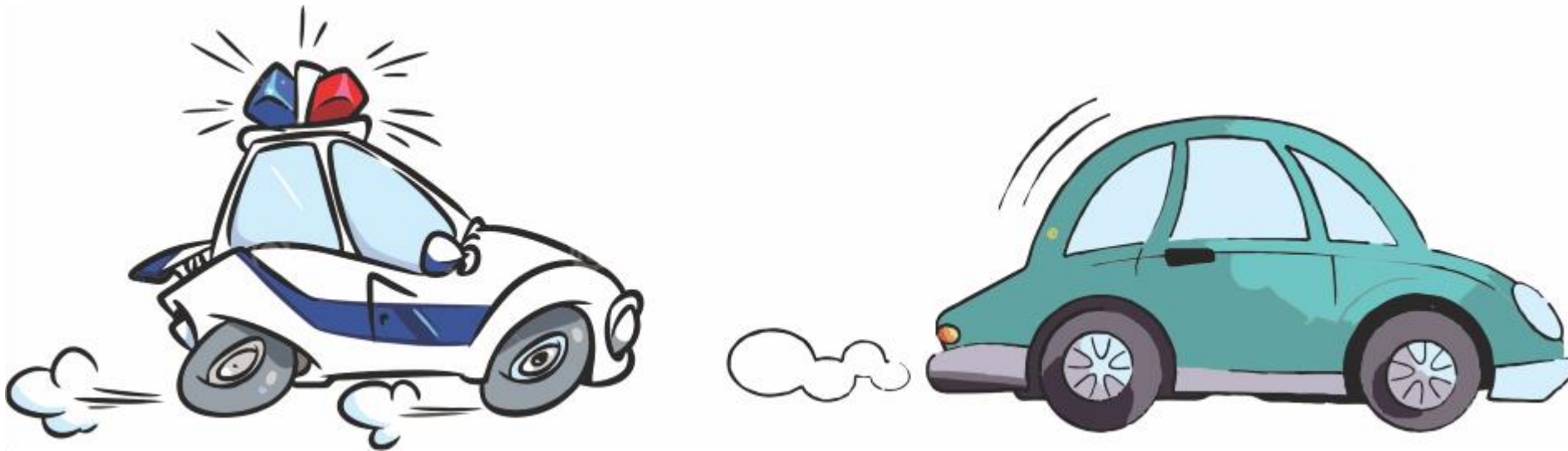
- I pay attention to what I am doing
- I am aware that I'm doing it
- I am aware of what B-FIT is doing



Catching Is...

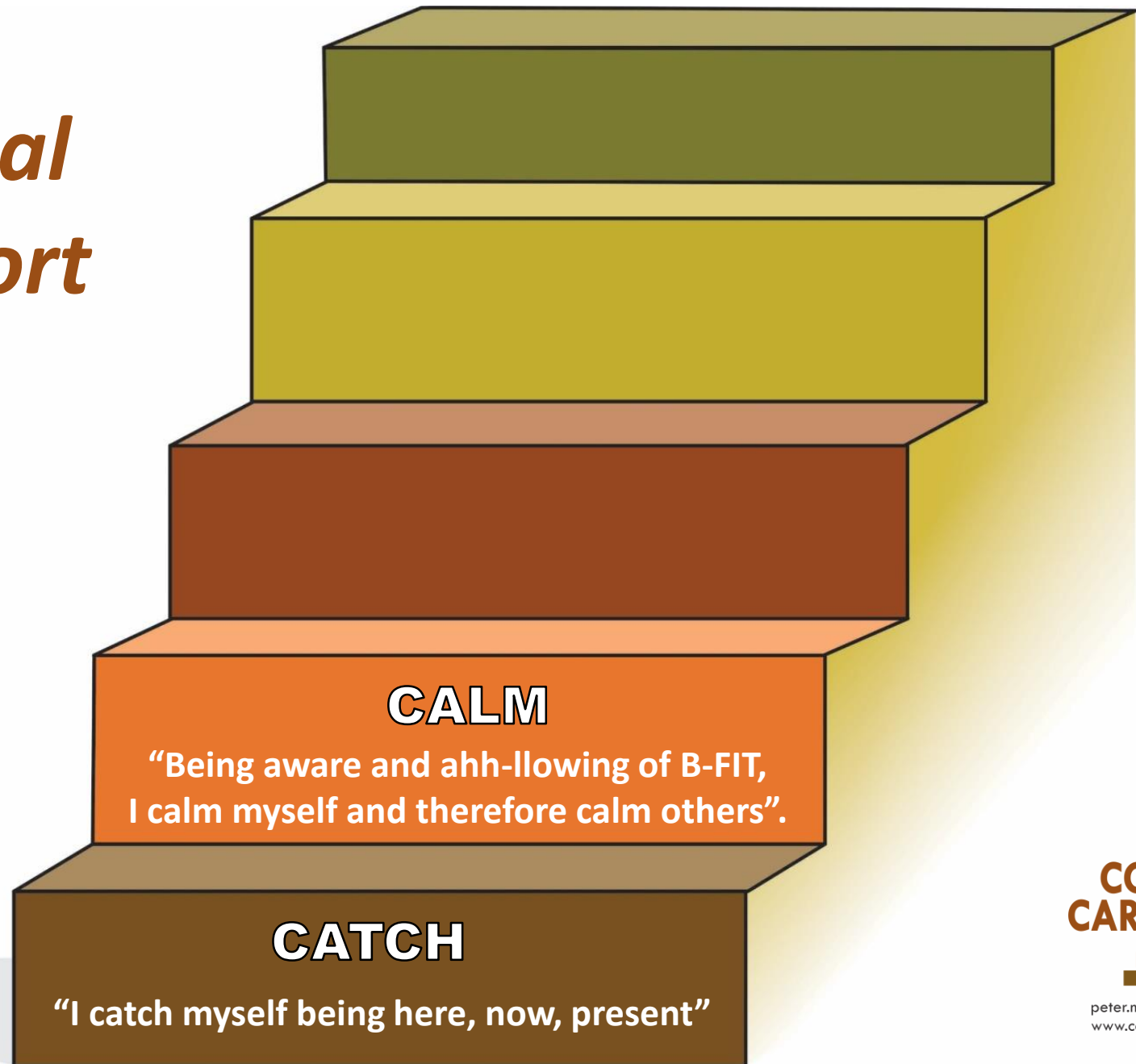
e.g.

How aware you are when you are driving with a police car behind you?



Right Now – become Aware that you are reading this i.e. Catch

Making Optimal Care and Support Happen



To be calm is to subjectively (internally) experience body sensations, feelings and thoughts with no/low resistance, as you work mindfully and passionately to solve problems or threats happening in your external world.

Calm Is...



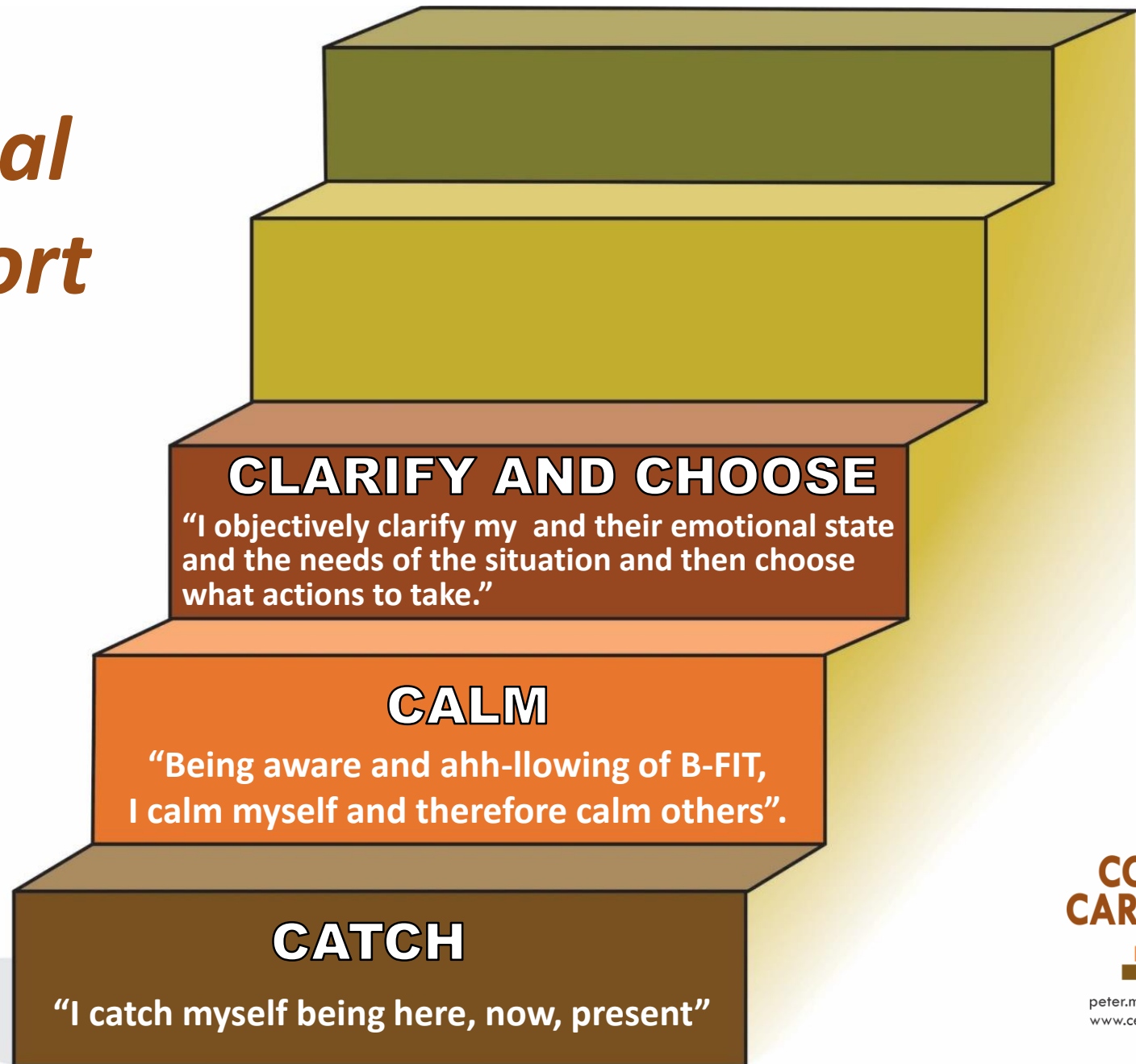
A CENTRE FOR
**CONSCIOUS
CARE**

peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

Self Calming Strategies

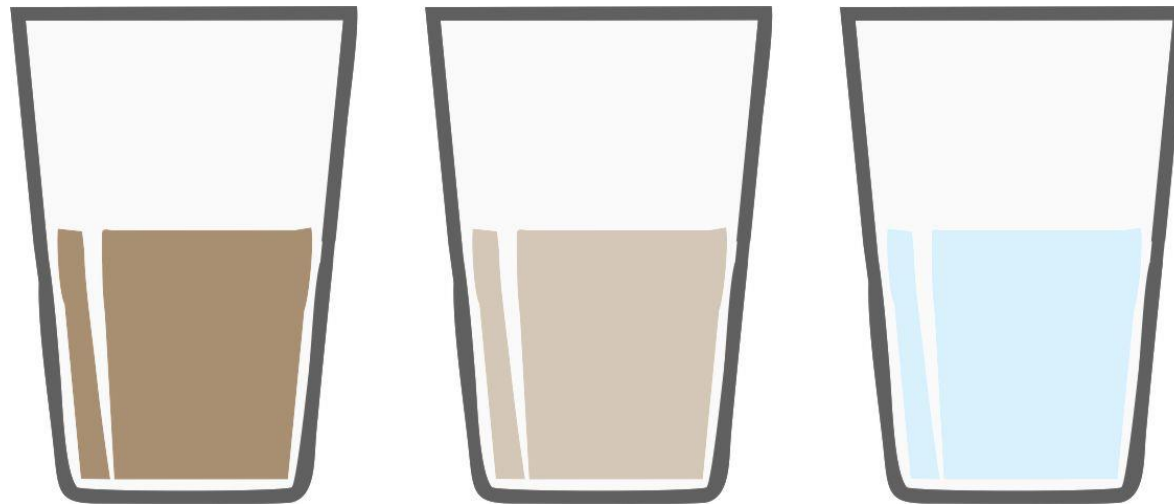
- Basic B-FIT Stress Rehearsal
- Full Field Focus
- B-FIT Compassion Practice
- Self Bilateral, Biomeridian Awareness Based Calming, e.g. hands, butterfly hug, mindful movement/walks

Making Optimal Care and Support Happen

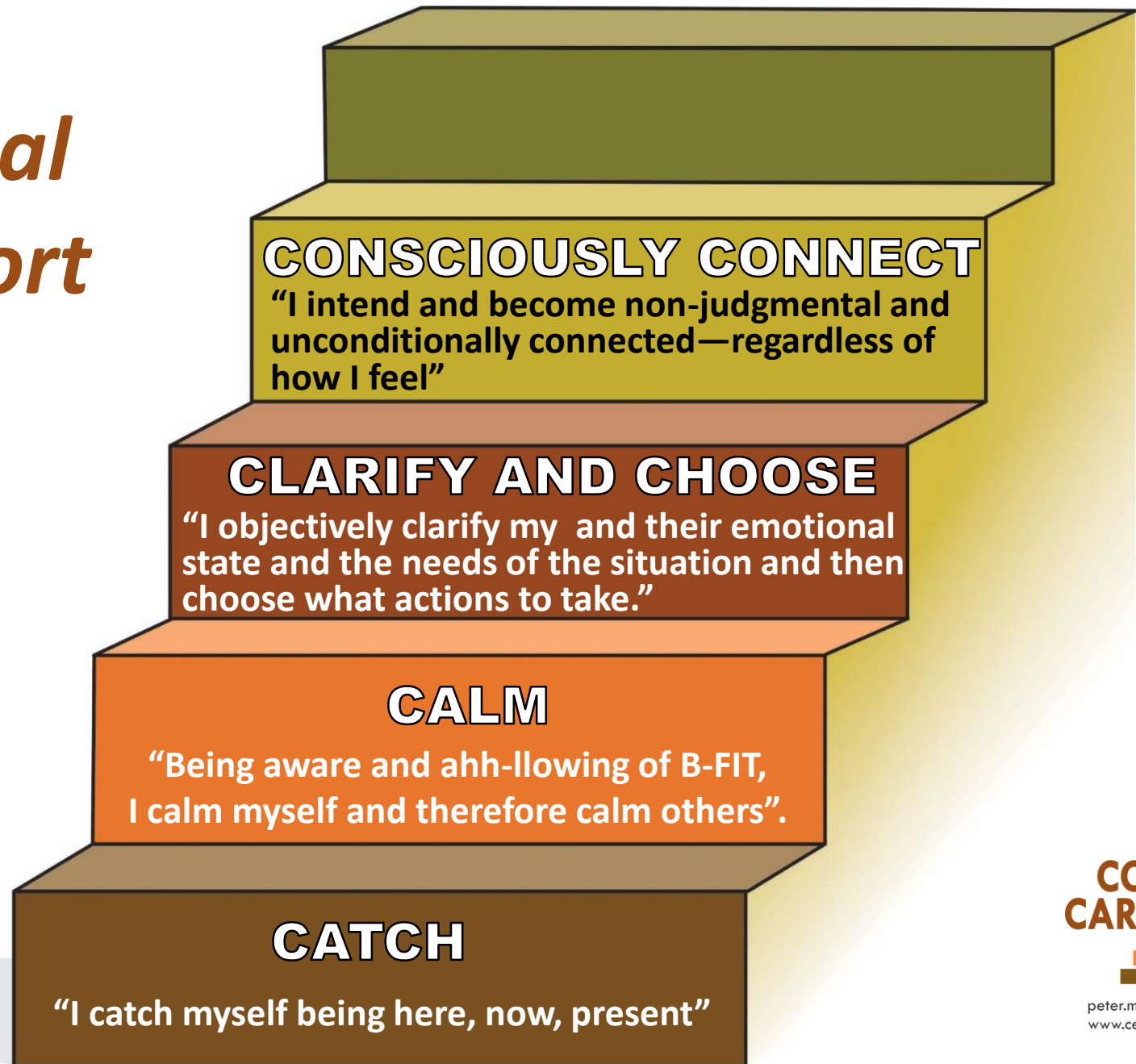


To clarify and choose is...

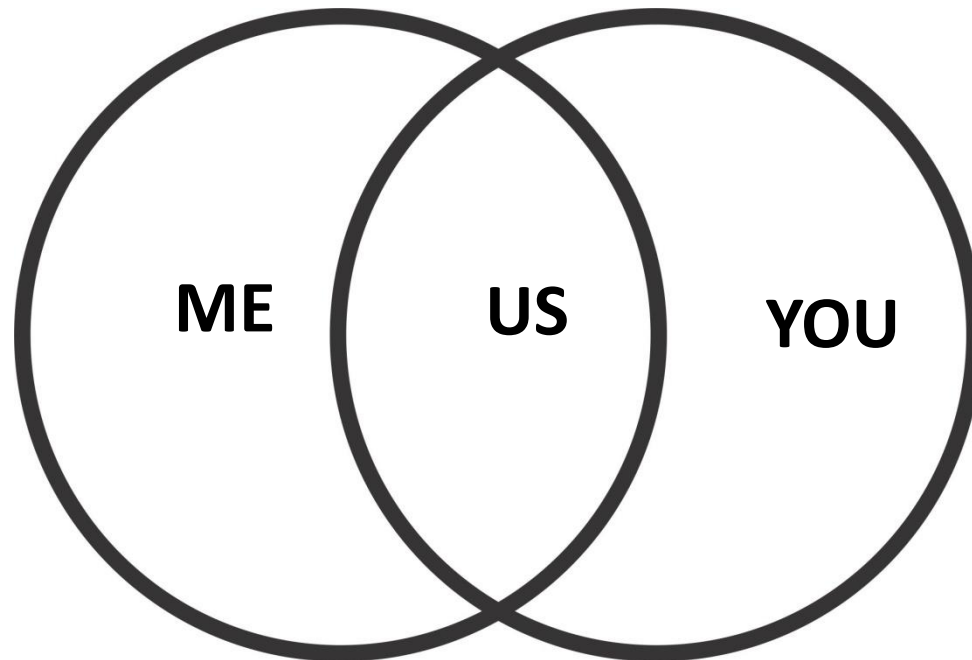
together with catch and calm, remain aware of mine and others' Feelings and Filters that are influencing the situation and then to objectively make informed choices.



Making Optimal Care and Support Happen

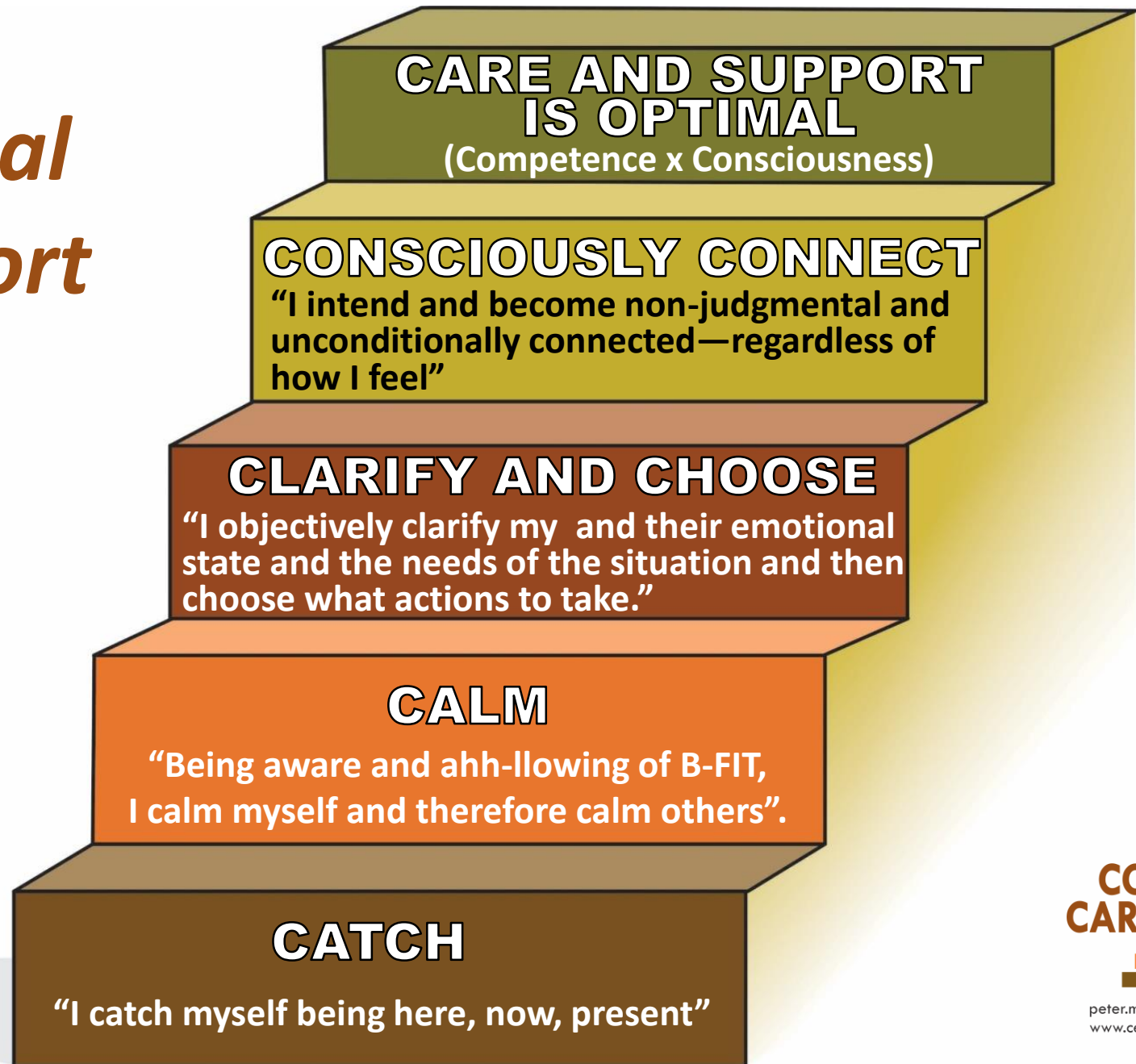


When we **Mindfully Consciously Connect** to another person, we move **beyond our separate identity and roles** to a place of shared unity and stillness – us-ness. This guides our every action, not against anything but in harmony with it. From this place of balance and no subjective resistance, **we know and can therefore positively facilitate what must be done to keep others motivated, safe, respected, and still deeply connected with us.**



Making Optimal Care and Support Happen

“My mindful, compassionate actions
are useful, truthful, timely and kind”



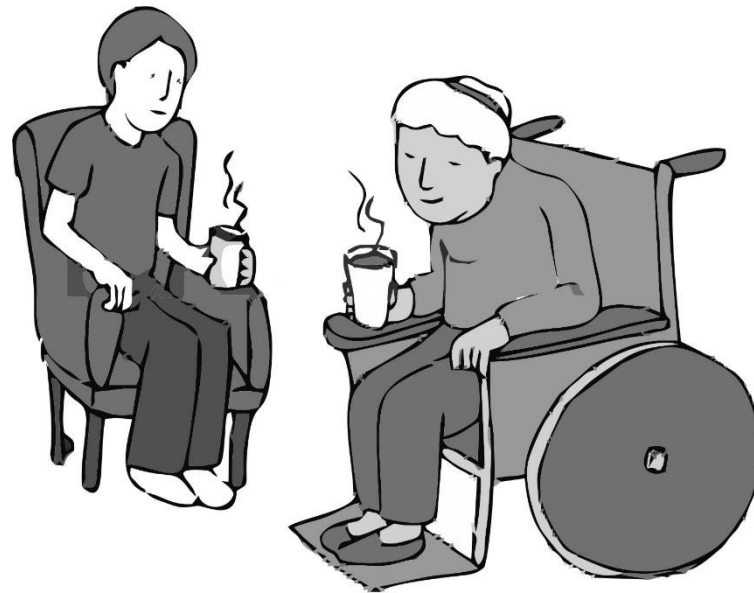
Compassion appears as selfless service, yet in mindful care and support we do not serve the other; we serve “us”. Compassion’s communion brings us together in a whole. It does not see the world’s pain and sorrow as other, it is shared, and it is ours. When we allow our shared vulnerability and humanness, our compassion is as natural as our breath and without hesitation we act to help.

Thich Nhat Hanh

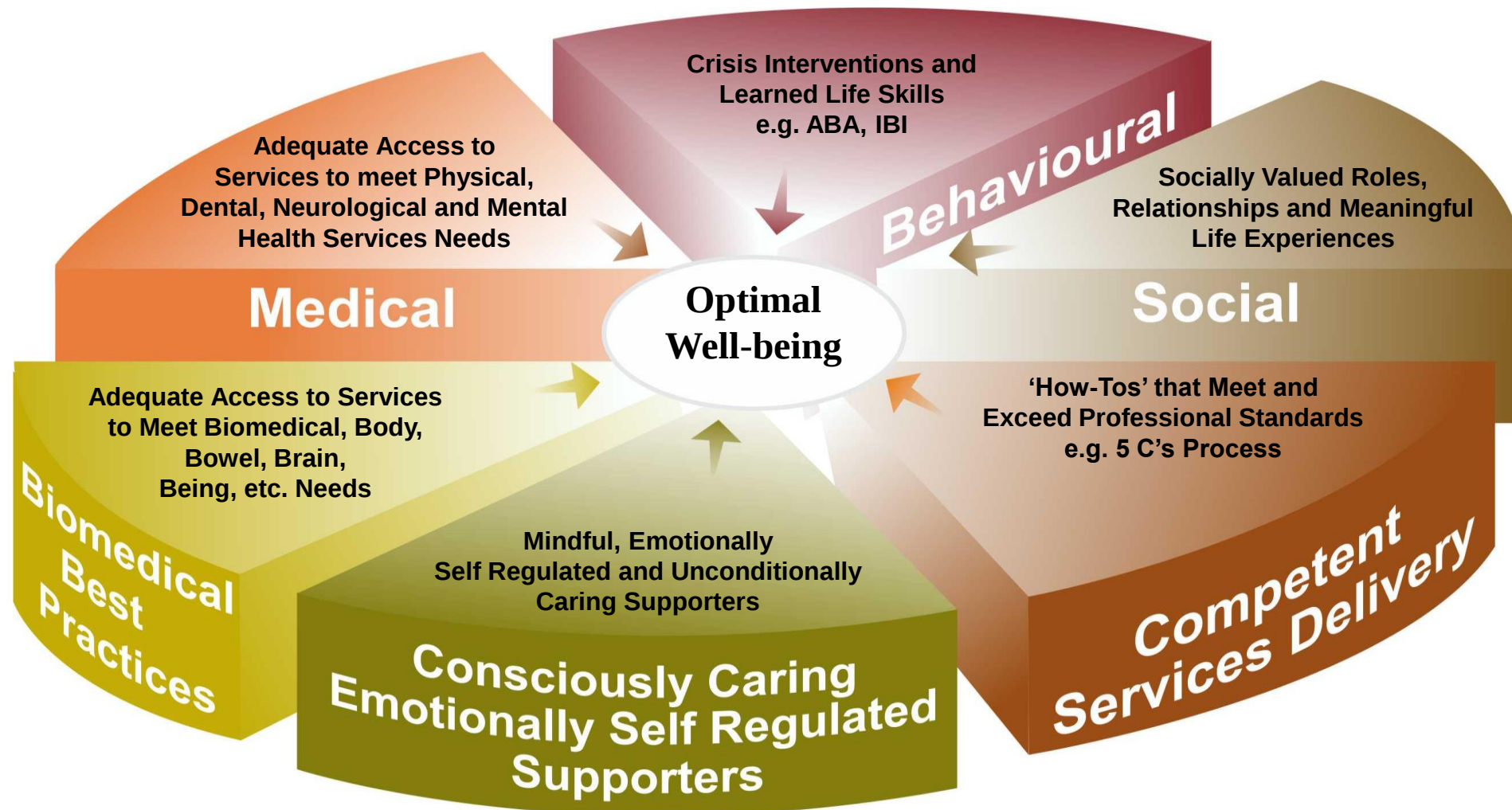


peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

I listen to this person with dementia as she shares her most important story with me for the fifth time this morning. I listen and respond as excitedly as I did the first time she shared it with me. I know that my words in this moment are almost insignificant compared to my intention to just be present, Here-Now, for her.



Evidence Based CCS Components for Well-being and the Prevention and De-escalation of Challenging Behaviours*



* CCS reduces challenging behaviours by 50%-75% compared to MCCSS current 'must use' crisis protocols alone.

THE FOUNDATION OF OPTIMAL CARE and SUPPORT

AFTER the vitally important **Vision and Values** have been affirmed

AFTER the millions of **dollars** have been allocated

AFTER the best **Policies and Protocols** have been implemented

AFTER the trainings of 'how to and what to' have been completed

A full and meaningful life for individuals who we care for and support

ULTIMATELY DEPENDS ON THE

Mindful Presence

Unconditional Respect

Resourcefulness

Conscious Intentions

& Heart of

YOU



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

**Our life's most urgent and
persistent question must be;
what will I do for others today?**

Adapted from Martin Luther King Jr.

My plan to be a more complete supporter and more fully human

I will...

Continue:

Stop:

Start:



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca